

Part 1

**The History
and Advancement
of Therapeutic Massage**

Historical Overview of Massage

CHAPTER 1

COMPLETION: In the space(s) provided, write the word(s) that correctly complete(s) each statement.

1. The term *massage* was first used in American or European literature to denote using the hands to apply manipulations to the soft tissues during the (nineteenth) century.
2. Two terms the Chinese use for systems of massage are (anmo) and (tui-na).
3. There is documentation that the Chinese have practiced massage since (3000 B.C.).
4. The Japanese style of massage that uses finger pressure is (shiatsu).
5. A sacred book of the Hindus written around 1800 B.C. is the (Ayur-Veda).
6. The Hindu practice of bathing and massage that included kneading the extremities, tapotement, frictioning, anointing with perfumes, and cracking the joints of the fingers, toes, and the neck was known as (tshanpua).
7. The (Hippocratic Oath) is a code of ethics for physicians and those about to receive medical degrees that binds them to honor their teachers, do their best to maintain the health of their patients, honor their patients' secrets, and prescribe no harmful treatment or drug.
8. The word that Hippocrates used to denote the art of rubbing upward, not downward, is (anatripsis).

MATCHING: Match the name with the best description. Write the letter of that name in the space provided.

- | | | |
|------------------------|--------------------------|---------------------------|
| A. Asclepius | G. Dr. Douglas O. Graham | M. Mathias Roth |
| B. Avicenna | H. Hippocrates | N. Charles Fayette Taylor |
| C. Celsus | I. Albert J. Hoffa | O. George Henry Taylor |
| D. Dr. James H. Cyriax | J. Per Henrik Ling | P. Dr. Emil Vodder |
| E. Elizabeth Dicke | K. Dr. Johann G. Mezger | Q. John Harvey Kellogg |
| F. Maria Ebner | L. Ambroise Paré | |

- (G) 1. Popularized use of the word *massage* in America
- (K) 2. Credited with popularizing the terms *effleurage*, *petrissage*, *tapotement*, and *friction*
- (A) 3. The Greek physician later worshipped as the “god of medicine” who founded the first gymnasium
- (H) 4. The Greek physician who became known as the father of medicine
- (C) 5. The name of the Roman physician who wrote *De Medicina*
- (B) 6. The Persian philosopher/physician who wrote the *Canon of Medicine*
- (L) 7. The French barber/surgeon who was one of the founders of modern surgery and who described in his publications the positive effects of massage in the healing process
- (J) 8. Known as “the father of physical therapy”; developed a system of movements he called “medical gymnastics”
- (M) 9. The English physician who published the first book in English on the Swedish movements
- (M) 10. Established the first institute in England to teach Swedish movement gymnastics
- (N) 11. The New York physician who introduced the Swedish movements to the United States in 1858
- (O) 12. Physician’s brother who published the first American textbook on the Swedish movements
- (K) 13. Acknowledged by many of the authors of his day as “the founder of scientific massage”
- (G) 14. Considered by some to be “the father of Swedish massage in the United States”
- (I) 15. The distinguished German physician who published *Technik Der Massage*

- (P) 16. The Austrian who developed a method of lymph massage
- (E) 17. Developed *Bindgewebssmassage*
- (O) 18. An author, magazine editor, and the director of the Battle Creek Sanitarium.
- (F) 19. Popularized *Bindgewebssmassage* in England
- (D) 20. The English orthopedic physician credited with popularizing deep transverse friction massage

MATCHING: Match the term with the best description. Write the letter of the appropriate term in the space provided.

- | | | |
|----------------|------------|--------------------|
| A. acupressure | C. Rolfing | E. sports massage |
| B. reflexology | D. shiatsu | F. Swedish massage |

- (F) 1. Based on the Western concepts of anatomy and physiology, and uses effleurage, petrissage, vibration, friction, and tapotement
- (A) 2. A method based on the traditional Oriental medical principles for assessing and treating the physical and energetic body order to regulate *chi* (the life force energy)
- (D) 3. A finger pressure method based on the Oriental concept that the body has a series of energy (*tsubo*) points
- (E) 4. A method of massage especially designed to prepare an athlete for an upcoming event and to aid in the body's regenerative and restorative capacities following a rigorous workout or competition
- (C) 5. Developed out of the technique of structural integration, it aligns the major body segments through manipulation of the fascia or the connective tissue
- (B) 6. A method based on the idea that stimulation of particular points on the surface of the body has an effect on other areas or organs of the body

COMPLETION: In the space(s) provided, write the word(s) that correctly complete(s) each statement.

- The oldest professional massage organization in the United States is (The American Massage Therapy Association) .
- The first time that massage was offered at the Summer Olympics was (1984) .
- Chair massage or seated massage was developed by (David Palmer) and introduced to the profession in the year (1985) .

4. The agency in the United States recognized for certifying massage therapists is (The National Certification Board for Therapeutic Massage and Bodywork) .
5. The agency named in No. 4 began testing and certifying massage therapists in the year (1992) .
6. Another phenomenon that was initiated in the 1990s that validates the effects and benefits of massage is (massage research) .
7. In the year (2005) , the Federation of State Massage Boards formed to create a licensing examination called the (MBLEx) .
8. Numerous research projects that study the effects of touch on human well-being have been conducted at the (Touch Research Institute) under the direction of Dr. Tiffany M. Fields.
9. The National Center for Complementary and Alternative Medicine was established in the year (1998) by the (National Institutes of Health) .

MULTIPLE CHOICE: Carefully read each statement. Choose the word or phrase that correctly completes the meaning and write the corresponding letter in the blank provided.

1. The systematic manual or mechanical manipulation of the body's soft tissues is called _____ (b)
 - a) shiatsu
 - b) massage
 - c) physical therapy
 - d) chiropractic
2. Increased circulation, muscle relaxation, and pain relief are _____ (b)
 - a) problems of massage
 - b) benefits of massage
 - c) medical conditions
 - d) massage movements
3. Massage has been part of Western medical traditions for at least _____ (c)
 - a) 10 years
 - b) 200 years
 - c) 3000 years
 - d) 10,000 years
4. Modern Chinese massage is called _____ (d)
 - a) *anmo*
 - b) shiatsu
 - c) *chi gong*
 - d) *tui-na*

5. The use of the term *massage* to denote the practice of manipulating the soft tissues first appeared in American or European literature around _____ (a)
a) 1875 c) 1774
b) 1925 d) 1850
6. A finger pressure technique used by the Japanese is called _____ (a)
a) shiatsu c) *tsubo*
b) *tui-na* d) acupuncture
7. The popularity of bathing and massage lessened with the _____ (a)
a) decline of the Roman Empire c) invention of electricity
b) invention of hot tubs d) Inquisition
8. Much of Greco-Roman culture was preserved by the _____ (d)
a) Spanish c) Turks
b) Romans d) Persians
9. The father of physical therapy is _____ (d)
a) Charles Fayette Taylor c) Asclepius
b) Hippocrates d) Per Henrik Ling
10. The Swedish Movement Cure was brought to the United States by _____ (c)
a) Douglas Graham c) the Taylor brothers
b) Ambroise Paré d) Dr. Johann Mezger
11. The Greek physician/priest credited with founding the first gymnasiums in the seventh century B.C. was _____ (d)
a) Homer c) Herodicus
b) Hippocrates d) Asclepius
12. Much of modern massage terminology is based on terms from this language: _____ (d)
a) Italian c) Greek
b) Chinese d) French
13. Public interest in massage began to reemerge in the United States around _____ (c)
a) 1950 c) 1960
b) 1970 d) 1980
14. National certification in massage and bodywork has been available in the United States since _____ (d)
a) 1961 c) 1985
b) 1972 d) 1992

Bindegewebsmassage

(Bindegewebsmassage is a form of connective tissue massage developed in Germany in the 1940s by Elizabeth Dicke.)

chirurgie

(Chirurgie is healing with the hands.)

craniosacral therapy

(Craniosacral therapy is a gentle, hands-on method of evaluating and enhancing the functioning of the craniosacral system.)

deep transverse friction massage

(Deep transverse friction massage is massage that broadens the fibrous tissues of muscles, tendons, or ligaments, breaking down unwanted adhesions and restoring mobility to muscles.)

Esalen massage

(Esalen massage is a deeply relaxing experience based in Swedish massage with influences of meditation, gestalt, oriental techniques, polarity, Trager, and yoga.)

Federation of State Massage Therapy Boards (FSMTB)

(The FSMTB was established in 2005 to promote networking and communication between state massage licensing boards and to create a comprehensive licensing examination for use among the member states.)

Federation of Therapeutic Massage, Bodywork and Somatic Practice Organizations

(Federation of Therapeutic Massage, Bodywork and Somatic Practice Organizations was formed in 1991 to ensure the equitable recognition of all forms of bodywork in the formation of standards and legislation.)

gymnasium

(Gymnasium is a center where exercise and massage are combined to treat disease and promote health.)

Hippocratic Oath

(The Hippocratic Oath is a code of ethics for physicians thought to have come from Hippocrates.)

MBLEx

(The Massage Board Licensing Examination was created by the FSMTB as a comprehensive licensing examination to be used by member states.)

manual lymph drainage

(Manual lymph drainage is a gentle rhythmic massage along the superficial lymphatics that accelerates the function of the lymph system. It was developed by Dr. Emil Vodder of Austria.)

massage

(Massage is the systematic manual or mechanical manipulations of the soft tissues of the body for therapeutic purposes.)

medical gymnastics

(Medical gymnastics, gymnastics applied to the treatment of disease, consists of active, duplicated, and passive movements.)

National Center for Complementary and Alternative Medicine (NCCAM)

(The National Center for Complementary and Alternative Medicine (NCCAM) was established in 1998 as a part of the National Institute of Health (NIH) to provide research, training, outreach, and integration of complementary and alternative medicine.)

National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)

(The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) was formed in 1990 to administer the National Certification Exam (NCE) for Therapeutic Massage and Bodywork. Several states now require the successful completion of the NCE as a qualification for massage licensing.)

neuromuscular therapy

(Neuromuscular therapy is a system of soft tissue assessment and manipulation that was developed in the 1930s in England by Stanley Lief and Boris Chaitow and popularized in the United States by Paul St. John and Judith DeLany.)

Polarity therapy

(Polarity therapy uses massage manipulations derived from Eastern and Western practices developed by Dr. Randolph Stone.)

Rolfing

(Rolfing aligns the major body segments through manipulation of the fascia or the connective tissue developed by Dr. Ida Rolf.)

shiatsu

(Shiatsu is a massage technique from Japan in which points of stimulation are pressed to effect the circulation of fluids and ki [life force energy].)

Swedish Movement Cure

(Swedish Movement Cure is the name given to Per Henrick Ling's system of medical gymnastics when it became popular in the United States in the latter part of the nineteenth century.)

Touch Research Institute

(The Touch Research Institute was founded in 1992 by Tiffany M. Fields in collaboration with the University of Miami Medical school to study the effects of touch therapy on human well-being.)

Trager method

(Trager method uses movement exercises called mentastics along with massage-like, gentle shaking of different parts of the body to eliminate tension developed by Milton Trager.)

tsubo

(Tsubo are points on the body that are sensitive to pressure applied during shiatsu.)

tui-na

(Tui-na is a form of massage developed in China.)
