

# Chapter 1



## Massage from Past to Present



Topic **1-1**: The History of Massage



Topic **1-2**: Overview of Techniques, Systems, and Approaches



Topic **1-3**: Contemporary American Massage

### I. Learning Contracts

Learning contracts are an excellent way to create a personalized strategy to successfully learn new material. The learning objectives for Chapter 1 are listed here. Think about how you'll master each of the learning objectives and complete the chart with a plan for each objective. Use the example provided as a guide, but keep your own learning style and how you learn best in mind and get creative! You may be asked to create these learning contracts on your own, or your instructor may collaborate with you.

Learning Objective	Resources and Strategies	Evidence of Accomplishment	Verification of Accomplishment	Completion Date
<i>What am I going to learn?</i>	<i>What resources, strategies, and experiences will I use to learn this?</i>	<i>How will I know I have learned this?</i>	<i>How will I prove I have learned this?</i>	<i>To be added by student and instructor.</i>
<p><b>Example:</b> <b>1-1.</b> Identify one reason why the study of history is important to contemporary massage practice.</p>	<ol style="list-style-type: none"> <li>1. Read chapter 1.</li> <li>2. Attend class and take notes during class lecture on the history of massage and its importance to contemporary massage practice.</li> <li>3. Discuss this topic with classmates in my study group.</li> </ol>	<ol style="list-style-type: none"> <li>1. Write detailed notes on this topic in chapter 1.</li> <li>2. Take detailed notes during the class discussion on this topic.</li> <li>3. Write an essay describing the reason history is important to contemporary massage practice.</li> </ol>	<ol style="list-style-type: none"> <li>1. Submit essay and notes from reading and class lecture.</li> <li>2. Add relevant comments while participating in the class discussion on this topic.</li> <li>3. Pass any questions regarding why history is important to contemporary massage practice on the quiz or exam.</li> </ol>	

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<i>What am I going to learn?</i>	<i>What resources, strategies, and experiences will I use to learn this?</i>	<i>How will I know I have learned this?</i>	<i>How will I prove I have learned this?</i>	<i>To be added by student and instructor.</i>
<b>1-1.</b> Identify one reason why the study of history is important to contemporary massage practice.				
<b>1-2.</b> Describe one ancient document that is important to our current understanding of medicine or massage.				
<b>1-3.</b> Explain the contribution of one historical figure to medicine or massage.				
<b>1-4.</b> Analyze the contribution of one culture to either medicine or massage and explain its relevance for a contemporary massage practice.				
<b>1-5.</b> Distinguish among the terms "massage," "bodywork," "technique," "system," and "approach" in relation to the massage profession.				
<b>1-6.</b> Compare and contrast the approach of conventional medicine to the body with that of alternative medicine.				
<b>1-7.</b> Describe the role of the National Center for Complementary and Alternative Medicine in today's healthcare environment.				

Learning Objective	Resources and Strategies	Evidence of Accomplishment	Verification of Accomplishment	Completion Date
<i>What am I going to learn?</i>	<i>What resources, strategies, and experiences will I use to learn this?</i>	<i>How will I know I have learned this?</i>	<i>How will I prove I have learned this?</i>	<i>To be added by student and instructor.</i>
1.8. Outline one way in which massage fits into today's healthcare system.				
1.9. Give at least two reasons why consumers seek massage therapy today.				
1.10. List two benefits or effects of massage that are verified by recent research.				
1.11. List at least three different environments in which massage therapists work, and describe the types of massage offered in each.				

## II. Glossary Terms

Instructions: *Please write in a brief definition of each term.*

Andreas Vesalius \_\_\_\_\_  
 \_\_\_\_\_

CAM therapies \_\_\_\_\_  
 \_\_\_\_\_

Ebers Papyrus \_\_\_\_\_  
 \_\_\_\_\_

Galen \_\_\_\_\_  
 \_\_\_\_\_

Hippocrates \_\_\_\_\_  
\_\_\_\_\_

Ibn Sina \_\_\_\_\_  
\_\_\_\_\_

Ida Rolf \_\_\_\_\_  
\_\_\_\_\_

Johann Mezger \_\_\_\_\_  
\_\_\_\_\_

NCCAM \_\_\_\_\_  
\_\_\_\_\_

Per Henrik Ling \_\_\_\_\_  
\_\_\_\_\_

### III. True or False?

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**Instructions:** *Indicate whether each of the following statements is true or false.*

1. \_\_\_\_ The Mayan and Aztec cultures of Central and South America used medicinal plants in their diagnosis and treatment of illness.
2. \_\_\_\_ The Greek physician Galen was the first to successfully distill essential oils.
3. \_\_\_\_ Massage can be defined as unstructured, professional, therapeutic touch.
4. \_\_\_\_ Reiki is considered a bodywork system and not a massage modality.
5. \_\_\_\_ Hellerwork is a well-known form of myofascial therapy.
6. \_\_\_\_ Alexander Technique and Aston-Patterning® are well-known approaches based on movement.
7. \_\_\_\_ Aromatherapy uses pure essential oils distilled from plants for healing.
8. \_\_\_\_ Sports massage is considered a form of wellness massage, not healthcare massage.
9. \_\_\_\_ The popularity of massage is increasing.
10. \_\_\_\_ Spas are currently the largest employers of massage therapists.

## IV. Matching

Instructions: *Match the correct answer to its description.*

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|--------------------|----------------|
| A. Hydrotherapy    | F. Hippocrates |
| B. Neuromuscular   | G. MLD         |
| C. Self-employment | H. Renaissance |
| D. Ebers Papyrus   | I. TRI         |
| E. NCCAM           | J. Technique   |
1. \_\_\_\_ Scroll containing around 700 formulae and remedies demonstrating the ancient Egyptians' understanding of human anatomy
  2. \_\_\_\_ Regarded as the "Father of Western Medicine"
  3. \_\_\_\_ The Roman baths demonstrated the Romans had a well-developed sense of this technique.
  4. \_\_\_\_ The study of anatomy advanced dramatically, particularly in Italy, during this period.
  5. \_\_\_\_ A specific procedure used to produce a particular therapeutic outcome
  6. \_\_\_\_ The approach that explores the relationship between the nervous system and muscular system
  7. \_\_\_\_ Uses light, rhythmic strokes to stimulate lymph flow and fluid movement
  8. \_\_\_\_ Requires both good massage skills and business skills
  9. \_\_\_\_ The organization formed by the National Institutes of Health to promote shared research between conventional physicians and CAM therapists and provide reliable information to the public
  10. \_\_\_\_ The first research center in the world dedicated exclusively to exploring how touch affects health and well-being

## V. Sentence Completion

Instructions: *Fill in the blanks with the correct answer.*

1. The painting found in Ankhmahor's tomb in Egypt depicts techniques that are similar to those used in \_\_\_\_\_ today.
2. Al-Razi, regarded as Islam's greatest clinician, has been called the father of \_\_\_\_\_ because of his treatise *The Diseases of Children*.
3. The Sanskrit term for the primary form of medicine used in India, \_\_\_\_\_, means "knowledge of life" or "science of life."
4. Massage, bodywork, and \_\_\_\_\_ therapies are broad terms used to describe techniques and systems that promote health and wellness of the body, mind, and spirit.
5. \_\_\_\_\_ massage is often used specifically for stress reduction and is frequently the foundation of a therapist's techniques.

6. A Traditional Chinese Medicine technique where the practitioner applies pressure to specific energetic points is called \_\_\_\_\_.
7. Thalassotherapy, balneotherapy, and fangotherapy are types of \_\_\_\_\_ therapies.
8. Survey results show that \_\_\_\_\_ and \_\_\_\_\_ are the two main reasons why people do not seek massage.
9. The term CAM refers to \_\_\_\_\_ and \_\_\_\_\_ Medicine.
10. The Massage Therapy Foundation promotes \_\_\_\_\_ within the massage field.

## VI. Short Answer Questions

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Instructions: Complete all of the following short answer questions.

### Topic 1-1: The History of Massage

Describe below how the Mayan, Aztec, and Native North American cultures have used *sweat* in their treatment of disease.

*Mayan and Aztec cultures:*

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*Native American cultures:*

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### Topic 1-2: Overview of Techniques, Systems, and Approaches

1. Name and describe the three components of Per Henrik Ling’s Swedish movements.

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2. Are the terms “massage” and “bodywork” interchangeable? If not, how are they different?

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3. Describe the difference between a massage technique and a massage or bodywork system.

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- There are two general categories of massage: wellness and healthcare. Describe the differences between the two categories.

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**Topic 1-3: Contemporary American Massage**

- People are often confused by the terms “complementary medicine,” “alternative medicine,” and “integrative medicine.” Define each of these categories of healthcare below.

*Complementary medicine:*

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*Alternative medicine:*

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*Integrative medicine:*

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**VII. Activities**

**Topic 1-1: The History of Massage**

- Throughout history, cultures had very distinct beliefs about what caused and cured disease. For each of the following cultures listed, provide: what was believed to cause disease in the human body, and what treatments were believed to cure it.

Ancient Egypt

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Aboriginal Australia

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Ancient Maya

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Aztec

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Native North Americans

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Greeks/Hippocrates

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**Topic 1-2: Overview of Techniques, Systems, and Approaches**

1. States with an organized regulating board and state licensing or regulation often define a scope of practice for massage therapists in their state. Research the scope of practice that has been defined by your state board or by a state assigned to you by your instructor. Compare and contrast that scope of practice to the definition created by the Massage Therapy Body of Knowledge (MTBOK) project.

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2. There are many different types of massage and bodywork techniques, systems and approaches discussed in this chapter. Think back to all of the massage and bodywork sessions you've received. Make a list of all of the different types of massage or bodywork that were included in those sessions. How would you describe how each technique or approach felt to you while you were receiving the work? How did you feel afterwards? Describe the differences between the different approaches from a client's point of view: did you remain clothed for the session, did some of the work feel deeper than others, was any of the work more relaxing or more painful? Which techniques helped resolve a specific area of tightness or pain? Summarize your experiences below.

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**Topic 1-3: Contemporary American Massage**

- As you read in the chapter, there are approximately 250 known types of massage and bodywork at this time. Make a list of at least three techniques that are you excited to learn. Why are you interested in learning each of these techniques? How do you think you'll use each technique to help your future clients?

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**VIII. Rubrics**

Learning Objective	Excellent	Good	Needs Improvement
<b>1-1. Identify one reason why the study of history is important to contemporary massage practice.</b>	The student is able to clearly articulate at least one reason the study of history is important to contemporary massage practice.	The student can give a partial description of why the study of history is important to contemporary massage practice, but does not include all of the key points.	The student is unable to articulate a clear reason why the study of history is important to contemporary massage practice.
<b>1-2. Describe one ancient document that is important to our current understanding of medicine or massage.</b>	The student names and accurately describes the content of at least one ancient document and conveys its importance to our current understanding of medicine or massage.	The student is able to give partial information. For example, the student is able to do some, but not all, of the following: provide the name of an ancient document, describe its content, or convey its importance to our current understanding of medicine or massage.	The student is unable to name, describe or convey the importance of any ancient documents.
<b>1-3. Explain the contribution of one historical figure to medicine or massage.</b>	The student names and provides an accurate and detailed description of the contribution to medicine or massage of at least one historical figure.	The student is able to give some, but not all, of the information requested. The student is able to name an historical figure, but can only partially describe his/her contribution or is able to correctly describe someone's contribution, but not provide his/her name.	The student is unable to name or describe an historical figure and his/her contribution to medicine or massage.
<b>1-4. Analyze the contribution of one culture to either medicine or massage and explain its relevance for a contemporary massage practice.</b>	The student is able to name at least one culture, describe its contributions, and the relevance of those contributions for a contemporary massage practice. The student's explanation reflects understanding and analysis of the information learned through reading and class discussion.	The student can name and partially describe the contributions of a culture to either medicine or massage, but their explanation lacks clarity and details.	The student is unable to accurately name a culture, describe its contributions to medicine or massage, or explain the relevance of that culture's contributions to a contemporary massage practice.

Learning Objective	Excellent	Good	Needs Improvement
<b>1-5. Distinguish among the terms “massage,” “bodywork,” “technique,” “system,” and “approach” in relation to the massage profession.</b>	The student correctly defines each term and is able to accurately describe how each term relates to the others.	The student is able to correctly define 3–4 of the terms, but not all and is not able to express how all of the terms relate to each other.	The student is able to correctly define 0–2 of the terms and is not able to express how any of the terms relate to each other.
<b>1-6. Compare and contrast the approach of conventional medicine to the body with that of alternative medicine.</b>	The student is able to correctly define conventional and alternative medicine and accurately compare and contrast each type of medicine’s approach to the body.	The student has a general understanding of conventional and alternative medicine, but is not able to accurately compare and contrast their approaches to the body.	The student does not have enough of an understanding to define conventional medicine or alternative medicine or compare and contrast their approaches to the body.
<b>1-7. Describe the role of the National Center for Complementary and Alternative Medicine in today’s healthcare environment.</b>	The student is able to accurately describe the role of the National Center for Complementary and Alternative Medicine in promoting research between conventional physicians and CAM therapists and providing reliable information to the public.	The student is aware of the National Center for Complementary and Alternative Medicine but cannot accurately describe its role in today’s healthcare environment.	The student is not able to demonstrate knowledge of the National Center for Complementary and Alternative Medicine or its role in today’s healthcare environment.
<b>1.8. Outline one way that massage fits into today’s healthcare system.</b>	The student is able to correctly outline at least one way massage fits into today’s healthcare system. His/her response includes detail and examples.	The student is able to give a general understanding of one way massage fits into today’s healthcare system, but his/her response lacks detail.	The student is unable to outline even one way that massage fits into today’s healthcare system.
<b>1.9. Give at least two reasons why consumers seek massage therapy today.</b>	The student describes more than two reasons why consumers seek massage therapy today while citing information from the surveys included in Chapter 1.	The student provides only two reasons why consumers seek massage therapy, and his/her answer lacks detail.	The student is not able to provide two reasons why consumers seek massage therapy today.
<b>1.10. List two benefits or effects of massage that are verified by recent research.</b>	The student accurately lists at least two benefits or effects of massage with as much detail about the research as was given in Chapter 1.	The student is able to list one or two benefits or effects of massage that are verified by recent research, but is not able to give any specific information.	The student is unable to list any of the benefits or effects of massage that are verified by recent research.
<b>1.11. List at least three different environments in which massage therapists work, and describe the types of massage offered in each.</b>	The student correctly lists more than three different environments in which massage therapists work and is able to accurately describe the types of massage offered in each.	The student is able to list up to three environments in which massage therapists work and his/her description of the types of massage offered in each lacks detail and clarity.	The student is unable to list any of the environments in which massage therapists work.