

MASSAGE THERAPY

CONTENTS

INTRODUCTION.....	4
1 THE HISTORY OF MASSAGE	7
ANCIENT MASSAGE	7
ANCIENT GREEK MASSAGE.....	8
ROMAN MASSAGE.....	8
MASSAGE IN DAYS OF YORE	9
THE 1800S TO 1900S.....	9
20TH CENTURY MASSAGE.....	10
MASSAGE TODAY.....	11
2 PURPOSE AND BENEFITS OF MASSAGE THERAPY ..	12
PURPOSES OF MASSAGE THERAPY	12
BENEFITS.....	13
HOW MASSAGE THERAPY WORKS	14
POSITIVE APPLICATIONS.....	15
3 EDUCATION AND TRAINING	17
HOW TO CHOOSE A COURSE	17
SPECIALIZING.....	18
WORKSHOPS.....	18
PRACTICAL VS THEORY	18
BUSINESS SKILLS	19
ACCREDITATION AND LICENSING.....	19
4 BASIC TYPES: EASTERN VERSUS WESTERN; TRADITIONAL VERSUS MODERN ECLECTIC.....	20
WESTERN MASSAGE THERAPY	20
EASTERN MASSAGE THERAPY	21
MIXED.....	22
5 COMMON TYPES OF MASSAGE THERAPY	24
SWEDISH MASSAGE.....	24
TRIGGER POINT MASSAGE.....	25
DEEP TISSUE MASSAGE THERAPY	26
SPORTS MASSAGE	26
SHIATSU	28
6 OTHER TYPES OF MASSAGE THERAPY: EASTERN ...	29
ACUPRESSURE.....	30
7 OTHER TYPES OF MASSAGE THERAPY: WESTERN ..	32
ROLFING.....	32

MEDICAL MASSAGE	33
REFLEXOLOGY	34
8 TERMINOLOGY	35
CONCLUSION.....	41

INTRODUCTION

Massage is rapidly growing in popularity. In the past 10 years, the need for qualified massage therapists has increased substantially. It is no longer the sole province of massage parlors or wealthy spas. You now can find massage as part of an integrated medical system of treatment. You can see it in ICUs for babies, children and elderly people. Massage is part of out care and in-house therapy as well as medical management for people with HIV-AIDS and cancer.

Massage now forms a small but significant part of many different types of health care facilities. Hospices, health care centers, and various types of medical and therapeutic clinics include some form of massage as part of a recognized form of treatment. In the sporting arena, massage is also a prominent fixture, making its appearance at the Olympics. Massage is also an accepted part of athletic training at all levels of sport.

Yet, what exactly is massage? There is actually no simple single definition. In fact the term has varied somewhat over time. In 1886, for example, *Thomas's Medical Dictionary of 1886* simply stated:

"Massage, from the Greek, meaning to knead.

Signifying the act of shampooing."

A few years later, the definition became a little more involved. In *A Text-book of Mechano-Therapy* (1904), Doctor Axel V. Grafstrom declared,

"By massage, we understand a series of passive movements on the patient's body, performed by the operator for the purpose of aiding nature to restore health. These passive movements are friction, kneading, percussion, stretching, pressure, vibration, and stroking."

The definition for much of the 20th century continued in this fashion. A standard dictionary from the 1970s defines massage as a

“manual or mechanic manipulation of parts of the body as through rubbing, kneading, slapping or the like, used to promote circulation, relax muscles, etc.”

Online, the Encarta Dictionary defines massage as

“a treatment that involves rubbing or kneading the muscles, either for medical or therapeutic purposes or simply as an aid to relaxation.”

There are other ways to characterize it. Some separate massage according to method or type. Some see it as traditional others look at it as modern. There are Western and Oriental or Asian versions.

In fact, massage has many types. It is not a solitary definitive action or typology. Yet, you can provide some basic parameters and, therefore, set forth a basic definition. Essentially, massage is the use of touch given by one person to another. Using manual techniques based on an ancient and/or modern system of treatment, the practitioner kneads, rubs, strokes, and compresses or otherwise manipulates the flesh. At its most common, massage induces pleasure. This is true of sensual or sexual massage. At its most powerful, massage is a tool for removal or reduction of stress as well as for pain relief, injury rehabilitation, health improvement, increased awareness and/or athletic preparedness or recovery.

Although still in some instances a “naughty” skill or art, massage has become what it was once in the antique past – a medical, emotional and psychological treatment. When you abandon the pure pleasures of the flesh in implementing massage, you are entering the realm of massage therapy. Massage therapy is a specific application of massage. Its purpose is to help the client recover from illness or injury or, as in the case of sports massage therapy, act as a preventative measure.

As a curative, therapeutic, enabling or preventative form of medical treatment, massage therapy may act alone or become part of a system of treatment. It may complement other traditional or alternative therapies. In doing so, it becomes part of a larger and often intricate approach to healing referred to as CAM (Complementary and Alternative Medicine).

The following pages will guide you through the field of Massage Therapy. It will examine the purposes, benefits, training, types and terminology. It will consider the various approaches and techniques they use. From

aromatherapy massage to Trigger Point Massage, this e-book will consider and discuss massage therapy and all its aspects.

1

THE HISTORY OF MASSAGE

The history of massage goes back into the ancient past. There are references of it among the records – written and oral, of many different civilizations.

ANCIENT MASSAGE

The Chinese, the Greeks, the Romans, the Egyptians and the Hindus all provide indications of a form of massage in place as adjunct to or an integral part of medical treatment. Egyptian tomb paintings depict people receiving a massage. Around 3000 BC the Chinese had made it part of a general fitness and health program.

The most well-known of these references to the use of massage during this period is the Huang Ti Nei Ching Su Wen or *The Yellow Emperor's Classic of Internal Medicine* (ca. 2,700 B.C.). It notes: "When the body is frequently startled and frightened, the circulation in the veins and arteries ceases, and disease arises from numbness and the lack of sensation. In order to cure this one uses massage and medicines prepared from the lees of wine." The book recommends the following approach:

"breathing exercises, massage of skin and flesh, and exercises of hands and feet" as the appropriate treatment for -complete paralysis, chills, and fever."

In 1800 B.C. Hindu writings indicated massage was part of a system of treatment involving such things as weight loss, combating fatigue and aiding sleep. The Hindu writings indicate massage was also a tool in relaxation. We know more, however, about the use of massage therapy in Classical Greece.

ANCIENT GREEK MASSAGE

The Greek word for massage was anatripsis. The Greeks recognized massage in helping battle problems of fatigue and muscle pain among soldiers. They found it to ease the pain and release tension during training. They also applied to athletes both pre and post tournaments. Herodicus was the first Greek physician to implement massage as a medical treatment. He claimed it helped to prolong life. In his practice, Herodicus used massage together with herbs and oils. His student, the "Father of Medicine," Hippocrates (460 – 380 B.C.), claimed massage improved the function of joints and increased muscle tone. He felt the best way to massage a person was towards the heart.

Hippocrates mentioned massage several times in his writings. His most quoted references are found in "On surgery" and "On articulations." In the former, he states "Anatripsis [massage or rubbing] can relax, brace, incarnate, attenuate: hard anatripsis braces, soft anatripsis relaxes while much anatripsis attenuates and moderate rubbing thickens. (17). In the latter he writes: "The physician must be experienced in many things, but assuredly in rubbing (anatripsis), for things which have the same name have not always the same effects. For rubbing a joint that is too loose, and loosen a joint that is too rigid." (9).

ROMAN MASSAGE

Carrying on from the Greek implementation of massage were the Romans. Their word for massage was frictus translated as "a rubbing". Both Julius Caesar and Pliny were the recipients of massage therapy. Julius Caesar required massage to relieve neuralgia and headaches. Pliny sought relief for his asthma. Aulus Cornelius Celsus (ca 25BC – ca 50 A.D.), a Roman physician, utilized massage in his own practice. His works De Medicina, denote the significance of massage. Of the 8 volume set, several volumes spend time discussing the use, methods and typology of massage or rubbing. He claimed it healed paralysis. He also noted its use in helping with headaches. Galen, court physician to two Roman emperors, Marcus Aurelius and Septimus Severus, another also discussed the uses and importance of rubbing in his medical publications.

MASSAGE IN DAYS OF YORE

The following centuries after the fall of the Roman Empire were not kind to massage therapy or many other types of medical procedures. The Dark Ages or Medieval times saw little advancement made in these areas. Furthermore, the application of massage required hands actually touching flesh. This was too worldly and too sensual for the religious minded and ruled world of the period. The only exception to this approach was found in the Middle East and other non-European countries.

Of particular note in the development of massage in its medical sense was the man known in Europe as Avicenna (980-1037). This Persian physician, Ali al-Husayn Abd Allah Ibn Sinna was a prolific author of both medical subjects and philosophy. He also wrote books of poetry and theology. Avicenna noted the object or purpose of massage was "to disperse the effete matters found in the muscles and not expelled by exercise."

In the Renaissance, massage began to become more acceptable. This was specifically true among the royal households of the time. By the 16th century, Ambroise Paré (1510 – 1590), a French barber-surgeon, was using it as part of his medical practice. He became the official surgeon to 4 Valois kings: Henry II, Francis II, Charles IX and Henry III. His work in this and other medical fields provided credibility to the art and science of massage.

Massage continued to sputter through the 16th and into the following century. Little, however, was undertaken to advance it in form or theory. In the 1700s, it made its greatest advancement, one that was to affect the formation of modern massage therapy. In this era, two men stand out prominently. They are Per Henrik Ling (1776-1839) and John Grosvenor (1742-1823).

THE 1800S TO 1900S

Per Henrik Ling, a Swedish born doctor, educator and poet, established a gymnastics training program utilizing massage as a key component. The school he founded in 1813 was the Royal Gymnastics Central Institute in Stockholm. The method was medical gymnastics known as the Swedish Movement Cure. Ling borrowed much of his techniques of massage from the Turks. There are also aspects of Chinese, Egyptian, Greek and Roman techniques. His new creation became known first as the Swedish Movement System or Swedish Gymnastic Movement System. It later gained the misnomer of Swedish Massage.

At the same time Ling began work on his inclusion of massage as part of a healthy life style, Grosvenor wrote and spoke about the use of massage as part of medical treatment. He felt the application of massage therapy produced positive healing affects in specific medical problems. He saw it relieving the difficulties of stiff joints and muscles. He said it was effective in such conditions as gout and rheumatism.

In the 19th century, a Dutchman and doctor, Johan Georg Mezger of Holland (1839-1909) created the final steps to the system developed by Ling. He provided the French names used in what is now Swedish Massage. Ling did not have specific terminology to describe the techniques he used. Mezger did. He applied French names to the specific strokes. As a result, of the efforts of him and his students, Swedish Massage (Classic Massage in Sweden) has the following terminology: effleurage, petrissage, friction and tapotement.

In the United States, two brothers, both physicians, introduced the practice of massage. They were George Henry Taylor (1821-1826) and Charles Fayette Taylor (1826-1899). Dr. S. Weir Mitchell in Philadelphia and Dr. Douglas Graham of Boston also provide support. Graham published several articles on of the topic. He also published one of the earliest books on the topic in 1884. Recent Developments in Massage came out in 1893.

During the late 1800s and into the 1900s, further advancements ensured the survival of massage as a respectable medical treatment. John Harvey Kellogg (1852-1943) of Battle Creek Sanitarium used massage and hydrotherapy in his treatment. He published a treatise: The Art of Massage in 1895. A year earlier, several women founded the Society of Trained Masseuses in Britain. It provided standards for study and the prerequisites for massage education.

20TH CENTURY MASSAGE

Further developments and works on the subject of massage therapy followed. Sigmund Freud implemented massage in his treatment of hysteria. Sir William Bennett established a department of massage at St. George's Hospital in London, England in 1899. St. Thomas's Hospital in London was to retain a massage department until 1934.

In the early 20th century, massage therapy became part of a variety of treatments. Sir Robert Jones, Director of Special Military Surgery Hospital in London, encouraged the use of massage. He felt it helped to alleviate pain assisted in improving circulation, reduced incidences of edema and promoted

the healthy sustenance of tissues. By the end of WWI, Kurre W. Ostrom had published his book on Swedish Massage (1918).

Various types of systems of massage began to emerge during the early to mid 20th century. Jiro Murai developed the Japanese form of Massage called Jin shin jyutsu and Mary Lino Burmeister introduced it to the American public in the 1960s. Janet Travel began to explore Trigger Point Massage in the 1950s, publishing her manual with David Simons in 1983. Ida Pauline Rolf (1896-1979) published in 1963 her book on Structural Integration (SI), creating and promoting the massage method called Rolfing. Francis Tappan (1915-1999) published her work along with the pair of Gertrude Beard and Elizabeth Wood. Their work, the celebrated book, *Massage: Principles and Techniques* has become a classic textbook since its publication in 1964.

MASSAGE TODAY

Today, massage therapy is clearly distinguished from simple massage. Sensual and sexual massage still retain a high profile in the mind of the public, but it is no longer assumed a massage treatment is something covert. Massage therapy is truly coming into the respectability it deserves. It is returning to the position of esteem it once held.

2

PURPOSE AND BENEFITS OF MASSAGE THERAPY

Massage Therapy is a valid way of improving your life. It is beneficial for you in so many different ways. It is a method that knows no gender, age or race. Touch is an essential part of all our lives. No matter who we are we can benefit from the powers of positive touching or therapeutic massage.

Massage Therapy can influence the health of people of all ages in a positive fashion. Babies and seniors can benefit from massage therapy. The sense of touch is more than a sensation. It is greater than a mere laying-on of hands or casual stroke. Massage therapy is a means of maintaining and improving your health.

Massage therapy, depending upon the type, is either directed towards a specific injury or body part, e.g. sports massage, or is more general in its scope. The purpose can also vary according to the practitioner and the client. It may be a matter of maintenance or an issue of rehabilitation. Yet, overall, the purpose of Massage Therapy remains the same – to promote and maintain a healthy body balance.

PURPOSES OF MASSAGE THERAPY

The following are specific and basic purposes of Massage Therapy. They cover a variety of functions and intents:

1. Relax the body e.g. tight muscles and tense joints,
2. Remove stress and anxiety from your mind
3. Stimulate circulation of blood and lymph to help improve various physical operations of the body
4. Help the immune system function at its best
5. Abet recovery or rehabilitation time of ill or debilitated patients
6. Improve overall health

7. Reduce and/or relieve pain –chronic and otherwise
8. Remove stress
9. Create or reinstate homeostasis (optimum health)

BENEFITS

Massage Therapy produces a number of different benefits for the body and the person who inhabits it. These are not New Age babblings. Research provides support for several of the claims. Admittedly more scientific studies need to be undertaken to provide further data, but to date, university research and studies made by the National Institutes of Health provide some validity to support the following:

1. Regular massage can increase weight gain among infants exposed to the HIV-Aids virus.
2. Patients after abdominal surgery have a quicker recovery time if they receive regular massage.
3. People suffering from hypertension show a decrease in their blood pressure after Massage Therapy sessions.
4. Sufferers of migraine headaches have a decrease in pain with a massage treatment system in place.

Increasingly research studies are beginning to support other benefits attributed to Massage Therapy. These include the following:

1. Improves digestion
2. Reduces or lowers blood pressure
3. Releases pain killing chemicals – endorphins
4. Balances hormone action
5. Improves blood circulation
6. Increases lymph flow
7. Abets muscle relaxation

8. Increases the range of motion for muscles and increases the flexibility of joints by lessening tension and stiffness
9. Reduces instances of joint and musculature swelling
10. Helps muscles and joints, sprains and injuries heal faster
11. Reduces the chance and extent of scar tissue formation
12. Mitigates stress and anxiety
13. Reduces pregnancy tenderness and discomfort
14. Introduces essential oils into the skin
15. Reduces dependency on medicine by providing an alternative pain management system

HOW MASSAGE THERAPY WORKS

The massaging of the surface skin, muscles or affected part has several diffuse and related impacts upon the functions of the overall body systems. By applying therapeutic massage techniques, the practitioner increases circulation away from a specific inflamed or affected area. This, in turn, decreases the strain and tension on the affected parts. The result is a decrease in pain.

At the same time, rubbing the affected part or parts assists in draining the excessive or excess fluid built-up in the system or area. This also reduces the tension on the body part. The muscle or joint, therefore, also regains some of the lost mobility. While Massage Therapy cannot claim to actually increase muscle strength, it does stimulate the weak and atrophied muscles and joints. This, in turn helps to improve circulation and improves the range of movement.

By rubbing the skin, the practitioner also helps to release endorphins. Endorphins are the feel good, pain killing chemicals in the body. As massage releases the endorphins, the patient feels a decrease in pain. As a result, he or she can relax. They can get more sleep. Bodies heal best when the patient is relaxed and inactive. By inducing endorphins to act, massage therapy increases the ability of the body to heal itself.

Overall, massage affects the autonomic nervous system by soothing the nerve endings of the skin. In doing so it helps to calm down the entire body.

It also affects the lymphatic system. Lymph surrounds every cell in your body. Lymph is responsible for supplying nourishment. Lymph system also carries away waste products. When lymph returns to the heart, it brings with it the waste products, viruses and bacteria from the cells through the lymphatic vessels. The system contains filters or lymph nodes. These purify the contents so they can then return clean to the heart to start the process over again. Massage makes sure there are no knots or blockages to the process. Massage also stimulates the production and flow of lymph.

Many illnesses are emotional or result from stress. Heart disease is one medical problem, for example, directly linked to stress. Massage Therapy soothes the body and the mind. In doing so, it relaxes the person. It thus reduces stress and removes or decreases the feelings of anxiety, worry and even depression.

POSITIVE APPLICATIONS

There are many instances when you can use Massage Therapy as part of an overall Complementary and Alternative Treatment (CAM) system. These include the following:

1. Reduced peripheral circulation
2. Lymphatic congestion
3. Muscle spasms
4. Tension e.g. headaches
5. Anxious states of mind
6. Flaccid musculature
7. Back ache

Some practitioners also claim the following problems or medical issues benefit, either directly or indirectly, from Massage Therapy.

1. Allergies
2. Osteoarthritis or Rheumatoid arthritis
3. Asthma

4. Bronchitis
5. Carpal Tunnel Syndrome
6. Depression
7. Digestive and gastrointestinal problems including diarrhea and constipation
8. Insomnia
9. Myofascial pain

Before you decide whether to treat your illness, check with both a reputable and licensed Massage Therapist and your doctor. Make massage part of a compatible CAM system.

3

EDUCATION AND TRAINING

If you wish to become a qualified massage therapist, you will need to go to school. There is, at the present time, no set path to pursue the career. Unfortunately, training requirements and educational qualifications vary from country to country throughout the world. In fact, the specifications for a massage therapist may even vary within a country. In England, Canada and the United States, for example, differences continue to exist between provinces and states. It is up to the potential massage practitioner to ensure he or she receives the best possible education in the field.

There is no lack of good schools on massage therapy. There are many different college courses and training programs. The curriculum for each and the focus will vary. You may attend a course providing general information on a variety of massage techniques. You could also go to a college or school which concentrates on or promotes a specific type of massage therapy e.g. Swedish, Sports or Trigger-Point.

HOW TO CHOOSE A COURSE

In general, be sure to choose a course which offers you an extensive look at topics covering anatomy, kinesiology and physiology. This will provide you with a solid grounding in basic body mechanics, physical makeup and motor development. You will need to thoroughly understand how the body works if you want to be effective in your career choice. Make sure you prepare yourself well in advance by taking courses in such sciences as biology during your high school years.

Besides courses in physiology and related topics, your selected massage school should offer a curriculum preparing you for the different types of techniques used in massage therapy. These should include a look at both Western and Asian methods. A basic overview of the types of massage should contain Swedish Massage and Traditional Chinese Massage. The two provide an excellent and comprehensive overview of the history and techniques of massage therapy you will require in your chosen field.

SPECIALIZING

You may also wish to specialize. There are a variety of massage therapy schools that focus only on specific type of massage therapy. While you will still learn the basics, the major focal point will be a particular type of massage therapy or a technique. You may want to concentrate on Shiatsu, Reflexology, Reiki or Aromatherapy Massage. Your interest may lie in Trigger-Point, Swedish Massage or Sports Massage. It is probably a good idea to take a general overview before you commit yourself to one specific type. This will ensure you do not spend time in a course your ultimately decide is wrong for you and your intent. If you are unsure as to your preference, enroll in a general course.

WORKSHOPS

Another way to eliminate what you like from what you have no interest in is to attend workshops. Many local colleges, on-going education programs and community centers offer special interest courses. These frequently include instruction in massage. Attend one or more of these to see if you have the personality, talent and intent for becoming a massage therapist.

PRACTICAL VS THEORY

During the selection process, consider the number of practical versus theory practice offered by the schools. In the long run, it is the implementation of what you learn that will determine what type of massage therapist you will become. Therefore, it is essential to see whether your school has a focus.

- Does it concentrate on the theoretical aspect or the practical?
- Do you have sufficient sessions in applying what you learn?
- Is there an apprentice-type program where you can see and put what you learn into action?

BUSINESS SKILLS

When you determine your course of post secondary education, look to see if the school offers courses in operating in the world of business. Such a curriculum will allow you to explore the options open to a massage therapist. These may include working in an office environment, alongside a chiropractor, out of your home or in your own office or shop. To help you make your decision, the ideal school will include financial courses. A reputable massage therapy school will provide you with information on such things as operating costs, location, financial options and how to prepare a business plan. A good massage school will also not ignore the topic of ethics both in business and with your clients. You need to be aware of these issues if you wish to be successful and the best possible massage therapist for your clients.

Massage schools may also help you obtain gainful employment. They can provide you with guidance in selecting employment. Some schools offer job placement services for their graduates. They also continue to support their alumni with specific services to help them continue their learning. This may include post-graduate courses or workshops.

ACCREDITATION AND LICENSING

Choose your school with care. Check to see if the courses you are taking are not only pertinent but are accredited. Since some states require licenses to operate, be sure you select a school meeting with their approval. Be aware, your education is ongoing. In some places, maintaining a valid license involves continually update your education and improving your skill through annual attendance at courses and workshops.

Be sure your school prepares you for the taking of any exams following your graduation. Some countries require you take a specific examination before you are able to operate in their jurisdiction. In the United States, you may be required to take the Certified Examination for Therapeutic Massage and Bodywork (NCETMB). In Europe and the United Kingdom, there are different licensing organizations and exams. The licensing requirements may actually vary in different cities. This may lead to confusion. The Irish Massage Therapists Association (IMTA), for example is trying to establish a national examination.

4

BASIC TYPES: EASTERN VERSUS WESTERN; TRADITIONAL VERSUS MODERN ECLECTIC

Massage therapy initially separates into two basic types: Eastern and Western. The latter form is also referred to as Chinese, Japanese or Asian. While the two formats have commonalities, there are also differences. This is not simply a question of origin. It is a matter of philosophy. Western Massage traditionally treats the body as a physical entity. It bases its approach on western ideals and understanding of medicine. Eastern or Asian Massage looks at the body as part of a whole. It considers the physical, emotional and mental aspects of a human being as one interdependent entity.

Within the frame work of Eastern and Western Massage, you find two basic subdivisions. These are traditional and modern eclectic. Traditional massage therapy conforms to the original concepts. They remain staunchly Eastern or Western in their outlook and approach to treatment. Modern, eclectic massage therapy diverges. It can be Western Massage techniques utilizing Eastern philosophy. It could also be Eastern techniques with a more Western approach to medical concepts. Modern eclectic massage therapy essentially offers a variation on the original theme.

WESTERN MASSAGE THERAPY

The original version of Western Massage Therapy is, without a doubt, Swedish Massage. In fact in Sweden and among many practitioners, Swedish Massage is known as Classic Massage. It is a massage therapy based entirely on a physical or medical approach. It is the physical body that is of importance. A massage therapist of this and other traditional forms of Western Massage, focus on the anatomy as defined by Western medical research. These massage therapists work within a tradition that uses the

current concepts of the scientific understanding and findings on the physical entity we call the body.

Traditional forms of Western Massage include

- Sports Massage
- Medical Massage and
- Deep Tissue Massage.

Approaches with slight variations are

- Esalen Massage
- Hellerwork
- Myofascial Release
- Rolfing and
- Trigger Point Massage or Myotherapy.

The massage therapists of these types of massage focus only on the physical repair and maintenance of the body. In Rolfing, for example, a massage therapist works with the muscles and the layers of fascia (connective tissues) to reorganize or restructure or realign the body. Esalen Massage essentially draws on Swedish Massage with rocking movements and deep tissue massage strokes to help restore the functionality of the body.

EASTERN MASSAGE THERAPY

The standard form of Eastern Massage Therapy is Chinese or Asian Massage Therapy. This can take many forms. The most standard is acupressure. Its approach is strictly based on the philosophical and medical concepts from the East. It perceives the healing of a body to be realized only with the involvement of the life force. This is the Chi or Qi, in Chinese, and the Ki in Japanese.

In Traditional Chinese or Japanese Massage Therapy, the practitioner works with the energy or life force to heal the body. It is all about balancing the energy within the body. It is also about creating and maintaining a physical, mental and emotional balance. In the traditional form of Asian massage therapy, the therapist is striving to restore a balance among all aspects of the body. Moreover, he or she accomplishes this using a system based on a concept of meridians or pathways.

A blockage of any of the 12 meridians or 8 channels, according to Acupressure theory, will cause many adverse effects such as disease and emotional trauma. By placing pressure on specific points, the practitioner clears the channels. This allows free flow of energy, balance is restored and health improves. Other traditional versions of Western or Asian massage therapy include

- Amma (Japan)
- Tuina or Tui Na (China) and
- Thai Massage.

All these forms of Asian massage rely on the philosophical and medical approaches of the East. Tuina, for example, works with specific acupressure points to stimulate the joints and muscles. Techniques are traditional Chinese brushing, kneading, rolling and pressing.

MIXED

Both Asian and Western massage practitioners follow their own concept of physiology. There are, however, eclectic combinations. While some may base their origins in the past, they are revivals or recreations not the original. Falling into this mixed category are

- Shiatsu
- Reiki
- Aromatherapy Massage and
- Reflexology.

While some, such as Shiatsu and Reiki, base their approach on traditional Oriental massage therapy or medicine, they combine more modern approaches or update the practices. Aromatherapy Massage, for example, combines the use of aromatic oils with various massage techniques.

Yet, Eastern and Western, as well as all the subdivisions, all have the same goal – a healthy, happy human. How they achieve it is different. The techniques vary. The philosophy may be radically distinctive. Yet, the goal of making a person feel and act whole again remains true for all forms of massage therapy. In the following chapters you will learn more about these distinct types of massage therapy. You will discover how they differ and how they are the same. It begins with a look at the most popular types of Massage Therapy: Swedish Massage, Trigger Point, Deep Tissue, Sports Massage and Shiatsu.

5

COMMON TYPES OF MASSAGE THERAPY

According to the American Massage Therapy Association, there are five types of massage that are currently the most popular. These are Swedish Massage, Trigger Point, Deep Tissue, Sports Massage and Shiatsu. All but Shiatsu represent a Western tradition of massage treatments. All rely on specific techniques and intents to produce the best results possible in their clients.

SWEDISH MASSAGE

Swedish Massage or Classic Massage is the oldest of the western traditions. It dates back to the early attempts by Per Henrik Ling (1176-1839) to introduce a method of massage into sports education. In doing so, he integrated a number of different existent Eastern healing techniques into a Western system of anatomy, physiology and blood circulation. Further development by Johan Georg Mezger of Holland (1839-1909) produced the current classical or traditional system of Swedish Massage. Mezger is particularly noted for the naming of the different strokes applied in Swedish Massage. These are Effleurage, Petrissage, Friction and Tapotement.

- Effleurage (touching lightly) is a smooth gliding stroke.
- Petrissage (kneading) is a kneading of the flesh.
- Friction (rubbing) is the deep, circular movements to the soft tissue.
- Tapotement (tapping) is the application of cupped hands, the fingers or the edge of the hand in short, alternating taps on the body.
- In addition to these 4 original strokes, the massage therapist can use vibration (shaking).

In theory, Swedish Massage helps the body to relax while it improves circulation and increases the range of motion or movement of the muscles and joints. A practitioner uses this type of massage therapy to help an individual recover from stress and to prevent the onset of injury and stress-related illness. By relaxing the client, Swedish Massage reduces stress. This helps decrease stress-related illnesses. By improving the circulation, Swedish Massage decreases swelling around the injury and enhances lymphatic system production. As a result, healing speeds up and the reduction of swelling increases mobility of the affected parts.

Swedish Massage is the traditional form of Western Massage. Since its origins, and with the increase of massage in popularity, massage practitioners have created variations. These include three on the most-popular list. The offsprings of Swedish Massage include

- Trigger Point Massage
- Sports Massage and
- Deep Tissue Massage.

TRIGGER POINT MASSAGE

Trigger Point Massage is the creation of Janet Travell M.D. (1901-1997). A former White House physician, she explored and, with David Simons, is responsible for the Bible on this variation of massage therapy. Myofascial Pain and Dysfunction: The Trigger Point Manual came out in 1983. It contains the basic techniques, purpose and philosophy behind Trigger Point Massage. In essence, Trigger Point Massage believes the primary causal factor of pain and dysfunction is small, tender congested knots in the muscles. These are the "Trigger Points." Highly localized spots, they are responsible for pain some 75% of the time.

Trigger points are responsible for a variety of pain, usually throbbing and dull aches. These include headaches, neck and jaw pain, lower back pain and joint pain. Trigger points may indicate carpal tunnel syndrome. Earaches, dizziness, nausea, heartburn, colic in babies and sinus pain or congestion can all be the result of trigger points. The defining symptom of a trigger point is something called referred pain. The trigger point is an indication of the problem which may not, itself, originate at the trigger point. Relieving tension and stress from the trigger point will, however, start the healing process and break the cycle of pain-spasm-pain.

Trigger Point Massage Therapy recognizes three different types or regions of trigger points. There are central trigger points, satellite trigger points and attachment trigger points. You may have an active or a latent trigger point. All effect the healthy functioning of the body. Pressure on the correct trigger point will relieve the pain and hasten the healing of the body. The method utilized by the practitioner is similar to Asian Acupressure. Deep sustained finger pressure is applied to the trigger points to release them. As with Swedish Massage, Trigger Point has also spawned variations and adaptations. Two specific versions are neuromuscular therapy and Bonnie Prudden Myotherapy.

DEEP TISSUE MASSAGE THERAPY

Deep Tissue Massage Therapy is a direct descendent of Swedish Massage. In some instances, Deep Tissue Massage is a technique and not a specific type of therapy. In fact, it is utilized in various different kinds of massage therapy. In Deep Tissue Massage, a practitioner can utilize a number of techniques to free the body from pain. It specifically targets the body's system of myofascial connective tissue. Here, the therapist may find adhesions.

Adhesions are tight, rigid, bands of tissue. They are usually present on ligaments, tendons and muscles. In doing so, the adhesions block blood and lymph circulation. This causes pain, limited movement and often inflammation. The therapist using Deep Tissue Massage, relies on slow strokes and finger pressure on these tight areas or adhesions. The approach requires depth in the pressure applied.

Like Sports Massage, Deep Massage is specific in its intent and focus. A practitioner will work to realign connective tissue and muscles at the deeper layers. In doing so, the therapist can address such health issues as low back problems, chronic pain, carpal tunnel syndrome, fibromyalgia and restricted or limited movement of the muscles and joints.

SPORTS MASSAGE

Sports Massage is also a variation of Swedish Massage. It includes some aspects of Trigger Point Therapy. Sports Massage is a method of treating athletes. It is usually injury or athlete specific in its application. Sports

Massage emerged as a means to address the needs of athletes. This includes equine athletes.

The techniques of Sports Massage include

- Effleurage
- Petrissage and
- Frictions.
- In addition, there is compression and cross-fiber massage.
- Sports Massage Therapists may also utilize Deep Tissue Friction (DTF). DTF was introduced by an Orthopedic Surgeon, Dr. James Cryiux. It is similar to the friction used in Swedish Massage but goes deeper. It is usually applicable in situations of tendon damage and where there are micro-tears and problems to the joints and tendons.

Sports Massage also differs from Swedish Massage in another way. While the intent of both is to heal, Sports Massage is very specific in its intent and application. It is for athletes. Its popularity in sports has seen its inclusion in all major sporting events. These include the Olympic Games. Accordingly, Sports Massage is divided into 3 areas of application: Maintenance, Event and rehabilitation.

Maintenance massage ensures the athlete can train harder and lessens the chance of injury. Event massage is divided into 3 components: pre, inter and post. The former is a short-stimulating massage to invigorate the blood and relax the muscles needed to get the job done. The inter event checks for any signs of damage and helps condition of the next event. The post event may be a 1 to 2 hour massage intended to normalize the tissue of the athlete's body.

The most common type of sports massage, however, is rehabilitative. Its purpose is to ensure the athlete is restored to complete physical health as quickly as possible. It works on the effected areas to increase circulation, cut down on healing time and to restore balance to the musculo-skeletal system.

Sports Massage Therapy offers athletes of all ages and ranges benefits. It will reduce the possibility of injury, increase range-of-motion and even the elasticity of muscles and decrease recovery time when illness strikes. The end result of a regime of sports massage therapy is improved performance on the field.

SHIATSU

Unlike the other 4 types of popular massage, Shiatsu looks to the East for its origins and traditions. Shiatsu is Japanese. It is often called a form of Chinese Acupressure. Its name, in fact, means "finger Pressure." While considering some aspects of modern Asian medicine, it is principally traditional in its approach to human physiology. Moreover, it does focus on the overall concept of the interconnection of all parts of the human being: body, mind, spirit, emotion. The mind and body are an indivisible whole.

The technique of Shiatsu relies on knowing the interplay between the Yin and the Yang. A practitioner also has to be aware of the importance of the interconnection between the life force or Ki and the body. The Ki flows through the meridians or channels. Along these channels there are Tsubo or Acupoints. If the Ki continues to flow without blockages an excess or a deficiency, then the body is healthy and balanced. If there is an excess (Jitsu) or lack of Ki (Kyo), there are pains, illnesses, and other health issues.

A Shiatsu practitioner is a giver. He or she applies pressure on the acupressure points to balance the body energy and to promote good health. One technique is called tonification. It is a slow and gradual pressure. Applied to the Kyo Meridians, it helps increase the energy of the Kyo meridians. Another variation induces relaxation of the Jitsu. The basic techniques or strokes of Shiatsu to accomplish this are palm pressure, thumb pressure, finger pressure and elbow pressure. Yin is soft touch and lingering pressure while Yang touch is invigorating and revitalizing.

The benefits of Shiatsu include bringing relief from the symptoms. It helps to ease chronic pain. A Shiatsu Massage Therapy treatment can stimulate the hormone system improving digestion and reproductive systems. Its major intent, however, is to restore balance of the ki to insure the body is healthy.

While these are the most popular types of Massage Therapy, they are not the only ones. There are a wide variety of types. These include both Eastern and Western traditional massage and more modern and eclectic versions. Both East and West have contributed to the growing demand for CAM.

6

OTHER TYPES OF MASSAGE THERAPY: EASTERN

Asian or Eastern Massage Therapy is not restricted to the popular few listed in Chapter Five. There are many different types of Oriental, Asian or Eastern Massage Therapy. This includes both traditional forms and modern variations. As noted previously, within the general divisions are modern variations and hybrids. Some forms of massage therapy are new creations based on ancient traditions. Others are further developments of existing forms of massage therapy. In some East meets West with an interesting twist on traditional concepts.

The standard form of Eastern Massage Therapy is called Chinese Massage Therapy (CMT). In essence this is a term embracing all forms of massage therapy falling into the category of traditional Chinese practices. CMT can refer to Acupressure, Amma or Tui Na. In some instances the term used is not CMT but Energy Work or Asian Massage Therapy. The latter is a more suitable term than CMT. It seems more appropriate to use Asian Massage Therapy (AMT) when you include types of massage from Japan and Thailand.

Yet no matter what you call it, Eastern Massage Therapy bases its practice on principles of medicine predating Western concepts. As a result, the approach is very disparate from most Western practices. It bases its concept on the belief in a life force traveling along specific body channels (12 meridians and 8 other channels). If there is a disturbance in the flow of Chi/Qi (Ki) and a blockage, build-up or loss occurs, the person falls mentally, physically or emotionally ill. It is then up to the practitioner to find the problem and restore the balance of the Chi. This is accomplished by pressing, kneading, pinching, squeezing and percussing along the acupoints along the channels or the extraordinary acupoints not on the channels. The practitioner does this to restore the balance of the Ki/Qi – the life or energy force. This is one reason why some refer to the practice of Eastern Massage Therapy as Energy Work.

The other prominent feature of all styles of Eastern Massage Therapy is the philosophical approach. This is a holistic treatment. It does not focus solely on the body. Its intent is to treat the whole person. It addresses the body-mind-soul aspects. All traditional forms do so, while modern variations may focus on one particular aspect.

ACUPRESSURE

The most common form of AMT is Acupressure. It appears under many guises and with different variations in both traditional and modern types of AMT. Tui Na (Chinese) and Amma (Japanese) are traditional forms of acupressure. Both types predate the more popular Shiatsu. The techniques, however, are essentially the same. Amma or Anma combines pressure point techniques with stroking measures similar to those of Swedish Massage. It directs its healing properties towards the meridians and channels the energy along these points. Amma utilizes the theory of the five elements as part of the process. Amma is probably based on the ancient practice of Tui Na.

Tui Na is the forerunner of both Amma and Shiatsu. The at least 2000-year-old practice encompasses Acupressure but extends further to include various different strokes. There is pressing but also kneading, waving, shaking, pressing, percussion and manipulating of the body at pressure points between the joints and along the specific meridians. Tui Na may also use herbs as well as manual manipulation and acupressure in the treatment. There are various schools promoting and teaching Tui Na. Tui Na, like Shiatsu, is an accepted practice in Asian hospitals.

Thai Massage is also similar to Tui Na. However, the roots for Thai Massage are in both India and China. This is energy work, but it is more similar to ancient Hindu energy work. The pattern of meridians is more Indian than Chinese. The methods, however, are familiar to Tui Na practitioners. Pressure of the palms and fingers is applied to the points along the channels or meridians. This releases blockages along the routes. Thai Massage also utilizes various stretches of the body. The practitioner moves the body in certain ways to help energize the body and increase the range of movement. An adapted approach of Thai Massage is Thai Yoga Massage. This type of massage closely aligns the practices of Thai Massage techniques with those of Yoga. The life force in this instance is referred to by the Indian word of Prana.

There are newer or more modern types of Asian Massage Therapy. These include Aromatherapy Massage and Reiki. Both have a traditional basis but seem, to many people, very New Age. Aromatherapy Massage does have an ancient lineage. Its roots are located in India, Egypt, Babylon, Greece and in the Moorish Empire. Aromatherapy Massage relies on the power of scent, using essential oils extracted from plants with healing properties. The oils are sent into the air and rubbed upon the body. The method of massage can vary. The techniques may resemble more Swedish Massage than Tui Na. There is gliding, kneading and friction rather than acupressure. The perception and applications, however, have more in common with Asian beliefs of healing.

Reiki is another form of modern traditional Eastern Massage Therapy. Practitioners say it has Tibetan origins. The variation today, owes its origins to the work of Dr. Mikado Usui in the late 19th century. The Usui System of Natural Healing bases its healing therapy on the manipulation of energy. The word "Rei" refers to the universal aspect of healing while "ki" is the word for the basic life force (Chinese Chi/Qi). Everyone possesses ki and we replenish it when we eat, drink, breathe and go about our daily functions. If a person is unable to replenish the ki, he or she becomes ill – emotionally, physically or mentally. In Reiki, the channels conducting energy are frequently referred to as Chakras instead of meridians. The practitioner uses his or her hands to restore the energy. This involves exchange between client and therapist. It does not mean the physical touching of the body. In fact, Reiki practitioners usually have no physical contact with the body of the recipient.

Reiki, Amma, Tuina, Aromatherapy and Thai Massage are all types of Asian or Chinese Massage therapy. They all have a single intent. They wish to restore the body, in all its aspects, to perfect health. In order to do so, a practitioner draws upon traditional concepts of the body. These may include various passageways where the energy force flows and pressure points. Using scents, pressure and various other means, the therapist attempts to remove or replace energy, Qi (Chi), Ki or the life force. The therapist may also remove blockages or obstructions to energy flow. In doing so, the practitioner hopes to reinstate the natural balance to the body and, thus, restore health to body, mind, emotions and soul.

7

OTHER TYPES OF MASSAGE THERAPY: WESTERN

Western forms of massage therapy are both traditional and modern. While Sports Massage, Swedish Massage, Deep Tissue Massage and Trigger Point Massage are popular forms, they are not the only types of Western Massage available. Indeed there are many different variations of Western Massage. Some are simple adaptations of the basic Swedish Massage. Others combine the traditional with a more modern approach. Some unite Eastern and Western elements to create a new entity. Among the many types of Western Massage Therapy are the following:

- Rolwing
- Myofascial Release
- Kurashova Method
- Esalen Massage
- Medical Massage and
- Reflexology.

Western Massage therapists have one major thing in common. They focus on the body. They frequently rely on a completely Western concept of medical knowledge. In most instances, it is all about the physical repair and maintenance of the body. This is certainly true of Rolwing.

ROLFING

Rolwing is the product of the work of Ida P. Rolf (1896-1979). The technique is officially the Rolwing Method of Structural Integration. It believes the body becomes worn down and shifts within the myofascial system (connective

tissue). Using elbows, fingers and knuckles, a practitioner helps to align the misaligned body tissue and joints. This is accomplished after 10 sessions. Once considered a painful experience, the methods have shifted and become gentler in their approach.

Ida Rolf practiced at the Esalen Institute in Big Sur, California before establishing both her method and her school- the Rolf Institute. Esalen Massage, like Rolfing, is based on Swedish Massage. Its techniques are similar. Esalen Massage Therapy features the long strokes of Swedish Massage combining them with rocking movements and deep tissue massage. Esalme does so in what they refer to as a caring or nurturing environment. The environmental factor owes much to the sensory awareness approach of Charlotte Selver. Nevertheless, the focus is on physical wellness.

Rolfing is also related to Myofascial Release Massage Therapy. The Myofascial Release approach owes much to the work of John Barnes, a physical therapist. The focus here, like in Rolfing, is on the fascia. The fascia are the connective tissue found everywhere around the muscles and joints, surrounding the organs and bones. In order to release tension and restore balance to the physical body, the practitioner massages the affected areas. Fingers, palms, forearms and elbows are brought into play. The therapist uses long, gliding and smooth strokes to stretch and mobilize the fascia. Like Rolfing, Myofascial Release Massage Therapy may be incorporated into other types of Massage Therapy.

MEDICAL MASSAGE

Medical Massage is another adaptation of Swedish Massage. Medical Massage addresses only the issues of healing the physical body. Its approach and techniques tend to vary according to the needs of the patient and the directions/prescriptions of the physician. Medical Massage practitioners work together with other health professionals to restore health through treating injuries and addressing the issues of other illnesses. The most common types of massage address such things as deformities, tennis elbow, sciatica, knee pain, sprained ankles and repetitive stress disorders. The technique is illness specific.

The Kurashova Method of massage therapy has its origins in Russia. It is a known form of medical massage introduced to the United States by Zhenya Kurashova Wine. The practice consists of more than 100 strokes. Depending upon the condition requiring treatment, the practitioner uses deep

or gentle strokes. In essence, this method of massage combines Medical and Sports Massage elements. Its intent is to treat physical dysfunctions and to enhance athletic performances. It can also help a client relax or re-energize their body. It is truly Western in both its medical and philosophical approach.

REFLEXOLOGY

Reflexology is often considered an Eastern form of Massage Therapy. It claims to have predecessors in the wall paintings of Egypt and in Chinese Acupuncture. Yet, its founders are both Americans. In the 19th century, Dr, William Fitzgerald developed a theory on the interconnection between specific points on the feet, pressure and the impact on the body organs. He referred to 10 zones on the feet that would influence health if pressed upon properly. This is very similar to the Chinese concepts of meridians or channels and acupressure.

Mrs. Eunice D. Ingham, an American masseuse, adopted Fitzgerald's ideas in the 1930s. She wrote a book *The Stories the Feet Can Tell* published in 1938. This spawned the massage now known as Reflexology. The intent is to restore physical health through pressing the points of the foot. Each foot (or hand) has specific ties to an organ or other significant part of the body. Direct pressure releases the pain and helps the healing process. Reflexology naturally finds itself in combination with other forms of Western and Eastern Massage Therapy. Aromatherapy, Shiatsu, Sports Massage, Chinese Massage Therapy and Yoga other practices may include Reflexology as a technique. In some ways, Reflexology provides the ideal example of West meeting East.

8

TERMINOLOGY

The following pages will help guide you through the world of Massage Therapy. They include basic terms and types of Massage Therapy. These include some forms not mentioned in or only referred to in the preceding chapters. The list is alphabetical in an attempt to facilitate the process.

- **Acupressure:**
A method of Chinese Traditional Massage involving the pressure of fingers and other body parts on specific central points along the Qi or Ki energy channels or meridians. Types of massage therapy using acupressure include Shiatsu.
- **Amma:**
The traditional massage therapy from Japan. Amma or Anma precedes Shiatsu. Based on Chinese Traditional forms, Amma uses acupressure, stroking, kneading and percussion along the meridians.
- **Aromatherapy Massage:**
Massage combining aromatic essential oils to awaken the senses and lead to healing.
- **Asian Massage Therapy:**
Overall term for the various types of massage therapy with origins in the Eastern or Oriental forms. The focus in Asian Massage Therapy is not solely on the physical body. The approach is holistic including the soul, mind, emotions and body as an integral part of the healing process. Asian Massage Therapy also relies on Oriental traditional concepts of medical and physical properties and anatomy of the body. As a result, there is a belief in the need for a practitioner to address the energy level or life force – the Ki, Qi or Chi. By analyzing the energy flow through a system of Chakras, Channels or Meridians, the practitioner knows where to press, knead or use other methods to stimulate or correct the energy flow in the body. Types of Asian Massage Therapy include Shiatsu, Amma, Tui Na and Thai Massage.

- **Ayurveda:**
A type of healing system based on the ancient Vedic writings of Indian. Deepak Chopra is a classic example of this form of healing. It includes massage therapy as one part of an integrated approach to healing.
- **Chakras:**
Often defined as an aura, a chakra is one of the seven centers of energy regulating the flow of energy between the body and mind concept. It is Indian in origin and often appears in the terminology of Reiki practitioners as well as New Age therapists.
- **Channels:**
A channel is an invisible passageway for the flow of energy throughout the body. It is sometimes called a meridian. The channel concept is part of the overall Eastern or Asian approach to medicine.
- **Chi:**
This is the Chinese word for energy or life force. It is responsible in traditional Chinese medicine for the health of the body, the mind and the emotions. It flows through various meridians in the body. If there is too much chi, too little chi or a blockage of Chi, the person will fall ill. Traditional practitioners work to restore balance to the Chi. In doing this, they will ensure the return to health. Chi is also Qi in Chinese. It is Ki in Japanese and Prana in Indian massage practices.
- **Connective Tissue Massage:**
Developed in the 1930s in Germany, this form of massage therapy focuses on the layers of tissue between skin and muscle known as connective tissue. It proposes that massaging one area of the body will have positive affects on another.
- **Deep Tissue Massage:**
This is both a specific form of massage and a technique used in other types of massage therapy. It involves deep manipulation of the myofascial connective tissue. Deep Tissue Massage Therapy owes much to both Swedish Massage and Structural Integration.
- **Eastern Massage Therapy:**
See Asian Massage Therapy.
- **Effleurage:**
A basic technique of Swedish Massage Therapy involving smooth and gliding strokes. The massage therapist uses both hands in this principle stroke of Swedish Massage.

- **Esalen Massage:**
This is a type of Massage Therapy combining elements of Swedish Massage with sensory awareness principles and environmental sensitivity. It was developed at the Esalen Institute in Big Sur, California.
- **Fascia:**
These are the connective tissues surrounding and supporting the muscles, organs and bones of the body.
- **Friction:**
A basic technique of Swedish Massage Therapy. It involves rubbing and deeper penetration of the skin through circular motions of the hands during the massage treatment.
- **Hot Stone Massage:**
This is a popular means of treating specific ailments. It involves placing different sized heated stones on the affected body parts. Some massage therapists combine hot stone methods with Shiatsu or traditional Asian massage therapy types. They place the stones according to specific meridians, channels, pressure points and chakras.
- **Ki:**
The Japanese form of Chi, the life force or energy.
- **Kurashova Method:**
A form of Russian Medical Massage. It involves over 100 types of strokes to address issues of pain and to help athletes recover.
- **Medical Massage:**
Medical Massage is a form of Swedish Massage. Under the prescription of a physician, the practitioner provides the client with specifically medically directed forms of therapeutic massage.
- **Meridians:**
These are pathways along which the energy or life force flows. They are also known as channels or Chakras.
- **Myofascial Release:**
This technique to Massage focuses on the fascia. It employs hands, fingers, elbows, forearms and palms in smooth, slow and long strokes to mobilize and stretch the fascia.
- **Oriental Massage Therapy:**
See Asian Massage Therapy.

- **Petrissage:**
This is a basic technique of Swedish Massage Therapy. It involves kneading the flesh.
- **Prana:**
The Indian version of the Japanese Ki or Chinese Qi/Chi – life force or energy.
- **Reflexology:**
This type of massage focuses on the zones of the feet and sometimes the hands. The practitioner applies pressure to these zones to free the specific related body parts of pain, anxiety, stress, etc.
- **Reiki:**
Reiki is a hands-off version of massage therapy based on traditional Asian methods of medicine and massage. Using the concepts of Chakras and life forces, Reiki practitioners use their hands to transfer energy to the needed parts and to restore balance.
- **Rolfing:**
The Rolfing Method of Structural Integration is a technique aiming to reorganize the body structure through deep manipulation of the myofascial system of the body.
- **Rosen Method:**
This is a system of noninvasive touch and verbal communication. Touch or massage is utilized to detect muscular contraction causing health problems. Verbal expression is used to discover any emotional issues.
- **Shiatsu:**
This is a Japanese form of Acupressure. Translated, Shiatsu means “finger pressure.” The practitioner applies pressure to specific Ki channels or meridians to restore the balance of energy. Shiatsu rates high in popularity among Western and Asian cultures as a form of healing therapy.
- **Sports Massage:**
Sports Massage is a variation of Swedish Massage. While Swedish Massage treats the entire body, sports massage focuses only on specific parts. It is directed towards maintaining, improving and rehabilitating the health of athletes. As a result, Sports Massage is subdivided into three categories of treatment: Maintenance, Event and

rehabilitation. Variations include Equine Sports Massage, designed specifically for racing horses.

- **Structural Integration:**

This term is the original name for Rolfing. It also describes various types of massage therapy and bodywork used to integrate the structure of the body. An example of Structural Integration is Deep Tissue Massage.

- **Swedish Massage Therapy:**

This is the standard and most popular form of Western Massage Therapy. Its focus is only on the physical healing of the body. In this it is a traditional form of Western Massage Therapy. Swedish Massage is the root of many other types of massage including Deep Tissue Massage, Sports Massage, Medical Massage and Rolfing. The basic techniques consist of Effleurage, Petrissage, Friction and Tapotement.

- **Tapotement:**

This is a basic technique of Swedish Massage. It involves using cupped hands, the edge of the hand or the fingers to strike gently the client with brief, quick, alternating taps

- **Thai Massage:**

Is a form of Asian Massage Therapy based on the principles of Oriental or Eastern Medicine. It involves the manipulation of the client's body together with other techniques. These include acupuncture. Thai Massage is often combined with Yoga to create Thai Yoga Massage.

- **Trigger Point Massage Therapy:**

This is a type of massage therapy utilizing the concept of "Trigger Points." Trigger points are centers found usually in muscles that radiate pain to other parts of the body. By pressing the Trigger Points, you reduce pain. Variations of Trigger Point Massage Therapy include Bonnie Prudden Myotherapy.

- **Tui Na:**

This is an original form of the Chinese Traditional healing system. It relies on the concept of the Qi or Chi life force flowing along meridians or channels. Tui Na or Tuina works with the life force or energy to restore health. It utilizes acupuncture, rubbing, pressing, waving, shaking, percussion and manipulation.

- **Western Massage Therapy:**

A term used to describe massage originating in the West and/or

demonstrating a focus on or utilization of Western medical theory and practice. In Traditional Western Massage Therapy, the focus is always on the physical body. This differs from Asian or Eastern Massage therapy with its holistic approach. Typical forms of Western Massage Therapy are Swedish Massage, Sports Massage and Medical Massage.

- **Zones:**

This is the term used in Reflexology to define the points of manipulation used by the practitioner to help the patient regain health, relax and reduce stress. Each zone on the foot or hand corresponds to a central body organ or part.

CONCLUSION

In recent years, Massage Therapy has shaken off its image of seedy massage parlors providing sexual services to clients. It has also abandoned the image of pampered rich people at spas or in tony health clubs. Today, Massage Therapy is for everyone. Many medical insurance plans even include massage therapy under basic coverage. It is truly coming of age.

Massage addresses medical issues, treats injuries and helps people recover emotionally and physically. Sports Massage helps athletes maintain peak performance. Massage also helps sufferers escape chronic pain and new born mothers avoid post partum depression. More and more research is beginning to show the positive healing affects of massage therapy. It can alleviate various forms of medical problems and emotionally based health issues.

Massage is a wise career choice, although there are still issues concerning universal requirements for licensing and practicing. There are so many different options within the field. There is Asian Massage Therapy with its emphasis on the holistic approach to healing through massage. There is also the totally physical philosophy of Swedish, Sports and Medical Massage. In between these two types are the eclectic versions of massage therapy including Reiki and Reflexology. These draw upon Western and/or Asian traditions to create a new entity.

Massage therapy is an alternative means to health. It is a different approach to help heal, repair and transform the body. Together with Western medical philosophy, Massage Therapy provides an excellent form of CAM – complementary and Alternative Medicine.

