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DESIGNATION: ASSISTANT PROFESSOR  
SUBJECT NAME: EXERCISE THERAPY  
TITLE : HISTORY OF MASSAGE

# ORIGIN OF WORD MASSAGE



- Arabic- "Mass" to touch
- China- "Massier" to knead
- French- "Masser" to shampoo



# China



- The ancient work of Kung Fu teach the benefits of massage and dated back 3000 B.C. Chinese practised massage to cure ailments and improve general health
- "The Cong Fau of Tao-Tse contains list of exercises and massage to improve general health and well being.



# China



- Chinese found that pressure techniques were very effective on specific points called AMMA.
- This was the beginning of the development of acupressure and Acupuncture.



# Acupuncture



- Acupressure The application of pressure (as with thumbs and finger tip) To the same discreet points on the body stipulated in Acupuncture that is used for it's therapeutic Effects (such as pain Or tension)



# Acupuncture



- Form of alternative medicine In which time needles are inserted into the body.



# Japanese



- They used similar pressure techniques on specific points which they called "Tsubo". And now it is called as "shiatsu"



# Hindus



- Records shows that the Hindus practised massage as part of their hygiene routines. "Ayur-Veda" (The art of life) is a sacred book for Hindus that written around 1800 BC that describe how shampooing and rubbing were used to reduced fatigue and promote well-being and cleanliness.





# Greece



- Greece Around 500 B.C. a Greek physician HERODICUS used massageoils and herbs to treat medical conditions and diseases. HIPPOCRATES (father of medicine) was a pupil of HERODICUS, he began to study the effects of massage on his patients. He also concluded that it is more beneficial to apply pressure in an upward direction towards the heart.



# Modern Massage

- Modern Massage Per Henrik Ling a swedish physiologist developed a system of passive and active exercises know as "swedish remedial gymnastics" Ling used the term EFFLEURAGE, PETRISSAGE, VIBRATION, FRICTION, ROLLING AND SLAPPING.. Swedish Massage most known massage in the world



# IN CLASS ASSESSMENT

- **Part A – Very Short Answer ( $5 \times 1 = 5$  Marks)**
- Define massage.
- Who is called the “Father of Swedish Massage”?
- Mention one ancient Indian text that described massage.
- Name the Greek physician who advocated rubbing as a form of treatment.
- Write the meaning of the word “massage.”
- **Part B – Short Notes ( $3 \times 5 = 15$  Marks)**
- Massage in Ancient Civilizations (any two: India, China, Egypt, Greece, Rome).
- Contribution of Per Henrik Ling to massage.
- Evolution of massage in physiotherapy practice.

# RECAP

