Chapter 1
A Historical Perspective of Massage

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Introduction
• Massage is defined as systematic and scientific soft-tissue manipulation for the purpose of obtaining or maintaining health
  – Term not used until 19th century
  – Origin of the word is unclear
• History of massage
  – Illustrate the path of the profession
  – Sense of connection with those who precede you

The Prehistoric World
• In prehistoric times (i.e., before written records), evidence supports the position that massage was practiced around the world
  – In this period, extensive pictorial records show the use of massage.
  – Artifacts from several cultures depict use of massage
  – Only indirect evidence of medical massage

The Ancient World
• China
  – Chinese records have revealed the practice of massage goes back as early as 3000 BC
    • First written records date back to this time
    – Amma, forerunner of other therapies
    – Nei Ching, a 1st century BC compilation of massage techniques
      • Called the classic scripture of traditional Chinese medicine

The Ancient World
• Japan
  – By 6th century AD, had modalities similar to those in China
  – Shiatsu, based on the stimulation of tsubos (energy points)

The Ancient World
• Greece
  – Physician Æsculapius (c. 500 BC) and others formalized techne iatriche (healing science)
  – His holy snake and staff remain the symbol of the medical profession

• India
  – Ayur-Veda, a sacred Hindu practice present by 1800 BC
  – Manav Dharma Shastra, a set of legal codes, mentioned massage in 300 BC
The Ancient World

• Greece
  – Hippocrates focused on individual patients, mentioned massage in several contexts; his collected works are called the *Corpus Hippocraticum*

The Ancient World

• Rome
  – Aulus Celsus, a historian, wrote *De Medicina*
  – Asclepiades and the Methodists were Greeks living in Rome
  – Galen of Pergamon practiced and wrote *De Sanitate Tuenda* (Hygiene) in the 2nd century

The Middle Ages

• Period of decline in Western medicine
  – Galen remained the authority in the West for centuries
  – Rise of several medical centers of learning and expertise in the 1200s

The Middle Ages

• Expansion of Islamic world and synthesis by Persian physicians
  – Rhazes wrote during the 9th and 10th centuries
  – Luzzi wrote *Anothomia*, the first modern treatise on anatomy (1316)
  – Avicenna’s writings from the 10th and 11th centuries, such as the *Canon of Medicine*, were used until the 1600s

Renaissance & Enlightenment

• Early Renaissance practitioners and works
  – Vesalius’s *De Humani Corporis Fabrica* (1543)
  – Paracelsus
  – Ambroise Paré
  – Girolamo Mercuriale’s *De Arte Gymnastica* (1569) (first book of sports medicine)
  – Timothy Bright’s *Hygienia and Therapeutica* (c. 1584)

Renaissance & Enlightenment

• Enlightenment (early modern period) practitioners and works
  – From China, Chen-chiu ta-ch’eng
  – From Japan, San-tsai-tou-hoei
  – Giovanni Alfonso Borelli (analyzed muscle contraction)
  – William Harvey (analyzed blood flow)
  – Thomas Sydenham
  – Simon André Tissot
Renaissance & Enlightenment

- 18th century saw incorporation of anatomical, physiological, chemical discoveries of the previous 200 years
- These systems provide rationale for gathering and dispensing new knowledge, adding prestige to the medical profession and helping weed out “quacks”

The Modern Era

- Pehr Henrik Ling, Swedish physiologist and gymnastics instructor
  - Father of Swedish Massage and Physical Therapy
  - Ling’s system known by various names, and what is called Swedish massage was one component of overall system
  - Use of gymnastics to treat disease and injury
  - Three primary movements: active, passive, and duplicated

The Modern Era

- Johann Mezger, Dutch physician
  - Promoted massage as rehabilitation to medical community
  - Introduced French terms
  - Translated Chinese books

The Modern Era

- Massage in the United States
  - Taylor brothers brought Ling’s system to the United States in 1856
  - Douglas Graham was another follower of Ling
  - Hartvig Nissen opened Swedish Health Institute in Washington, DC
  - John Harvey Kellogg spread knowledge of massage to general public by publishing in popular press

The Modern Era

- Massage and physical therapy
  - Just Lucas-Championniere’s techniques were used to treat the wounded in World War I
  - John S. Coulter was the first professor specializing in physical medicine

Professional Massage Therapy

- In the UK, the Chartered Society of Physiotherapy
- American Society of Physical Therapy Physicians
Professional Massage Therapy

- American Massage Therapy Association (AMTA)
  - Est. in 1943; originally called the American Association of Masseurs and Masseuses
  - Helped to establish the National Certification Examination
- Associated Bodywork and Massage Professionals (ABMP)
  - Est. in 1987 and is the largest organization serving massage therapists

New Methods

- More than 70 methods classified
- Large number of new techniques have been developed in the United States since 1960

Summary

- Massage and other complementary/alternative therapies have become more popular in the United States
- Increased popularity has promoted growth and evolution of the profession
- Respect for and use of massage has also grown
- Research establishing the effectiveness of massage is ongoing