History of Healing

Session
The Emergence of Manual Therapy: Physiotherapy and Massage
The Emergence of Manual Therapy

Definition: *Manual therapy is an umbrella term for any therapy that uses touch and manipulation of the body’s soft tissues to promote optimum health.*
The Emergence of Manual Therapy

Massage, or manual therapy – probably the oldest form of healing on the planet.

Touch – a basic need for all animal species; essential for physical, emotional, and psychological development, and for promoting and maintaining health and wellbeing.
The Emergence of Manual Therapy

Massage is the manipulation of skin, muscle and joints (usually by hand) to relax muscle spasm, relieve tension, improve circulation and hasten elimination of wastes.

It also stretches connective tissue and improves circulation.
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Massage or manual therapy is found in every culture on the planet & is a part of most health care systems throughout the world.
The Emergence of Manual Therapy

In prehistoric times, as a result of leading a far more physically active lifestyle, our ancestors experienced numerous aches and pains, strains and bruises, particularly affecting the tissues of the musculoskeletal system.

Their simple solution to these maladies was to rub or apply pressure to the affected area. In essence this was the early origins of massage therapy.
The Emergence of Manual Therapy

Until more recent times, massage was rarely applied as a single therapy. It was generally incorporated with other approaches to healing such as shamanic practice or ritual, hydrotherapy, thermotherapy (the use of heat or cold), and food or plant medicines.

www.amazonadventureexpedition.com/images/shamanworks
The Emergence of Manual Therapy

Areas of the world where manual therapy was used in early civilizations include Africa, Central and South America, North America, Europe, Asia and Oceania.

In Australia, massage was commonly used by tribes in some areas of the continent. In some tribal groups touch was sacred and used only by the wise man or medicine man of the group.
The first recorded evidence of massage as a therapy is from Babylon (modern-day Iraq), dating back to around 2350 BC.

Egyptian tomb paintings from around 2330 BC also illustrate a trained therapist massaging the feet and hands of a patient.
Chinese massage, known as Anmo Tuina (Anmo = “press and rub”; Tuina = “push and hold”), is based on Traditional Chinese Medicine (TCM) philosophy, which draws from the ancient Chinese view of cosmology. It dates back to pre-Christian times.

Anmo Tuina, through its various manual techniques, attempts to remove the obstructions to the flow of Qi through the meridians.
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Traditional Indian massage (Abhyanga), from the Asian subcontinent, also dates back to pre-Christian times.

Ayurveda also recognizes the existence of subtle energy channels (nadis) through which vital energy flows throughout the body.
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At certain points on the body, often at a junction of two or more important organs or tissues, there is a concentration of subtle energy. These points are called marma. Major marma points correspond to the seven chakras (subtle energy centres).
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Manipulation of the appropriate marma points can catalyze profound, alchemical change in an individual.

Marma massage requires strict training.

Marma therapists are often proponents of kalari, an ancient form of martial art from the Southern part of India.


kalari.weebly.com/kalari-ayurveda-and-marma-t...
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Massage or manual therapy featured in both ancient Roman and Greek culture.

Health care in Rome was provided largely by slaves, often from countries conquered by the Romans.

Manual therapy in ancient Rome was eclectic in nature, drawing on approaches as diverse as the cultures represented by the slave physicians.
The Greek Hippocratic Corpus refers to massage as “anatripsis” (“to rub”) and describes the effects and benefits of it, including the treatment of a dislocated shoulder.

Massage was usually administered, as in Rome, by slaves.
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Around 400 BCE the Greeks established healing complexes, not unlike today’s health spas, where the sick could go for healing. These Aesclepians incorporated theatres, gymnasiums, sleep therapy buildings, loutrons (hydrotherapy rooms), libraries, and aleipterions (massage centres).

Massage was provided by aliptae (masseurs) who were often slaves trained in manual therapy.
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Avicenna (Ibn Sina), a well-documented physician who lived in Persia (today’s Iran) between 980 AD and 1037 AD, in his *Canon of Medicine*, described massage as an effective method for relieving pain. Avicenna’s approach to medicine had a significant influence on the development of medicine in both the East and West, for hundreds of years.
The Emergence of Manual Therapy

The spread of Christianity throughout the Western world resulted in the Church holding authority over medicine and healing, and this meant that many aspects of healing were banned, discouraged or closely controlled. The use of tactile therapy was restricted and was generally delivered only by the priests or monks. It was generally referred to as “laying on of hands” and was associated with Divine influence.
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For hundreds of years, the use of massage therapy declined throughout Europe.

However its use continued unofficially by folk healers, often combined with rituals and other practices not dissimilar to those used by shamans in earlier times.
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Massage therapy and the use of the hands to treat illnesses and musculoskeletal conditions began to re-establish itself throughout Europe in the sixteenth century. This was due to a more liberal approach to life in general, and also to a more expanded view and understanding of human anatomy and physiology.

www.citrinitas.com/.../masters/vesalius04sm.jpg
The Emergence of Manual Therapy

In the late 1700’s a French translation of an ancient Chinese text, *The Cong-Fou of the Tao-Tse*, established itself as something of a standard for the study and practice of massage in the West.

Per Henrik Ling, a Swedish fencing and gymnastics lecturer at Lunds University discovered that his fencing students could perform more effectively when gymnastics (therapeutic exercise) was included in their training regime.

http://runeberg.org/svlihist/150.gif
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Ling called his therapy Svenska Gymnastikens (Swedish Exercise).

Part of this approach included “passive movements”, and these were mostly massage techniques that he had learned from the French translation of the Chinese text.

These formed the foundation of Swedish Massage, the most popular type of massage therapy today.
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In Britain, in 1895, the first massage association was established by a group of women. The Society of Trained Masseuses was an attempt to respond to the British Medical Association’s claims that the massage profession lacked credibility and that masseuses mainly used their skills in brothels, which they termed “massage parlors”.

www.csp.org.uk/director/aboutcsp/history.cfm
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Having gained a level of acceptance throughout the West, massage continued to develop throughout the early 20th century. In Europe, North America and also in Australia, massage therapy was promoted as part of the health spa culture, which originated from the “health resorts of Switzerland, Germany and Austria. Sanitoriums incorporated not only exercise therapy and massage, but also natural, healthy diet, fasting, hydrotherapy and sunlight therapy.
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In World Wars I and II massage was employed in field hospitals and repatriation hospitals to assist with the rehabilitation of service men. During World War I returned service men suffering from nerve injury or shell shock were treated with massage.
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After World War II massage therapy tended to switch focus to sport and exercise again.

Athletics and sporting clubs, and YMCAs provided therapeutic massage to assist with the treatment and preparation of athletes and sportsmen.
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Advances in pharmaceutical drugs, surgery and an understanding of the role of “germs” (bacteria and viruses) in the initiation and spread of disease contributed to an approach to medicine that did not include massage and other natural health approaches such as diet and nutrition, herbs and homeopathy.

These therapies began to be viewed by the medical profession as “alternative” and no longer formed part of conventional medical practice.
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Massage in Australia

Massage therapy found its way to this country with the settlers from Europe and later from North America.

Chinese immigrants brought traditional Chinese massage (Anmo Tuina) with them but this did not tend to find popularity with Australians of European origin.
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In the late 19th century, through to the 1930s, massage was provided as treatment in hospitals throughout Australia.

Medical practitioners also referred patients to massage therapists in private practice.

In 1912 Joseph Fay, a remedial massage therapist, wrote a book, Scientific Massage for Athletes.
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Professional associations for massage existed in different Australian states in the early 1900s. In 1906 the first national association was established. This was the Australasian Massage Association (AMA).

The AMA changed its name to the Australian Physiotherapy Association in 1939.
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The term “physiotherapy” was considered to reflect a more sophisticated, science-based discipline. It rejected much of the theory and practice that had formed the basis of massage therapy and developed an approach to manual therapy that became decreasingly hands-on and more reliant on therapeutic exercise and the use of machines to deliver faster results.
The Emergence of Manual Therapy

Throughout the 20th and early 21st centuries, massage therapy has embraced the scientific study of anatomy and physiology, and also the benefits of research-based evidence to continue to develop and gain validity and acceptance as an effective health care modality.

Along with new techniques of manual therapy, the modality of remedial massage today maintains a hands-on approach to the treatment of musculoskeletal conditions.
Examples of Manual Therapy

- Swedish Massage
- Trigger Point Therapy
- Deep Tissue Massage
- Sports Massage
- Myofascial Release
- Acupressure (tui na)
Swedish Massage

Swedish massage (which is a proper name, not a reference to Sweden) refers to a collection of techniques designed primarily to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart.

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Swedish Massage

- The lymph system and veins (which carry blood back to the heart) both rely on muscle action, rather than heart pump pressure, to operate.

- One of the primary goals of Swedish Massage is to speed venous return from the extremities.

- Swedish massage can relax muscles, increase circulation, remove metabolic waste products, help the recipient obtain a feeling of connectedness, a better awareness of their body and the way they use and position it.
Swedish Massage

- Swedish Massage can shorten recovery time from muscular strain by flushing the tissue of lactic acid, uric acid and other metabolic wastes.

- Swedish Massage also stimulates the skin and nervous system while at the same time relaxing the nerves themselves.
Deep Tissue Massage

- Deep tissue massage, sometimes known as neuromuscular technique, is a type of massage aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue.

- Deep tissue massage uses many of the same movements and techniques as Swedish massage, but the pressure will generally be more intense.

- It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots (also known as "adhesions").
**Trigger Point Therapy**

**Trigger point therapy** was created by American physicians Janet Travell and David Simons. Originally, this technique involved the use of needles and anesthetic to release muscular tension. In manual therapies, finger pressure is used to release trigger points.

Trigger points are one of the most common causes for muscular pain, or ‘knots’. Treatment can be painful but ultimately relieving.

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Trigger Point Therapy

- The major goals are to reduce spasm inducing new blood flow into the affected area.

- Pressure is applied to trigger points, for a short time which can be momentarily painful but is greatly relieving.

- Then the muscles are gently stretched to complete the relaxation process.
Sports Massage

A important part of the sport medical model, sport massage is used by professional athletes across the world and has proven benefits which include faster event recovery, injury prevention and better performance.
Myofascial Release

Myofascial Release is designed to alter the connective tissue of the body to correct posture and relieve pressure.

A pioneer in the area of connective tissue therapies is Ida Rolf, her work, known as “structural integration”, continues to spread around the world.
Acupressure is an ancient Chinese technique based on the principles of acupuncture, and involves the use of finger pressure (without the needles) on specific points along the body.

http://thecenteroforientalmedicine.com/images/acupressure.jpg
The purpose of Acupressure is to stimulate the body's own recuperative powers by stimulating the various points on the body.

- The stimulation removes energy blockages by diffusing the toxic build up that accumulates in the muscle tissue.
- The accumulation of toxins causes stiffness throughout the body.
- Stiffness in muscles puts abnormal pressure on nerves, and blood and lymph vessels. The pressure on blood and lymph vessels affect both skeletal systems and internal organ functioning.
Evidence Based Massage Practice

- Massage therapy is grossly under-researched

- Lack of funding and research expertise are cited as the main barriers to research
Evidence Based Massage Practice

- There are many variables that affect the outcomes of clinical trials

Therapist
- Personality?
- Attitude?
- Interaction?

Setting
- Client’s home or Clinic?
- Temperature of treatment room?
- Background music? Lighting?
- Colour? Aroma?

Client
- Health condition?
- Previous massage treatment?
- Gender? Age?
- Attitude towards being touched?
Evidence Based Massage Practice

- The following areas have been isolated during clinical trials
  - Reducing anxiety and improving perceived quality of life for patients with cancer
  - Reducing anxiety and depression in women who had been abused
  - Improving function in adults with multiple sclerosis
  - Improving lymphatic drainage and tissue oxygenation
  - Improving respiratory function in asthmatics
  - Reducing pain and stiffness in chronic inflammatory conditions such as rheumatoid arthritis
Evidence Based Massage Practice

With the continued increase in acceptance and usage of massage therapy and other natural medicine modalities by the Australian public, it is surely only a matter of time before Governments and other providers of research funding see the logic of funding research into the efficacy of natural medicine modalities.

An incentive to this funding focus will inevitably come from the spiraling health care budget due to the ageing population and the burden this will place on the health care system over the next twenty years.