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**Presents**

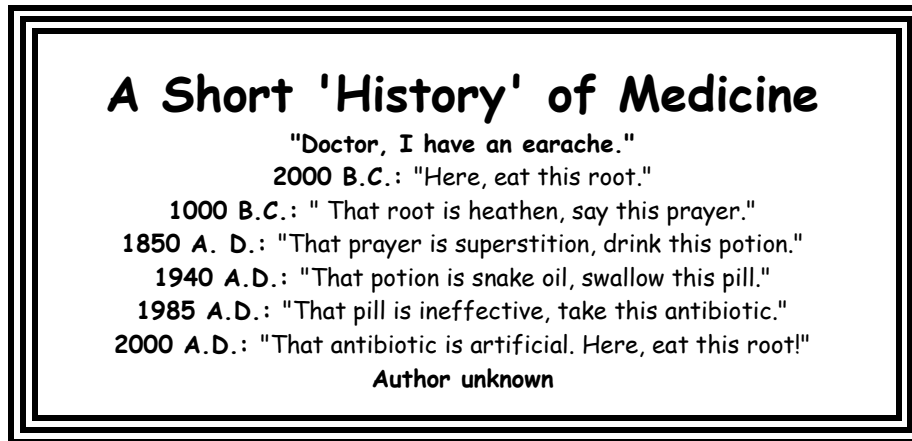
**History of Massage,  
Therapies  
&  
Rules**

The more we learn, the more we realize how much we don't know.

**By  
Ryan Hoyme  
CMT, NCTMB, HST**

The word **Massage** apparently derives from either the Greek word:

"Massein" -to knead or the Arabic "Mas'h" - to press softly



**"Teachers open the door, but you must enter by yourself"**

**"The greatest of all pleasures is the pleasure of learning"  
- Aristotle**

**"The most beautiful thing we can experience is the mysterious."  
-Albert Einstein**

**\*Hours don't make a therapist.**

**Skill, education, experience and the ability to integrate and apply what you know does.**

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# FATHERS & MOTHERS

1. **Cornelius E. De Puy, MD** - The father of Massage therapy in the U.S.
2. **Per Henrik Ling** - The father of Swedish massage and father of PT
3. **Dr. William Fitzgerald** - The father of Reflexology
4. **Dr. Emil Voder** - The father of Lymphatic drainage
5. **W.G. Sutherland** - The father of Craniosacral therapy
6. **Rene Maurice Gattefosse** - The father of Aromatherapy
7. **Dr. Robert Ward** - The father of Myofascial release
8. **Hippocrates** - The father of modern medicine
9. **Dr Stanley Lief** - The father of Neuromuscular therapy
10. **Andrew Taylor Still** - The father of Osteopathic medicine
11. **DD Palmer** - The father of Chiropractic
12. **Dr. Mikao Usui** - The father of Reiki
13. **Mr. Lust** - The father of Naturopathy
14. **Dr Max Lüscher** - The father of Color therapy
15. **David Palmer** - The father of Chair massage
16. **Raymond Nirnmo** - The father of Trigger Point Therapy
17. **Janet Travell** - The mother of Trigger Point therapy
18. **Eunice D. Ingham** - The mother of Reflexology
19. **Dr Tiffany Fields** - The mother of massage research
20. **Jack Meagher** - The father of Sports Massage

## Modern Fathers & Mothers

21. **Paul St. John** - The father of modern NMT
22. **Judith Walker DeLany** - The mother of modern NMT
23. **John Barnes** - The father of modern Myofascial Release
24. **Father Sebastian Kneipp** - The father of modern Hydrotherapy
25. **Dr. Upledger** - The father of modern Craniosacral therapy

# MASSAGE IN CULTURES

Massage is probably a universal instinct. Humans and mammals know it helps sore limbs and that touch is comforting. Massage therapy is a versatile craft, which grew from this instinct. It may well be one of humankind's earliest therapies. Ancient and current wisdom tells us that true health is a balance of the Body, Mind, and Spirit (or Soul, Divinity, Chi, Prana, Ki... or whatever your culture calls it).

## **Africa**

- Massage is used today in Nigeria, Uganda, and other parts of Africa.
- Mothers massage babies, and wrestlers use massage for fitness.

## **Assyria**

- Assyria is an ancient country of Asia, noted for art and architecture.
- Assyrians developed massage treatments using garlic, tamarisk, hellebore, mandrake, cypress, resins and gums.

## **China**

- Massage is recorded in China in 3,000 BCE in the Yellow Emperors classic of internal medicine and Cong-Fou of the Tao-Tse.
- Amma was developed using pressure points.
- There are some suggestions that the Ancient Chinese were using aromatic oils at about the same time as the Egyptians. There is clear evidence that they were using aromatic herbs and burning aromatic woods for religious purposes.
- The first Chinese massage exam was in the 1<sup>st</sup> century CE at Schools of Occult Studies.
- For years, blind people were the main masseurs.
- In China, the AH SHI POINTS closely parallels neuromuscular therapy but pre-dates official mention of NMT by thousands of years.
- The Chinese are also known to have used Reflexology in conjunction with acupuncture. Dr Wang-Wei, a Chinese doctor in the 4th century BC evidently used to position acupuncture needles in his patients' bodies and then apply very firm pressure with his thumbs to the soles of their feet. This pressure was maintained for several minutes until the desired therapeutic effects were achieved.

## **Egypt**

- Had a well-developed social structure 5,500 years ago and people may have used massage then.
- Imhotep, the physician, and architect recorded his knowledge of aromatic oils or unguents, made by mixing aromatic plants, resins and gums with oils or fats.
- Evidence of sophisticated massage techniques are found in Egyptian scrolls, depicting types of advanced deep tissue bodywork.
- Middle Kingdom Egyptians used bassi massage, which induced trance.
- Surviving records describe methods used by the Ancient Egyptians to extract oils from aromatic plants. One medical papyri thought to date from around 1555 B.C. describes remedies for a range of illnesses including some remedies and methods similar to those used in modern Aromatherapy and Herbal Medicine.  
Egyptians also used aromatic oils in mummification processes.
- Descriptions of hypnosis date back to the Egyptians (Ebers Papyrus) and the Greeks (the sleep healing Temple of Asclepius).

## **Europe**

- An early record of massage in Western Europe comes from Ambroise Pare (1510-1590) who wrote about it in one of his publications, but was widely ridiculed. In 1780 Clement Joseph Tissot wrote the more successful *Gymnastique Medicinale et Churgicale* which covered occupational therapy as well as massage.
- Henrik Ling (1776-1839) from Sweden has been called the father of modern Western massage. His system, based on physiology, formalised a series of gymnastic movements and massage techniques. "We ought not to consider the organs of the body as the lifeless forms of a mechanical mass," he wrote, "but as the living, active instruments of the soul." The implications of this idea for massage are that we should consider not only the mechanics of each bodily system, but also its role in life and the positive impact massage therapy may have on it. In 1813 he established with royal patronage the Royal Central Institute of Gymnastics. Ling's system is generally known as Swedish Massage. It spread quickly from Sweden. In 1895 a society of Trained Masseuses was formed in Britain to increase the standard of training (the date 1894 is sometimes quoted), and in 1899 Sir William Bennet inaugurated a massage department at St. George's Hospital, London.
- Since then massage has moved away from the purely physiological back to the holistic ideas of Hippocrates and of the Chinese. Willhelm Reich (1897-1957), a contemporary of Freud, used the term 'character armour' to describe muscular tensions that are formed within the body in direct relation to the suppression of emotions and natural sexual feelings. He attempted to cure neuroses indirectly by releasing their corresponding muscle tensions. Reich's introduction of physical contact and massage into therapy alienated him from the classical psychoanalytical movement and outraged society. After this time he devoted himself to orgonomy, an attempt to measure orgones, which he thought were the units of cosmic energy and the fundamental particles that make up an orgasm. He considered a lack of orgones to be a common cause of illness and leased orgone-boxes to patients. This brought him into conflict with the law, and he was convicted and died in prison.
- And so we appear to have come full circle, back to ancient Tantric practices and to the East. New age philosophies promulgate dubious doctrines unrelated to the physiological benefits of massage. As Gordon Inkeles writes in *The New Massage* about acupressure: "Elsewhere in the East shrewd businessmen have adroitly capitalised on the West's imperfect understanding of

acupuncture. They insist that the human body is a living machine which is covered with exotic little pressure points. Once these points are pushed (by fingertips which are several hundred times wider than the point of an acupuncture needle), magical things begin to happen all over the body. Developed and refined in Japan a few years ago, this concept has found a huge audience with Western button lovers, who secretly believe all things Eastern must be 4,000 years old and shrouded in a peculiar mystical aura that cannot be penetrated by the logic-bound Western mind. Graduates of acupressure combine basic massage techniques with aggressive finger poking to the soft, relaxed inner tissues. The resulting pain levels around vital organs are often so great that speech is momentarily impossible.

- In Europe it struggled, and at times practitioners were persecuted for witchcraft. Mary Queen of Scots probably received massage from Ambroise Pare, but there was little interest until the early 1800's when Per Henrik Ling developed Swedish massage, which spread through the West.

## Greece

- Greece used Egyptian massage knowledge. Receivers included athletes, women and soldiers.
- Writers on massage include Homer, Aesculapius, Herodotus and Hippocrates.
- The Greeks used aromatic oils for cosmetics and medicines. Hypocrites studied the therapeutic effects of essential oils and recommended aromatic baths and massages with scented oils. Greek physician, Theophrastus wrote about the healing properties of 'aromatic plants', and fellow physician Pedacius Dioscorides, wrote about herbal medicine - describing some remedies are still used in Aromatherapy in 21st Century.
- In 326 B.C., the Greeks learned Ayurvedic medicine from India.
- The antecedent priest-physician method of rubbing prior to the Greeks was to rub down—rub, brush, blow, or suck to move evil spirits or the invading sickness from the core of the body toward and out the extremities. The Greeks altered this tradition to conduct the rubbings from the extremities inward to the center of the body, so waste materials that would contain disease were removed through the alimentary tract with the movement of vibration and friction, assisted with proper diet, rest and plenty of water.
- Throughout history feet have represented mobility, security and grounding. According to Greek legend, the feet symbolized the soul, with any lameness being perceived as weakness of spirit. Until AD 200, many flocked to the Delphi health resort in Greece to relax in the sacred waters of the hydrotherapy pools. Before retiring to a sleep temple, Reflexology and body massage were administered to evoke memories and insight into dreams.
- Greek physician and the Father of Medicine, Hippocrates (480 B.C.), used the Greek word anatripsis, which translates into English as "to rub up." Hippocrates stroked the extremities upward (toward the heart), followed by a light stroke back, and then another upward stroke to push the venous and lymph toward the heart. These strokes could be hard, soft, or moderate, depending on the condition of the tissues and the effect desired. Hippocrates was specific about the effects of each of these methods of anatripsis, saying, "Friction can relax, brace, incarnate, attenuate: hard braces, soft relaxes, much attenuates, and moderate thickens."

## Hawaii

- South Pacific has used massage in and out of water for hundreds of years. Lomilomi is an ancient Hawaiian healing massage.
- Each morning families would Lomi each other to start their day in Lokahi (balance) with mind, body, and spirit.
- Knowledge of this art was held within the family, so distinct styles have developed across the major islands.
- Today, Hawaiian medical massage is known for its stress relieving power.

## India

- Sensual massage is recorded: erotic sculptures at Khajuraho and Karma Sutra. Tantric massage is used with breathing and yoga.
- Aromatic massage is sometimes used in the practice of the traditional Indian Medicine, Ayurveda.
- Massage possibly came to India from China. Between 1,800-500 BCE, the Vedic people developed Ayurvedic medicine.
- The 2,500-year-old Ayurveda describes body massage with oil.
- The history of massage is typically written by doctors and so, as seen in the previous section, we are left with a very medical perspective. Indian massage, however, provides a delightful counterexample.
- Most records of Indian massage focus not on its medical qualities but on its sensual. The erotic sculptures at Khajuraho and elsewhere, for instance, and the Kama Sutra, bear testament to a culture that understands and uses these properties to change peoples' moods, to arouse them and to calm them.
- [India, though, does not hold a monopoly on indulgent massage. It is said that the Kings of the Sandwich Islands, off the coast of the Falklands, had themselves massaged after every meal to aid the digestion.]
- Hindu Tantra taught that the vital life force, known as the kundalini, originates in the sacrum at the base of the spine and that it is part of the interaction and unity of the cosmic forces of male and female energy. The base of the spine was the particular focus of attention and was soothed and stimulated with massage, breathing exercises and yogic positions.
- It seems likely that the English word massage comes from the Portuguese word amasser, to knead, which was used by the French colonists in India in the 18th century. But as mentioned above it is the current tradition to seek to give a subject dignity by ascribing to it improbable ancient roots; in this case, the Arabic massa, to touch, has been suggested as an alternate etymology.

## **Indonesia**

- Indonesian Traditional Massage, which includes Javanese and Balinese massage is similar to Ayurvedic massage and dates back almost as far as Chinese.
- It could be regarded as one of the original oil based massages.

## **Japan**

- In the 6<sup>th</sup> century, Chinese techniques spread to Japan (via Korea), where Shiatsu developed.
- Kanpo is a Japanese system of herbal medicine adapted from Traditional Chinese Medicine. The word is derived from the word Kan, for ancient China, and Po, meaning medicine.
- Japanese modified the 2000 acupuncture points into 660 points and called it Shiatsu.

## **Kurdistan**

- Breema takes its name from the Kurdish mountain village of Breemava, where it originated and was passed down from generation to generation (Similar to Thai Massage).

## **Native Americans**

- Native Americans use heat and massage with herbs to treat various problems.
- Native American tribes that inhabited the North American continent before the arrival of Europeans in the 1500s used aromatic oils in conjunction with their ranges of herbal remedies.
- The Cherokee, Penias and Navaho rubbed warriors before they went to war and when they returned.
- The Acoma and Laguna massaged muscles with crushed plants for cramps, the Blackfoot used an infusion of roots to massage sore breasts with warm stones and the Forest Potawatomi infused roots with lard to massage sore muscles and tendons.
- Hopi Ear Candles have been used by Native Americans (especially Hopi Indians) to achieve a wide range of effects, some of which are therapeutic in a conventional Western (as opposed to a purely spiritual) way. Native Americans use/d these candles for a variety of purposes - mental, spiritual and physical - hence they used a wide range of different herbs in the different types of Ear Candles.
- Lakota's were not permitted to travel north to experience the effects of the Northern Lights, so they began to use feathers, brushing them lightly up the spine, to raise energy.

## **Persians**

- Medical knowledge, including that of massage, made its way from Rome to Persia in the middle ages. Many of Galen's manuscripts, for instance, were collected and translated by Hunayn ibn Ishaq in the 9th century. Later in the 11th century copies were translated back into Latin, and again in the 15th and 16th centuries, when they helped enlighten European scholars as to the achievements of the Ancient Greeks. This renewal of the Galenic tradition during the Renaissance played a very important part in the rise of modern science.
- One of the greatest Persian medics was Avicenna, also known as Ibn Sina, who lived from 980AD to 1037AD. He was the foremost philosopher of medieval Islam and also a great philosopher, logician and medic. His works included a comprehensive collection and systematisation of the fragmentary and unorganised Greco-Roman medical literature that had been translated Arabic by that time, augmented by notes from his own experiences. One of his books, al-Quanun fi at-tibb (The Canon of Medicine) has been called the most famous single book in the history of medicine in both East and West. Avicenna excelled in the logical assessment of conditions and comparison of symptoms and took special note of analgesics and their proper use as well as other methods of relieving pain, including massage. Later in 1527 the bombastic, arrogant and brilliant medic Paracelsus was to burn Avicenna's books in a bonfire along with those of Galen to a crowd of cheering students in Basel: this symbolised his rejection of the old ways, and his preference for inorganic drugs and surgery.

## **Peruvian Amazon**

- Peruvian Amazon uses the oil of Andiroba for massages for muscle pain and for skin disorders. Especially martial arts practitioners and massage therapists also use it in urban Brazil as massage oil.

## **Philippines**

- Philippines, traditional medicine includes the "albulario" or herbalist, spiritual healer, "hilot" or traditional birth attendant, bonesetters and massager.

## **Prehistoric**

- People in most ancient cultures practiced some form of therapeutic touch or massage.
- Evidence from many countries suggests that prehistoric people massaged their muscles and rubbed plants, herbs, oils, and various substances on their bodies to heal and protect.
- In many cultures, special healers were said to have powers of healing by touch.

## **Rome**

- By the end of the Roman Empire, massage was associated with indulgence.
- Emperor Constantine abolished baths and gymnasia, suspecting sexual abuses.
- Massage study stopped in Europe, but Hunayn ibn Ishaq translated many of Galen's books in Persia in the 9th century.
- In medieval Islam, the medic/philosopher Ibn Sina, or Avicenna included massage in his treatments.
- Rome gained massage from Greece, and it spread through the ancient world. Romans liked bathing and full body massage.
- The Romans, who had learned many healing and relaxation techniques from the Greeks, became well-known for their use of bathing, scented baths, and body treatments using a variety of massage media including aromatic oils. (The remains of their facilities for these activities may still be seen all over the former Roman Empire.)
- Roman massage writers include Asclepiades, Celsus and Galen. Receivers include Pliny and Julius Caesar, who was massaged to relieve epilepsy.
- Early Western physicians: Hippocrates, Avicenna, Galen and many others employed massage and related techniques in their work.

## **Sandwich Islands**

- Kings were massaged after meals to aid digestion.
- The Sandwich Islanders employ massage under the name of lomi-lomi as a means of, resting fatigued persons, and sometimes even apply it to restore an exhausted companion when swimming long distances in company.
- An intelligent native Maori informed the writer that the same method is used by the natives of New Zealand to relieve cramp resulting from cold when swimming in the sea.
- The term used for massage among the Maoris is romi-romi, the literal meaning of which is the same as petrissage in the French.

## **Thailand**

- Traditional medicine of Thailand dates back some 2500 years.
- As with many indigenous peoples, the Thai people created their own blend of traditions and techniques, linking Ayurvedic medicine, Buddhist spiritual practice, Chinese medicine and Yoga, as well as indigenous healing practices of ancient Siam.
- They treated disease and disharmony of physical, emotional, and spiritual origins.
- Nuad Bo'Rarn (Thai massage) is the traditional medical massage.

## **Tibet**

- In Tibet, medicine is a blend of traditional Indian and Chinese medicine and Bon (Indigenous culture's medicine).
- Its practice has been endangered since the 1950's with the Chinese communist invasion. Remnants survive in Mongolia and Russia.
- Tibetan remedial massage uses an herbal medicated oil or butter and is an important therapy for stress disorders.

# HALL OF HONORS

[www.worldofmassagemuseum.com/hallHonor.htm](http://www.worldofmassagemuseum.com/hallHonor.htm)

(Please visit for more information)

Since Hippocrates wrote about massage four hundred years before Christ, the list of leaders who have made groundbreaking contributions to the field of massage grows each year. The World of Massage Museum Wall of Honors celebrates distinguished individuals in the areas of massage education, writing, technique development, or those who have furthered the cause of massage and its allied disciplines. Honorees have made a significant, inspired, enduring or prolific contribution to the massage and bodywork field.

We define a significant contribution as one that has had impact far beyond the person or the organization for which they are affiliated—such as Ashley Montagu for his book, *Touching—The Human Significance of the Skin*. This book has been an inspiration for research, writing and education. An enduring contribution is one that influenced or spawned other movements—such as Ida Rolf's work inspiring Hellerwork and Aston Patterning. The WOMM Wall of Honors includes a short biography of each honoree.

- \*\*\*\*\*
1. **Frederick Mathias Alexander** (1869-1955) was an Australian actor who developed the Alexander Technique, a therapy that aims to improve physical and psychological well-being by overcoming chronically held tension patterns; and by facilitating natural posture reflexes, balance and movement. Alexander believed that incorrect posture and misuse of the body causes spinal curves to deform and muscles to shorten and harden—and may result in headaches, backache, fatigue, poor coordination and damage of the body's natural reflexes. His contribution stimulated successive generations of movement, bodywork and educational theories and practices.
  2. **John F. Barnes, P.T.**, (1939-present) developed myofascial release techniques that are taught worldwide. Barnes advanced traditional physical therapy methods of myofascial release into a systematic and comprehensive form of therapy that was translatable to a much wider population of practitioners. His unwinding techniques have been copied and advanced by numerous other therapists.
  3. **Gertrude Beard, R.N., P.T.**, (1887-1971) and Elizabeth Wood, P.T., (est. 1910-1965) co-authored the classic text, *Massage Principles and Techniques* (1964). Beard's *Massage Principles and Techniques* is a second edition of the original classic text. Both books are still cited as references to massage history, technique, principles and effects. Beard was an army nurse during World War I. Afterward she worked and taught at the Wesley Hospital in Chicago and was a professor of physical therapy at Northwestern University Medical School. Wood was a colleague and friend of Beard's for many years at the school.
  4. **Ben E. Benjamin, Ph.D.**, (est. 1942-present) wrote the first significant material about professional ethics for the field of massage and bodywork. His work was highly influential in initiating a national movement toward examining and further developing the field of ethics. Benjamin's own bodywork system, The Benjamin System of Muscular Therapy, was influenced by Alexander, Wilhelm Reich and James Cyriax.
  5. **Patricia Benjamin, Ph.D.**, (1947-present) contributed to the historical literature on massage by revealing for the first time the true contribution of Peter Ling to the Swedish massage movement through her translations of Ling's original notes. Numerous other articles authored by Benjamin have contributed insight into the history of massage and the personalities that have made that history.
  6. **Lauren Berry** (1917-1983) responded to questions about what he did by saying, "I'm not a healer and I'm not a doctor, I'm just a mechanic." Creator of the Barry Method of corrective massage, his system is best known for simply putting muscles back where they belong. After his death in 1983, The Institute of Integral Health, Inc., in Berkeley, was formed as a non-profit teaching corporation to further Lauren's work.
  7. **Tom Bowen, D.O.**, (1916-1982) was an Australian osteopathic physician who developed the Bowen Technique bodywork style during the 1950s. Comprised of simple movements applied briefly, his method has been maintained in its pure form by his foremost student and colleague, Oswald Rentsch, D.O., (1932-present), also an Australian osteopathic physician, who continues (with his wife, Elaine) to teach the method around the world.
  8. **Mary Burmeister** (1918-present) is the foremost authority on Jin Shin Jyutsu Physio-Philosophy an energy-balancing technique that is the foundation of numerous other energetic bodywork systems. Burmeister introduced Jin Shin Jyutsu to the rest of the world, and authored *Fun with Happy Hands*.



9. **Robert Noah Calvert** (1946-present) is the co-founder, with his wife Judi Calvert, of *Massage Magazine*, the world's first commercial publication for massage. He served as its publisher and editor for 12 years, produced the world's first massage and bodywork exposition, the Anatriptic Arts Expo, is the author of the first book devoted solely to the history of the field, *The History of Massage* and is founder of the world's first museum dedicated to preserving and exhibiting the history of massage, *World of Massage Museum (WOMM)*. Calvert was the first journalist to report on activities and personalities in the massage and bodywork trade, independent of any massage/bodywork association.
10. **Just Marie Marcellin Lucas-Championniere** (1843-1913) was a French orthopedic surgeon who used massage á friction to treat fractures during their acute stage. Championniere wrote many articles and a book, *Treatment of Fractures by Mobilization and Massage*, expounding the use of massage and medical gymnastics to treat a variety of fractures. His work was highly influential to many European and American nurses and physicians.
11. **John Stanley Coulter, M.D.**, (1885-1949) was a physician during World War I and was able to observe the work of Reconstruction aides, such as Mary McMillan, R.N., in Europe. Coulter was a staunch advocate of massage therapy within the emerging field of physical therapy during the 1920s. Gertrude Beard and Elizabeth Wood were colleagues of Coulter at Northwestern University's physical therapy department and it was his work there that inspired them to write their classic text, *Massage Principles and Techniques*.
12. **James Cyriax** (est. 1930-1968) is the English orthopedist who developed a cross-fiber friction massage technique that was highly influential to many other subsequent methods of massage and bodywork. His textbooks are still used as the standard in cross-fiber friction education.
13. **Louisa L. Despard** (est. 1878-1938) was an Irish author and massage practitioner who wrote *Text-Book of Massage and Remedial Gymnastics* (1911, 1914, 1932). A member of the Chartered Society of Massage and Medical Gymnastics, her book was used in English massage and nursing schools for nearly 50 years. It contains detailed anatomy and physiology in addition to descriptions of massage techniques, and a discussion of a variety of conditions for which massage was appropriate.
14. **Elisabeth Dicke** (1884-1952), a German practitioner, developed "Bindegewebsmassage," or connective tissue massage, emphasizing the use of specific reflex zones. Her work has spread worldwide and continues to be developed. Connective tissue massage has also influenced numerous other systems of clinical treatment and bodywork.
15. **George Downing** (est. 1935-1978) was the author of *The Massage Book* (1972). This classic continues to be very popular with the general public, with more than 500,000 copies printed. Downing's massage has come to be known as Esalen-style massage, named after the Esalen Institute in Big Sur, California, where the Human Potential Movement of the 1960s helped popularize massage and bodywork.
16. **Moshe Feldenkrais, Ph.D.**, (1904-1984) developed the Feldenkrais Method of educational movement. Born in Russia, and trained as an atomic physicist and engineer, he escaped from Russia to England during World War II. He established the Feldenkrais Institute in Tel Aviv, Israel, in 1962. His book, *Awareness Through Movement*, is a classic in movement education therapy. His work has inspired many other systems of bodywork and continues to be taught and practiced worldwide.
17. **Tiffany Field, Ph.D.**, (1942-present) is a leading researcher and spokesperson for the efficacy of massage and touch for a wide variety of applications. As director of the Touch Research Institute at the University of Miami School of Medicine, Field supervises research projects, travels extensively to discuss her work and is one of the most respected advocates of massage therapy, crossing interdisciplinary lines both within and outside the medical establishment.
18. **William Fitzgerald, M.D.**, (est. 1878-1935) developed Zone Therapy, upon which Eunice Ingham created reflexology, and provided the theoretical basis for several systems of kinesiology and energy-pattern methods.
19. **Sandy Fritz** (1953-present) is an educator, practitioner and the author of the best-selling textbook on massage, anatomy and physiology, *Mosby's Fundamentals of Therapeutic Massage*, which has outsold every other massage text and is now a standard in hundreds of massage schools around the world.
20. **Sister Rosalind Gefre** (est. 1935-present) is one of the few modern-day nuns to pursue massage as a career, and the only one to establish five schools in the United States. She was a pioneer in bringing

- attention to how the Church and touch can have a healthy and successful bond.
21. **George Goodheart, D.C.**, (est. 1928-1981) developed, in the 1970s, a system of muscle testing called applied kinesiology. He founded the College of Applied Kinesiology in 1974, and the system is now taught worldwide. It has had an enormous influence on others such as John Thie, D.C., who created the Touch for Health system.
  22. **Audrey Githa Goldbert** (est. 1929-1980) was the British author of *Body Massage for the Beauty Therapist* (1972, 1989). Her book was the first in Europe to bring massage instruction to the beauty therapy field. The text provides the syllabus for the massage curriculum at the City and Guilds of London Institute, which grants the beauty therapist's certificate. The book continues to be a standard text for students of massage in beauty therapy in England.
  23. **Axel V. Grafstrom, M.D.**, (est. 1870-1925) was the author of the popular book, *A Text-Book of Mechano-Therapy*, which was widely used by medical students, nurses and medical gymnasts in the United States. The first edition was released in 1897, the second and more widely used edition in 1904. Grafstrom was born in Sweden, but immigrated to New York where he practiced medicine. His book is one of the most clearly written on the subject of massage and medical gymnastics, and provided practicing physicians with up-to-date and accurate information.
  24. **Douglas Graham, M.D.**, (1849-1928) was a Boston physician and massage proponent who was, he claims, the author of the first book on massage in the English language, *Manual Therapeutics, a Treatise on Massage*, in 1884.
  25. **Thomas Hanna** (1929-1990) was the creator of the Somatics Society and *Hanna Somatics*, and author of numerous books, most notably *Bodies in Revolt: A Primer in Somatic Thinking*. This book and Hanna's legacy continue to influence the massage/bodywork field.
  26. **Hippocrates** (460-355 B.C.) is known as the Father of Medicine, but is little known in the medical community as a proponent of massage therapy. Hippocrates charted a new course of massage from its shamanic roots of rubbing down (out the extremities) to rubbing up or anatripsis as he called it (in toward the heart or core of the body). Today both systems, rubbing down by the indigenous peoples of the world and the western model of massage via rubbing to the heart or with the venous flow exist side-by-side.
  27. **Eunice D. Ingham** (1889-1974) was a physiotherapist who developed the Ingham Reflex Method of Compression Massage (known today as reflexology) in the 1930s. Her books continue to be a source of instruction in the method. Reflexology is one of the most widely known hands-on practices and is taught worldwide. Her work initiated numerous other books and methods of reflexology
  28. **Kathryn L. Jensen, R.N.**, (est. 1890-1954) was the author of *Fundamentals in Massage for Students of Nursing* (1932), a textbook used in more than 30 nursing colleges in the United States and Canada. Jensen was director of physical therapy instruction at Washington Sanitarium and Hospital School in Maryland.
  29. **Paul St. John** (1955-present) introduced many of the laws of neuromuscular therapy to the trade. His work has been further developed by his successors and former students. St. John has taken his method to the dental and medical field in the United States and Europe, where it has gained considerable acceptance. His Tonus Concept theory, although not widely accepted in the trade, has caught the interest of the medical community.
  30. **Linda Tellington-Jones** (1937-present), as the creator and teacher of her Tellington Touch® method of animal massage, is credited with bring healing touch to animals worldwide.
  31. **Deane Juhan** (1945-present) is the author of *Job's Body*, one of the first comprehensive texts to explore the many facets of bodywork in modern times. This landmark book explored the ancient philosophical foundations of bodywork by attempting to define, describe and explain underlying principles. *Job's Body* continues to stand as a valuable resource of information and ideas.
  32. **Herman L. Kamenetz** (est. 1921-1988) was a modern-day author of many chapters on the history of massage found in several books written about massage, exercise, manipulation and traction from 1960 through the early 1980s. The historic material provided by Kamenetz was the best available during the 20th century
  33. **John Harvey Kellogg, M.D.**, (1852-1943) was a writer, inventor, practitioner, eccentric, physician and entrepreneur. His most famous book, *The Art of Massage*, was published in several editions between 1895 and 1921. Some might consider him the father of massage in America. Kellogg created a school within his sanitarium at Battlecreek, Michigan, where he taught nurses holistic techniques like massage and

- hydrotherapy. His enduring contribution lies in his willingness to bring massage into the mainstream of medical spa practice. His book continues to be used in some schools.
34. **Felix Kersten**, (1898-1960) sometimes referred to as a doctor, but most often as a masseur, is responsible for saving the lives of countless human beings during World War 2. As personal physician to the Reichsfuhrer Himmler, Kersten administered massage he learned from a Tibetan practitioner, Dr. Ko. Kersten called this method 'manual therapy' or 'nerve therapy.' Through his ministrations to Himmler, Kersten was able to convince the S.S. boss to avert plans to send millions to their death. His contribution to the massage field is as its greatest humanitarian
  35. **Emil G. Kleen, M.D.**, (est. 1860-1921) was a Swedish physician, massage proponent and author of several texts on massage therapy. He was the first to suggest a separation between massage and exercise (gymnastics) and to criticize Peter Ling's passive movements as not being massage. Kleen's writings were translated into many languages and are responsible for bringing an elevated message about massage therapy to a wide medical audience.
  36. **Dolores Krieger, R.N.**, (est. 1923-present) and Dora Kunz (est. 1910-present), co-developed Therapeutic Touch, a type of bodywork that addresses the human energy field. Kunz, a nurse and natural healer, brought the ancient practice of laying-on of hands to the attention of her friend and colleague, Krieger. Krieger has written numerous books on the subject and taught Therapeutic Touch at dozens of colleges and universities. Therapeutic Touch is taught at more than 100 educational institutions throughout North America and is widely practiced within the nursing profession.
  37. **Freddrick LeBoyer** (est. 1921-1986) was best known for his books about baby massage and labor, particularly the 1975 book, *Birth Without Violence*. LeBoyer can be considered the father of infant massage. Although his books are primarily about childbirth, his contribution lies in providing a worldwide audience with encouragement to include massage as a part of child care.
  38. **Kenneth Lubbowich** (est. 1951-present) brought East and West together by taking practitioners from the United States to China and introducing them to Chinese tuina massage first-hand. Practitioners worked side-by-side with Chinese physicians of massage in traditional Chinese hospitals.
  39. **James Mennell, M.D.**, (est. 1890-1957) was an English physician and proponent of massage, and author of *Physical Treatment by Movement, Manipulation and Massage*. He worked as a medical officer and lecturer on massage at the Training School of St. Thomas' Hospital in London from 1912 to 1935. He was perhaps the most prolific writer on massage during the early 20th century.
  40. **Aunty Margaret Machado** (1916-present) is a Hawaiian kahuna. She introduced Hawaiian Lomi Lomi massage techniques to the world, and is considered by many as the queen of Hawaiian Lomi Lomi. Although not the only Hawaiian kahuna practicing and teaching Lomi Lomi, she was the first to make this ancient technique available to the rest of the world. She did so as a representative of the Hawaiian people in order to reveal their way of life to the world so that it would be appreciated and perpetuated.
  41. **Mary McMillan, R.N.**, (est. 1888-1936) was chief aide at Walter Reed Army Hospital in 1918, and director of physiotherapy at Harvard University Medical School from 1921 to 1925. She made significant contributions toward introducing massage as an integral part of rehabilitative physiotherapy, and was also director of massage and medical gymnastics at Children's Hospital in Portland, Maine. She was the author of *Massage and Therapeutic Exercise* (1925), and was elected as the first president of the American Women's Physical Therapeutic Association (later called the American Physical Therapy Association) in 1921. McMillan could be called the mother of massage in America.
  42. **Jack Meagher** (1923-present) pioneered sports massage through his work with both human athletes and horses. His book, *Sportsmassage* (1980) is the seminal work on the topic. A former professional baseball pitcher turned massage therapist, Meagher knew he had achieved results through massage on human athletes, but team trainers and physicians were still skeptical, believing that the results were psychological—so Meagher tested his techniques on horses, with much success. Meagher is considered by many to be the father of both sports massage and equine massage.
  43. **Johan Georg Mezger** (1838-1909). Thanks to Patricia Benjamin, Ph.D., Mezger may now be known as the true father of Swedish massage, instead of Peter Henrik Ling (1776-1839). It was Mezger, not Ling as commonly thought, who gave Swedish massage the French names—such as *effleurage*, *petrissage*, *massage á friction*, *vibration* and *tapotement*—used today. His enormous success in treating people with massage brought him worldwide acclaim, and he was widely respected by many physicians of his day.

44. **Ashley Montagu** (1905-1999) was born in East London as Israel Ehrenberg. He was a trained anthropologist and psychologist and the author of 50 books, the most acclaimed of which is *Touching: The Human Significance of the Skin*. Touching contributed immeasurably to our understanding of the human sense of touch and has provided an abundance of information for research, further writing and education. The book brought thinking and research about the relationship between animal and human behavior to an international audience and provided new appreciation for the value of and need for touch in animal and human populations. Montagu has been honored with the Distinguished Achievement Award of the American Anthropological Association and the Darwin Award of the Society of American Physical Anthropologists.
45. **Michael Murphy** (1932-present) and **Richard Price** (1932-1985), are the founders of the Esalen Institute at Big Sur, California, an incubator for developments and discoveries in bodywork and psychology since the 1950s. Esalen is considered the birthplace of the Human Potential Movement and the namesake of the Esalen massage technique.
46. **William Murrell, M.D.**, (1853-1912) was an English physician and one of the strongest proponents of massage within the medical field of his day. Murrell traveled to Sweden, Russia, Holland, Finland and the United States to learn about massage first-hand. His book, *Massage as a Mode of Treatment*, published in 1886, was in its fifth edition by 1890—by which time the title had changed to *Massotherapy* or *Massage as a Mode of Treatment*, representing the first attempt to distinguish therapeutic massage from general massage.
47. **Tokojiru Namikoshi** (est. 1902-2001) is considered by many to be the founder of modern shiatsu. Although he did not invent nor develop the technique, he did systemize the therapy into a cohesive system. His teachings and those of his successors have inspired the development of numerous other shiatsu methods. His deceased son, Toru, is largely responsible for spreading the teachings of shiatsu worldwide.
48. **Frank Nichols** (est. 1931-1969) is the author of *Theory and Practice of Body Massage*, commonly known as 'The Blue Book.' This book was one of the most widely used in massage schools around the United States from its introduction in 1948 to the mid-1980s.
49. **Hartvig Nissen** (est. 1868-1940) was a Harvard University lecturer and author, from 1889 to 1932, of several books about massage. He also served as director of the Swedish Health Institute in Washington, D.C., and as president of the Posse-Nissen School of Physical Education in Boston. He was one of the few massage proponents of his time who was not a physician, and yet his influence was felt throughout the medical community.
50. **Daniel David Palmer** (1845-1913), born in Canada, was the founder of chiropractic. Palmer opened the first chiropractic school in the United States, the Palmer College of Chiropractic, in Davenport, Iowa, in 1897.
51. **David Palmer** (1948-present) invented the massage chair, which has had a significant impact on the massage trade and its supporting industry. It provided new opportunities for practitioners to do on-site massage, and is the most significant piece of new equipment since the invention of the portable massage table.
52. **Thérèse Pfrimmer** (1908-1980) was a Canadian nurse and massage therapist who developed the Pfrimmer Technique of cross-fiber massage. Pfrimmer's method was self-taught, as she applied it first to rehabilitate herself and then struggled to convince the medical community of its value by working on many others throughout Ontario.
53. **Bonnie Prudden** (1914-present) is the creator of the Bonnie Prudden Myotherapy system of muscular pain relief. A well-known fitness guru, she was once a regular columnist for *Sports Illustrated* who brought national attention to the field of myotherapy. Prudden continues to teach, lecture and inspire.
54. **Janet F. Quinn, Ph.D.**, (est. 1941-present) conducted groundbreaking research into the efficacy of touch and massage in the early second half of the century. Her work served as a model for other researchers who followed. She continues to research the effects of touch on infants.
55. **Wilhelm Reich** (1897-1957) developed the biological concept of character formation we refer to today as body armoring. His was the first body-centered psychotherapy and provided the conceptual framework and psychological map utilized by a variety of subsequent bodywork systems. Finding and releasing muscle memory through the use of body-probing techniques has been a significant contribution to the field of massage and bodywork.
56. **Kaye Rive** (est. 1953-present) is a South African practitioner who helped spread the word about massage throughout that country and lectured on its efficacy to international audiences in the United States and Europe. Although her field is beauty therapy, she has been one of the most outspoken

- proponents of massage in her country for more than two decades.
57. **Ida Rolf** (1896-1979) was an American biochemist who created Rolwing® bodywork (originally called Structural Integration, then Rolwing Structural Integration). The work synthesized her knowledge of yoga, physiotherapy and physics. Most deep-tissue methods used today have been highly influenced by Ida Rolf's work. The Rolf Institute was established in 1971 in Boulder, Colorado, followed by the Guild for Structural Integration. Rolwing is now known around the world.
  58. **Franklyn Sills** (est. 1948-present) is the author of the award-winning book *The Polarity Process*, which brought understanding of the complex and valuable work of Randolph Stone to a worldwide audience. Sills helped elevate the instruction of polarity therapy to new levels. He teaches around the world.
  59. **Rudolf Steiner** (1861-1925) was an Austrian scientist and philosopher who developed an approach to medicine called anthroposophical medicine. His work has been highly influential in the development of movement therapies and in the field of humanistic medicine, and was an early precursor to other preventive and holistic therapies.
  60. **Andrew Taylor Still** (1828-1917) was an American medical doctor who railed against the medical techniques of the day in favor of a gentle technique that became known as osteopathy. He founded the first osteopathic school, the American School of Osteopathy, in Kirksville, Missouri, in 1892, and was a mentor to William Sutherland, who developed cranial osteopathy. Still's work influenced numerous systems of physical therapy, spawned craniosacral therapy and provided an alternative to traditional medical practice.
  61. **Randolph Stone, D.O., D.C., N.D.**, (1890-1981) synthesized traditional healing concepts from around the world, particularly the Far East and India, to comprise a vibrational-and-energy concept he called polarity therapy. Austrian-born, Stone spent much of his professional career teaching and lecturing to the American medical establishment. His work has had enormous influence in the bodywork field, and polarity therapy continues as a thriving and beneficial practice taught worldwide today.
  62. **Madam Hawaio Takata** (est. 1923-1954) continued the ancient Japanese practice of Reiki (raku kei) for 30 years after World War II. She was the world's only remaining practitioner until 1974 when she taught the technique to others. Takata learned Reiki from its founder, Japanese physician Mikao Usui. Reiki is widely practiced today, and has influenced the spiritual and practical applications of energetic healing as a component of bodywork
  63. **Frances M. Tappan, P.T.**, (1915-1999) was a physical therapist and massage pioneer who first brought massage into the curriculum of physical therapy programs at the university level. She braved the cool attitudes of physical therapists and the medical establishment toward massage to bring its value into medical curriculum. She did so with awesome fortitude and enduring patience. Her book, *Healing Massage Techniques*, is in its third edition and is used in many massage schools as a supplemental text.
  64. **John Thie, D.C.**, (1933-present) created and authored numerous books about Touch for Health, which has had an enormous effect on many bodywork styles. Taking his cue from Goodheart, Thie popularized the concepts of applied kinesiology into a system that is available to practitioners from many disciplines.
  65. **Jack Thomas** (1929-present) was for eight years publisher of the newsletter *Touch Therapy Times*, the only independent North American publication to exclusively cover legislative and public policy issues for the massage and bodywork trade. Thomas continues his work as a staff writer for *Massage Magazine*. His coverage of legislative and credentialing issues is unparalleled in the field.
  66. **Zach Thomas** (est. 1954-present) is the author of *Healing Touch, The Church's Forgotten Language*. This book revealed for the first time the role of touch within religious institutions and practice. Thomas provided both a historic and contemporary view of how touch is an integral part of religious practice: The connection between spirit and love is often expressed through the laying-on of hands and other touching rituals.
  67. **Milton Trager, M.D.**, (1908-1997) developed Trager® Mentastics and the Trager® work method of bodywork. Born in Chicago, he was a professional boxer who later trained as a physiotherapist and physician, and discovered an intuitive method of healing and body therapy that became the Trager method. The Trager Institute, established in 1980, continues Trager's work.
  68. **Janet Travell, M.D.**, (est. 1905-2000) creator of Trigger Point Therapy, has had a significant influence on massage and bodywork development. Even though her own therapy employed procaine injections, the concepts behind her work spawned many manual therapeutic ideas that developed into bodywork

- systems of their own. Travell also attended to President John F. Kennedy's back problems.
69. **John Upledger, D.O., O.M.M.**, (1932-present) is an osteopath who systemized and popularized his own therapeutic cranial technique, called CranioSacral Therapy. A master practitioner, author of numerous books on the subject and advocate of subtle therapeutic methods, Upledger built an international reputation for the Upledger Institute, which offers CranioSacral training worldwide.
70. **Benny Vaughn** (1951-present) is credited with bringing together the fields of athletic training and massage in the sports arena. His experience with collegiate and professional sports massage teams gives him tremendous credibility to advance his cause. His videos have garnered national attention among athletic trainers, with one receiving the American Athletic Trainers Association award for excellence.
71. **Emil Vodder, M.D.**, (1897-1986) a Danish massage therapist and physician, along with his wife, Astrid, developed lymphatic massage technique to a fine science and conducted research into its efficacy. Their system, called Dr. Vodder's Manual Lymph Drainage, was developed in 1932 and continues to be taught worldwide from their institute in Austria.
72. **Shane Watson** (1949-present) is the author of *The Massage and Bodywork Resources Guide of No. America* (1981), the first comprehensive compilation of massage schools and equipment. He founded the Bodywork Emporium, the world's first and only chain of retail massage equipment stores, hosted the first commercial massage equipment internet site, and founded the Touch Foundation which provides free massage to the less fortunate.

# MASSAGE HISTORY

"The physician must be experienced in many things, but most assuredly in rubbing." - Hippocrates

Many books tell a different tale on the history of massage evolved, but it is simple. Here is my take on the history of massage; if it hurts, you will touch it! Everyone massages by instinct. Whoever we are, when we are hurting, it is automatic to rub the pain away. When a baby cries, we hold, rock, & pat them to ease distress without thinking if we are doing it properly. A simple hug and stroke on a friend's back is often more comfort than words, all these things are massage.

## \*Dates of massage vary from place to place

### 15,000 B.C.

- Prehistoric **Cave paintings** of massage.

### 4,500 B.C.

- The first recorded history of **essential oils**. In the oldest medical book 20 centuries before Christ, the Emperor Kiwati-Ti had already studied opium and rhubarb and recognized their properties, as we know them today.
- Egypt had a well-developed social structure and people may have used massage then. Imhotep, the physician, and architect recorded his knowledge of aromatic oils or unguents, made by mixing aromatic plants, resins and gums with oils or fats. Middle Kingdom Egyptians used bassi massage, which induced trance.

### 3,000 B.C.

- Chinese: Cong-Fu of the Toa-Tse. It is the **oldest known book** written about massage. Translated to French in 1700's. Amma or anmo was their name of massage. They were the first to train **blind masseurs**.
- Archeological findings in Asia substantiate the fact that people have bathed in the mineral waters in the Bronze Age.

### 2780 to 2680 B.C.

- When Greek physicians took their oath to Aesculapius, they were really swearing in to an African originally named Imhotep. Some considers Aesculapius the father/god of medicine.

### 2,760 B.C.

- Nei Ching describes therapeutic touch.

### 2,600 B.C.

- The Chinese Lunar New Year is the longest chronological record in history, dating from 2600BC, when the Emperor Huang Ti introduced the first cycle of the zodiac.

### 2,500 B.C.

- Egyptians created **reflexology**.

### 2,000 to 1,500 B.C.

- The oldest massage tool yet to be discovered is supposedly a Neolithic jade ritual blade from the Longshan culture of China, dating back to the Shang dynasty.

### 2000 B.C. -200 A.D.

- Cranial manipulation has been practiced in India for centuries, and was also developed by the ancient Egyptians and members of the Paracus culture in Peru (2000 BC to 200 AD).

### 1,800 to 500 B.C.

- Around this time, Massage possibly came to India from China.

### 1,800 B.C.

- The Babylonians used Myrrh, Cypress and Cedarwood oils to heal the body of infections, thus being used as antiseptics.
- Art of Life book that included massage techniques. In India, the focus was on sensual massage (Karma Sutra) aspects. **Ayur-Veda** (Ayurvedic) is a code of life and it deals with rebirth, renunciation, salvation, soul, purpose of life, and maintenance of mental health, prevention and treatment of diseases.

### 1,700 B.C.

- **Tuina** dates back to the Shang dynasty.

### 1,600 B.C.

- In Egypt the first record of chemotherapy being employed as a treatment for cancer.

### 1,555 B.C.

- A medical papyri contains remedies for all types of illnesses and the methods of application are similar to the ones used in Aromatherapy and Herbal medicine today.

### 1055 B.C.

- The Jewish King David began construction on an enormous complex of waterworks and communal baths, or mikvahs, that were designed to provide practical ways to purify the mind and body.

### 1,000 B.C.

- Homer wrote about an oily medium used for massage.
- Traditional Chinese compass school **Feng Shui** originated in China over 3000 years ago and was used to ensure that ancestral tombs and palaces were sited in the most auspicious places. Today almost all Chinese buildings are designed according to Feng Shui principles.
- **Palmistry** is a method of counseling that originated in India over 3,000 years ago.
- Persian physician used magnets to relieve gout and muscle spasms.

### 800 to 146 B.C.

- The great gymnasiums of Greece had marble or wood slabs called plinths.

### 776 B.C.

- Athletes massaged prior to their events in the Olympic games.

### 6<sup>th</sup> Century B.C.

- The historical Buddha Shakyamuni, sometimes called the Supreme Physician, is said to have first taught a healing system in India.

### 604 to 531 B.C.

- The founder of Taoism is believed to be Lao-Tse.

### 500 B.C.

- Herodicus- prescribed gymnastics to heal. Considered to be the founder of medical Gymnastics.

### 500 B.C.

- As with many indigenous peoples, the Thai people created their own blend of traditions and techniques called **Thai Massage**, linking Ayurvedic medicine, Buddhist spiritual practice, Chinese medicine and Yoga, as well as indigenous healing practices of ancient Siam. They treated disease and disharmony of physical, emotional, and spiritual origins. Nuad Bo'Rarn is the traditional medical massage. In Kurdistan, Breema developed - similar to Thai Massage.

## 460 to 380 B.C.

- Herodotus taught **Hippocrates**. He used Friction to treat sprains and dislocations (Called anatripsis-Greek for friction). Thought that disease resulted from natural causes and the body has the power to heal itself. Hippocrates wrote the code of ethics that became the Hippocratic oath. Hippocrates said: "**hard rubbing binds...much rubbing causes parts to waste...and moderate rubbing makes them grow.**" He also said: "but assuredly in rubbing...for rubbing can bind a joint that is too loose, and loosen a joint that is too rigid."

## 326 B.C.

- The Greeks learned Ayurvedic medicine from India.

## 280 B.C.

- The first person to connect the idea that muscles were organs of contraction was Erasistratus who lived around 280 B.C.

## 200 B.C.

- Greek physician Galen used natural **magnets** to relieve pain in treating many illnesses.
- The Huangdi Nei Jing (Yellow Emperor's Inner Classic) is the earliest surviving canonical text of traditional Chinese medicine. Anmo is referred to in 30 different chapters of the Nei Jing.

## 100 to 44 B.C.

- **Julius Caesar** used Massage therapy to relieve his neuralgia and epileptic seizures. He thought to have been "Pinched" every day.

## 90 B.C.

- Chinese created acupuncture.

## 25 B.C. to 50 A.D.

- Aulus Cornelius Celsus was a Roman Physician who wrote De Medicina (8 textbooks with a lot of information on massage).

## 2 B.C.

- Qi Gong is very closely allied to Tui Na Chinese Medical Massage; this may be the most commonly practiced modality in the world. The name literally means "skill with life energy" and it evolved over two thousand years ago in Tibet and China.

## 130 A.D. to 201 A.D.

- Galen was originally from Greece. He was a physician for the school of gladiators who were rubbed before fighting. He also wrote book on manual medicine.

## 1<sup>st</sup> Century

- The first Chinese massage exam was in the Schools of Occult Studies.

## 2 A.D.

- The earliest texts describing qigong (pronounced chee gong) date back almost 2,000 years to the first or second century AD.

## 228 A.D. to 337 A.D.

- The Roman Emperor Constantine condemned the baths and gymnasiums as he thought they added to the abuse of sex.

## 589 A.D. to 617 A.D.

- Sui Dynasty already had knowledge of Massage used as therapy.

## 600 A.D.

- Tuina was included in the Imperial Medical College as a separate department.

## 6<sup>th</sup> Century A.D.

- Chinese techniques spread to Japan (via Korea), where **Shiatsu** developed (Finger pressure or acupressure), anma is massage in Japanese.

## 7<sup>th</sup> Century A.D.

- **Tibetan medicine** dates back to the Tibetan ruler, King Songtsen Gampo summoned his court physicians from China, India, and Iran to develop this medicinal system. Tibetan medicine is therefore based on the combination of Ayurvedic, Traditional Chinese Medicine (TCM), and Tibetan Buddhism, with elements of Arabic medicine.

## 980 A.D. to 1037 A.D.

- Avicenna a Persian medic wrote the Canon of Medicine and During the crusades the knowledge of aromatic oils and perfumes spread to the Far East and Arabia and it was a physician called Avicenna who lived from A.D 980 to A.D. 1037 that is understood to have first used the process known as distillation to distill essence of rose, although it probably took many years to perfect the process. The Persian physician known in the West as Avicenna, wrote 16 books on medicine, 68 books on philosophy and theology, 11 on astronomy and science, and 4 of poetry.

## 1,000 A.D.

- A Persian physician used magnets to relieve gout and muscle spasms.

## 13<sup>th</sup> Century

- France became the World leader in the use of perfumes - it was thought unhealthy to bathe so it became fashionable to hide the odors with perfumes!

## 1300 to 1368

- Guy dechauliac wrote a book on surgery mentioning bodywork as an adjunct to surgery.

## 1368 to 1644

- In the Ming Dynasty, pediatric massage (Which, for the first time, was referred to as "tuina") evolved into a highly systematic treatment modality, which is still popular today.

## 14<sup>th</sup> Century

- Reflexology was practiced across the European social classes during the 14th Century.

## 1500 to 71

- Sculptor Cellini wrote of using pressure points to relieve pain. A book about this was published in 1582.

## 1517 to 1590

- Ambroise Pare a French barber surgeon raised awareness of the use of massage.

## 1564 to 1626

- Lord Francis Bacon observed that massage had benefits enhancing circulation.

## 1569

- Girolamo Mercuriale wrote the first sports medicine book.

## 1582

- Adamus and a'tatis described a pressure system.

## 16<sup>th</sup> Century

- Zone therapy reportedly was in use in 16th century Europe.

## 1608 to 1679

- Giovanni Alfonso Borelli studied muscular contraction.

## 1658

- The first known European acupuncture publication was dated 1658 and was published in Holland. The Dutch doctor Jakob de Bondt published an extensive, six volume work about the history of nature and medicine in East India.

## 1660 to 1742

- Friedrich Hoffman a physician to King of Prussia recommended rubbing and gymnastics for the royal court.

## 17<sup>th</sup> Century

- Physicians in England wrote of the effects of magnetism.



## 1742 to 1823

- John Grosvenor, English surgeon practiced healing with hands.

## 1755 to 1833

- Early alternative approaches included **homeopathy** pioneered by Samuel Hahnemann (1755-1833) in Germany and Austria, and incorporating emphasis on "natural" remedies including clean air, exercise, and plant remedies.

## 1769 to 1843

- "Thomsonianism" - an American healing strategy derived from the work of Samuel A. Thomson (1769-1843) was contemptuous of contemporary medicine and favored cures based on vegetable preparations, especially plants that would induce body heat since he believed that all illnesses are associated with cold.

## 1770

- The Jesuit Amiat contributed to European understanding with an article on "Chinese pressure point massage." This article influenced the Swedish therapeutic massage pioneer Ling.

## 1776 to 1839

- **Per Henrik Ling** (Father of Swedish massage and Father of Physical therapy) a fencing master and gymnast studied massage after he cured himself of rheumatism in his arm. Developed a system of Medical Gymnastics. While visiting in Paris in the early 18th century, a Swedish military officer named Per Henrik Ling was reportedly cured of a long-standing ailment by a priest who used a form of medical massage that he had learned in China. Returning home to Sweden, Ling persuaded the Swedish government to establish an academy to teach the Chinese procedures that had restored his health.

## 1799 to 1851

- Silesian farmer, Vincenz Priessnitz founded Hydropathy (later termed **Hydrotherapy**).

## 1800's

- Japanese philosopher and Christian seminary educator, Dr. Mikao Usui discovered **Reiki** is believed to date back to early Tibetan healing practices.
- Canadian Deep Muscle. This technique addresses specific muscles and muscle groups. The practitioners are trained to fix specific problems. It is a fundamental technique that offers fast results for both pain and stress. This form of cross fiber massage was first written about in the late 1800's in New York City.
- Philosopher and scientist Emmanuel Swedenborg described a rhythmic motion of the brain, stating that it moves with regular cycles of expansion and contraction.

## 1813

- Per Henrik Ling formed the Royal Gymnastic Central Institute in Stockholm, Sweden. His students carried on his work after his death.

## 1817

- The **father of massage therapy in the United States** was Cornelius E. De Puy, MD, who published his first journal on the subject in 1817.

## 1825

- Dr. Hans Burch Gram (of Dutch background, who had studied medicine in Copenhagen where he had concentrated on homeopathy) returned to the United States and established the first homeopathic practice in the U.S. in New York.

## 1826

- In the United states, the first publication on acupuncture in 1826 belongs to Bache Franklin M.D., great grandson of Benjamin Franklin.

## 1828 to 1917

- Andrew Taylor Still developed **Osteopathic medicine**.

## 1837

- Ling's disciple, M. Leron brought Movement Cure to Russia, St. Petersburg.

## 1839 to 1909

- Johann Mezger of Holland brought medical massage to scientific community and is considered the founder of scientific massage. Started using the terms effleurage, petrissage and tapotement.

## 1843

- More recently in the West, the first medical descriptions of neuromuscular trigger points were made by a German physician, Dr. Froeriep.

## 1850's

- Two New York physicians' brothers George and Charles Taylor, who studied in Sweden, introduced scientific massage therapy in the **United States**.
- Karl von Reichenbach discovered kerosene and paraffin.

## 1851

- Mathias Roth an English physician who studied under Ling and published the first book in English on Swedish Movements.

## 1854 to 1920

- The field of massage in America rose from an obscure, unskilled trade to a specialty in medical healthcare.

## 1856

- Mathias Roth, English physician, taught Charles Fayette Taylor and George Henry Taylor who brought massage to the US.

## 1852 to 1943

- John Harvey Kellogg, Battle Creek Sanitarium used massage and hydrotherapy. Published magazine called "Good Health"

## 1860

- Massage was not studied or used scientifically in Russia until 1860.

## 1870's

- Berghman and Helleday in 1870's further developed and structured Lings method into four main phases: **Effleurage** (long gliding strokes ), **Petrissage** (kneading ), **Friction** and **Tapotement** (beatings).

## 1870

- Dr. Mitchell introduced massage to the United States.

## 1874

- Douglas Graham, Benjamin Lee and Charles Mills **introduced the word massage** in the United States and published articles.

## 1876

- The Swedish investigator, Helleday described tender points and nodules in cases of chronic myositis.

## 1879

- Douglas Graham described **lomi lomi** and wrote a history of massage. May have been first to use massage in USA.

## 1880

- Mary Putnam Jacobi and Victoria A White in New York City were Medical Doctors and professors who researched the benefits of massage and ice packs in the management of anemia.

## 1884

- Professor Charcot, French Physician taught Sigmund Freud and though French doctors should use massage more.
- **Massage Scandals in Europe.** Physicians became skeptical of claims made by massage therapist and accused practitioners of stealing patients.

## 1885

- George Taylor, M.D., uses the terms "clapping, knockings, stroking, kneading, pulling, shakings and vibrating" as the passive movements used by Ling in his Swedish gymnastic system.

## 1886

- Trigger points were first described by Dr. A. Weihe

## 1892

- Emil Kleen, MD, PhD, author of Handbook of Massage commented on Ling and Swedish massage: "But, on the other hand, Ling's activity suffered from certain unfortunate defects. He lacked scientific training, and was ignorant of medicine."
- Dr. Hoffa named trigger points.

## 1894 to 1895

- 8 women formed "Society of Trained Masseuses" formed in Britain. Set up study of massage along with prerequisites for education and criteria for school recognition. Eventually became: The Chartered Society of Physiotherapy [www.csp.org.uk](http://www.csp.org.uk)

## 1895

- **Sigmund Freud** used Massage Therapy to treat hysteria and did studies in Hysteria. Postulated that what we did not or will not confront in our lives would be buried in the body in the unconscious mind.
- DD Palmer, a Canadian, developed **Chiropractic**.

## 1889

- In 1889, British physicians, who were just beginning to favourably acknowledge massage, because Queen Victoria supported the methods, became increasingly aware of the methods of abuse including false claims made about lay practitioners' education or skills, patient stealing and charging high fees. It was the massage scandals of 1894, revealed by a commission of inquiry of the British Medical Association in the British Medical Journal which eroded the public and medical professions' confidence in massage as a legitimate medical art during the late nineteenth century.

## 1899

- Sir William Bennet started a massage department at St. George's Hospital in London.

## 1800's late

- Massage therapists were known as mechanotherapists.

## 19<sup>th</sup> Century

- The great French neurologist Charcot brought the attention of medical world to hypnosis during the latter part of the 19<sup>th</sup> Century. He considered it a neurological condition. Freud, one of Charcot's pupils, later began to use hypnosis as a tool to explore the mind.

## 1900

- Albert Hoffa wrote the book "Technique der Massage", he wrote about massaging the body in anatomical segments.
- Before the 1900's, all massage was medical massage.
- Finnish School of Massage, originating from Swedish Massage system, develops first system of **sports massage**.

## 1900's early

- Jin shin jyutsu, the "art of circulation awakening," was developed in Japan by Jiro Murai and brought to the United States in the 1960s by Mary Iino Burmeister.
- An Australian actor F.M. Alexander developed the **Alexander Technique**, who felt that his own bad posture had caused his voice-loss problems.
- Shiatsu developed out of Anma toward the end of the Meiji era (1900-1912).

## 1902

- A man called Lust developed Naturopathy and it is based on the idea that the body can heal itself, 'that the cause of disease is a violation of nature's laws'. This also concerns connective tissue.

## 1904

- W. R. Gowers introduced the term 'fibrositis' to describe the palpable nodule, which he felt was associated with the fibrous elements of the musculoskeletal system.

## 1907

- Edgar Ferdinand Cyriax used Ling's Swedish Movement Cure and Mechanotherapeutics.

## 1911 to 1949

- Government led a campaign against traditional Chinese medicine in china.

## 1912

- Tokujiro Namikoshi Sensei cured his mother's rheumatism (birth of Shiatsu Therapy)

## 1913

- Dr. William Fitzgerald rediscovered Reflexology and called it **Zone Therapy** "The Father of Modern Reflexology."
- Max Lange wrote the first treatment manual and did significant experiments. Lange used a devise to measure pressure and tension in muscles called a sklerometer.

## 1916

- The well-known Swedish Institute in New York was founded.

## 1917

- James Mennell. London. St. Thomas Hospital did physical treatment by movement, manipulation, and massage.

## 1918

- The polio epidemic of 1918 renewed interest in massage, as any remedy that offered any promise at all was desperately craved. Research on the benefits of massage in the prevention of the complications of paralysis began during this time.

## 1919

- Dr Riley mad the first detailed reflex diagrams and drawings of the feet.

## W.W.I

- Swedish massage was used for rehabilitation of injured soldiers.

## 1920's

- Before this, devices used for massage tables were called couches, and were truly pieces of furniture.
- Massage was even taught to physicians in medical schools in the United States up until the mid 1920s.

## 1921

- Physical therapists formed their first professional association in 1921, called the American Women's Physical Therapeutic Association. Led by President Mary McMillan, an executive committee of elected officers governed the Association, which included 274 chapter members.

## 1927

- New York State Society of Medical Massage Therapists (**First massage association**) was formed.

## 1928

- French chemist René-Maurice Gattefossé coined the word **Aromatherapy** in 1928.

## 1929

- At the first meeting of the Central Health Committee, the policy of "throwing out the old medicine and sweeping away obstacles to medical activity" was instituted in China.
- Elizabeth Dicke, German physical therapist created "Bindgewebs massage," or connective tissue massage.

## 1930

- England by Dr Stanley Lief developed **neuromuscular Therapy** (NMT), a system of soft-tissue manipulation techniques.
- German born Joseph Pilates developed **Pilates**; a set of exercises that concentrate on the back and abdominal muscles in a very precise, conscious way for a limited number of repetitions, using equipment. The idea is to strengthen the anatomical center of the body and correct the posture.
- The **first portable massage table** was developed and was made of a wood frame with metal or wood legs.
- The modern incarnation of **visualization** first developed in 1930 with the work of German psychiatrist and neurologist Johannes Schultz. Dr. Schultz devised 'Autogenic Training', a technique consisting of various mental exercises (including visualizing different parts of the body) to promote relaxation.

## 1930's

- **Eunice Ingham** (Mother of modern Reflexology), a nurse, established herself as a pioneer in the field of reflexology when she discovered that in using a pressure technique across the soles of the feet, she was able to stimulate and heal other parts of the body, rather than to merely numb sensations of pain. She also developed the map of the feet.
- Ida P. Rolf, Ph.D. an American biochemist (1896-1979) developed a form of myofascial massage in New York called **Rolfing**.
- Hospitals staffed Physical Therapists who were doing massage.
- British physician Edward Bach (1886-1936), developed Quasi-homeopathic system of ostensible diagnosis and treatment known as **Bach flower therapy**.

## 1932

- Emil Voder, Danish physiologist created **Manual Lymph Drainage**.

## 1934

- Wilhelm Reich - Austrian psychoanalysis was a student of Freud's. Used Somato techniques to dissolve muscular armor and attempted to cure neuroses by releasing their corresponding muscle tensions by using breath, movement and physical manipulation. The community was outraged at the thought of using physical contact. He was sent to prison for his conflicts and died there. Bioenergetics, created by Alexander Lowen, emerged from Reich's work.

## 1936

- The government of China announced that "traditional medicine has no scientific foundation" and its practice was banned.

## 1937

- A French chemist, Rene Maurice Gattefossé, began his research into the healing powers of essential oils after burning his hand in his laboratory and immersing it in lavender oil and being impressed by how quickly the burn healed. He published a book about the anti-microbial effects of the oils and coined the word Aromatherapy.

## 1939

- The Florida State Massage Therapy Association Inc. (FSMTA) was first organized on June 15, 1939 one of the oldest massage organizations, with 85 charter members. The first Massage Act was passed by the Florida Legislature in 1943.

## 1940

- James Cyriax, son of Edgar Ferdinand Cyriax, and British Osteopath, created **deep transverse friction**.

## 1940's to 1970's

- A small number of massage therapists carried on until a new surge of interest in massage therapy revitalized the field, and started the boom of alternative health care.
- Broad licensing began in the early 1940s.

## 1940's late

- The face hole cut into the head of a stationary or portable table appeared.

## 1940's

- Dr Max Lüscher a Swiss psychologist started the basis of **color therapy**.
- Therese Pfrimmer of Canada developed Pfrimmer Deep Muscle Therapy.
- Nurses and physical therapists lost interest in massage therapy, virtually abandoning it.
- The Battlecreek Company, of Battlecreek, Michigan, manufactured the first lightweight massage table, an aluminum folding portable table.
- By the 1940's, spa as medicine in the U.S. was out, and Spa as pampering and beauty was in.

## 1943

- Chicago American Association of Masseurs and Masseuses formed which later to become American Massage Therapy Association. (AMTA) dues were \$.50.

## 1944

- Harold Storms published an article on the benefits and effects of friction.

## 1947

- Randolph Stone DO, DC, ND (1890-1981) developed **Polarity Therapy**.

## 1949

- After the Communist Revolution in China, the new government began a policy of promoting traditional medicine.
- Massage Registration Act formulated by AMM.
- Dr. Robert Lovett M.D. and the American physiotherapists Henry and Florence Kendall developed Manual muscle testing.

## 1950's

- **Floatation** was discovered when space scientists were trying to simulate weightlessness when training astronauts.
- **Reiki** was brought to the United States in the mid-1900.
- Francis Tappan and Gertrude Beard wrote books and articles on massage techniques.
- Bowen technique, this form of gentle but precise soft tissue manipulation. This massage technique is named after Australian Tom Bowen.
- Pauline Carte PhD developed Trauma Erase. And she was a pioneer in the field of kinesiology.
- Tibet medicine is a blend of traditional Indian and Chinese medicine and Bon (Indigenous culture's medicine) but has been endangered since the Chinese communist invasion. Remnants survive in Mongolia and Russia.

## 1952

- Janet Travell researches **Trigger points**. (Dec 17, 1901 - Aug 1, 1997)
- Hoshino Therapy developed by Tomezo Hoshino; Hoshino Therapy is an official medical therapy in Argentina.

## 1954

- Strain Counterstrain technique was founded by an osteopath named Dr. Lawrence Jones.

## 1955

- **JFK** found Travell's Trigger Point Therapy a godsend for his aching muscles.
- Shiatsu was finally legally approved in 1955 by the Japanese government as a part of Anma massage.

## 1956

- Margaret Knott and Dorothy Vass wrote a book called "Proprioceptive Neuromuscular Facilitation" (**PNF**).

## 1957

- Ministry of Health of Japan issued a definition of Shiatsu

## 1958

- The government established both a tuina clinic and a tuina school in Shanghai.
- Trager "Movement education approach" developed by Milton Trager, M.D., a former boxer and acrobat.

## 1960

- The most recent revival of massage began. The combination of the humanistic movement and the fitness movement of the late 1960's shaped a field of health care that we recognize as complementary today, and one in which massage plays an integral role.

## 1960's

- French homeopaths Dr and Mme Maury developed Aromatherapy.
- George Goodheart developed Applied kinesiology or "touch for health".
- Albert Baumgartner used Massage in Athletics.
- **Esalen** became a center to explore human potential. Ida Rolf did her first trainings there. Deane Juhan worked there. Bernie Gunther trained people to give massage.
- China's Cultural Revolution during the 1960's and 1970's saw the banning of qigong.

## 1961

- Body Wraps were first introduced in 1961 in USA.

## 1964

- Excavations at a tomb in the Henan province of China discovered a round, concave stone which is believed to have been used for anmo treatment. The stone includes a depression on its concave surface where the practitioner's finger was inserted in order to assist in applying force. Also found at the site was a series of stone instruments (Rods, hammers, pit-shaped stones, cups) used in percussion massage.
- Chiropractor George Goodheart founded **Applied Kinesiology**.
- It was not until 1964 that Shiatsu was recognized as distinct and independent from Anma.

## 1965

- Dr Ida Rolf started teaching **Rolfing**.

## 1966

- Raymond Nimmo-Wrote book " The Receptor Tonus Method ", which came from his work with "noxious generative points". Also called Trigger Point Therapy.

## 1968

- Michio Kushi introduced Do-In in the United States.

## 1969

- John Barnes - developed **Myofascial Release Therapy**

## 1970

- Rolfing is the creation of Ida Rolf, a biochemist and physiologist who established the Rolf Institute for Structural Integration.
- Alan Herdman brought Pilates to England.

## 1970's

- Leonard Orr developed rebirthing.
- Osteopath and Acupuncturist Fritz Smith, M.D., a system of acupressure-like bodywork that is called Zero Balancing.
- **Infant massage** was created in the United States as a parenting tool.
- Moshe Feldenkrais developed **The Feldenkrais method**. He began teaching his method in North America.
- San Francisco physical therapist Marion Rosen developed The Rosen Method.
- During the 1970's, sports massage therapy made a resurgence and is now seen at almost all major sporting events around the world.

## 1971

- The Rolf Institute, in Boulder, Colorado was founded.

## 1972

- Dolores Krieger, Ph.D., R.N., and Dora van Gelder Kunz, a clairvoyant born in the Dutch East Indies (Indonesia), initiated **Therapeutic Touch**.
- Moshe Feldenkrais, writes "Awareness through Movement" which follows up to his 1949 publication "The Body and Mature Behavior." Studies of sensory awareness and movement re-education somewhat based on F.M. Alexander's work.
- The journalist, James Reston, brought acupuncture to the attention of the American public and the scientific community in 1972 with a front-page article in the New York Times, telling of his emergency appendectomy while accompanying President Nixon to China.

## 1975

- Dr. Fritz Smith, Medical doctor, Osteopath and Acupuncturist developed Zero Balancing.

## 1976

- **Myotherapy** developed by Bonnie Prudden.
- Dr. Arthur Lincoln Paul developed Ortho-Bionomy and he is a British osteopath.

## 1977

- Judith Aston developed Aston Patterning (Form of Rolfing).
- Ilana Rubenfeld began teaching the Rubenfeld Synergy Method.
- 5,767 entries were listed in the Encyclopedia of Traditional Chinese Medicinal Substances.
- James Cyriax described his concept of deep transverse friction in a book.

## 1978

- Joseph Heller an aerospace engineer started Hellerwork (Form of Rolfing).
- Soma Neuromuscular Integration developed by Bill Williams, PhD, one of the first students of Ida Rolf. Combines structural integration with psychological therapy to realign the body, mind, and spirit.
- **St. John Method of Neuromuscular Therapy** was developed and he began teaching seminars while maintaining a clinical practice to further his research.

## 1979

- The Shanghai College of Traditional Chinese Medicine established an "acupuncture/tuina" major.

## 1980's

- David Palmer markets **On Site Massage**.
- Canadian Deep Muscle Massage was developed at Georgetown Bodyworks, the oldest massage & bodywork center in Washington D.C.
- The **face cradle** that attaches to the end of the massage table was first introduced.
- Association of Bodywork and Massage Practitioners formed.
- Harold Dull developed **Watsu** (Water shiatsu).
- Clinical psychologist Roger J. Callahan, Ph.D., developed Thought Field Therapy.
- Stuart Taws, a British sports rehabilitation therapist developed Taws Method (Soft Tissue Release).

## 1981

- Lauren Berry, a physical therapist and mechanical engineer, recorded his methods of manipulating joints.
- Lawrence H. Jones identifies tender points and develops "Strain-Counterstrain" techniques of treating points.

## 1982

- In 1982 the World Health Organization (WHO) decided to standardize the ear points. Together with the Chinese Acupuncture and Moxibustion Association, a number of standard points were formulated. These International Standard Auricular Points (ISAP) of which there are 90, are grouped into four types. Group 1 - Sixty one Points Named after various anatomical parts of the body. Group 2 - Twenty Points Named in Accordance with Auricular Anatomy. Group 3 - Five Points Named in Accordance with Orthodox Medicine. Group 4 - Four Points Named according to Traditional Chinese Medicine (TCM).

## 1983

- Janet Travell wrote a book with David Simons, "Myofascial Pain and Dysfunction: **The Triggerpoint Manual: Volumes I & 2.**

## 1984

- Olympic Games in Los Angeles massage was officially offered for the first time.

## 1985

- Massage Magazine was founded and is the first and only independent magazine dedicated to this purpose.

## 1986

- David Palmer created the first massage chair.

## 1987

- Gerry Pyves developed No Hands Massage in Halifax.
- Associated Bodywork and Massage Professionals (**ABMP**) was founded.

## 1988

- Due to lack of ability to use hands for soft tissue mobilization, Graston invents his first instrument and the patent process was started on what

later becomes known as the **Graston Technique**.

## 1990

- American Massage Therapy Association (**AMTA**) was founded.
- Protocol for fibromyalgia syndrome (FMS) defined by the American College of Rheumatology.
- The desktop face cradle was created and designed for giving massage where a chair was not available.

## 1990's

- **Lastone** massage is an oil massage supplemented by the placing of hot volcanic and cool marble stones on the body.

## 1991

- "**TRI**" Touch Research Institute created by Tiffany Fields.
- Discovery of "The Ice Man", a 5,300-year-old mummified man found in the Italian Alps along the border with Austria. The frozen body was remarkably well preserved. One of the most remarkable discoveries was a complicated system of bluish-black tattoos running along his back, right knee and left ankle. **The locations of the "tattoos" corresponded precisely to acupuncture points and meridians, including the 'master point for back pain'.**

## 1992

- The National Certification Board for Therapeutic Massage and Bodywork (**NCBTMB**) was started.

## 1993

- Cary Cruea of Seattle, Washington created the Massage Bar. It utilizes a separate desktop face cradle attached to the countertop.

## 1998

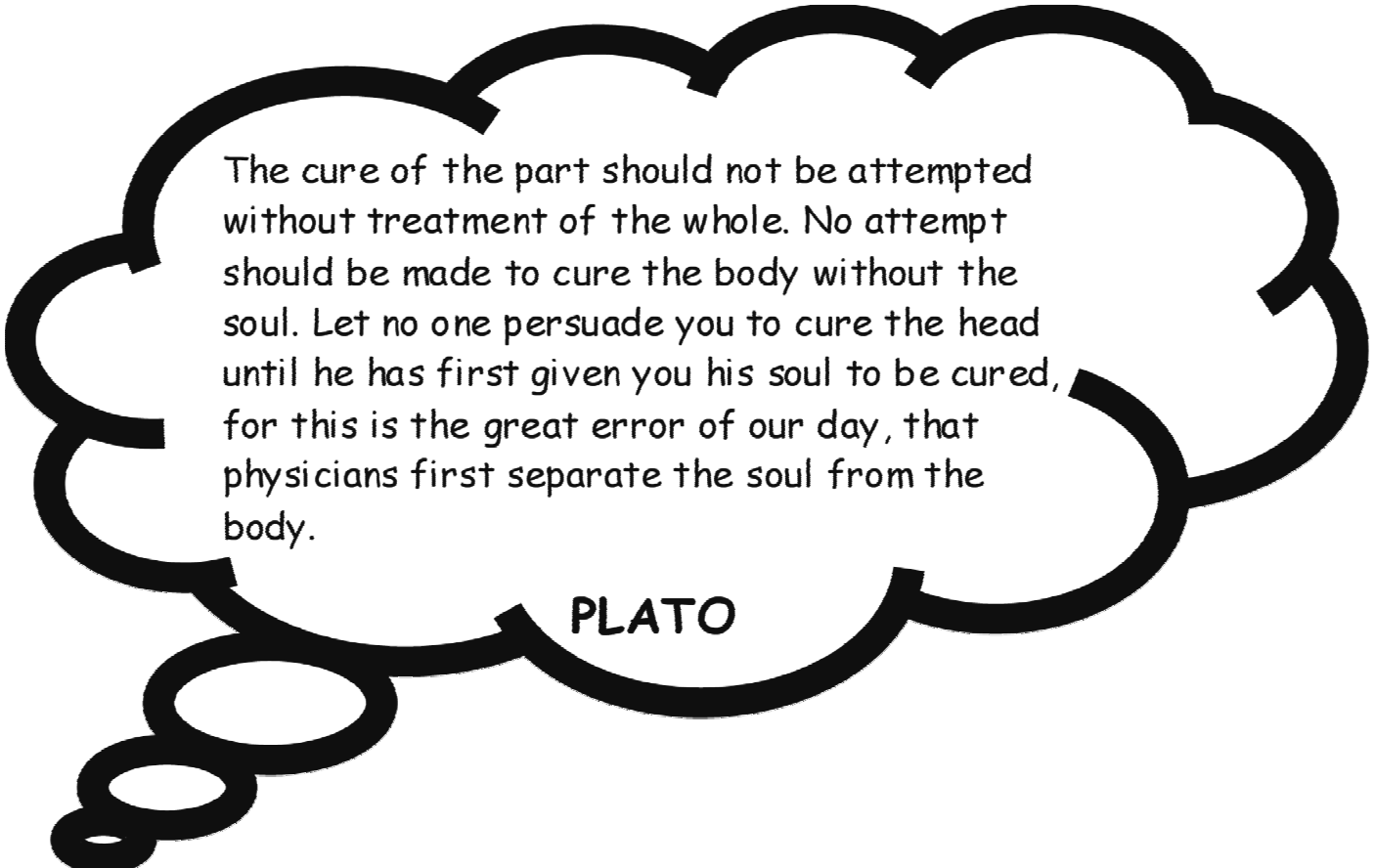
- The National Center for Complementary and Alternative Medicine (**NCCAM**) was established by Congress.

## 2001

- Complimentary Alternative Medicine law (**CAM**) was started in Minnesota

## 2005

- The NCBTMB changes their format and they developed two types of tests.



The cure of the part should not be attempted without treatment of the whole. No attempt should be made to cure the body without the soul. Let no one persuade you to cure the head until he has first given you his soul to be cured, for this is the great error of our day, that physicians first separate the soul from the body.

**PLATO**

### **Webster's Dictionary**

**Scope** - "the range or extent of action"

**Practice** - "the exercise of a profession or occupation"

**Occupation** - "that which chiefly engages one's time; (one's) trade, profession or business"

**Profession** - "a vocation or occupation requiring advanced education and training, and involving intellectual skills"

**Professional** - "of, engaged in, or worthy of the high standards of a profession"

**Trade** - "an occupation requiring skill in any of certain kinds of work done with the hands, as distinguished from unskilled work or from a profession or business."

# Types of Medicine

**Alternative Medicine** - Used alone or instead of conventional medicine.

**CAM (Complementary & Alternative Medicine)** - Non-conventional approaches to healing, beyond traditional medicine. Complementary medicine is any form of therapy used in combination with other alternative treatments or standard/conventional medicine. Alternative medicine is used alone, without recommended standard treatment.

**Complementary Medicine** - The use of both alternative and conventional medicine together.

**Conventional Medicine or Western Medicine** - Focuses on diseases and employs techniques to eradicate it.

**Holistic Medicine** - Treats the "whole person" as opposed to the individual organs of the body where symptoms occur ('holistic' being derived from the Greek word 'holos' meaning 'whole' - treating the individual as an entity incorporating body, mind and spirit).

**Natural Medicine** - Therapy that relies on the body's own healing powers may be considered natural medicine. These include herbal remedies, diet and water therapies.

**Traditional Medicine** - Ayurveda, Traditional Chinese Medicine or Tibetan Medicine. These forms of medicine have developed distinctly different concepts of health and disease that usually combine concepts of body, mind, and spirit.

Ryan Jay Hoyme

# MASSAGE CATEGORIES

**\*European methods** - Using five basic categories of soft-tissue manipulation.  
Swedish massage is the main example.

1. **Effleurage** (gliding)
2. **Petrissage** (kneading)
3. **Friction** (rubbing)
4. **Tapotement** (percussion)
5. **Vibration** (shaking)

**\*Western methods** - These may include broad applications for personal growth; emotional release; and balance of the mind, body, and spirit in addition to traditional applications. These styles are from Swedish massage.

- \* **Bindegewebsmassage**
- \* **Deep-Tissue Massage**
- \* **Esalen**
- \* **Sports Massage**
- \* **Manual Lymph Drainage**
- \* **Myofascial Release**
- \* **Myotherapy**
- \* **Neuromuscular Therapy**

**\*Structural and Movement Integration methods** - It involves manipulating soft tissue or through correcting inappropriate patterns of movement.

- \* **Alexander Technique**
- \* **Aston patterning**
- \* **Feldenkrais**
- \* **Hellerwork**
- \* **Rolfing**
- \* **Rosen Method**
- \* **Rubinfeld Synergy Method**
- \* **Trager**

**\*Eastern methods** - Eastern concepts of Universal Energy deal with Meridians, 5 Elements, and Yin-Yang concept.

- \* **Acupressure**
- \* **Acupuncture**
- \* **Breema**
- \* **Chi Nei Tsang**
- \* **Reflexology**
- \* **Shiatsu**
- \* **Thai Massage**
- \* **Tui-na massage**
- \* **Watsu**

**\*Energy methods** - Energy based system to balance and align the human energy field.

- \* **Healing Touch**
- \* **Jin Shin Jyutsu**
- \* **Polarity Therapy**
- \* **Qi Gong**
- \* **Reiki**
- \* **Therapeutic Touch**

Ryan Jay Hoyme



# General Pressure of Styles

- \*Active Release Technique - Deep pressure
  - \*Acupressure - Moderate pressure
  - \*Alexander Technique - Light pressure
- \*Body Wraps - Light to Moderate pressure
  - \*Bowen Technique - Light pressure
- \*Craniosacral Therapy - 1-5 oz of pressure
  - \*Chair Massage - Moderate pressure
  - \*Esalen - Moderate pressure
- \*Feldenkrais - Light to Moderate pressure
  - \*Lomi Lomi - Moderate pressure
- \*Manual Lymph Drainage - 1-4 oz of pressure
  - \*Myofascial Release - Moderate pressure
  - \*Neuromuscular Therapy - Deep pressure
- \*Sports Massage (Pre Event) - Fast, Light to Moderate pressure
- \*Sports Massage (Post Event) - Slow, Light to Moderate pressure
- \*Sports Massage (Maintenance) - Moderate to Deep pressure
  - \*Polarity Therapy - Light to Moderate pressure
    - \*Qi Gong - Light to No touch
  - \*Reflexology - Moderate pressure
  - \*Reiki - Light to No touch
  - \*Rolfing - Deep pressure
  - \*Shiatsu - Moderate pressure
- \*Soft Tissue Release - Deep pressure
- \*Strain Counterstrain - Moderate, then light pressure
  - \*Stretching - Moderate pressure
- \*Swedish Massage - Moderate pressure
- \*Therapeutic Touch - Light to No touch
- \*Thai Massage - Moderate to Deep pressure
- \*Trigger Point Therapy - Deep pressure
- \*Tuina - Moderate to Deep pressure

**Ryan Jay Hoyme**

# TYPES OF THERAPIES

- \* **Asian therapies** - The use of 5 elements (Earth, Fire, Metal, Water and Wood), 12 main meridians (Small Intestine, Triple Warmer, Stomach, Large Intestine, Gallbladder, Urinary Bladder, Kidney, Heart, Pericardium, Lungs, Spleen, and Liver), Yin/Yang concept and other modalities to increase the Chi (Universal life energy) in the body.
- \* **Ayurvedic therapies** - The use of 5 elements (Earth, Fire, Air, Water, and Ether), vata, pitta, and kapha are similar to yin/yang in Asian medicine. This form uses Herbs, Yoga, Massage, and many other modalities.
- \* **Color therapy** - The use of the seven rainbow colors to balance and enhance our body's energy.
- \* **Energy therapy** - The use of energy around, on, and in our body.
- \* **Herbal therapy** - The use of herbs to help restore the body to a natural state.
- \* **Humor therapy** - The use of laughter to help a person cope with pain.
- \* **Massage therapy** - The scientific manipulation of the soft tissue.
- \* **Meditation therapy** - The use of visualization and relaxation to help cope with pain or problems.
- \* **Movement therapy** - The use of movement to train the body to recognize painless movements.
- \* **Sound therapy** - The use of music for relaxation.
- \* **Vitamin therapy** - The treating the deficiencies in the body by means of vitamins and minerals.

Ryan Jay Hoyme

# THERAPY DICTIONARY

There are basically two types of massage therapy:

- 1). Massage designed for relaxation
- 2). Massage designed for pain management

Some people say there are over 100 styles of massage and others say a lot more.

**ACROSAGE** - This combination of massage, yoga, and acrobatics was developed by Benjamin Marantz. The client is placed in an inverted pose atop the acrosager's feet, their head hanging freely. With no pressure on the neck or spine, the client's more difficult points can be easily massaged.

**ACTIVE RELEASE THERAPY (ART)** - A combination of examination and treatment. The ART provider uses his or her hands to evaluate the texture, tightness, and movement of muscles, fascia, tendons, ligaments, and nerves. Combining precisely directed tension with very specific patient movements treats abnormal tissues.

**ACUPRESSURE** - Ancient healing art that uses fingers to stimulate key points along the meridians to activate the healing response. Acupressure and Acupuncture use the same points but acupressure does not use needles. Symptoms are considered an expression of the condition of the body as a whole. (Holding a point on your foot may assist in relieving a digestive problem.) It is believed that tension in the muscles blocks the flow of energy (chi) not only in the muscles, but also in the associated internal organs.

**ACUPUNCTURE** - Incorporates an ancient wisdom with a comprehensive system for diagnosis and treatment. This system originated many thousands of years ago in China, and the earliest written source found dates back to the 2nd century B.C. The philosophy of acupuncture centers on the body's ability for self-healing and the continuous flow of Qi (Chi) -- life's energy. Chi relates to specific organs and moves along pathways called meridians. Diagnosis includes traditional medicine along with pulse and tongue diagnosing. Each pulse relates to a specific internal organ. Needles are used to treat restricted flow of Qi. The goal of treatment is to have the individual balanced in body, mind, and spirit, which correspond to life's natural rhythms.

**ACU-YOGA** - is a system of exercises integrating the knowledge of two holistic methods of health maintenance - acupressure and yoga. Both relax muscular tension and balance the vital life forces of the body. Yoga does this through controlling the breath while holding the body in certain postures. Acupressure does this by directly manipulating body energy through a system of points and meridians. Each Acu-Yoga posture naturally presses and stretches certain nerves, muscles and acupressure points, awakening the meridians and releasing the tension in the points so that energy (chi) can circulate freely. This energy is the source of all life, and its flow is the key to radiant health. The process balances the body and stimulates it to heal itself.

**AI CHI (FLOWING AQUATIC ENERGY)** - Ai chi is a water exercise and relaxation program, created by Jun Konno, to help aquatic practitioners and students enjoy the water in a flowing, yet powerful progression. Ai chi, created by combining t'ai chi concepts with shiatsu and Watsu techniques, is performed standing in shoulder-depth water using a combination of deep breathing and slow, broad movements of the arms, legs and torso. The ai chi progression moves from simple breathing to upper extremity movement to movement of the trunk, and finally to lower extremity movement. Ai chi promotes relaxation, stability and coordinated breathing. It improves flexibility, mobility and strength, and it will animate the mind as well as the body.

**ALCHEMICAL SYNERGY** - Developed by Kamala Renner, Alchemical Synergy is a process of evolving universal energy patterns and is used as a holistic counseling system that focuses on achieving transformation by utilizing the universal four forces of centripetal, centrifugal, gravity, and electromagnetics - the consciousness portion

of the Big Bang theory relative to the beginning of the universe. Centripetal controls all inward movement, allowing us to go inside to observe and reconnect with our inner world that contains knowledge of all that is natural for us as an individual. Centrifugal controls all outward movement, allowing interaction of the consciousness with the surroundings and other people. Centripetal and centrifugal are duality and control all activity that depends on yin/yang, negative/positive balance for its existence. Gravity regulates the action of centripetal and centrifugal to ensure universal balance and stimulates the ability to step out of duality to observe the effect of its interaction from a neutral space. Electromagnetics is the life force that is a catalyst for reproduction to occur, allowing the evolution of consciousness to continue. Synergy training defines every experience in categories relative to the force from which it originates. When we are aware of the influence of the four forces, we can begin to alter structures and patterns that cause stagnation in personal growth. (Adapted from Holistic Health Directory.)

**ALEXANDER TECHNIQUE** - The Alexander technique is an educational method for improving coordination, and for developing awareness of unnecessary tensions in the body. F. M. Alexander was an actor who had a problem with losing his voice. By studying his habitual movements in a mirror, he discovered ways he was using his body that created his vocal problem and was able to resolve the difficulty. He went on to create a system for enhancing balance, posture and the use of the body, which is called the Alexander Technique. Practitioners refer to themselves as teachers of the Alexander method and refer to sessions as lessons.

**ALLARD KINETIC SYSTEMS** - Allard Professional Training combines structure, function and awareness into a system where each are seen as intertwined and not separate entities. Developed by Norman Allard, the relationship between the energetics of human potential movement and structural/therapeutic effects are explored through perceptual anatomy, neurokinetics and arthrosomatics.

**AMMA Therapy (ANMA)** - AMMA therapy is a method of restoring the flow of life energy in the body, and is used to treat a wide range of medical conditions. It combines Oriental medical principles with a Western approach to organ dysfunction. AMMA Therapy may include dietary plans, detoxification, herbs and vitamins, and therapeutic exercises.

**ANMA MASSAGE** - general form of Chinese Qigong massage which uses 361 energy points or (tsubos). "an" means press; "mo" means rub; "anma" means massage.

**APPLIED KINESIOLOGY (TOUCH FOR HEALTH)** - Applied Kinesiology is a technique used mainly by chiropractors to gain diagnostic information through muscle testing and to strengthen muscles to aid in structural correction. Muscles are related to specific organs or systems through the acupuncture meridian network. By observing the patient's posture, walk, and general body movements as well as specific muscle testing, the practitioner determines the cause of certain health problems. Treatment may include nutritional counseling, manipulation, acupressure, and exercise.

**APPLIED PHYSIOLOGY** - A muscle monitoring technique, applied physiology allows the body to express what is out of balance and provides information to restore that balance. Muscles are put through a normal range of motion, monitored to determine where the stresses lie. The centerpiece of the technique is using acupoints to ask "questions" about specific physiological and anatomical stresses. The goal of treatment is to let go of the stress within the body by

integrating the physical, mental, emotional and spiritual components of an individual.

**AQUATIC MASSAGE THERAPY** - A therapy delivered in a warm pool combining **Watsu**, a technique using Shiatsu stretches, and Jahara technique, a bio-mechanically correct series of joint mobilizations. The combination of warm water, low gravity, and slow movements facilitate continuous range of motion and traction of the joints.

**AROMATHERAPY** - The use of essential oils for curative and rejuvenating effects. Dating back to ancient Egypt, India, and the Far East, this simple therapy has been used for centuries to reduce stress and tension, refresh and invigorate the body, soothe emotions, and clear the mind. After an initial discussion with the client, specific essential oils are used in conjunction with other appropriate techniques, such as massage, acupressure, or reflexology. Used in oils, the essential oil is absorbed through the skin and into the body to affect physiological change. When inhaled the aroma directly affects the limbic area of the brain that is related to emotions and memories.

**ART THERAPY** - Using the media of the arts (sculpture, painting, collage, etc.) to provide release of symbolic expression, art therapy allows the individual an opportunity to confront inner perceptions of the self.

**ASHIATSU (ASHI MEANS FOOT AND ATSU MEANS PRESSURE)** - Ancient form of bodywork. An adaptation of an ancient form of barefoot massage using deep compression effleurage gliding over the body. Gravitational force is combined with centrifugal and centripetal movements to bring about a structural change in chronic soft tissue damage. Bars are used over the head for balance and lubricant is applied.

**ASTON PATTERNING** - Aston-Patterning aims to increase the body's grace, resiliency and ease of movement by releasing layers of tension throughout the body. It uses movement education, bodywork, environmental design and fitness training.

**ASYMMETRIC BODY BALANCING** - This is a combination of Paul St. John's Neuromuscular Therapy and more traditional Hatha yoga to help clients diminish and/or alleviate pain or discomfort and find homeostasis and equilibrium in their daily lives.

**ATTUNEMENT** - Attunement is a non-touch (or light touch) approach to healing, employing spiritual techniques (prayer and meditation) to restore one's naturally vibrant energetic and physical well-being. Attunement balances the flow of energy through the endocrine glands, organs, bones and other tissues of the body - establishing alignment between the body, mind and emotions and harmonizing these elements with the "spirit," described as the radiant source of life and healing. Sharing attunement with clients invites them to share a sacred energetic or vibrational space characterized by stillness and peace, where healing at all levels can occur. This life-giving process is the doorway through which an individual may enhance or recover health of body, mind and spirit.

**AYURVEDIC MASSAGE** - Ayurvedic is a system of health and medicine used in India. Ayurveda means "life knowledge" or "right living." The basic theory is that there are three basic body types or tridoshas. There are three different types of massage for each tridosha. They have a system similar to meridians called Marmas. There are about 100 of these points and are said to be the source of the vital life force. There is one type of massage that is part of detoxification system from India called Pancha Karma, in which the body is cleansed inside and out to remove toxins. Most use Sesame oil which has a heating and stimulating quality.

**BACH FLOWER REMEDIES** - Works on one's emotions. With the emotional aspect of illness in mind, Dr. Bach went on to develop 38 flower remedies plus the combination remedy known as Rescue Remedy. The flower remedies are diluted and combined with brandy.

**BALINESE MASSAGE** - Vigorous, deep massage with techniques similar to acupressure routines combined with the use of therapeutic oils to relieve all sorts of complaints. Special strumming and knuckle techniques are taught as well as skin rolling, wringing, and thumb crossing.

**BARBARA BRENNAN HEALING SCIENCE** - Barbara Brennan's Healing Science program focuses on clearing blocked energy and balancing the body's energy field through hands-on work and deep healing techniques. Emphasis is placed on enabling the therapist to discover their own healing process and thus personalize their healing approach. Channeling, use of spiritual guidance, healing with color and sound, and work with auras are among the techniques used. Through the unblocking and balancing of energy fields, the client has access to healing on all levels of functioning - emotional, physical, spiritual and mental.

**BAREFOOT SHIATSU** - Using hands, elbows, knees, and feet to massage.

**BART (BONDING AND RELAXATION TECHNIQUES)** - Based on the parent education program of infant massage by Virnala McClure, BART is a program of stroking for individuals with, or at risk for, developmental delays. Designed to empower parents and instill parental confidence, as well as nourish the bond between parent and child, BART aids in relaxation, normalization of muscle tone, respiratory and gastro-intestinal functioning, sensory integration and behavioral organization.

**BELAVI' FACIAL MASSAGE** - A series of massage techniques using acupressure points, lymphatic drainage strokes and facial massage strokes, Belavi' Facial Massage is designed to firm sagging skin, stimulate blood and oxygen, release toxins and soften lines. The treatment also consists of cleansing, exfoliating, hot towel wraps and a honeylift massage treatment.

**BERRYWORK** - The late Lauren Berry PT created this bodywork, it is a contemporary of Trager, Feldenkrais and Rolf who devised a system of "correctives" that involve stretches and that work the fascia, cartilage and joints. His work is passed on through the teaching of his advanced students.

**BINDEGEWEBSMASSAGE (CONNECTIVE TISSUE MASSAGE)** - Developed in Germany by Elisabeth Dicke in the 1930's is massage or reflexive therapy of the connective tissue. The practitioner strokes the layers just below the skin to impact the fascia layer, which has many sensory nerve endings. This sets up a reflex from the skin to the organs -- not unlike acupuncture. No lotions are used, and the series of strokes are called hooking, smoothing, etc. The client may experience a scratching, or cutting, sensation as if sharp lines were etched on the skin, but pain is not experienced. Most treatments are given from a seated position that usually begins at the sacrum (triangular bone at bottom of spine) to induce relaxation by activating the parasympathetic portion of the autonomic nervous system.

**BINDI** - This bodywork combines marine algae exfoliation, herbal treatment, and light massage.

**BIOENERGETICS** - Alexander Lowen, M.D., an outgrowth of his work created Bioenergetics with Wilhelm Reich, M.D. Bioenergetics is a way of understanding personality in terms of the body and its energetic processes. Bioenergetics therapy works with the mind and the body to release chronic stresses and chronic muscular tensions. Dr. Lowen has written 14 books.

Bioenergetic therapists use this approach as a way of to understand the personality of the client in terms of the body and its energetic processes. Often they will discuss how tension in the body may directly relate to a person's emotional history and childhood relationships.

**BIOENERGY** - Developed and taught by Polish healer Mietek Wirkus, bioenergy is a form of energy healing. The therapist uses a combination of non-invasive, light physical touch with manipulation and

restructuring of the higher energy bodies and chakras using only the hands. The objectives are release of physical symptoms associated with disease and stimulation of the relaxation response to relieve stress and tension.

**BIOFEEDBACK** - Biofeedback utilizes a system of sensitive instruments that relay information about the physical condition of the body. Used as a primary therapy, or in conjunction with other methods, biofeedback provides deep relaxation and stress management skills to prevent stress-related disorders and illness. These skills, including deep breathing and guided imagery, offer self-regulation and control over mental, emotional and physical processes. The principles of biofeedback can be traced back to the 18th century.

**BIO-MAGNETIC TOUCH HEALING** - Bio-magnetic touch healing is a light touch complementary healing method that employs the index and middle fingers of each hand to lightly touch specific points on the body. The combination of correct points, light and butterfly-like touch activates the body's own inherent healing ability and is subtly motivated.

**BIOSYNC** - Nerve impingement in cross-linked connective tissue is a major cause of chronic and sports-associated pain. Through trauma (injury), compression, tension, free-radical damage, pollution and more, cross-linking of connective tissue is formed. These threads of connective tissue adhere to adjacent strands, thereby decreasing range of motion, reducing joint space, impinging nerves and generally shortening the body. The BioSync method releases collagen cross-linking by unwinding these locked and hardened strands, thereby restoring the body's length, flexibility and function, and allowing regeneration and revitalization of the whole system. The BioSync method, developed by Mark Lamm, NMT, is a sophisticated system of neuromuscular rehabilitation and re-education, and has been successful with a wide range of muscular and trauma-related challenges. It is complementary with existing medical and rehabilitative procedures.

**BODY ALIGNMENT** - Developed by Jeff Levin, this technique is a means of accessing the body to identify where an imbalance or blockage exists, find its underlying cause and energetically release it. Energy blockages are released through balancing vibrational energy points associated with the organs, glands and systems of the body.

**BODY LOGIC** - Body Logic is a system of bodywork and body understanding developed by Yamuna Zake. It uses the principle of "space making" whereby space is created around joints and locked areas to allow the body to unfold and finds its own balance, enhancing freedom of movement, posture, strength and energy.

**BODY IMAGING ENHANCEMENT** - Based on a balance between body, mind and feeling, body imaging enhancement proposes that anatomical structural relationships of the body need to be realigned and stabilized from a central line of the body. This line posturally positions the body relationally to the force of gravity. As a result of the correction, the client will experience energy release and perceptible changes in body shape, flexibility and movement. Working with the neuromuscular and myofascial systems, the therapist uses manual manipulations to stretch and release muscle tissue and fascia to create freedom and flexibility of movement. It was developed by Dr. Mark and Denise Hendler.

**BODY ROLLING** - Practiced on a 6-10 inch ball, and following specific routines that imitate the logic of the neuromuscular system, body rolling is a self-care practice that helps maintain the health of the neuromuscular and skeletal systems, as well as assists controlling and understanding the internal sensory experience.

**BODY-MIND CENTERING** - Body-mind centering is a movement re-education approach that explores how the body's systems contribute to movement and self-awareness. The approach also emphasizes movement patterns that develop during infancy and childhood. Body-mind centering incorporates guided movement, exercise, imagery and

hands-on work. The approach can be used with infants, children and adults to resolve movement problems and facilitate the "body-mind dialogue."

**BODY-ORIENTED PSYCHOTHERAPY** - Body-oriented psychotherapy seeks to enhance the psychotherapeutic process by incorporating a range of massage, bodywork and movement techniques. Acknowledging the mind-body link, practitioners may use light touch, soft- or deep-tissue manipulation, breathing techniques, movement, exercise or body-awareness techniques, to help address emotional issues. Proper training is critical in this work.

**BODYTALK™** - Practitioners use a system of muscle testing to coordinate and balance the energetic communication of the physical, mental, emotional, and spiritual components of the body. Based on the answers given by the body through the muscle testing, the practitioner can focus in on specific balances.

**BOWEN TECHNIQUE** - Thomas Bowen developed his technique in Australia. It combines energy work with gentle soft tissue manipulation. **1.** Skin slack is drawn back with the fingers and thumbs to the edge of a muscle, tendon or ligament at a particular point on the body until the skin is taut "Eyeball pressure" **2.** Then held at that still-point to draw the body's awareness and energy. **3.** The fingers and thumbs are then moved back over the muscle, tendon or ligament, creating vibrations and a subtle energy release that ripples outwards to encompass the whole body. (The basic Bowen "move" is precise and light. The practitioner targets a specific spot, which may be a muscle, tendon, or nerve shaft. With the fingers or thumbs, the skin slack is gently pushed away. After a brief pause, the muscle is challenged and moved in the opposite direction.)

**BRAIN GYM** - Created by Paul and Gail Dennison, Brain Gym (or Educational Kinesiology and Edu-K) is a sensorimotor program based on research by educational therapists, developmental optometrists and other specialists in the fields of movement, education and child development. Brain Gym consists of 26 targeted activities similar to those performed naturally by young children as part of the process of brain development. Brain Gym prepares learners with the physical skills they need to read, write, concentrate, organize and otherwise function effectively in the classroom or the adult workplace.

**BREAST MASSAGE** - This technique entails specific kneading, rubbing and/or squeezing strokes applied to the soft tissue of the breast to increase lymph and blood flow. As poor circulation to this area can produce uncomfortable symptoms, and breast scarring caused by surgery and/or trauma can cause painful syndromes and obstruct blood and lymph flow, breast wellness becomes increasingly important. The practice of breast massage should be in conjunction with (and not a substitute for) regular self-breast exams. If a lump is found in the breast, the area should not be massaged until a physician is consulted.

**BREATH THERAPY** - The use of respiratory exercises to open lung passages, oxygenate the blood and cleanse the body by eliminating gaseous toxins. The client is encouraged to breathe deeply while the therapist works the appropriate muscles. Breath therapy can ease anxieties and reduce stress.

**BREEMA** - Breema takes its name from the Kurdish mountain village of Breemava where it originated and was passed down from generation to generation. It is a comprehensive system of bodywork, done on the floor, with a variety of techniques ranging from simple holding points on the body to techniques requiring flexibility and dexterity. There are nine Breema principles; Body Comfortable, Full Participation, No Extra, No Force, Non-Judgment, Mutual Support, Single Moment-Single Activity, Gentleness & Firmness, No Hurry-No Pause.

**BUDZEK MEDICAL MASSAGE THERAPY** - Developed by Jeffrey Budzaky, RN, Budzek Medical Massage Therapy is designed to relieve acute and chronic pain resulting from muscle, nerve and joint disorders. This multi-modality therapy is based on the specific

sequence of 12 different bodywork techniques and addresses eight different aspects which affect the body simultaneously.

**CANADIAN DEEP MUSCLE MASSAGE** - This work was created by Will Green, founder of the International Massage Association (IMA Group) and owner of Georgetown Bodyworks in Washington, DC. It is derived from a system of cross-fibre massage that began in northern Canada in the 1940's. Will added insights gained from the works of Therese Pfrimmer, Joseph Pilates, Ida Rolf, Dr. Samuel West, and Debra Smith. This technique begins gently and progresses deeply as the outer muscle fibers relax, allowing the second and third layer of muscle to be addressed.

**CATHIODERMIE** - Rejuvenating treatment for the skin that provides deep cleansing and oxygenation of outer tissue layers, removing impurities and stimulating regeneration. The treatment involves the use of galvanic and high-frequency currents from an electric machine to provide electric stimulation in a low-voltage dose.

**CHAIR MASSAGE (ON-SITE, SEATED MASSAGE OR CORPORATE MASSAGE)** - This refers to a brief bodywork session, usually a shiatsu-based routine, done in a special chair in which the client sits facing toward the cushions, exposing the scalp, shoulders, neck, back and hips. Sessions may last between five and thirty minutes. Originally pioneered as "on-site massage", a modality for the workplace, it has expanded into many other environments. Chair massage is now offered in storefronts, health food stores, airports, airplanes, health fairs, grand openings, sporting events, and other locations. It has therefore come to be called "chair massage" or "seated massage" instead of "on-site." Because of the relatively low cost of a brief session, it is more affordable than the usual full-body massage. Because it is done fully clothed, it attracts some clients who would be too uncomfortable for table massage. Because it is done in locations where the client is already present, it is more convenient than table massage. For all these reasons, the practice of chair massage has grown so fast that many of the massage table companies report they are selling more on-site chairs than massage tables.

**CHAMPISSAGE** - Champissage is the modern Indian name for the Ayurvedic method of head massage, stimulating the circulation to the scalp and nourishing the hair roots. Originally, the technique only included the head. Today, however, this modality usually includes massage of the shoulders, upper arms and neck, and face and ears. Along with increased blood circulation, it also stimulates the movement of lymph, thus having a cleansing effect, as well as proving to be an invaluable technique for relief of eye strain, headaches, insomnia, lack of concentration and lethargy. Typically Ayurvedic oils are massaged into the scalp, however, this procedure can also be done without any oils or creams.

**CHI NEI TSANG** - In Chinese "chi" means energy and "nei tsang" means internal organs. Chi Nei Tsang was originally developed by Chinese Taoist monks to strengthen their bodies to carry the energy required to perform their spiritual practices. Chi Nei Tsang practitioners work mainly on the abdomen with a deep, soft and gentle touch to train internal organs to work more efficiently and to improve energy flow in the body.

**CHINESE PEDIATRIC MASSAGE** - Form of Tui na massage adapted to the special needs of children from birth to 12 years of age.

**CHRISTOPHER METHOD** - The Christopher Method Sound-Wave Energy Therapy was introduced in 1995 and is a non-touch therapy that works on the multiple energy fields of the body to reinforce and release energy, thereby contributing to balance and well-being on the emotional, psychological and physiological levels. It gradually realigns all levels of energy, which run through the body. Tiny sound-wave vibrations are passed through the practitioner's aura to the recipient's energy field where they resonate through each of the multiple fields of the body to clear blocked energy, restore and reinforce natural polarity, and align and reinforce proper energy flow.

**CIRCULATORY MASSAGE** - Compression techniques from the heart to the extremities to help the circulatory system.

**COLON HYDROTHERAPY (COLONICS OR HIGH COLONICS OR COLONIC IRRIGATION)** - A cleansing procedure for the colon, using purified water at controlled temperature and controlled pressure, providing a gentle, deep cleansing of the colon. Practitioners often use massage, reflexology or visceral manipulation skills during a session. Of the 50 states, only Florida licenses colon hydrotherapy.

**COLORPUNCTURE** - A system of holistic acu-light therapy developed by Peter Mandel in which different frequencies of visible light are applied onto the meridians where needles are typically placed during acupuncture. By using differing colors, energy can be manipulated, either to stimulate or sedate. Gentle, relaxing and non-invasive, colorpuncture is sometimes used as an alternative to acupuncture for children and adults uncomfortable with the use of needles.

**COLOR THERAPY** - Color therapy is a form of energy work based on the theory that light deprivation leads to dysfunction in the body. Since each color has its own frequency and vibration, specific colors are used to treat designated parts of the body. The body, in turn, responds to the vibrational pattern of the color and corrects the dysfunction.

**COMPRESSIVE DEEP TISSUE MASSAGE** - a myofascial release technique using the feet in a "walk around" the body with gentle slow deep compressions and acupressure to release pain, restrictions and tight muscles. The authors describe CDT as "grounded in Western science" and after three years of research have found it to be "ideal for deep-tissue massage, trigger-point therapy, and as a warm-up for sports and Swedish massage."

**CONSCIOUS BODYWORK** - This form of neuromuscular reprogramming and therapy combines massage techniques with muscle testing in order to help people learn how to use their muscles with greater strength and less effort. Conscious bodywork is used to treat persistent joint and muscle pain and to treat restriction of movement caused by injury.

**CONSCIOUS MASSAGE** - The client tells the therapist what to do the whole time.

**CONTINUUM** - Developed by Emile Conrad based on her background in movement and dance. Continuum has been successful in working with paralysis and spinal cord injuries. Her system takes into account that the body is 80% water and has emerged from the undulating, watery environment of the embryo. From this she developed a method of movement based on the wave-like movement of the water flowing through our bodies. The method focuses on intrinsic felt movement, not imposed patterned movement. Using breath, movement, sound and meditation, the participant is able to get in touch with their own cranial wave.

**CORE BODYWORK** - Evolved out of Rolfing. It is a multiphase educational process developed by George P. Kousaleos, who was a student of Bill Williams, who developed Soma. It starts with the outer layers of the myofascial tissue then concentrates on progressively deeper layers of connective tissue and muscles.

**C.O.R.E MYOFASCIAL INTEGRATION** - CORE Myofascial Integration is a myofascial therapy that works to achieve flexibility, efficient movement, and initiates body awareness and structural balance. This is done primarily through a technique called "myofascial spreading" in which sections of superficial fascia are carefully "spread apart" with either palms, fingers, knuckles or the back of the fist. This creates a heating effect (thixotropy) on the superficial layers of tissue, which allows the therapist to gradually effect deeper tissues.

**CRANIO-SACRAL THERAPY (CRANIAL-SACRAL)** - A technique for finding and correcting cerebral and spinal imbalances or blockages that may cause sensory, motor or intellectual dysfunction.

Practitioners work with the subtle articulations of skull sutures, and the flow of cerebro-spinal fluid.

**CRYOTHERAPY** - Ice therapy; involves the application of ice to the body with ice packs, ice blocks, or commercial gel packs, as well as immersion in ice water.

**CRYSTLEDYNE THERAPY** - Utilizing self-activated crystal stimulator, which creates an electrical stimulus when two crystals inside are forced together, this therapy stimulates acupuncture, acupressure and reflexology points on the body, releasing endorphins from the brain to help block pain receptors in afflicted areas and open circuits of the body.

**DANCE/MOVEMENT THERAPIES** - Dance/movement therapies focus on personal expression to enhance emotional and psychological healing. Using expressive movement as a tool, this modality lends itself to treatment of the physically disabled, as well as clients with histories of abuse and addiction.

**DAYANA THERAPY** - A specialization for massage therapists. It combines the ideas and techniques of Esalen massage, myofascial release, Lomi Lomi, Qi Gong, and energy work, to produce a blend that encourages massage therapists to get the most out of the therapeutic benefits of a whole-body approach.

**DEEP COMPRESSION MASSAGE** - A rhythmic pumping action which helps to flush built-up metabolic wastes.

**DEEP TISSUE MASSAGE** - Slow strokes and deep pressure are used to release deeply-held patterns of tension in the body. Designed to reach the deep portions of thick muscles, specifically the individual muscle fibers. Using deep muscle compression and friction along the grain of the muscle, its purpose is to unstick the fibers of the muscles and release both toxins and deeply held patterns of tension.

**DEEP TISSUE SCULPTING** - This slow deep-tissue technique helps to gently re-align postural and movement patterns and re-establish independent action of muscles that are congested by chronic tension.

**DEGRIEFING** - Degriefing is the process of recognizing the mental and physical pain that accompanies grief and treating it with a combination of somatic therapies and psychotherapeutic tools. Degriefing can be used to unlock and remove grief from an individual's body, and thereby heal not only physical symptoms, but mental and emotional wounds as well. It combines effective verbal counseling therapies with individualized physical care. The techniques used in the degriefing process are intended to ease a person's emotional distress, mental anguish and physical discomforts. The goal of degriefing is to unlock blockages that have developed in the body and shift them to a more harmonious state.

**DENTAL SPA** - A legitimate dental practice that incorporates various spa treatments, including foot massage, reflexology, manicures and pedicures to help reduce patient stress and anxiety during dental procedures.

**DO-IN** - A form of Asian energy work. Taoist system of stretching, bodily postures, movements similar to hatha yoga. Introduced to US by Michio Kushi. Chinese Taoist monks first noticed that it was instinctive for a person to touch or hold and injured or painful body part. Nutrition is absorbed from the air and surrounding energy.

**DOULA** - is a labor assistant who works one-on-one to help the pregnant woman to avoid unnecessary interventions or Cesarean birth through education, knowledge of alternatives, and by facilitating a smooth, unimpeded labor. The doula acts as an advocate for the birthing woman when interacting with other health professionals on the birth team. She ensures that the mother and her family understand the benefits, risks and alternatives for all tests and procedures. The goal is to achieve an unmedicated, nontechnical, woman-centered childbirth as long as it is safe for the mother and baby.

**DYNAMIC SPINAL THERAPY** - Dynamic spinal therapy was developed by Rolf Ott in Rapperswil, Switzerland, in the 1980s. The

technique works with the body's posture and energetic (acupuncture) system and consists of three parts: Ear reflexology test - This test comes from France and Germany and is part of the ear acupuncture. The ear is used to get information about the body's energetic state. A therapy stylus is simply pressed along specific lines. Some areas are more sensitive than others and give the therapist information.

Acupuncture meridian harmonization balances the energetic system.

The focus is on chi flow to stimulate the personal healing process.

With the therapy stylus, certain meridians are traced on the skin surface. The Swiss therapeutic cushion - The pelvis is checked while being rotated and specific stretches are applied. Afterward, the client lies face down upon the Swiss therapeutic cushion like an unconscious person floating in water. This position offers complete relaxation. The body is gently rocked in several different ways. The gentle rhythmic motion causes relaxation to occur quickly and deeply and induces trust. The just-stretched muscles get reprogrammed and the rocking moves the joint helping to build them. Application - Joint problems (hip, knee, shoulder, etc.), migraines, arthritis, foot conditions (halux valgus), lumbago, herniated disks, spinal nerve irritations (problems in inner organs), scoliosis, sciatica, psychological problems, stress and many more. A treatment usually takes between 30-40 minutes.

**EARTH ENERGY HEALING** - Similar to reiki as it is the channeling of energy and entails "laying of the hands."

**EDU-K™** (Educational Kinesiology) - Also known as **Brain Gym**, uses movement to accelerate learning and enhance performance. They are done as sets of exercises that help coordinate and integrate the two hemispheres of the brain, and can be done on their own or integrated with other therapies.

**EMBODIMENT TRAINING** - The work of Will and Lyn Johnson. Will, a rolfer and practicing budhist, uses meditation, breath, diet to develop awareness of the body and mind.

**EMF BALANCING TECHNIQUE** - In an hour-long session, clients experience their own electromagnetic field and the patterns within it. The practitioner carries out a series of graceful, t'ai chi-like movements, while the client lies on a massage table. During some parts of the session, the practitioner will gently place their hands on the body to facilitate the flow of energy.

**ENDERMLOGIE** - Performed by a specialist, a form of massage that assists in decreasing cellulite and increasing tone and definition.

Endermologie utilizes a computerized machine that massages tissues under suction to improve blood flow and lymphatic drainage, thus speeding the healing process. Use of the machine allows the therapist to cover a larger area more quickly and with less effort. Endermologie is also used as an effective method to treat cellulite, stretching tight tissue bands and stimulating circulation to flush out toxins.

**ENERGY FLOW BALANCING** - This gentle treatment assists the client in balancing their energy flow. The therapist holds a space for the client to make whatever shifts or changes toward balance they deem necessary. Emphasis is given to the chakras and the joints, leaving the client feeling at peace and at home with themselves, with less pain, increased mobility, and greater range of motion.

**ENERGY HEALING** - is a somewhat broad term for any form of healing that smooths out, manipulates, restores, or balances the flow of energy in the body. It may include subtle energy healing, the laying on of hands, polarity therapy, Reiki, and others. Energy workers generally work one-on-one with clients to help them and the emphasis is often placed on solving emotional or spiritual problems rather than treating a specific physical problem. Many combine two or more healing modalities in their practices, including craniosacral therapy, flower essences, spiritual counseling, acupressure, and so on.

**EQUINE SPORTS MASSAGE** - Massage or other bodywork can adapt to horses for the purpose of enhancing performance and preventing injuries. This field has recently been developed and shows

signs of gaining rapidly in popularity, as breeders are interested in any techniques that can give them a competitive edge.

**ESALEN MASSAGE** - Esalen is a variant of Swedish massage pioneered at Esalen Institute in Big Sur, California. Esalen is the place where many therapies were tested or launched in the 60's and 70's, including Gestalt therapy and Rolfing. The unique brand of massage practiced there typically involves total nudity and long flowing strokes. Esalen is known for its original, honest, nurturing and probing atmosphere. Esalen massage tends to be nurturing, trance-like and meditative, allowing the greatest possible unfoldment to take place in the client.

**ESOTERIC HEALING** - This is a healing through the energy field that flows through and around us and chakras, or centers of energy. Each of the seven major centers vitalizes its related endocrine gland(s). It is possible to map and measure this field and also to assist in the restoration of good health through working to rebalance the energy field. Therapists have learned to sensitize their hands and inner perception to examine the energy field in detail to find alterations in the flow of energy. The therapist does not touch the client, but works variable distances from the body. The client remains fully clothed.

**ESTHETICIAN** - Someone highly trained in the care and healthy management of the skin. In a spa setting, and esthetician provides various skin treatments primarily on the face, neck and back.

**EUCAPNIC BREATH RETRAINING** - A technique of guided breathing exercises and training used by somatic therapists in combination with musculoskeletal therapy to release and normalize the function of the thorax, diaphragm and other muscles of breathing, and to enhance health.

**EUTONY** - Derived from "eu," meaning good, and "tonus" meaning tone, tension. Eutony was developed by Gerda Alexander of Germany (1908-1984) during her work in Denmark. It is based on the theory that there is a constant interaction between muscular tone and psychic activity. Acting upon muscle tone can affect the whole being and regulate the breathing, circulation, etc. The client learns how to adjust his own tonus through the observation of his sensations in various situations. He will explore the body's perceptions - from the skin to the bones - in movement, in relaxation, during activity and at rest. Professional training is an individual process lasting four years, the last year being devoted to practicum and exams.

**EXERSAGE** - StarFace Exersage is a facial yoga, slow motion movement and self massage technique integrated with breathing to release jaw tension and other tensions from neuromuscular parts of the face, head and neck. It is comprised of 24 cranial facial yoga postures and a series of rhythmic contouring and acupressure pulsing massage movements. Connections are made to the vital organs with sound and intention. It facilitates the release of jaw tension, which is thought to be the source of counteracting aging.

**FASCIAL MOBILIZATION** - The fascial system is one continuous, laminated, connective-tissue sheath that spreads without interruption throughout the entire body in a three-dimensional web. Fascial mobilization allows therapists to locate and address restrictions in the fascial system that are causing asymmetries, postural malalignment, abnormal tensions and pressures that can lead to pain and dysfunction. The goal of fascial mobilization is to produce a well-balanced, symmetrical and mobile body within the skeletal, soft-tissue and craniosacral systems.

**FACIAL REJUVENATION** - Linda Burnham, N.D, developed this bodywork. It involves sculpting the face and affecting the twelve major nerve centres on the head. On another level, it involves shedding beliefs and thoughts that aren't ours and the emotions that no longer serve us.

**FELDENKRAIS** - Moshe Feldenkrais was an Israeli physicist who began developing this system in mid-life. Feldenkrais work emphasizes

having a coherent body image and thinking a movement through. It also uses micro-movements for neuromuscular re-education. The system is most effective for pain relief, and also promotes grace and ease of movement.

**FENG SHUI** - is the ancient Chinese art of placement. It involves balancing, healing, and enhancing energies by integrating people, buildings, and landscape to achieve harmony with nature. The goal is to optimize the flow of Qi, or vital energy life force of the universe, to result in good health and relationships, prosperity, career growth, happiness, and more. Feng Shui uses the practitioner's intuition, diagnostic and investigative communication skills. Practitioners may assist their clients in creating a healthy environment by visiting their current home or office. Or they may work as teachers or consultants to large groups.

**FIVE-ELEMENT SHIATSU** - This technique is based on classical Chinese medicine's law of the five elements. The five-element system views the human body as a microcosm of the universe with the tides of energy and emotions waxing and waning. These energies and emotions are stored in the visceral organs and move through specific pathways or meridians in the body in a regular and cyclical fashion. When these energies or emotions become blocked, or deficient or excessive through stress, trauma or disease, the five element practitioner may use carefully controlled pressure on certain meridian points to help move the energy or emotions and restore the natural cycle of energy and emotional movement, thus helping the person's natural ability to heal.

**FLOTATION REPATTERNING** - This aquatic treatment is performed in water heated to body temperature. The therapist and the client work as a team, following the client's innate intelligence as their body guides the work. With the water allowing uninhibited movement, the body moves freely to release old holding patterns, blockages and restrictions, then repatterns into wholeness.

**FOLK MASSAGE** - refers to massage which applying within the family or general public. It is said that its characteristic depends on local culture. It is suitable for villagers to massage each other by using hands, elbows, knees, forehands, and the edge of feet. So, folk massage is well know and widespread in Thai society for a long time.

**FOOT ZONE THERAPY** - Foot Zone Therapy is based on the premise that energy flows through the body in meridians from the brain to the feet. Every organ and cell has a representative point. On the foot, and when pressure is applied, the brain sends a signal to the corresponding part of the body to facilitate healing and to restore balance.

Temporary pain, defined also as a blockage of energy flow, is felt on areas of the foot that correspond to the affected organ or body part. When the pain is relieved or reduced, the healing process has begun. Positive and apparent results are felt almost immediately. Foot Zone Therapy dates back 5,000 years and was used in ancient China and India. Egyptian hieroglyphs and paintings also show the use of this same method. But not until the 20th century, when Dr. Erdal of Norway used a form of this therapy to cure himself of paralysis, did foot zone therapy get "rediscovered." After 23 years of intensive clinical research, Dr. Erdal has codified his findings into a medical science widely respected throughout Europe.

**FOUR-HAND MASSAGE (QUAD MASSAGE)** - A therapist is on the client's upper half and the other therapist is on the client's lower half. Also it can be done with one therapist on each side of the client mimicking the same techniques as the other therapist (make sure one therapist is the leader and the other therapist is the follower).

**GERIATRIC MASSAGE (GERONTOLOGY)** - Working with the elderly and the ill, often in a long-term care setting. A therapist doing geriatric massage should understand the physical and psychological characteristics of aging, and should also be familiar with the diseases that commonly afflict the elderly.



**GERMAN MASSAGE** - Massage that combines many Swedish movements and emphasizes the use of various kinds of therapeutic baths

**GRASTON TECHNIQUE** - Instrument-assisted soft tissue mobilization, which enables clinicians to effectively break down scar tissue and fascial restrictions. The Technique is performed with stainless steel instruments designed to specifically detect and effectively treat areas exhibiting soft tissue fibrosis or chronic inflammation.

**GRINBERG METHOD** - The Grinberg Method is a systematic educational method that teaches people to mobilize their own strength and vitality in pursuit of their well-being. It shows people how they can achieve much more in their lives simply by paying more attention to their bodies.

**GUA SHA** - Used in China for more than 2,000 years, Gua Sha means to "scrape toxins." A method of promoting blood circulation and removing toxic heat, blood and lymph from the body, Gua Sha involves scraping the skin with a flat tool to facilitate pain relief. Olive oil and herbs are usually applied to the skin to open pores, increase deep cleansing and improve circulation.

**GUIDED IMAGERY** - Also known as visualization, guided imagery is a relaxation system utilizing imagination and thoughts to improve one's physical, mental and emotional health. Often involving a process of listening to music or a person's voice, the participant can take hold of imagery, symbols and deep feelings to stimulate the body's immune system, fight disease and improve their overall health. Many seriously ill patients have used this technique to imagine the destruction of their disease and/or disorder.

**HAELAN THERAPY** - Recognizes that people who are in great pain are often unable to focus on the need to integrate body, mind, and spirit. It combines therapeutic touch, psychotherapy, and counseling. Developed by Janet F. Quinn, PhD, R.N., a practitioner of therapeutic touch and holotropic breathwork, Haelan work attempts to assist people with physical illness to participate in their healing from a more holistic perspective.

**HAKOMI BODYWORK** - A system of body-centered psychotherapy that is based on the principles of mindfulness, nonviolence, and the unity of mind and body. Developed by therapist Ron Kurtz in the mid-1970s, Hakomi uses the tools of touch, massage, energy work, movement education, and body-mind awareness. By helping the client follow bodily tensions, feelings, and sensations, it leads to an awareness of the unconscious beliefs and attitudes that drive behavior and limit responses.

**HEALING SOUNDS** - The use of sound to create balance and alignment in the physical body, the energy centers (chakras) and/or the etheric fields. It is a vibration applied by an instrument or the human voice, and can be understood as a field of energy medicine. The primary question in this field is: What are the correct resonant frequencies of the body?

**HEALING TOUCH** - Healing touch is an energy-based, hands-on technique done to balance and align the human energy field. The American Holistic Nurses Association approves the technique. In a session, the Healing Touch Practitioner moves their hands lightly over the client's body to re-align the energy flow and eliminate blockages. Clients are empowered and encouraged to participate fully in their self-healing journey.

**HELLERWORK** - Hellerwork is an outgrowth of Rolfing, created by Joseph Heller. It integrates movement and verbal communication with connective tissue work.

**HEMME APPROACH** - Developed in 1986 by Dave Leflet, Hemme stands for history, evaluation, modalities, manipulation, and exercise. The principles in the Hemme Approach are taken from physical medicine, osteopathy, chiropractic, and physical therapy.

**HOSHINO THERAPY** - Developed by Tomezo Hoshino in 1952, Hoshino Therapy is an official medical therapy in Argentina. It is a particular form of acupressure recognizing 250 acupuncture pressure points corresponding to the bio-mechanical functioning of the body. In this system, full hand contact is applied as well as the traditional pressure of the first joint of the thumb.

**HOLOGRAPHIC MEMORY RELEASE** - This is a powerful and subtle technique, developed by Charles Daily, D.C., that allows the HMR practitioner to quickly locate specific holographic touch points that are referenced to the individual's on-going process. As in reflexology, where the entire body is represented on the foot, these touch points correlate to whole-body microsystems. Through very light and specific digital contacts, a piezoelectric effect is created within the crystalline connective tissue memory system for instantaneous memory reframing. This self-assembly process enhances subtle self-observation within the individual. It increases individual somatic awareness and releases self-limiting beliefs and tension patterns that have been stored within the body/mind continuum. A 15-minute HMR session spontaneously generates coherent waves of cellular resonance in the connective tissue matrix and releases information log-jams that have robbed the individual of necessary vital capacity.

**HOLOGRAPHIC NATURE OF HEALING** - The holographic nature of healing is a year-long training program that combines hands-on energy work with verbal process work. The purpose of the training is to add skill to those who are already working energetically and to assist in providing supervised sessions with feedback in a group setting. There are three focus areas: The chakra system, hands-on healing technique and quantum psychology for process work.

**HOLOTROPIC BREATHWORK** - Developed by Dr. Stanislov Grof, a psychiatrist working with people in non-ordinary states of consciousness, and by Christina Grof, a transpersonal teacher, this is a simple, yet powerful technique for self-exploration and healing based on combined insights from modern consciousness research, depth psychology and perennial spiritual practices. The method activates non-ordinary states of consciousness that mobilize the spontaneous healing potential of the psyche. Sustained effective breathing, evocative music, focused energy work and mandala drawing are components of this subjective journey. "Holotropic" literally means "moving toward wholeness." Virtually all ancient and native traditions recognize the psychological and spiritual healing potential of states of consciousness that differ from what we call ordinary. Holotropic Breath-work is a powerful method of self-exploration and healing. This work can be useful for artists wishing to facilitate their creativity, persons seeking a deep level of healing, those seeking to explore their inner self and/or the transpersonal dimensions, and it can lead to a spiritual opening and transformation.

**HOSHINO THERAPY** - Developed by Japanese-born, Argentine immigrant Tomezo Hoshino, Hoshino Therapy was declared an official medical therapy in Argentina in 1952. Hoshino is a non-intrusive massage and movement system to relieve and prevent musculoskeletal pain and restore vitality. Hoshino therapy recognizes 250 vital acupuncture pressure points directly over the muscles, tendons and ligaments that relate to the biomechanical functioning of the body. Pressure and body warmth are applied by the first joint of the thumb and with full-hand contact to reverse the hardening of the soft tissues. Therapy is combined with daily exercises called Hoshino Action.

**HUMA TRANSPERSONAL BODYWORK** A method of bodywork that integrates subtle, articulate touch and verbal communication by combining the focus of physical and psychological health found in Western body-based tradition (Rosen Method is part of the foundation) with the deeper self, or inner guide, found in Eastern traditions.

**HUMAN ENERGY DYNAMICS** - This therapy, though similar to reiki, uses the English language instead of symbols. It involves setting up and normalizing polarities, as well as bringing universal energy into structures of the body. It is the mental manipulation of human energy to affect changes in one's self and in others.

**HUNA KANE** - This Hawaiian technique espouses that emotions and experiences are trapped in the fibers of each muscle group and organ in the body. Through a rhythmic massage technique where the practitioner "dances" with the forearm softly across their client's muscles while informing the client of the particular emotion being addressed (i.e., guilt, fear, anger, etc.), Huna Kane allows the client to re-experience that emotion and to clear it from their body. From this place of clarity, awareness, balance, peace and harmony become more accessible. Huna Kane is practiced on fully-clothed individuals lying on a mat on the floor. No table is involved.

**HURLEY-OSBORNE TECHNIQUE™** - A soothing, non-force, non-invasive form of healing. Its aim is to correct postural distortions and promote vitality and good health. It does so by realigning the body through light touch to key contact points, releasing tension, strain, and fatigue. a.k.a Bio-Mechanics. Aquarian-Age Healing

**HYDROTHERAPY** - Originated by a Silesian farmer, Vincenz Priessnitz (1791-1851) and developed by Father Sebastian Kneipp (1821-97), who believed in the notion that water would dissolve and remove diseased matter from the body. Popular in Europe, it uses aerated baths, like Jacuzzis, with both warm and cold water. It claims to help with relaxation, pain relief, varicose veins, swollen ankles and wound healing. Skeptics point to its contribution to the death of an early believer - John Roebing, architect of the Brooklyn Bridge.

**HYPNOTHERAPY** - evolved from an Austrian physician, Franz Anton Mesmer (1734-1815). It is currently used in a variety of medical and dental environments, from helping people to lose weight, to stop smoking, reduce stress, relieve pain, anxiety, phobias, depression, low self-esteem, etc. It can include regression work or "progression," to visualize future positive outcomes and possibilities. Hypnosis involves a state of focused relaxation, when the subconscious mind is open to suggestions. The therapist facilitates communication between the right and left sides of the brain with the client in a state of consciousness somewhere between waking and sleeping. The client benefits the most when the desire to be hypnotized is there, and he/she knows the environment is completely safe and peaceful. The client, though relaxed, is always in control. Some practitioners have their own private practices, while others use hypnotherapy in their already existing acupuncture, massage, psychotherapy, or nursing careers.

**INDIAN HEAD MASSAGE** - Ayurvedic treatment that incorporates massage into the scalp, face, and neck (Sometimes oils are used).

**INDONESIAN BODY TREATMENTS** - Javanese Lulur, and Balinese Boreh make the best use of the treasures of the Spice Islands. The Royal Mandi Lulur is a special treatment to exfoliate the skin, followed with a cooling yogurt application to help remove the herbs, and the special Boreh mix is a heating treatment traditionally used by fishermen and rice farmers to warm their body. These treatments are followed with a flower petal bath and the guest is offered ginger tea or jamu, an indigenous herbal drink.

**INFANT MASSAGE** - Infant massage instructors teach parents the art of infant massage. Trainings are offered to certify people as infant massage instructors.

**INGHAM METHOD** - The Ingham Method is a form of zone therapy or reflexology. In the 1930s, Eunice Ingham, a physiotherapist working for a physician, used zone therapy on patients. She mapped the entire body as represented on the feet. At first used to reduce pain, Ingham developed the work into the Ingham Reflex Method of Compression Massage, later known as reflexology. Only the hands are used to apply the pressure to the reflex points on the feet. It is used

primarily to reduce stress and promote relaxation. Two-day seminars are available nationwide and many practitioners integrate the practice of reflexology with other forms of bodywork. It's now known as the Original Ingham Method of Reflexology.

**INSIGHT BODYWORK** - Insight Bodywork, developed by Barry Kapke, is a floor-based energy work that seamlessly integrates massage, movement and meditation. Earthy, gentle and spontaneous, its integrative approach to somatic discovery and education facilitates energetic balance and flow, brings awareness to embodied experience, and supports the body to find greater ease and ability. Insight Bodywork utilizes acupressure and myofascial techniques, giving maximum support to the body while mobilizing joints, moving into slow deep stretches, integrating with soothing brushes and holds, and, when appropriate, energizing through shaking, rocking, swinging or dropping. It is a work that is both playful and sacred in its approach.

**INTEGRATED KABBALISTIC HEALING** - Integrated Kabbalistic Healing is a system of energy healing, developed by Jason Shulman, based on the traditional Judaic metaphysical path (Kabbalah), object-relations and advaitic (non-dualistic) perspectives with the understandings of psychology and the power of healing touch. A session is approximately one hour in length and consists of discussion, followed by a hands-on healing based upon what has been discussed.

The goal is personal transformation by changing the fundamental patterns keeping the client from living the life they want, ultimately affecting change on all levels: physical, emotional, mental and spiritual.

**INTEGRATED/ECLECTIC MASSAGE** - Indicates a combination of various massage, bodywork and somatic therapy techniques utilized by a practitioner in the course of a session.

**INTEGRATIVE MANUAL THERAPY** - This therapy recognizes that each person is more than the total components of anatomy, physics and chemistry, and is instead affected by emotions, thoughts, social interactions, mind, spirit, consciousness, soul and more. Integrative Manual Therapy (IMT) combines multiple therapies to locate and alleviate health challenges through individual body systems. Utilizing a combination of structural rehabilitation (a manual therapy process of normalization) and functional rehabilitation (a therapy to restore functional outcome according to the optimal potential of the client), IMT utilizes the expertise of professionals in many fields - physical therapy, osteopathic medicine, homeopathy, audiology, massage therapy, etc.

**INTEGRATED NEUROMUSCULAR INHIBITION** - This form includes NMT, PRT & MET.

**INTEGRATIVE MASSAGE** - Originally based on the work of Wilhelm Reich, this style of bodywork was developed at the Boulder College of Massage Therapy over 20 years ago. To assist in the release of emotional issues trapped in the body, long fluid strokes are used to move energy from the head down and out through the hands and feet. This is combined with the use of deep breathwork to aid the process.

**INTERACTIVE GUIDED IMAGERY** - An effective set of tools that can be used to mobilize the latent, innate healing abilities of clients to support rehabilitation, recovery and health. It helps the client facilitate an enhanced awareness of the unconscious imagery they already have, while helping them learn to meaningfully and effectively interact with this process on their own behalf.

**INTUITIVE WORK** - Intuitive work is a way of incorporating the perceived and received information that extends beyond the five senses, transcending what is considered ordinary thinking patterns and reasoning processes. The four main mediums by which intuitives receive and perceive information are clairsentience; clairvoyance; clairaudience; and "knowingness," impression or inspirational thought. The challenge for bodyworkers is how to respectfully incorporate intuition into their work while maintaining responsibility/respect toward the client. While the science aspect of bodywork focuses on the technique of touch (information accessed through the left

hemisphere of the brain), the art aspect of bodywork focuses on how to touch with care and sensitivity (information accessed through the right hemisphere of the brain). As obvious tools for listening, hands touch with the intent to hear and see - information accessed through the temporal lobe. These three parts of the neurological system are considered the intuitive network.

**INTUITIVE MASSAGE** - Distinguished from Swedish massage because, they are different forms of bodywork. Intuitive massage treats the body as a whole, rather than just concentrating on physical conditions, and its movements are generally slower and more meditative.

**INVIGORATING MASSAGE** - Fast techniques for awaking the body.

**IRIDOLOGY** - Iridology is a diagnostic science in which the study of markings in specific areas of the iris are used to indicate dysfunction in corresponding organs of the body. Used by physicians, naturopaths, chiropractors and other healers, iridology is a non-invasive technique that supplies information not clearly delineated by other means regarding the condition of the body. Based on this information, the practitioner can make recommendations for changes in diet or lifestyle as a preventative approach. **ISOMETRIC MUSCLE**

**BALANCING** - Developed by Charlotte Vandergrift, ISM is based on the muscle testing positions used in kinesiology. Balancing and strengthening the 42 major muscles are accomplished by isometric action, producing a feeling of lightness and an increase in energy. A 45- to 60-minute session also includes instruction in creating and maintaining balance and proper postural habits, as well as attention to diet and attitude.

**JAMU MASSAGE** - Jamu massage is a Balinese-inspired technique based upon Indian, Chinese and European techniques involving acupressure, rolling motions, long strokes and percussion-like drumming. Beginning slowly and building to a staccato pace, Jamu massage is designed to energize and increase blood circulation.

**JAPANESE RESTORATION THERAPY & OKAZAKI LONG-LIFE MASSAGE** - These are an integral part of traditional martial arts training that emphasizes a concern for physical well-being.

Restoration therapy has been practiced in Japan for more than 1,500 years. It is a combination of amma, shiatsu, osteopathy, herbal medicine and suggestive healing techniques. To be a successful practitioner of restoration therapy, a thorough knowledge of anatomy and physiology is imperative, as well as knowledge of pathology, dietetics, psychology and herbal medicines.

**JIN SHIN DO** - Developed by psychotherapist Iona Marsaa Teegarden, Jin Shin Do combines gentle, yet deep finger pressure on acu-points with simple body focusing techniques to release physical and emotional tension. The client determines the depth of the pressure. Jin Shin Do promotes a pleasurable, trancelike state during which the recipient can get in touch with the body and access feelings or emotions related to the physical condition. This body/mind approach, performed on the fully-clothed client, is a synthesis of a traditional Japanese acupressure technique, classic Chinese acupuncture theory, Taoist yogic philosophy and breathing methods, and Reichian segmental theory. The client lies on her back on a massage table while the practitioner holds "local points" in tension areas together with related "distal points," which help the armored places to release more easily and deeply. A typical session is about 1 1/2 hours. Jin Shin Do acupressure is effective in helping relieve tension and fatigue, stress-related headaches and gastro-intestinal problems, back and shoulder pain, eye strain, menstrual and menopausal imbalances, sinus pain and allergies. (With medical problems, the client is asked to consult a doctor.) Over a period of 10 or more sessions, armoring is progressively released in the head, neck, shoulders, chest, diaphragm, abdomen, pelvis and legs. After sessions, clients typically feel deeply relaxed and may even feel euphoric. If the client is responsive, there will be significantly less tension and

pain together with an increased sense of well-being for hours or days. This response will tend to extend after further sessions. In the case of chronic fatigue, initially the client may feel more tired after a session, because the body is demanding rest. It is advisable to schedule sessions with time to rest and relax afterward. On the other hand, Jin Shin Do can be used before athletic events to improve performance, for horses as well as for people. "The Way of the Compassionate Spirit" is based on the eight "Strange Flows," which regulate the entire body/mind energy.

**JIN SHIN JYUTSU** - Jin Shin Jyutsu physio-philosophy is an ancient art of harmonizing the life energy in the body. Born of innate wisdom and passed down from generation to generation by word of mouth, the art had fallen into relative obscurity when it was dramatically revived in the early 1900s by Master Jiro Murai in Japan. After clearing himself of life-threatening illness, Master Murai devoted the rest of his life to the research and development of Jin Shin Jyutsu, gathering insight from a range of experiences and resources including the *Kojiki* (Record of Ancient Things). The resulting knowledge of Jin Shin Jyutsu was then given to Mary Burmeister who brought it to the United States in the 1950s. Burmeister began teaching the art of Jin Shin Jyutsu to others in the early 1960s and today there are thousands of students and practitioners throughout the United States and around the world. Jin Shin Jyutsu brings balance to the body's energies, which promotes optimal health and well-being and facilitates a profound healing capacity. It is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress. Jin Shin Jyutsu employs 26 "safety energy locks" along energy pathways that feed life into our bodies. When one or more of the paths becomes blocked, the resulting stagnation can disrupt the local area and eventually disharmonize the complete path of energy flow. Holding these energy locks in combination can bring balance to mind, body and spirit. Jin Shin Jyutsu can be applied as self-help and also by a trained practitioner. A Jin Shin Jyutsu session generally lasts about one hour. It does not involve massage, manipulation of muscles, or use of drugs or substances. It is a gentle art, practiced by placing the fingertips (over clothing) on designated safety energy locks, to harmonize and restore the energy flow. This facilitates the reduction of tension and stress that accumulate through normal daily living.

**JOINT MOBILIZATION** - Joint mobilization (basic, advanced, thrust, as well as traction and gliding) is a passive movement technique that when applied to joints increases mobility and may be localized or regional. Traction, vibrations, and oscillations are used as techniques relieving symptoms.

**KENTRO** - Kentro body balance is a technique of gentle centering and balancing movements that stretch, exercise, relax, limber and strengthen every area of the body. Founded by Angelika Thusius, Kentro is based on her observation of people around the world who move with ease into an advanced age. Kentro movements can be practiced by anyone and are easily integrated into everyday activities for muscular and joint relief.

**KINETIC CHAIN RELEASE (KCR)** - was developed over the past ten years by Hugh Gilbert, P.T. It is a combination of assessment skills, joint mobilizations, soft tissue stretches, and muscle energy techniques and offers a consistent protocol for every patient. It is in essence a method of correcting the vast majority of apparent leg length discrepancies in one treatment.

**KINETIC AWARENESS** - Developed by dancer/choreographer Elaine Summers, kinetic awareness is a system of bodywork that aims to increase knowledge of the human body by understanding tension as a positive and necessary part of movement affecting health, attitude and emotional well-being. Designed to improve mental image, clients can gain a heightened sensitivity to posture and movement. All parts of the body are encouraged to be free to move in all directions in

which it's possible. A goal of kinetic awareness is to free the body so it is always moving away from pain and toward pleasure. There are five phases of awareness, including attention to breathing, simultaneous movement of body parts, level of tension, speed of movement and relation to others.

**KODO BODY MASSAGE** - The Kodo Massage (means 'melody') is a rhythmic body massage incorporating Australian Aboriginal techniques which tone and re-align energy flow, enhancing mind and body balance and wellness. The Aboriginal touch therapy works with the understanding of the body chakra system. The massage itself is performed in a continuous flow using the circular technique that encompasses the principles of the energy of the magnetic field. The massage technique is skin rolling followed by slow relaxing strokes starting with the back of the body to the front.

**KOREAN MARTIAL THERAPY** - This is an effective deep-tissue modality that includes massage strokes, body movement, stretches, pressure point therapy, yin yang therapy and Korean energy work. Gentle on the practitioner, Korean martial therapy (KMT) may be performed with the client on a table, the floor or in a chair, and may or may not incorporate the use of oils. Derived from Hapkido and Traditional Korean Medicine, KMT began as self-therapy stretches that were found useful for keeping warriors in top condition and helping them recover quickly from injury.

**KRIYA MASSAGE** - A full body connected, intuitive massage bringing together mind, body and spirit. Done in a relaxing atmosphere with soft lighting and beautiful music. For relief from excess emotional and physical stress.

**KRIPALU MASSAGE** - The Kripalu bodyworker guides the client into a state of deep relaxation and meditation for the purpose of releasing physical and mental tension. This technique, based on Kripalu yoga, uses specific massage strokes and verbal/nonverbal procedures to aide clients in reconnecting with their body's own healing wisdom.

**KRIYA MASSAGE** - Developed by Kamala Renner in 1970, is different from any traditional bodywork training because of the emphasis on the intuitive aspect by the practitioner in flowing with the "Kriya" movement while performing the massage. "Kriya" is defined as spontaneous energy movement. Kriya Massage is an art form that integrates the universal, life-affirming flow of energy between the practitioner and client, with any classical massage techniques integrated into the dance. Kriya Massage is a bodywork dance with the individual creating their own style in harmony with four universal forces. The strokes and techniques used in Kriya Massage are a combination of energy work, Swedish, neuromuscular and somato-emotional release work done in a connected smooth pattern. The experience of a Kriya Massage is one of stepping out of time and space as a means of taking inventory of one's condition, then allowing the subconscious to shift and adjust programmed responses to life. The healing quality of Kriya Massage is accomplished by transforming attitudes. Giving, as well as receiving, a Kriya Massage is a regenerating experience.

**KUNDALINI ENERGIZATION** - This is a form of healing energy in which the objective is to raise the client's Kundalini energy for the purpose of spiritual enlightenment. First, the chakras and energy bodies are thoroughly cleansed and balanced by undergoing Ro-Hun transformational therapy. The therapist then performs non-invasive, light physical touch and manipulation of the chakras and energy bodies through use of the hands.

**LAUREN BERRY METHOD** - Lauren Berry was a mechanic and engineer who believed that the distortion of the muscles, ligaments, and tendons contributed to the distortion of the spine and the extremities. If the center of gravity, which lies in the pelvic girdle according to the Berry, is not aligned, then whatever lies above and below will be distorted as well. Soft-tissue manipulation and deep massage are used to break up muscle spasms and adhesions.

**LENAIR TECHNIQUE** - This energy medicine therapy abates addictions, compulsions, fears, phobias and stress-related problems with a hands-on, non-invasive treatment. It employs electromagnetic and bioelectrical modalities and works within a client's body.

**LEVA** - A specific machine recognized by Health Canada that is used in clinics to augment massage therapy, physiotherapy, and chiropractic treatments through carefully-modulated microcurrent stimulation of muscle and connective tissue. The specific pulse waveform is gentle, and stimulates healing in the area.

**LIFESTREAM MASSAGE TECHNIQUE** - This is a unique signature massage taught only at LifeStream Massage School in Napa Valley, Calif. This is a method of bodywork developed to fulfill a need for the busy massage therapist, especially those working in resorts, spas and health clubs. Students learn a one-hour, full-body massage that provides clients with the relaxation and enjoyment of a Swedish massage with the deeper release of deep-tissue work. They also are taught to use their body efficiently in a manner that prevents injury and burnout, yet increases stamina to maintain a busy practice.

**LOMI-LOMI MASSAGE** - This is a system of massage that utilizes very large, broad movements. Two-handed, forearm and elbow application of strokes, which cover a broad area, is characteristic of lomilomi. Similar to Swedish massage in many aspects, this system uses prayer and the acknowledgment of the existence of a higher power as an integral part of the technique. Lomilomi - Hawaiian for "rub rub" - is described by teacher Aunty Margaret Machado as "the loving touch - a connection between heart, hand and soul with the source of all life." Aunty Margaret was the first to teach lomilomi in a formal, classroom situation; previously the training was passed on within the family by Kahunas or shamans. Oils are used in the application of cross-fiber friction techniques. The practitioner often uses the forearm and elbow in the application of pressure.

**LONSDALE METHOD OF LYMPHATIC MASSAGE** - This technique offers a unique integration of osteopathic visceral manipulation, using both deep and superficial lymphatic drainage techniques and strokes that are nurturing and effective in detoxifying the body.

**LOOYENWORK** - Developed by Ted Looyen, a Dutch-born counselor and bodyworker from Australia now practicing in California. His system works with the core emotional issue of a client. Though the effect is deep, the massage is gentle in keeping with Looyen's belief that pain does not heal pain. This is one of many forms of bodywork that promotes emotional well-being through the physical release afforded by massage techniques.

**LYMPHATIC DRAINAGE (MANUAL LYMPHATIC DRAINAGE MASSAGE OR MLD®)** - The lymphatic system is a vital part of the immune system in the body. Lymphatic drainage massage assists the operation of the lymphatic system. The system was devised in the 1930's by a Danish massage therapist, Dr. Emil Vodder, and is popular and well established as a health modality in Germany and Austria. Using exacting anatomical science and distinctive manual processes, LDT enables practitioners to detect the specific rhythm, direction, depth and quality of the lymph flow anywhere in the body. From there they can use their hands to perform Manual Lymphatic Mapping (MLM) of the vessels to assess overall circulation and determine the best alternate pathways for draining body-fluid stagnations. Therapists work with flat hands, using all the fingers to simulate gentle, specific wave-like movements. These subtle manual maneuvers activate lymph and interstitial fluid circulation as well as stimulate the functioning of the immune and parasympathetic nervous systems.

**LYPPOSAGE** - Developed by Charles W. Wiltsie III, lypossage is a combination of manual deep-tissue massage, lymphatic drainage and the principles of structural integration used to combat cellulite. An alternative to liposuction and body contouring machines, lypossage enhances firmness and tone, and increases skin resilience and smoothness. The treatment requires a series of sessions because the

reduction of cellulite is only temporary unless treatment is continued. When combined with diet and exercise, lypossage produces a lifting effect in areas prone to sagging.

**M TECHNIQUE** - The 'M' Technique is a series of stroking movements performed in a set sequence. Each movement, identified with a mnemonic name, is repeated three times. Because the technique is structured in terms of order and number, the technique is completely reproducible and therefore useful in research. The technique was created by Jane Buckle, a critical care nurse, for the very fragile or critically ill patient and produces a measurable parasympathetic response. The 'M' stands for manual.

**MACROBIOTIC SHIATSU** - This is a combination of macrobiotic diet, philosophy and shiatsu. Macrobiotic shiatsu makes use of the classical Oriental meridians. The feet are utilized considerably in the application of this method.

**MAGNETIC THERAPY** - A painful area usually lacks blood circulation and oxygen. The area usually is highly acidic and has a positive polarity. The negative (Unipole) magnet increases the circulation, thus bringing more oxygen to the painful area, reducing inflammation. The negative energy field produced by the magnet also counteracts the positive field associated with the painful condition.

**MARIEL** - Developed by Reiki Master Ethel Lombardi, the expression "MariEL" refers to a transformational healing energy that works at the cellular level to help clients discover and release emotional and physical traumas.

**MARMA THERAPY** (Ayurvedic lymphatic massage, Ayurvedic massage, marma technique) - A form of massage that supposedly stimulates marmas--107 alleged vital, epidermal, invisible but palpable "junction points" between mind and matter.

**MASSOTHERAPY** - Treatment of disease by massage.

**MECHANICAL LINK** - Mechanical link is a system of evaluation that allows practitioners to locate and release primary restrictions within the fascial system. These gentle techniques help reduce structural tensions and encourage the body to adjust itself and regulate its systems, including the autoimmune system.

**MEDICAL GYMNASTICS** - System of movements applied to the treatment of disease and consisting of active, duplicated, and passive movements; developed by Per Ling.

**MEDICAL MASSAGE (CLINICAL MASSAGE)** - Working with injuries, pathologies and rehabilitation; working by physician's prescription. A program of instruction in medical massage is very desirable for a therapist interested in working in the health care system and obtaining insurance reimbursement for massage services.

**MIDDENDORF BREATHWORK** - Through a series of spontaneous movement exercises, participants use basic sensing, focusing, vocalizing and hands-on techniques to consciously experience the meaning of their personal breath movement. Since its inception, this artistic form of breathing education, developed by Professor Ilse Middendorf, has achieved international attention for its effectiveness as a somatic healing and growth process. Professor Middendorf began practicing her work in 1935. In 1965 in Berlin, she founded the Institute for the Perceptible Breath (now called The Experience of Breath) which certifies practitioners in Middendorf Breathwork. This work has seen a pattern of steady growth, so there are now several Middendorf schools in Europe. Each year these schools graduate between 70-90 new practitioners who work in a variety of areas - private practice, music and acting schools, clinics for rehabilitation and psychology, etc. In 1986, Advanced Seminars of Berkeley, Calif., and the Berlin Institute sponsored the introduction of Professor Middendorf's work to the United States. Since then, Middendorf and her close associate, Juerg Roffler, have returned each year to conduct workshops and training seminars. In 1989, to support the growing interest in Middendorf Breathwork, Roffler initiated the first training program leading to the certification of

Middendorf practitioners in the United States. In 1991 she founded the Middendorf Breath Institute of San Francisco and the first group of certified practitioners graduated in April 1992.

**MINDFULNESS-BASED STRESS REDUCTION** - Relaxation techniques, meditation and easy stretching exercises are combined to allow the client to become "mindful" in order to access inner sources of power. By being fully mindful and awake in life, clients may cope more effectively with stress and illness.

**MOROCCAN MASSAGE** - In morocco, as with most of North Africa, massage is available at local bathhouses. Certain full body techniques can be performed in only 15 minutes. The techniques consist mostly of fast stroking. The strength of the rubbing frees both mind and body, imprinting on the receiver a revitalization.

**MUSCLE ENERGY TECHNIQUE (MET)** - Following the holding of the isometric contraction for an appropriate period, the muscle housing the point of local soft tissue dysfunction is stretched

**MUSCLE RELEASE TECHNIQUE (MRT)** - Unique injury therapy that combines compression, extension, movement and breath to give the therapist a tool to provide, in many cases, relief from pain in one treatment. With MRT scar tissue is broken up, the muscle is lengthened, muscle memory is restored and relief from pain starts immediately. MRT can be performed on just about any muscle in the body. With Muscle Release Technique®, the client is placed in particular positions so that the muscle begins to stretch in a very specific direction of plane. Then pressure is applied directly into the focal point of the affected tissue. The combination of a specific extension, precise pinpoint compression, and an exact plane of movement, while working with the breath, can produce an immediate release. The scar tissue is broken up and the muscle length is restored.

**MYOFASCIAL RELEASE** - Myofascial release (MFR) is a technique for working with fascia as a means of achieving pain relief, restoring function and reducing stress. The system is taught in a series of seminars in various locations. It is designed to be used by massage therapists and physical therapists.

**MYOFASCIAL TRIGGER POINT THERAPY** - MTPT is a unique treatment protocol for the treatment of myofascial pain and dysfunction. The protocol is based on the seminal works of Janet G. Travell, MD and David G. Simons, MD and integrates current scientific concepts and research.

**MYOMASSOLOGY** - A holistic branch of massage therapy, that teaches the integration of massage, chair massage, lymphatic drainage, reflexology, acupressure, and energy work. Practitioners also have the choice of several other elective therapies of interest to better support the client holistically.

**MYOPATHIC MUSCULAR THERAPY** - Myopathy is a system of muscular manipulation designed to accomplish relaxation in muscles in which there is progressive and residual tension from physical strain, nervous strain, sports injuries, accidents, infections and/or years of declining health. Created by Dr. Claude Heckman, myopathy reduces inflammation and pain, restores circulation and motion, and aids in the restoration of normal body functions without the use of oil, cream, powder or lotion.

**MYOPRACTIC** - Robert Petteway developed the Myopractic system after 30 years in the healing arts. His experience in structural integration, biomechanics, acupuncture, Oriental medicine and a wide variety of muscle therapies contribute to the system. He worked with physicians, surgeons and chiropractors for more than 20 years to develop this therapeutic model. Myopractic muscle therapy combines three basic techniques: Compression stretching, which achieves deep relaxation, relieves tension, spasms and holding patterns; clearing methods, which use the myopractic covered thumb and framing techniques to clean obstructions from soft tissue (e.g., trigger points, scar tissue, muscle bundles and old bruise); and separating techniques

to release myofascial adhesions, separate fascial planes and rebalance muscles. Myopractic muscle therapy integrates its own unique style of energetic work, Swedish, sports, trigger point, myofascial and even structural integration techniques into one easy-to-learn system. Myopractic teaches user-friendly, pain-free therapy for both client and practitioner. This is accomplished using the therapist's body weight and leverage, rather than relying on size and strength. Myopractic posture balancing evaluation identifies the source of chronic pain misalignments in the body's structure and realigns them. Myopractic treatments focus especially on misalignments in the lower body, particularly in the feet, ankles and the hips. Addressing lower-body misalignments often relieves tension injuries in the upper body. Myopractic espouses a therapist can clear their clients only to the degree they themselves are clear. Therefore the seminars focus on clearing the therapist, as well as learning new techniques.

**MYOSKELETAL ALIGNMENT TECHNIQUES (MAT)** - Combines Modified Therapeutic modalities from: Myofascial Release, Rolwing®, Manipulative Osteopathy, Neuromuscular Therapy, Assisted Stretching and Dalton's joint-capsule and receptor-recoil routines.

**MYOTHERAPY** - Developed by Bonnie Prudden in 1976, Myotherapy is a method of relaxing muscle spasm, improving circulation and alleviating pain. There are four components to treatment:

1) Trigger Point Compression (direct pressure applied to irritable points along a muscle.). 2) Myo-Massage (to aid in healing and circulation.). 3) Passive Stretch (therapist assisted flexibility movements.). 4) Corrective Exercise Program (home exercises to re-educate involved musculature.)

**NAMBUDRIPAD'S ALLERGY ELIMINATION TECHNIQUE** - This therapy involves light acupressure applied along both sides of the spinal column in an area where the energy flow of a meridian intersects with the nerve roots at acupressure points. It is considered a safe, effective, natural approach to detecting and eliminating all types of allergies.

**NAPRAPATHY** - With influences from osteopathy and chiropractic, this system of treatment uses soft-tissue manipulation to release tension and balance energy flows in the body. The practitioner uses palpation to explore the tissue, looking for rigid, contracted areas of the body. He then begins repetitive, rhythmic, thrusts to gently stretch the contracted connective tissues. Sessions usually last 30 minutes, focusing mainly on the ligaments near the spinal column. Diet, exercise and postural adjustments help improve circulatory and nervous system function.

**NATUROPATHIC MEDICINE** - Naturopathy integrates a wide range of natural therapeutics emphasizing the healing power of nature to treat the causes of disease, rather than suppressing the symptoms. As part of a holistic medical health care system with an emphasis on education and prevention, the naturopathic physician seeks to motivate the individual toward a healthy and balanced diet, lifestyle and mental attitude. Treatments such as homeopathic medicines, clinical nutrition, traditional Oriental medicine and acupuncture are used to enhance the body's natural healing process.

**NEUROLINGUISTIC PROGRAMMING (NLP)** - NLP helps people detect and reprogram unconscious patterns of thought and behavior in order to alter psychological responses and enhance the healing process. The NLP practitioner looks for clues in a person's set speech and behavior patterns and provides the client with mental tools that they can use to alter that behavior and its results. This set of techniques works in a similar manner to hypnosis while not requiring the client to lose conscious control during a session.

**NEURAL KINESIOLOGY** - This technique is a holistic healing system that utilizes the best of American kinesiology and European neural therapy. Neural Kinesiology recognizes and assesses the need for therapies in each of the four primary categories - neurological, structural, biochemical and psychological.

**NEURO MUSCULAR STRETCH RELEASE** - Based on the work of Stuart Taws' Soft Tissue Release. A very powerful technique that re-establishes the length and breaks up adhesion along the specific muscle. Utilizes stretches specific to the target muscle and pins along the length of it. This is a very effective method with immediate results. Athletes have a great respect for this specific technique because it wastes no time and causes no down time which can sometimes happen with traditional approaches.

**NEURO-STRUCTURAL BODYWORK** - Neuro-Structural Bodywork (NSB) is a somatic therapy that combines a variety of techniques, including fascial release, neuromuscular re-education, craniosacral adjustment and breathwork in balancing the musculoskeletal, nervous and chakra systems. NSB techniques restore sensory perception and motor control, and allow for new neurological impulses that support postural balance and free range of motion, ultimately enhancing one's poise, balance and sense of well-being. NSB is effective in treating both acute injuries and chronic conditions including strained muscles, upper/lower back and disc problems, frozen shoulder, joint injuries, fibromyalgia, migraines, TMJ and chronic fatigue syndrome. NSB helps create a more receptive environment for a variety of other modalities (especially chiropractic and physical therapy), improving results from exercise, and supporting the body in sustaining skeletal adjustments. It also provides a possible alternative to more invasive treatments (including surgery) in cases where the underlying cause of the problem is fascial restriction and/or loss of sensory perception and motor control. Developed by Nancy DeLucrezia, NSB can also be used to stimulate and support emotional release and as an adjunct to psychological integration therapies.

**NEUROMUSCULAR INTEGRATION AND STRUCTURAL ALIGNMENT** - A technique developed from SOMA bodywork, NISA is a soft version of Rolwing. NISA consists of 12 sessions and approaches the body somewhat more gently to accomplish the same goal of structural alignment. The NISA technique is designed to affect the fascia by separating and stretching it.

**NEUROMUSCULAR INTEGRATIVE ACTION** - Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program and a holistic approach to health. It combines movements from t'ai chi, yoga, martial arts and modern ethnic dances. NIA uses a variety of movements blended with the conscious use of mind and energy, combined in a total fitness program.

**NEUROMUSCULAR THERAPY** (Also called NMT or Trigger Point Therapy) - NMT, is, by definition, the manual application of specialized strokes and pressure, usually delivered by a finger or thumb for diagnostic (assessment mode) and therapeutic (treatment mode) objective. The treatment aims to restore circulation and reduce pain in an area. Also, the aim is to normalize imbalances in fibrotic tissue where adhesions of scar tissue and calcium deposits have restricted movement in a joint. This comprehensive program of soft-tissue manipulation balances the body's central nervous system with the musculoskeletal system. Based on neurological laws, which explain how the central nervous system initiates and maintains pain, the goal is to help relieve the pain and dysfunction by understanding and alleviating the underlying cause. Neuromuscular therapy can help individuals who experience distortion and biomechanical dysfunction, which is often a symptom of a deeper problem. It is also used to locate and release spasms and hyper-contraction in the tissue, eliminate trigger points that cause referred pain, restore postural alignment, proper biomechanics and flexibility to the tissues, rebuild the strength of injured tissues, and assist venous and lymphatic flow.

**NEUROMUSCULAR REPROGRAMMING** - This therapy utilizes a form of positive kinesthetic conversation with the body to imprint new learnings on the motor control center of the brain, and replace damaged imprints created through trauma, injury or repetitive strain.

**NIKKON RESTORATIVE MASSAGE (OKAZAKI RESTORATIVE MASSAGE)** - Nikkon Restorative Massage was developed by Professor Henry Seishiro Okazaki in Hawaii in the 1920s. He incorporated Japanese, Chinese and Hawaiian techniques. The goal of Okazaki's style was to restore health and pull toxins out of the body through proper application of pressure using fingers, forearms and elbows. The result is proper realignment of the body to its highest potential.

**NORMALIZATION OF SOFT TISSUE (NST)** - NST is treatment-oriented massage applied to bring relief from pain, increase range of motion, lengthen and strengthen muscles and improve quality of muscle and connective tissue and postural dysfunctions resulting from muscular imbalances. Techniques include myofascial release, trigger point therapy, lymphatic drainage, muscle energy techniques, and other forms of neuromuscular therapy.

**NUAT THAI** - This form of traditional Thai medical massage originated in the Vajrayana Yogic medicine of Tibet. Translated and creatively adapted to the needs of the modern West by Anthony B. James, Ph.D., Nuat Thai massage facilitates and promotes a harmonious state of being. The ancient Tibetans and subsequently the Thai carefully recorded various states of disease and imbalances of the body, mind and emotions and, over time, devised methods for influencing the course of these imbalances. This was important, since these imbalances often kept people from experiencing life in a full and productive way. Nuat Thai incorporates elements of mindfulness, gentle rocking, deep stretching and rhythmic compression to create a singular healing experience. This work, a unique form of Vajrayana yoga, focuses on balancing energy and creating wholeness of mind, body and spirit in the client and practitioner. The four principle methods used in Nuat Thai are Wai Khruu (prayers and spiritual practice), herbs, diet and laying-on of hands. In the hands-on aspect, the practitioner literally takes the client through a series of specific postures called asanas, progressively facilitating energy and balancing chakra function. Nuat Thai massage is an excellent alternative therapy for rehabilitation, pain relief and stress reduction. It is nurturing, calming and enlivening. Training is comprehensive and the practitioner level may take up to two years.

**OHASHIATSU** - Ohashiatsu is a method of bodywork offering both giver and receiver a complete experience of self-development and healing. Combining Oriental healing philosophy and techniques with psychological and spiritual components, Ohashiatsu expands awareness of self and others through movement, meditation and touch. As a holistic method, Ohashiatsu emphasizes sensing and working with the overall energy flow throughout the body to create balance and relieve aches, tension, stress and fatigue. Studying and practicing Ohashiatsu helps to develop a balanced condition of health and well-being encompassing body, mind and spirit.

**ONSEN™** - A combination of three treatment techniques based on fundamental myofascial treatment philosophies. The three components, muscle energy technique, post isometric relaxation and transverse friction massage are used together to balance the myofascial system, releasing stress and pain in the body.

**ORIGIN/INSERTION (I/O) WORK** - Works the musculo-tendinous and the teno-periosteal junctions where the muscle meets, blends to the tendon and where the tendon meets the bone. Illicits a stronger release of the tissues and allows for a more complete feel to the work as the muscles in their entirety are addressed.

**ORTHO-BIONOMY** - Ortho-bionomy was developed by the British Osteopath Dr. Arthur Lincoln Pauls in the 1970s and has since been refined into a comprehensive system of bodywork that includes a person's energetic and emotional well-being, in addition to addressing the physical body. Pauls combined his understanding and techniques of osteopathy with the principles of martial arts and the philosophy of homeopathy to stimulate the organism's self-healing reflexes without needing to use force or painful manipulation. The term Ortho-bionomy

loosely translates from the Greek into "the correct application of the laws of life" to indicate Pauls did not invent something entirely new, but returned to a way of understanding the body and energetic field that had been known for centuries, but had fallen into disuse by modern medicine. On a physical level, a practitioner of Ortho-bionomy uses comfortable positions and gentle movements to ease the body into releasing tension and pain and to re-establish structural realignment. Proprioceptive nerve activity and stretch reflex action is stimulated to educate the body about its own patterns and to support the organism's ability to find balance, rather than forcing change from the outside. Since the changes that take place come from within, the results of the work tend to be long-lasting and affect not only the body, but the overall well-being of the client. The energetic and emotional aspects of the client are included to facilitate balance and release of mental and emotional holding patterns that are closely associated with physical imbalance or trauma. Participation of the client is always welcome in Ortho-bionomy and sessions are often educational in character. Often awareness alone will change a pattern, but specific exercises are also a part of what Ortho-bionomy can offer a client.

**ORTHOPAEDIC MASSAGE** - Whitney W. Lowe and Benny Vaughn to describe their work use this term. Ten modalities are combined to create a comprehensive approach to the treatment of soft-tissue pain and injury conditions. A combination of medical massage, sports massage, and Pfrimmer Deep Muscle Therapy. Its emphasis is on correcting and preventing injury from occurring. Techniques include transverse friction, PNF Stretching, myofascial release, trigger point therapy, strain-counterstrain, and postural analysis among others. Four Primary Components of Orthopedic Massage:

1. Orthopedic Assessment. 2. Matching the Physiology of the Injury with the Physiological Effects of Treatment. 3. Treatment Adaptability. 4. Understanding the Rehabilitation Protocol

**ORTHOTHERAPY** - uses massage therapy, stretching, joint mobilization, exercise therapy, postural assessment and basic nutritional counselling to ease muscular pain or stiff joints caused by tension and stress, imbalance in connective tissues, muscles or joints, tissue damage, or systemic problems.

**OSHIATSU** - Developed by Oshi in New York. This unique work is the product of years of practice by Oshi who has produced his work in a book. He is a world-renowned speaker and teacher.

**OSTEOKINETICS** - This therapy utilizes dialogue, coached breathing, applying qigong from one side of the body through to the other while lengthening, stretching and manipulating the body, all of that creates space in the musculoskeletal system allowing for emotional and psychological restrictions to be cleared.

**OSTEOPATHIC MEDICINE** - This system of comprehensive medical care goes beyond conventional medical philosophy to include an emphasis on structural balance of the musculoskeletal system. Osteopathic physicians use joint manipulation, postural re-education and physical therapy to normalize the body's structure and promote healing. Most medical conditions are amenable to osteopathic healing. In some cases, osteopathy has been shown to resolve illnesses resistant to surgery and other medical approaches.

**PHOENIX RISING YOGA THERAPY** - This therapy involves a fusion of hatha yoga, bodywork and psychotherapy. It is holistic art based on the ancient science of yoga, combining elements of contemporary body/mind psychology with assisted yoga postures. It is totally a client-centered process and it establishes inner balance by awakening the healing life force within.

**PHYSIOHELANICS** - Energy work practiced as an adjunct to other modalities, Physiohelanics uses the body's own energy systems to enhance healing. Treatment begins with cleansing, balancing and repairing the etheric energy field that surrounds the body and is followed by treatment focusing on connecting major and minor energy

points (chakras) in the body. Touch from the practitioner is very light and usually targeted toward areas that require cleansing and clearing. Throughout the 35-40 minute session, the healer channels energy rather than using her own. Physiohelanics was developed by C. Diane Ealy.

**PHYTOTHERAPY** - This technique utilizes massage, mud packs, wraps, baths, water and steam therapies, and/or inhalation treatments using natural herbs and floral extracts, plant oils and seaweeds.

**PJM/TREPIDATIONS** - Kinesthetic work where the client is moved slowly by the therapist allowing for deep relaxation and alpha states and awareness of the body from the inside out. Trepidations mean a gentle rocking of the body. Rediscover that you are a fluid being, a child of the ocean, a spiritual being having a human experience. Wear loose comfortable clothing.

**PFRIMMER DEEP MUSCLE THERAPY** - Developed by Therese Pfrimmer of Canada in 1940's as a result of her battle with paralysis. Pfrimmer therapy is detailed cross fiber friction that stimulates circulation and regenerates the lymphatic flow.

**POINT HOLDING** - This acupressure technique requires several practitioners to apply pressure to specific acupoints for up to two hours in order to remove blockage and stimulate emotional release within the meridians. The technique was developed by Karen Peterson and John Walsh.

**POLARITY THERAPY** - Developed by Dr. Randolph Stone, polarity focuses on the energy currents that exist in all life. The polarity therapist uses her hands as conductors of energy. The intention is to balance the electromagnetic energy in the body, toward the ultimate goal of uniting the body, emotions, mind and soul. Polarity is commonly taught in massage schools, but programs also exist to teach polarity that has no connection to massage schools. Although many massage schools offer an introduction to polarity as part of their training, few offer a substantial amount of training.

**POSITIONAL RELEASE THERAPY** - Positioning the body in neutral positions.

**POSTURAL INTEGRATION** - Postural integration and energetic integration were developed by Jack Painter in the late 1960s and have spread to Western Europe, Canada, Mexico and Australia. These approaches focus on the unity of tissue, feeling and awareness. Breathwork, deep fascia manipulation, emotional expression and meditation are used in a unique synchronicity. Both are similar methods, but postural integration focuses on systematic work with layers of fascia, while energetic integration focuses on melting bands of body character armor. The client will experience not only extraordinary energy releases and tangible changes in body shape and flexibility, but also major shifts in awareness and feeling. The training to become a practitioner is approximately 600 hours of practical and theoretical study over several phases in centers throughout the world.

**PRANIC HEALING** - Pranic Healing is a new science of bioenergetic healing. Developed in the Philippines by Master Choa Kok Sui, it is a practical, easy-to-learn and highly effective healing art using prana, a vital life force, to correct energetic imbalances underlying most physical, psychological and psychospiritual ailments. Pranic Healers are trained to use their hands to accurately evaluate the energetic condition of the aura, 11 major chakras and corresponding minor and mini chakras. Healers then seal holes and cracks, clean out devitalized energy and energize with fresh prana. Advanced practitioners are trained to deliver healing down to the cellular level. Removing devitalized energy before energizing makes healing more efficient and helps clients avoid "healing crises." All work is done off the body and sessions are painless. Pranic Healing can be performed on its own or as a complementary therapy to modern medicine and other healing modalities. Different levels of training are offered. Basic Pranic Healing teaches seven fundamental techniques to heal simple and

moderate illnesses. Advanced Pranic Healing specializes in healing severe ailments, and teaching the correct proportion, sequence, combination and use of colored pranas. Pranic Psychotherapy focuses on the healing of mental and emotional disorders, and working with the root and web of chakras to disintegrate and transmute negative psychic energies. It took 20 years of scientific experimentation and research to develop Pranic Healing that synthesizes the best techniques of the Tibetan, Chinese, India and Filipino healing systems. It is known internationally and is practiced in more than 30 countries. Master Choa Kok Sui has authored Pranic Healing, Advanced Pranic Healing, Pranic Psychotherapy and Pranic Crystal Healing, which have been translated into 21 languages.

**PRE-NUPTIAL MASSAGE** - For bride or groom -- is prepared on your big day! 1hour full body table massage recommended the day before or on the morning of this momentous occasion.

**PREGNANCY MASSAGE (PRENATAL MASSAGE)** - Performed by a trained perinatal specialist, many methods of massage and somatic therapies are both effective and safe prenatally, and during labor and postpartum periods of women's pregnancies. Prenatally, specific techniques can reduce pregnancy discomforts and concerns and enhance the physiological and emotional well-being of both mother and fetus. Skilled, appropriate touch facilitates labor, shortening labor times and easing pain and anxiety. In the postpartum period, specialized techniques rebalance structure, physiology and emotions of the new mother, and may help her to bond with and care for her infant. Specialized, advanced training in the anatomy, physiology, complications, precautions and contraindications is highly recommended, and many practitioners require referrals from physicians prior to therapy. **PROCESS ACUPRESSURE** - This integrated therapy combines traditional acupressure with zero balancing techniques and psychological processing to enhance psycho-spiritual growth. Process acupressure offers a hands-on method of influencing the body's mental and emotional systems to stimulate balance, well-being and expanded consciousness.

**QI GONG** - Very closely allied to Tui Na Chinese Medical Massage, this may be the most commonly practiced modality in the world. It is routinely used in Chinese hospitals as a healing modality. The name literally means "skill with life energy" and it evolved over two thousand years ago in Tibet and China.

**QIGONG MERIDIAN THERAPY** - Qigong Meridian Therapy (QMT) is a natural healing system. It is derived from Traditional Chinese Medicine that originated several thousand years ago. QMT is based on the concept of qi and its focus is qi. Qi is vital energy, the unseen life force that courses through the body enabling it to perform its functions and that permeates all of nature. The purpose of QMT is to release the innate healing ability of the person so their body can maintain health and resist disease. In QMT treatments, specific hand techniques are used to guide healing energy that stimulates the meridians and certain points along or near the meridians. The QMT treatments serve to remove energy blockages, balance the overall qi of the person and increase their energy.

**QUANTUM ENERGETICS** - Quantum energetics is a subtle, gentle healing method that works with the energy body to allow disrupted energy patterns in the body to regain their force. It is a holistic, non-invasive technique that follows a systematic approach. Numerical codes that correspond vibrationally with conditions of the energy body are utilized, along with applied kinesiology.

**QUANTUM-TOUCH** - This hands-on healing method offers spontaneous adjusting of proper alignment of the body. Principles behind Quantum-Touch involve resonance, intention, attention, breath and innate body intelligence. Using various breathing techniques and meditations, a light touch is applied to activate the body's own healing process.



**RADIANCE TECHNIQUE** - The Radiance Technique is a science of universal energy, taught in seminars by authorized instructors throughout the world. The Radiance Technique is a seven-level technique people learn to use for themselves and for others. People from all walks of life learn this technique to use for stress release and energy balancing. Students learn a variety of ways to apply and use unconditional, transcendental energy in their work, play and everyday lives. These students are taught a basic 12-position, hands-on session that is to be practiced on the self for at least an hour when possible. Authorized instructors of the Radiance Technique do not license or certify students as practitioners. Such licensing and certification is up to the individual student or practitioner according to the requirements of the community in which they live and work.

**RADIX** - RADIX, also referred to as RADIX neo-reichian education, is an instructional method designed to teach the client how to release emotions held within the muscular structure of the body. Emphasis is placed on working through old traumas and moving into unique, new experiences of body/soul connection. The two guiding principles of RADIX are: Safety, in which the student may explore deep, painful issues in an atmosphere of trust and comfort; and exploration, primarily of the somatic experience. Charles Kelly, Ph.D. developed RADIX, combining techniques and principles from Reichian and Gestalt therapies, Erickson's hypnotherapy, bioenergetics and Bates method of vision training. RADIX teachers include certified professionals licensed by the RADIX Institute and adjunct teachers who incorporate this method into their therapy practice.

**RAINDROP TECHNIQUE** - Originated by D. Gary Young, raindrop technique is a non-invasive tool for helping to correct defects in the curvature of the spine caused by viruses and bacteria that lie dormant there. Antimicrobial essential oils are used to reduce inflammation by killing the viral agents, thus bringing the body into structural and electrical alignment. The oils (primarily thyme, oregano, birch, cypress, peppermint and basil) are dispensed like little drops of rain from a height of about six inches above the back and massaged along the vertebrae. The oils used in this 45-minute treatment continue to work for the next 5-7 days.

**RAYID METHOD** - The rayid method was formed by results of research on the meaning of the formations in the iris of the eyes. Hereditary, behavioral and attitudinal traits with their impact on mental, emotional and physical health are demonstrated in these formations. The rayid method addresses the causes behind symptoms so maximum health can be achieved on a longer-term basis. This method identifies an interaction between mind and body, seeing the imbalances and suggesting corrective balancing lifestyles and support activities that enable the immune system to work its marvels.

**REBALANCING** - Loosely based on a conglomerate of modalities, rebalancing combines energy balancing, joint release, deep-tissue massage and dialogue to relieve pain and induce emotional healing and relaxation. Developed in the 1970s by a group of practitioners of various backgrounds including Rolfing, Trager postural integration, pulsation, psychotherapy and craniosacral therapy, the theory was to combine the best attributes of several existing modalities with introspective analysis into a 10-session series of treatments.

**REBIRTHING** - Rebirthing is a technique of conscious breathing that can help in releasing physical, emotional or mental blockages. It is best learned by participating as a client in rebirthing sessions with a certified rebirther. Several books are available that describe the process. The leading author on rebirthing is Sondra Ray.

**REFLEXOGNOSY** - Reflexognosy is defined as the application of appropriate pressure to the leg and feet, by the hands of a trained practitioner, to bring about physiological and psychological changes in the body.

**REFLECTIVE HEALING** - Reflective healing is a form of energy healing in which the therapist uses a combination of guided imagery

and energy body manipulations to heal a specific physical organ or joint. Non-invasive physical touch of energy centers is important in this process of repatterning the etheric body. Extensive intuitive development and energetic training are required by the therapist.

**REFLEXOGNOSY** - Reflexognosy is defined as the application of appropriate pressure to the leg and feet, by the hands of a trained practitioner, to bring about physiological and psychological changes in the body.

**REFLEXOLOGY** - Reflexology is a system of massaging the feet, or feet and hands, with the intention of affecting other parts of the body. The feet and hands are regarded much like maps of the body, with points on the feet and hands corresponding to organs and tissues in the body. It is thought that sensitivity or tenderness in the feet or hands indicates imbalances in the corresponding body part and by working with the point on the foot or hand, beneficial results can be achieved in the corresponding body part. While many Reflexologists spend an entire therapy session working only on the hands and feet (and sometimes ears), some spend approximately half of their time on the feet, and half on Swedish massage.

**REHABILITATIVE MASSAGE** - Massage focusing on the restoration of tissue function following injury.

**REICHIAN RELEASE** - This technique utilizes manipulation of the musculo-skeletal system to release emotional blockages from the body. It was established from the works of Wilhelm Reich, an Austrian psychoanalyst.

**REIKI** - Buddhist in nature, reiki (pronounced "ray-key") is the combining of universal energy with individual energy to open pathways of healing. It teaches that disease is not separate from the body; it is the body out of balance. Rediscovered by Japanese Buddhist and Christian scholar of theology Mikao Usui around 1921, this energy healing method involves placing the hands on or just above the body in order to align chakras and bring healing energy to organs and glands. The practitioner, trained to access and serve as a channel for the life energy, uses a passive touch that some clients experience with a warmth or tingling. The hands remain in position for 3-5 minutes, alternately covering 10-12 positions over the body. Treatments work by dissolving or eliminating toxic energy and substances from many levels of one's being, whether it is physical, emotional or mental. This works to strengthen the harmonic flow of energy within the body. The three levels of training in the initiation process of becoming a reiki master are referred to as attunement levels. Through this training, the practitioner reaches a level where they can access energy flow through the hands to heal themselves and others.

**REIKI-ALCHEMIA** - Reiki-alchemy utilizes keys of different geometric shapes to trigger states of consciousness that allow healing and vibrational attunements to occur. Reiki-alchemy combines the traditional reiki of Usui with the alchemia process, which creates a passive and active blend of energies in the healing. The practitioner facilitates transformation by working with the universal life force, and the four forces that govern all states of consciousness. Alchemia is a form of bodywork that incorporates techniques that release etheric, as well as subconscious energy blockages and stored trauma. The ultimate intent of reiki-alchemy is to achieve a functional ego state that facilitates unconditional love.

**REPOSTURING DYNAMICS** - Reposturing dynamics is a system of stretches and massage techniques designed to restore balance and flexibility to the body. Reposturing dynamics is participatory, with lots of breathing and many stretch positions. There are exercises or additional stretches available to support the rebalancing process. It can be intense and emotional at times, as stress is unloaded from each muscle group. The client is always in charge of how fast and far they progress in any one session.

**REPROGRAMMING NEUROMUSCULAR RESPONSES** - focuses on key connective tissue of the tendons called the Golgi Tendon Organs.

Along with a loosening of the ligaments and muscles, it has wonderful restful effects which can be immediately felt by the client.

**RESONANT KINESIOLOGY** - Resonant kinesiology is a meditative form of educational bodywork. A resonant kinesiologist teaches experientially, as well as cognitively, using sound, movement and touch to create active lessons for the body. A fundamental principle of resonant kinesiology is that human bodies inherently have all the resources needed to be healthy, though these resources may not be consistently available to conscious awareness. It views healing as a form of learning.

**RESTORATION THERAPY** - Restoration therapy has been practiced in Japan for more than 1,500 years and has proven successful in the treatment of migraine headaches, nervous tension, general fatigue and muscular aches and pains. Professor Seishiro Okazaki was the foremost exponent of restoration therapy in America. He founded the Kodenkan Dojo, Ju-Jitsu School and Nikko Restoration Sanatorium in Honolulu in 1929. "Restoration" is the nearest interpretation of the Japanese name "Seifukujitsu." The practitioners of this method in Japan are entitled to the same rank as doctor. It is a combination of amma (original Japanese therapy) acupressure, shiatsu, chiropractic, osteopathy and herbal medicines. Restoration therapy is divided into four age groups and to be a successful practitioner of restoration therapy, a thorough knowledge of anatomy and physiology is imperative.

**RHYTHM MOBILITY** - Muscle shaking and vibration, rhythmical stretches & combination.

**RO-HUN TRANSFORMATION THERAPY** - This is a form of energy healing in which the therapist manipulates the client's energy bodies near each chakra. The objective of Ro-Hun is to understand how certain adverse patterns became fixed in the emotional and mental energy bodies and to release the negative effects of these patterns on daily life. Although primarily an energy manipulation method, some non-invasive physical touch is involved. Ro-Hun training, taught at Delphi University in McCaysville, Ga., includes a year-long program with a mentoring process. Ro-Hun candidates undergo detailed review and evaluation of their professional development and experience before becoming fully certified.

**ROLFING** - Ida Rolf was the first to create, practice and taught a system of bodywork aimed toward working with the connective tissue of the body to achieve structural changes in the client. She originally called her system Structural Integration, but it came to be called Rolfing.

**ROSEN METHOD** - "Psycho-physical" system of bodywork developed in the 1970s by San Francisco physical therapist Marion Rosen, coauthor of *The Rosen Method of Movement*. It purportedly unlocks the unconscious and integrates body, mind, emotions, and spirit. The method reportedly involves "non-intrusive" touching, verbal interaction, and experiencing breath as the "gateway to awareness." A postulate of the Rosen Method is that the body protects one from painful past experiences by separating one from one's "essential self" ("true self"). Shortness of breath and chronic muscle tension supposedly manifest this alleged protection.

**ROYAL THAI MASSAGE** - refers to massage which applying to King, his royal family, and his aristocracy. It's considered that royal Thai massage is very nice because it uses only hands and fingers to control the weight of massage, directly pressed on the pain point. It is said that its characteristic is special unique and the masseur must be expertise and know the theory of 10 Sen, the concept of invisible energy lines running through the body. Royal Thai massage consists of basic massage, arms basic massage (outer and inner arms), shoulders basic massage, massage to Trapezius, head massage (front and back head), massage to rectus abdominis.

**RUBENFELD SYNERGY METHOD** - A form of body-centered psychotherapy that borrows from the Alexander Technique, the

Feldenkrais Method, Gestalt therapy, and hypnotherapy. Onetime orchestra conductor Ilana Rubinfeld developed the method in the early 1960s. Rubinfeld has described the body as "the sacred sanctuary of the soul." Rubinfeld Synergy includes aura analysis and dreamwork.

**RUSSIAN CLINICAL MASSAGE** - treatments consist of three phases. The beginning is always slow for relaxation. The second phase is fast and deep for therapeutic effect. The third is soothing again for relaxation and completion.

**RUSSIAN MASSAGE** - the Russian strongman or woman, will pound, squeeze, unwind and de-tense muscles you did not even know you had. If you cannot take the pounding, one of the more easygoing massage experts, will more gently ease, kneed and work out your kinks. It is standard practice for message therapists to work on the inner thigh, buttocks, and chest area. Russian Massage is an eclectic combination of various body work techniques: Shiatsu/Acupressure, Classic Swedish, Sports Massage, Reflexology, Upledger Cranial Sacral Therapy, and various neuromuscular disciplines with emphasis on soothing, therapeutic and rhythmical movements with seamless transitions. Therapist will also instruct you on home exercise techniques to maintain balance and harmony in your life style. This uses the basic strokes of classical massage, changing them so each stroke provides the client with the least invasive and most comfortable treatment. Each stroke in Russian massage has a known physiological effect on a healthy or dysfunctional body. Therapists don't use their wrists or single digit pressure, instead using shoulders or elbows as the primary sources of strength for deep work.

**SCAR TISSUE MOBILIZATION** - uses very fine fingertip movements to work scarred areas of skin and underlying connective tissues in order to reduce stickiness and make the scar "more functional."

**SEITAI SHIATSU** - This specialized form of Japanese massage was developed over the last four decades by Master Kiyoshi Kato. It is practiced in residential treatment centers in Osaka, Japan and has a distinctly medical emphasis. While "Shiatsu" means "finger pressure," "Seitai" itself means "whole body." This form of Shiatsu involves rubbing the entire body. Rubbing is used 80% of the time, and pressure 20% of the time. In a logical sequence, all body areas are treated to stimulate the circulation of blood and lymph, relax the body, mobilize the spine, and enhance organ function. The Seitai form includes ampuku therapy and hara (abdominal) diagnosis.

**SHADOW INTEGRATION** - This modality is based on Carl Jung's concept of the shadow - those parts of your personality or beliefs that you do not give a conscious place to in your life. The theory is that by putting your fears, anger, joy, hope, etc. in shadow, these emotions will then turn against your family, your clients or yourself resulting in health, financial or ethical problems. Shadow integration involves creating a ritual container in a group setting, in which participants give voice and flesh out the conflicting beliefs and feeling that sabotage their professional and personal lives. This process emphasizes the personal and professional development of health professionals (ethics, communication, therapeutic relationships and body/mind dynamics). It is usually facilitated in groups of 8-20, or in one-on-one sessions.

**SHEN THERAPY** - SHEN is the acronym for Specific Human Energy Nexus and was developed by American scientist Richard Pavek. A scientifically researched form of energy healing, SHEN aims to release emotions trapped in the body, which we cannot unlock ourselves, leading to freedom from pain and tension. SHEN teaches that most emotions are held in the torso, at four main sites: The heart, the solar plexus, the kath (below the navel) and the root (the perineum). The practitioner places hands in paired positions on the fully-clothed client who's lying on the table. The practitioner ascertains the locations of somatically held emotions and determines

an appropriate physio-emotional release plan. A naturally occurring energy flows from the practitioner's hands through the emotional centers of the client's body in a precise way to discharge debilitating emotions.

**SHI'ZEN NO-HANDS MASSAGE** - An extremely relaxing deep-tissue massage done not with the hands but with the seven surfaces of the forearm, with your chest supported by a pillow. Gerry Pyves - to protect practitioners' own hands and fingers from RSI, developed it in Halifax. 'Giving eight clients a day a regular Swedish massage destroys your hands,' said a practitioner. The word itself is Japanese for the balance of mind and body.

**SHIAT-SURF** - This is a hands-and-foot-on therapy system designed to create space and unblock restrictions in the body via gravity. Shiat-Surf works with the body's breathing, pulses and nervous system.

**Shiatsu (Acupressure)** - Shiatsu is Japanese bodywork, which uses pressure to points on acupuncture meridians. Practice of shiatsu is usually accompanied by study of Chinese five-element theory and meridians, and it involves a way of looking at the body that is completely different from the "muscles, bones and blood" view of Western science, focusing instead on the flow of life energy through meridians. The name "Acupressure" is sometimes used to mean shiatsu, and is sometimes used to describe a finger-pressure technique similar to shiatsu but not identical.

**SHINKIKO** - A system of healing based on the study of the relationship between the non-physical world (ki, energy and spirit) and the physical world (illness and environment) as experienced through mind, body, spirit, heart and life. By synchronizing your vibration with the healing vibration of ki, learning to keep that vibration present within you and continually heightening the vibration, you can heal yourself and others. Shinkiko is a type of medical qigong that increases levels of energy, intuitive sense and consciousness through meditative-like ki harmonizing, without physical training or exercise.

**SOFT TISSUE ACTIVE-ASSISTIVE RELEASE (S.T.A.A.R.)** - Developed by Ryan Hoyme of Minnesota. The treatment includes: Passive stretch, Active stretch, PNF, Positional Release Therapy (PRT), Dynamic stretch, Resistive stretch, Reciprocal Inhibition, Strain Counterstrain, Neuromuscular therapy, Trigger point therapy and many others. This form of massage will save the therapists body from injury (Compared to Neuromuscular therapy), because the client is working with you.

**SOFT-TISSUE MASSAGE** - Soft-tissue massage is a generic term for any modality that is used to treat the soft tissues in the body, including muscle, fascia, and scar tissue. Common modalities used include Swedish, myofascial release, deep-tissue massage, trigger-point therapy, connective tissue massage.

**SOFT TISSUE RELEASE** - Soft tissue release (STR) is a powerful injury treatment technique developed in Europe with the world's fastest sprinters. Due to the amazing amounts of prize money and endorsement contracts available to these athletes, faster and more permanent results were warranted. STR was developed to meet this need. Recovery rates once considered impossible by traditional therapists and sports medicine doctors were achieved. These are not new concepts, but are based on European osteopathy techniques, along with insights from quantum physics. In recent years, STR has been given clinical application for chronic low back pain and whiplash injuries. STR deals directly with the reasons for soft tissue dysfunctions and subsequent referred pain and nerve entrapment. In acute conditions, STR affects the insidious way scar tissue is formed, and in chronic conditions STR breaks up the fibrotic and adhered mass of scar tissue to quickly allow the muscle to return to its natural resting length. Once the muscle or muscle group has returned to the original resting length, there is an immediate release from the pain induced by the inflammation response. With STR, the client is placed

in a particular position so that the muscle begins to stretch in a very specific direction or plane. The exact location of the injury has been defined and a determined pressure is applied directly into the affected tissue or along a specific line of injury. At the same time, depending whether passive or active techniques are being used, the client is given a set of instructions that now engage the antagonist of the muscles involved. The muscle is extended from a fixed position in a determined direction under a pinpoint of pressure. Decrease in pain and increase in range of motion are often immediate, offsetting any minor discomfort experienced. STR can be modified so there is no client discomfort at all. The flowing motions of STR and total client control afford new levels of deep tissue work and subsequent pain relief.

**SOMA** - SOMA is a unique development of the holographic body reading technique. Holographic body reading recognizes that each person has an individual blueprint, allowing for the practitioner to analyze this, personalize its needs, and design the sessions to correspond to those individual needs. The SOMA practitioner works with the fascia and musculature to restore circulation and return the body to its original perfection. See SOMA Neuromuscular Integration.

**SOMATIC EXPERIENCING** - A naturalistic approach to the healing of trauma, based on the understanding that animals in the wild, though constantly threatened by predators, are rarely traumatized. This approach uses education about and awareness of body sensation as a primary tool. Appropriate, gentle manipulation of the muscles, joints and viscera is employed. Developed by Dr. Peter Levine, somatic experiencing offers a safe, gradual way to help trauma survivors develop their own natural ability to eliminate the excess energy caused by overwhelming events.

**SOMATIC PSYCHOLOGY** - This is a body-based orientation that facilitates the client's therapeutic process. A client session is directed to the body experience that references the body as a resource. The therapist shifts the content of the session to the here and now process of the client, which opens the client's awareness of his own experience of sensation, tension, relaxation, breath, response, and evoked thoughts.

**Soma Neuromuscular Integration** - Developed in 1978 by Bill Williams, PhD, one of the first students of Ida Rolf, this therapy refined Rolf's work by creating easier, less intrusive ways of working with the fascia and muscles. This ten-session process, which incorporates movement training and awareness tools as well as massage and manipulation, also seeks to promote greater access to the functioning of each hemisphere of the brain.

**SOMATO-EMOTIONAL RELEASE** - The Somato-Emotional Release approach deals with tissue trauma. It is an integral part of the cranial-sacral system that works with releasing traumatic or emotional experiences that are locked in our bodies. It utilizes therapeutic imagery along with dialogue and physical support techniques to initiate change.

**SOMATICS** - "Somatic" literally means "of or pertaining to the body." In the context of Somatic Psychology, it refers to the mind-body connection and makes use of techniques to bring awareness of the mind and the body to each other. It is therefore related to the form "Body-Mind" which is described above.

**SOTAI HO** - considered Japanese physical therapy and bone structure adjustment. It is neuromuscular re-education through breathing and movements, untwisting muscular holding patterns. This balances the nervous and muscular systems. Sotai ho literally means "work (or manipulate) body way (or method)".

**SOUND HEALING** - Sound healing uses toning, chanting, or vibrations from the voice or instruments to stimulate the body's own ability to heal itself. Sound healing and music boost are known to boost the immune system, regulate respiration, lower blood pressure,

alleviate pain, reduce stress, and promote endurance. Practitioners work with the belief that each cell in the body is a sound resonator and has its own pulse, pattern, and cycle. Recently new sound therapies have been developed based upon the theories of acupuncture, where sound is used to stimulate certain points on the body. Sound or music therapy has been used by health professionals in private practice, hospitals, schools, nurseries, birthing centers, hospices, and psychotherapeutic settings. The type of sound and technique varies by training and the practitioner's professional background.

**SOUND THERAPY** - Using the media of sound (music, tones, vibrations, etc.) as a tool for healing, sound therapy enables the realignment of natural body rhythms. Therapy may include, but is not limited to, the use of Tibetan singing bowls, chimes, acutonic tuning forks, rattles, and drums.

**SPA TREATMENTS** - Spa, or Health Spa, refers to an establishment that provides rejuvenating treatments in a residential setting (or non-residential at a day spa). Often at a resort and often luxurious in setting, spas aim for relaxation, therapeutic treatments, and beautification treatments. Modalities such as herbal wraps, seaweed wraps, mud baths, loofah scrubs and salt glows are designed to detoxify and refresh the system. Related to spa treatments is Hydrotherapy meaning, "water therapy." It includes treatments like contrast baths (alternating hot and cold water), and wet sheet wraps.

**SPINAL RELEASE** - Spinal release allows therapists to correct distortions of the central nervous system and restore the body's center of gravity. The therapist works with techniques that address the eight muscle groups of the lower back. Practitioners also focus on the soft-tissue release procedures for the neck and back as they help identify curvatures of the spine and other dysfunctions.

**SPIRITUAL MASSAGE HEALING** - Spiritual massage healing is a form of divinely inspired and divinely guided religious healing. It consists of prayer, love, anointing with oil, and movements derived from the laying-on of hands. It is the practice of one's religious faith and conscience and it is a mode of worship. Without prayer, there is no spiritual massage healing. However, each practitioner does spiritual massage healing their own way, which may vary from one client to another.

**SPORTS MASSAGE** - Sports massage is an adaptation of Swedish massage. Its purpose is to prepare athletes for sporting activity and help them recover from the exertion of sporting activity. Sports massage trainings vary widely in length, and there is no standard training length.

**ST JOHN NEUROMUSCULAR THERAPY** - Paul St. John started teaching others what he called Neuromuscular Therapy in 1978. Since then, many of his students and employees have branched off to teach their own method of NMT. Just about anyone you can find in the United States that is teaching what they call Neuromuscular Therapy will trace back to Paul St. John in some way or another. Milady's Theory & Practice of Therapeutic Massage, 2nd edition, considers him the modern developer of Neuromuscular Therapy. Massage Magazine also features him as one of the 46 "Stars of the Century" in massage therapy. One of the major differences between St. John NMT and other methods is that St. John NMT is constantly being revised, updated, developed, and researched. Paul still treats up to 50 patients per week while at the same time teaching, researching and developing the St. John Method.

**STAR TECH®** - Soft Tissue Active Recovery Technique (STAR Tech®) is a treatment method for fast pain relief, healing and soft tissue recovery. It is used by individuals who have a working knowledge of muscles and other soft tissue, and includes Massage Therapists, Physical Therapists, Chiropractors, Fitness Trainers, Coaches and others. STAR Tech is based on an understanding of the body's natural ability to self-heal. STAR Tech works fast because the brain works

fast. It is based on the same mind-body connection mechanism that makes Active Isolated Stretching so effective. By using a combination of motion and manual tension, fast and often permanent re-organization of soft tissue is accomplished.

**STRAIN/COUNTERSTRAIN** - Developed by osteopath Lawrence Jones, this non-invasive treatment helps decrease protective muscle spasms and alleviate somatic dysfunction in the musculoskeletal system. By using palpation and passive positional procedures, the therapist practicing strain/counter strain therapy can help restore pain-free movement. The position that relieves the referred pain is held for 90 seconds. After resuming the original position and pressing the trigger point, the referred pain is gone. Although the client is often asked to bend or twist like a contortionist to secure a comfortable position, for the most part clients report effectiveness of the procedure.

**STRUCTURAL ENERGETIC THERAPY** - Developed in 1983, Structural Energetic Therapy (SET) is a deep-tissue, body-restructuring therapy that addresses chronic and acute pain and dysfunction. SET integrates cranial/structural techniques, myofascial unwinding, myofascial restructuring, emotional energy release, kinesiology and postural analysis to address client symptoms and problems as they relate to body structure. SET is a client-centered therapy that treats the specific needs unique to each client by addressing their particular injuries and conditions as they relate to the structural distortions. The release of the core distortion pattern, both cranially and structurally, allows a balanced weight-bearing pelvis to support the entire spine, and facilitates the unwinding of all other structural distortions. The goal of SET therapy is to have clients return to life activities pain free.

**STRUCTURAL INTEGRATION** - This term was created by American biochemist Dr. Ida Rolf in the 1930s. She maintained that when one part of the body is out of balance or misaligned, the rest of the body attempts to compensate until the entire structure is weakened. Even from birth, the general pressures of life and gravity push our bodies out of alignment. By manipulating the myofascial tissue in a ten session series, each building on the previous one, practitioners assist the body to reorganize, lengthen, and integrate itself into wholeness.

**SWEDISH MASSAGE** - One of the most commonly taught and well-known massage techniques, Swedish massage is a vigorous system of treatment designed to energize the body by stimulating circulation. Five basic strokes, all flowing toward the heart, are used to manipulate the soft tissues of the body. A sheet covers the disrobed client, with only the area being worked on exposed. Therapists use a combination of kneading, rolling, vibrational, percussive and tapping movements with the application of oil to reduce friction on the skin. The many benefits of Swedish massage may include generalized relaxation, dissolution of scar tissue adhesions, and improved circulation, which may speed healing and reduce swelling from injury.

**SYNTROPY INSIGHT BODYWORK** - A combination of neuromuscular re-education, hands-on application, qigong, Taoism, and meditation, Syntropy Insight Bodywork acts directly on the nervous system to dissolve chronic patterns of pain and tension. The practitioner helps to access and empower the client's innate healing ability by focusing on what is functioning well in the body and expanding on it. A noninvasive practice, syntropy can be used exclusively or as an adjunct therapy.

**T'AI CHI CHIH** - T'ai chi chih is a series of simple, non-strenuous movements known to relax the body and refresh the mind. Moves can be performed by anyone, regardless of age or physical condition. T'ai chi chih can help you feel calm, even in the midst of activity, and helps relieve daily tensions and stress based on principles of relaxed breathing, rhythmic movements and equilibrium of weight.

**T'AI CHI CHUAN** - This is an internal practice blending healing, martial art and meditative art. Dedicated to physical health and

spiritual growth, t'ai chi chuan was developed by monks around 1,000 A.D. in order to defend themselves against bandits and warlords.

**TAIKYO SHIATSU** - Taikyo shiatsu is a style using ancient Taoist yin/yang and taijiquan principles combined with the gentle stretching of Zen shiatsu. From the Eastern perspective, this shiatsu focuses on stretching and palming the meridians, opening channels to induce flow of stagnated energies, and supplying circulation (oxygenated blood) to the organs. The application of the Taoist principles enables the therapist to generate and utilize optimum energy to perform the shiatsu efficiently. From the Western perspective, stretching increases bone, sinews and muscle flexibility, and enhances mobility. A unique "wave" technique - visualizing an ocean wave forming (potential), reaching the highest crest, falling (kinetic) and expanding (distribution) the energy - is used in this technique. The following Taikyo essentials achieve optimum shiatsu efficiency and transmission as well as distribution of energy. Spirit: state of being; Intent: volition or plan of action; Calm: state of mental stillness to perceive; Posture: proper body positioning for optimum operational efficiency; Presence: the sum of the previous above Essentials; Intuition: ability to perceive; Breathing: qigong mode; and Simplicity: unpretentiousness. "Reeling the silk" is a technique that enables manipulation by gripping with a wrist motion, producing pressure without using the fingers. This technique enables efficient massaging of the "18 joints" of the body. Qigong breathing from the Hara, or dantian, is one of the important keys to generate efficient energy output. Taikyo shiatsu emphasizes philosophy, Traditional Chinese Medicine, essentials, breathing, taijiquan postural efficiency and the above mentioned techniques.

**TANTSU TANTRIC SHIATSU** - Tantsu Tantric Shiatsu is a unique form of bodywork on land. It was invented by Harold Dull who also created Watsu, or water shiatsu. Tantsu brings Watsu's in-water nurturing and power back onto land. In a Tantsu session, the giver cradles the receiver with their whole body. No oil is used; the receiver lies fully clothed on the floor, while the giver kneels or stands beside the person. Like shiatsu, Tantsu is based on point work and powerful stretches to release chi (life force) along the body's meridians and in the energy centers, or chakras. Tantsu focuses on connecting the chakras and freeing the natural movement of energy along the spine. Learning to give a Tantsu session involves the giver in a process that leads to a deeper connection with others and with one's own centers and flows of energy.

**TARA APPROACH** - Developed by Dr. Stephanie Mines, the TARA Approach is a holistic system for the critical transformation of psychological, physical and emotional shock and trauma. Combining the ancient oriental healing art of Jin Shin with therapeutic dialogues, this approach activates healing from sexual abuse, battering relationships, abusive family environments, neglect and illness.

**TELLINGTON TOUCH** - Health and behavioral therapy for pets that includes touch, manipulation, and guiding the animals through movement exercises. Designed to work on emotional and health problems, the touches are not massage or acupressure, nor are they invasive. The techniques are designed to create a calm, attentive, focused state of consciousness. Situations helped by Tellington Touch include barking, biting, jumping up, fear and shyness, inappropriate urination, separation anxiety, and more.

**TERA-MAI SEICHEM** - This is an ancient art of healing using the Universal elemental energy rays of earth (Reiki), air/ether (Angeliclight), fire (Sakara) and water (Sophi-EI). Tera-Mai Seichem translates from Sanskrit as "action of compassion."

**THAI MASSAGE** - Considered a sacred medical massage in Thailand, it is a combination of assisted Yoga postures, palm presses and thumb pressure designed to increase flexibility, improve blood and lymph circulation, promote relaxation and release blocked energy. They call it a "lazy man's yoga".

**THERAPEUTIC TOUCH (TT)** - Developed through the collaboration of a nursing professor and a spiritual healer, Therapeutic Touch is based on ancient energy healing methods. Practitioners, primarily nurses, are trained to feel or sense energy imbalances in the client and to use "lying on" of hands to disperse blocks and channel healing forces to the client's body. The therapist uses a light touch or holds the hand above the body, with the client generally seated. Meditation is used by the therapist to center himself and strengthen his connection to the client's energy system. Therapeutic Touch has been applied in an assortment of medical situations, including the care of premature infants and emergency room patients. It is known to induce a state of relaxation within minutes. Therapeutic Touch is considered safe because of its gentle, non-invasive approach. Developers of this technique affirm that everyone has the potential to heal with Therapeutic Touch and may be taught the methodology in one day.

**TIBETAN POINT HOLDING** - Developed in 1989 by Karen Peterson and John Walsh, Tibetan point holding focuses on prolonged holding of acupressure points to generate emotional release. Lengthy holding allows the client to address internal thoughts as they arise. As many as five practitioners are used to hold pressure points on the client for up to two hours. Treatment needs are assessed through iridology or kinesiography.

**TOUCH FOR HEALTH** - Developed by chiropractor John Thie, Touch for Health combines methods and techniques that include acupuncture principles, acupressure, muscle testing, massage and dietary guidelines. The method of treatment requires a second person who performs muscle testing. This determines which muscles are strong or weak, indicating if a physical problem or organ malfunction exists. Once weak muscles are determined, a variety of methods are used as part of a muscle strengthening program. Such techniques include finger pressure on neuro-vascular holding points on the head and pressure on the acupressure holding points. After the muscles have been strengthened, Touch for Health theory states that energy then flows through the body, improving vitality and ability to maintain good health.

**TRADITIONAL MALDIVIAN SAND MASSAGE** - Combines the essence of the Maldives: sand, sea and fresh air. The first part of this Maldivian tradition takes place on the soft coral sand at the waters edge.

**TRAGER** - Trager Approach is a movement education modality developed in the 1920s by American medical practitioner Dr. Milton Trager. It makes extensive use of touch-contact and encourages the client to experience the freeing-up of different parts of the body. The approach consists of simple exercises called Mentastics and deep, non-intrusive hands-on work, including fluid, gentle, rocking movements. The idea is to use motion in the muscles and joints to produce positive sensory feelings that are then fed back into the central nervous system. The result is a feeling of lightness, freedom and flexibility. A Trager session takes from 60-90 minutes. No oils or lotions are used. The client wears a swimsuit or underwear and lies on a well-padded table in a warm, comfortable environment. No long, broad strokes are used over the surface of the body and, unlike various techniques of deep tissue manipulation; it does not utilize extreme pressure or rapid thrusts to create structural change and does not produce pain as a necessary adjunct to its effectiveness. During the session, the practitioner makes touch-contact with the client in such a gentle and rhythmic way that the person lying passively on the table actually experiences the possibility of being able to move each part of the body freely, effortlessly and gracefully on their own. The practitioner works in a relaxed, meditative state of consciousness. This allows the practitioner to connect deeply with the recipient in an unforced way, to remain continually aware of the slightest responses, and to work efficiently without fatigue. After getting up from the table, the client is given instruction in the use of

Mentastics, a system of simple, effortless movement sequences to maintain and enhance the sense of lightness, freedom and flexibility instilled by the table work. Mentastics is Dr. Trager's coinage for "mental gymnastics" - a mindfulness in motion - designed to help clients re-create for themselves the sensory feelings produced by the motion of their tissue in the practitioner's hands. It is a powerful means of teaching the client to recall the pleasurable sensory state that produced positive tissue change. Because it is this feeling state that triggered positive tissue response in the first place, every time the feeling is clearly recalled the changes deepen, become more permanent, and more receptive to further positive change. Changes described have included the disappearance of specific symptoms, discomforts, or pains, heightened levels of energy and vitality, more effortless posture and carriage, greater joint mobility, deeper states of relaxation than were previously possible, and a new ease in daily activities.

**TRAUMA ERASE** - Developed by Pauline Carte, PhD. Dr. Carte was a pioneer in the field of kinesiology and started her massage career in the 1950's. This amazing therapy literally erases trauma from one's body and mind.

**TRAUMA TOUCH THERAPY** - Trauma touch therapy was developed to address the needs of clients affected by trauma and abuse, including sexual and emotional abuse or battering and the trauma of war, surgery or criminal violence. Focused on empowering the client, this technique combines therapeutic movement and breathwork with psychotherapeutic elements to bring body and mind together in holistic healing. The pace of therapy is determined individually according to the client's need. Relearning touch from a healthy perspective is a major focus of the therapy. The trauma touch training program was developed in 1993 at the Colorado School of Healing Arts.

**TRIGGER POINT THERAPIES** - This refers to any of several systems of working with trigger points. Trigger points are tender congested spots in muscle tissue, which may radiate pain to other areas. Significant relief results when the trigger point is treated. The techniques used in trigger point therapies are similar to those used in Shiatsu or acupressure, but trigger point therapies are based on western anatomy and physiology. Several institutions have refined the art of trigger point therapy into a self-contained modality, and teach their therapy in a non-massage context.

**TRIGGER POINT MYOTHERAPY** - Trigger point myotherapy is a non-invasive therapeutic modality for the relief and control of myofascial pain and dysfunction. The goal of treatment is the client's recovery from or a significant reduction in myofascial pain. The treatment goal is achieved through a systematized approach. Treatment consists of trigger point compression, myomassage, passive stretching and a regime of corrective exercises. Success may be measured subjectively by the level of pain reduction experienced by the client and objectively through increased range of motion, strength, endurance and other measures of improved function. Trigger point myotherapy relies heavily on client-therapist interaction, including verbal and non-verbal elements. The myotherapist encourages the client to be personally responsible for their improvement, with attention to such factors as nutritional intake, stress, proper exercises, mechanical abnormalities and other physical components. These elements protect the client from delayed diagnosis, delayed treatment or contraindicated treatment that is the concern of first order. Trigger point myotherapy is an integrating approach to myofascial pain and dysfunction.

**TUI NA (PRONOUNCED T-WEIGH NA) (CHINESE MEDICAL MASSAGE)** - Tui Na is Asian bodywork that may be the most commonly practiced bodywork in the world. It is routinely used in Chinese hospitals as a healing modality. The original massage therapy found practiced in the largest health care system in the

world. Tui Na is not only the main physiotherapy used in hospitals throughout the Far East but also found in health centres where Oriental people go for a relaxing and therapeutic massage.

**TURAYA TOUCH SYSTEM** - With Turaya Touch, using the body's system of light energy, the practitioner places their hands on various parts of the client's head, back, shoulders, and abdomen. This technique brings about a feeling of deep relaxation as it releases the energy blocks causing mental and physical distress. Turaya also unlocks creative potential at the cellular level.

**TURKISH MASSAGE** - utilized in Turkish baths, Turkish massage has provided therapeutic bodywork for hundreds of years. These baths and the massage techniques utilized have 3 goals: relaxation, refreshment and a promotion of overall health. Turkish massage techniques consist mostly of strong, repeated strokes.

**UNTIE** - UNTIE was developed in the United States in the early 1980s as an alternative to exerting force into soft tissues that may already be painful to the touch. It is basic to UNTIE that soft tissue dysfunction, no matter how deep within the body, can be felt in the skin. These patterns of dysfunction are palpable once the proper awareness and sensitivity have been developed. Patterns are infinitely variable expressions of soft tissue dysfunctions that are synergistically related to the dysfunctions. The skilled practitioner can readily access even the deepest layers of soft tissue, by working with the associated patterns. Changes in the patterns are stimulated by the presence of the practitioner's fingers and determined by the body's natural desire to reach homeostasis. The fingers respond to the changes, without any application of force, will or preconceived routine. The hands move gently in concert with the changes. Once the patterns release, the soft tissues are re-evaluated to confirm they have normalized and musculoskeletal integrity has improved. Although other approaches may not specifically address soft tissue patterns, the patterns are affected, since there is contact with the skin as soft tissues are manipulated. The more thorough the method used, the more likely it is that the patterns will be released, allowing for more complete, long-term change. Because the foundation of UNTIE is sensitivity, it readily deals with the unique patterns of the individual. It is a procedure for working "with" the body - not "on" the body.

**UNWINDING** - The client's body moves in its own direction with the therapist keeping a light hand on the client.

**VIBRATIONAL HEALING MASSAGE THERAPY** - Vibrational Healing Massage Therapy (VHMT) is leading-edge bodywork restoring one to fluidity. It is like massage therapy, providing touch techniques and distinctions that help a person live in their body as a liquid process, freeing pain as we have known it. VHMT works with the physical structure to free up past tensions and stresses that have been held in the body. This reawakening of the nervous system restores circulation to injured areas, moves energy and emotions, and helps in the letting go of chronic pain or stiffness. There are approximately 16 basic techniques that serve to align, loosen and connect the body so tensions can reverberate freely. Special sensitive stretching, rebounding and torquing are some of the techniques helping clients to become aware of where they have been holding. Practitioners and recipients alike begin to feel not only their vibrations move within them, but also new circulation of their basic metabolic fluids flowing again to once-rigid areas. As they listen to people's body rhythms and frequencies, practitioners of VHMT facilitate a clothes-on massage therapy that is rhythmic and fun, like playing a fine-tuned violin or guitar. VHMT includes new distinctions of awareness in thinking, speaking, walking, standing, and sitting that allow for fully-connected and communicative bodies. These concepts are: The Fluid Body Model - a body of knowledge where we experience being in our bodies in a whole new way, acknowledging and honoring the fluid, evolving processes that we are; Disease as a Strategy - a self-responsible way

of thinking that allows us to access self-healing and growth; and The Language of Healing - a way of speaking responsibly about our bodies and lives, so that when we speak, we are causing and accessing healing and transformation to happen.

**VISCERAL MANIPULATION** - A hands-on therapy that deals with the movement and energy of the internal organs. Jean Barral developed this technique. "Meeting the movement inside" is a poetic and accurate description of this technique. It is the practitioner's training and sensitivity through which the art of "meeting the movement inside" is achieved. It is through neurological findings and the associated spinal segments that the mobility of the inner organs is assessed. The treatment emphasis is placed on the diaphragm -- a large muscle used for breathing-- which causes the movement of many organs against each other. Many dysfunctions of organs and structures can manifest as hypomobility or hypermobility -- that is, they move too much or too little. Treatment is systematic and specific using connective tissue structures, such as ligaments and membranes of the inner organs. This approach is effective for dysfunctions in the thoracic, abdominal, and pelvic cavities. Visceral Manipulation involves gentle massage and repositioning of internal organs via external touch.

**VISHESH MASSAGE** - Ayurvedic treatment with firmer, deeper, and heavier so that tension is relieved and the oils can penetrate the tissues more easily.

**VORTEXHEALING ENERGETIC THERAPY** - VortexHealing is an energetic healing art that works solely with divine light and consciousness. It derives its name from a particular energy-vortex that is the interface between our physical world and a divine healing realm that is accessed in this art. This healing realm allows for the practitioner to channel not just a very powerful healing energy - the divine energy and light of the Vortex - but also the consciousness of this realm, which is composed of seven divine beings whose sole intention is to manifest healing. This enables VortexHealing to perform healings on the physical and emotional level as well as to release the deepest karmic issues we hold as human beings - they are transformed directly by divine consciousness.

**WATSU (AQUATIC SHIATSU)** - Watsu (from "water" and "shiatsu") began when Harold Dull started floating people; applying the moves and stretches of the Zen shiatsu he had studied in Japan. Physical and emotional blocks are removed by the work, which can be done even by small individuals since the client's body in water is buoyant. It is done in chest-high, 94-degree water.

**WHOLE BRAIN INTEGRATION™** - Helps integrate communication of the brain's right and left hemispheres through cross-body exercises. Proper integration enhances cognitive, physical, and mental abilities, while reducing stress and difficulties (e.g. learning or hearing) arising from dis-coordination of the brain hemispheres.

**YOGA** - A from a Sanskrit word, yug, which means yoke, a union of the individual with the divine, which is the goal of this practice. The word yoga derives from the Sanskrit, which is a scriptural language from

ancient times in India. Yoga means to unite or bring balance. Yoga is rooted in an Indian philosophy that believes humans have 5 dimensions: 1.The physical frame, 2.The vital body (made up of life energy called prana), 3.The mind (emotions and thought), 4.The higher intellect, 5.The "abode of bliss" -- the dimension of divination. It involves stretching and meditation.

**YOGASSAGE** - This is a massage modality that enhances the free and natural movements of the body through gentle, sustained stretching and applied pressure. Gentle vibration and energy work with the chakras is integrated into a gracefully flowing sequence. Unique positioning with props is incorporated to facilitate myofascial stretching without strain. Yogassage has been compared to Thai massage on a table, as it blends elements from both the Eastern and Western cultures of bodywork.

**ZEN BODY THERAPY** - This technique integrates Zen training with Eastern teachings of the circulation of vital energy or essence of life.

**ZEN SHIATSU** - This style was developed by Shizuto Masanuga, who proposed the treatment of meridian extensions beyond those recognized in the classical Chinese view. He also developed the widely-accepted two-hand style; where one hand moves, applying pressure, while the other provides stationary support.

**ZENTHERAPY®** - developed by William "Dub" Leigh, from his experience and training with Rolfing, Feldenkrais, and Zen training in Hawaii. Regular trainings held around the world. There is a 5 weekend training to learn the 10 session series and a 4 weekend Triggerpoint Anatomy® training.

**ZERO BALANCING** - Zero balancing was developed by Fritz Smith, M.D., and has its roots in osteopathy, acupuncture, Rolfing and meditation. Relaxing, yet energizing, zero balancing integrates fundamental principles of Western medicine with Eastern concepts of energy. This technique provides clients the possibility of healing by addressing the energy flow of the skeletal system. By working with bone energy, zero balancing seeks to correct imbalances between energy and structure, providing relief from pain, anxiety, and stress. A zero balancing session, which consists of gentle acupressure focusing on joints and bones, generally takes 30-40 minutes and is done through the client's clothing while they lie on a massage table. For the massage therapist or bodyworker, zero balancing may enhance other modalities and open new avenues of energetic and structural balancing through touch. Training takes one to two years and leads to certification as a zero balancer. Seminars are also available for those interested in a less intensive training program.

**ZONE THERAPY (REFLEX ZONE THERAPY, REFLEX ZONE MASSAGE)** - Early form of Western reflexology introduced in the United States in 1913 by William H. Fitzgerald, M.D., a specialist in diseases of the ear, nose, and throat. Fitzgerald, author of Zone Therapy, or Relieving Pain at Home (1917), divided human anatomy into ten zones and professed that "bioelectrical" energy flowed through these zones to "reflex points" in the hands and feet.

Do as I Say...  
'Not'  
Say as I Do...

# MASSAGE DEFINITIONS

- It is the manipulation the soft tissues of the body with the hands for therapeutic, healing, relaxing and pleasurable effects.
- A body rub given to improve circulation and relax muscles.
- Manual soft tissue manipulation, and includes holding, causing movement, and/or applying pressure to the body.
- An act or instance of such rubbing or kneading.
- A rubbing or kneading of the body, especially when performed as a hygienic or remedial measure.
- To treat by means of massage; to rub or knead; as, to massage a patient with ointment.
- Kneading and rubbing parts of the body to increase circulation and promote relaxation, usually for medicinal or relaxation purposes.
- The rubbing or kneading of parts of the body especially to aid circulation, relax the muscles, or provide sensual stimulation.
- Treatment of superficial parts of the body by systematic rubbing, stroking, kneading, or slapping.
- Systematic manual or mechanical manipulations of soft tissues of the body for therapeutic purposes.
- The systematic therapeutic friction, stroking and kneading of the body.
- The therapeutic practice of manipulating the muscles and limbs to ease tension and reduce pain.
- Therapeutic massage involves the manipulation of the soft tissue structures of the body to prevent and alleviate pain, discomfort, muscle spasm, and stress; and, to promote health and wellness.
- A profession in which the practitioner applies manual techniques, and may apply adjunctive therapies, with the intention of positively affecting the health and well being of the client.
- Massage therapy improves functioning of the circulatory, lymphatic, muscular, skeletal, and nervous systems and may improve the rate at which the body recovers from injury and illness. Massage involves holding, causing movement of soft tissue, and/or applying pressure to the body.
- A rubbing or kneading with hands or other parts of the body to stimulate circulation, makes joints more supple, and relieve tension.
- Mechanical form of therapy in which the soft tissues are made more pliable with different techniques, promoting increased blood flow and healing.
- Massage is a scientific method of manipulating the soft tissues of the body to have specific effect. Its objective is the restoration of function, release of tension and the re-establishment of the contours where this is desirable.
- A manipulation or handling of the soft tissues by movable pressure in the form of stroking, rubbing, pinching, kneading, or beating performed with a therapeutic aim. This is generally applied by hand, but can, of course, also be given by means of instruments and apparatus of different kinds.

## MASSAGE TERMS

- **Champo** or **Tshanpau** - To massage or press.
- **Mass** or **Mass'h** - To press softly.
- **Massager** - someone who rubs or kneads parts of the body to stimulate circulation and promote relaxation.
- **Mas'sag'ist** - One who practices massage.
- **Masséed** - The past participle, I masséed a client yesterday.
- **Masseing** - The present participle, I am masseing.
- **Masser** - To massage.
- **Masso** or **Massa** or **Massein** - To touch or handle, to knead or squeeze.
- **Massology** - Study of massage and its techniques.

## MASSAGE POSITIONS

- **Supine** - Face up and bolster under the client's knees.
- **Prone** - Face down and bolster under the client's ankles.
- **Chest support** - Have the client lay supine with a pillow under their chest and the client's head resting on the pillow.
- **Side Lying** - Have the client lay on either side and pillows between legs, under head and hug a pillow.
- **Lateral recumbent** - Named for the side that is down (Left or Right).
- **Side elevated** - Have the client lay either supine or prone and then put pillows under one side of the body.
- **Semi-Reclined** - Pillows under client's head and pillows under client's legs.
- **Sitting** - Have the client sit in the middle of the table with their feet off the table and then place the feet under a chair.
- **Sims position** - The client is lateral recumbent with the upper body prone and the hips and knees flexed.
- **Leg off** - Have the client move to one side of the table and have one of their legs hang off the table.
- **Nest** - Client lays prone with pillows around their stomach and chest and a gap where the client's stomach is.
- **Child pose** - Client sits on their knees (a bolster under their ankles and then a pillow placed in between their glutes and calves for comfort), either on the center of the table or floor.
- **Child down** - Client sits on their knees (a bolster under their ankles for comfort) and then leans over on 3 pillows with no pressure on their stomach, either on the center of the table or floor.

## MASSAGE PROSPECTS

- People that just need to be touched
- Athletes
- People with Disabilities
- Geriatrics
- Infants
- Pediatrics
- People that have had emotional trauma
- Mentally Ill
- Mentally Disabled
- Pregnant women
- People that had an Injury
- People that are stressed
- Just about everybody else



# MASSAGE EMPLOYMENT

- Massage office
- Group practice
- Office in your home
- Physicians' offices & Clinics
- Hospitals & Wellness centers
- Nursing homes/hospices
- Chiropractic offices
- Onsite (Chair massage in offices, airports, public events, etc.)
- Health clubs & Fitness centers
- Sports teams & events (Amateur & professional)
- Spas and resorts
- Hotels
- Beauty & Hair Salons
- Cruise ships
- Workshops / Seminar
- Volunteer (Considered the easy-in & it looks good on your resume)
- At the client's home

## MASSAGE TITLES

- **Certified Massage Practitioner (CMP)** - Depends on the city and state.
- **Certified Massage Therapist (CMT)** - Granted by many massage therapy schools. Even a person who has only taken an eight-hour course can claim to be certified.
- **Licensed Massage Practitioner (LMP)** - Depends on the city and state.
- **Licensed Massage Therapist (LMT)** - Licensing by a state or local government.
- **Massage Practitioner (MP)** - Training is less extensive than that required for certification by schools.
- **Massage Technician (MT)** - Usually a person with fewer hours than required.
- **Massage Therapist (MT)** - Generic term, which does not necessarily imply license or certification.
- **Nationally Certified in Therapeutic Massage and Bodywork (NCBTMB or NCMT)** - The leading national certification exam.
- **Registered Massage Therapist (RMT)** - Voluntary licensing for the use of a specific professional. Rarely used in the United States.
- **Masseur** - Now considered a male prostitute in the United States.
- **Masseuse** - Now considered a female prostitute in the United States.

## COMMON TITLES

**ABT** - Asian Bodywork Therapist  
**AcD** - Acupuncture Doctor (used in Canada)  
**ACT** - Acupuncture Therapist  
**AHP** - Advanced Heller Practice  
**AP** - Acupuncture Physician  
**CA** - Certified Acupuncturist  
**CAMT** - Certified Acupressure Massage Therapist  
**CAC** - Certified Acupuncturist  
**CAT** - Certified Alexander Teacher  
**CBT** - Certified Biofeedback Therapy  
**CBPM** - Certified Bonnie Prudden Myotherapy  
**CHOM** - Certified Homeopathic  
**CLMP** - Certified Licensed Massage Practitioner  
**CHT** - Certified Hypnotherapist  
**CLMT** - Certified Licensed Massage Therapist  
**CMP** - Certified Massage Practitioner  
**CMT** - Certified Massage Therapist  
**CNS** - Certified Nurse Specialist  
**CNP** - Certified Nurse Practitioner  
**CR** - Certified Rolfer  
**CST** - Certified Structural Therapist  
**CTP** - Certified Trager Practitioner

**CVA** - Certified Veterinary Acupuncturist  
**D. Acu** - Doctor of Acupuncture (used in Rhode Island)  
**DAC** - Doctor of Acupuncture  
**DCH** - Doctor of Clinical Hypnotherapy  
**DC** - Doctor of Chiropractic  
**DDS** - Doctor of Dentistry  
**Dipl. ABT** - Diplomate in Asian Bodywork Therapy  
**Dipl. Ac.** - Diplomate in Acupuncture  
**Dipl. CH** - Diplomate in Chinese Herbalism  
**DNBAO** - Diplomate, National Board of Acupuncture Orthopedics  
**DO** - Doctor of Osteopathy  
**DOM** - Doctor of Oriental Medicine  
**DTCM** - Doctor of Traditional Chinese Medicine (used in Canada)  
**HHP** - Holistic Health Practitioner  
**HMP** - Homeopathic Medical Doctor  
**LAc, Lic.Ac.** - Licensed Acupuncturist  
**LMT** - Licensed Massage Therapist  
**LN** - Licensed Nutritionist  
**MAOM** - Master, Art of Oriental Medicine

**MDH** - Medical Doctor of Homeopathy  
**MSOM** - Master, Science of Oriental Medicine  
**MTCM** - Master, Traditional Chinese Medicine  
**MTOM** - Master, Traditional Oriental Medicine  
**MT** - Massage Therapist  
**NCTMB** - Nationally Certified Therapeutic Massage and Bodywork  
**ND** - Doctor of Naturopathy  
**NMD** - Doctor of Naturopathy  
**NT** - Nutritional Counselor  
**OBT** - Oriental Bodywork Therapist  
**OMD** - Oriental Medical Doctor  
**PP** - Polarity Practitioner  
**PT** - Physical Therapist  
**PTA** - Physical Therapist Assistant  
**RCT** - Registered Craniosacral Therapist  
**RAC** - Registered Acupuncturist  
**RPP** - Registered Polarity Practitioner  
**RPT** - Registered Physical Therapist  
**ST** - Somatic Therapist  
**RSHOM** - Registered with the Society of Homeopaths

# POLITICALLY CORRECT

- Correct people nicely when they call you a masseuse.
- Never call your table a bed.
- Never call your place of business a massage parlor.
- Use the word massage, not the word rub.
- Consider using the phrase residential massage when referring to house calls.
- When talking to a relative, try not to say, "I love you," because you could get in a habit of saying it and accidentally say it to your client.
- Instead of using misleading and suggestive terms such as full-body massage, describe it as a full-hour relaxation treatment, or use other terminology, which accurately and neutrally explains what you do.
- When referring to certain anatomical parts, be careful to use terms that are not suggestive, examples that are more obvious are terms such as gluteal area versus butt, breast tissue instead of boobs and inguinal area or groin instead of crotch.
- Try to call your place of business a clinic, not a shop.
- Do not say that you are going to go do someone, say you are going to give a massage.
- Do not say that you can heal someone, say that you could help someone.
- The person you massage is a client, not a patient.
- Try to say the name of the muscles as much as possible.

# THE BAD CLIENT

- Do not give massages too late; you will be more likely to get weird phone calls if they know you are open late.
- If you have sexual feelings for a client, stop giving them massages at your place of business.
- Do only house calls to people you know and to respectable hotels. Let someone know when you will be done.
- Do not display your insurance certificate on the wall.
- Prevent straying strokes. When working areas such as the medial thigh, gluteal tuberosity, the sacrum, or the subclavicular area, strokes must not stray, even accidentally. The slightest slip in these areas would be invasive and inappropriate, and they could give the client the wrong message about your intentions.
- Session Termination Procedure is something you need to comply with when a client goes over your boundaries.
- Leave the massage room immediately if you feel uncomfortable.
- Explain to the client to get dress and leave your clinic immediately.
- Notify the client of the session termination in writing.
- Have caller I.D.
- Ask for a phone number when someone calls for an appointment.
- Tell the first time client that you will call a day before the appointment to verify it.
- When a client is looking for more than a massage, nine out of ten times the number that the client gives you will be wrong.
- It all depends on the therapist, but you can still charge the client the full amount if they break your boundaries.
- Have the client leave the premises if you feel uncomfortable.
- Document the session termination in writing and keep in their file.
- Inform the authorities if it was severe or you feel violated.
- If you want, you can inform other therapists about the incident.

# HEALTH & SAFETY

Occupational Safety Health Administration: Requires all health care professionals who may be exposed to body fluids or wastes to adopt a plan to prevent the exposure of spreading blood or fluid-borne pathogenic microorganisms. The mission of the Occupational Safety and Health Administration (OSHA) is to save lives, prevent injuries and protect the health of America's workers. To accomplish this, federal and state governments must work in partnership with the more than 100 million working men and women and their six and a half million employers who are covered by the Occupational Safety and Health Act of 1970.

1. Clean your table & massage chair with mild cleaner, such as dishwashing detergent and water, also you can the three worst substances for vinyl are oils, isopropyl alcohol and chlorine bleach...any heat or cold with shorten the life of the table...get a carrying case.
2. Bathing/showering daily.
3. Keeping teeth and gums healthy; visiting a dentist regularly.
4. Keeping breath pleasant.
5. Keeping hair clean and in an appropriate hairstyle.
6. Avoiding strong fragrances.
7. Use corrective hand washing techniques.
8. Keeping hands smooth and soft.
9. Short, clean, no polish nails.
10. Women: wearing appropriate makeup.
11. Men: shaving as often as necessary or keeping the beard and mustache trimmed.
12. Avoiding gum chewing or smoking.
13. Keeping the face clean and blemish-free.
14. Practicing rules of sanitation.
15. Regular physical exams.
16. Following physical fitness and a relaxation regimen.
17. Eating a well-balanced diet and maintaining normal weight.
18. Maintain good posture and body mechanics.
19. Wearing appropriate clothing.
20. Well ventilation rooms.
21. Be "First Aid" and "CPR Certified".
22. Provide safe entryways and passages.
23. Assist clients on and off massage table if needed.
24. Exterminate all insects and rodents.
25. Use vinyl gloves if you have any open areas on your hands.
26. Clean equipment at the start of each day and clean your table every time.
27. Use only clean sheets.
28. Use only closed dispenser-type containers.
29. Do not perform massage if you are sick.
30. Avoid massaging clients that are contagious.
31. No rings or jewelry on wrists.
32. Wear sweatbands if you perspire heavy.
33. Remove all trash daily.
34. Comply with all state rules.
35. Have current liability insurance.
36. Have a fire extinguisher and smoke alarms.
37. Lighted exit signs.
38. Non-slip floor.
39. Wheel chair accessible.
40. Lever-style door handles.
41. Adjustable volume control on public phones.
42. Emergency phone #'s by phone.
43. Street address outside building.
44. Maintain all equipment.
45. Have your place of business free from clutter.
46. Be aware of contraindications and endangered sites.

# **NCBTMB**

“National Certification Board for Therapeutic Massage and Bodywork”

8201 Greensboro Drive

Suite 300

Mclean, VA 22102

Monday - Friday between 8:30am and 5:00pm EST

1 (703) 610-9015 or 1 (703) 245-8046, to receive information 1-800-296-0664

[Info@ncbtmb.com](mailto:Info@ncbtmb.com) [www.ncbtmb.com](http://www.ncbtmb.com) Web site of test locations: [www.2test.com](http://www.2test.com)

You can order the booklet (For Free) or just view it on-line.

**Free Test:** [connection.LWW.com/go/ashton](http://connection.LWW.com/go/ashton)

## **“EXAMINATION CONTENT”**

(The content and rules for the test can change, please go to the web site for current information)

### **Human Anatomy, Physiology, and Kinesiology (27 %) (41 Questions)**

#### **1. Western**

Major systems; location and function  
Integumentary system  
Skeletal system  
*Muscular system*  
*Nervous system*  
Endocrine system  
Cardiovascular system  
Lymphatic and immune system  
Respiratory system  
Digestive system  
Urinary system  
Reproductive system  
Craniosacral system

#### **2. Biomechanics and kinesiology**

Efficient and safe movement patterns  
Proprioception  
Basic principles of biomechanics and kinesiology  
Basic medical terminology

#### **3. Non-Western**

Traditional Chinese Medicine  
Primary meridians and organ physiology  
Extraordinary meridians - conception and governing vessels  
Five element theory  
Other energetic systems

### **Clinical Pathology and Recognition of Various Conditions (20 %) (30 Questions)**

#### **1. History and client intake process**

Emotional states and stress leading to disease  
History of abuse and trauma related to disease and recovery  
Impact of client medical history on disease and recovery  
Effects of life stages on basic health and well-being

#### **2. Disease and injury related conditions**

Signs and symptoms of disease of the major systems of the body;  
indications and contraindications  
Physiological changes and healing mechanisms

### **Massage Therapy / Bodywork: Theory, Assessment & Application (41 %) (61 Questions)**

#### **1. Assessment**

Effects of gravity  
Integration of structure and function  
Use of palpation for assessment of craniosacral pulses, energy blockages, and bony landmarks  
Somatic holding patterns in clients  
Using visual cues in assessing clients  
Conventional Western medical approaches to client's illness  
Structural compensatory patterns  
Interview techniques

#### **2. Application**

Sites to avoid on client's body  
Proper client draping and positional support  
Physiological and emotional effects of touch on client  
Effective and appropriate responses to client's emotional needs  
Universal precautions  
Use of appropriate verbal and non-verbal communication skills with client  
Physiological changes brought about by touch therapy during session  
Practitioner's self-awareness during a session  
Using strategies to plan single and multiple client sessions  
Use of manual contact & manual manipulation to affect soft tissue, connective tissue, fascia, joints, and the energy system  
Use of joint mobilization techniques  
Use of terms related to quality of movement  
Using & teaching basic principles of posture & client kinesthetic awareness  
Hydrotherapy  
CPR \ First aid

#### **3. Touch therapy modalities**

#### **4. Holistic principles**

Energetic effects of nutrition  
Stress management/relaxation techniques  
Corrective exercises for clients  
Principles of nutrition and its impact on health maintenance  
Principles of holistic practice  
Practitioner kinesthetic awareness

### **Professional Standards, Ethics, and Business Practices (12 %) (18 Questions)**

- NCBTMB Code of Ethics
- Confidentiality of client information
- Effective inter-professional communication (e.g., doctors, chiropractors, nutritionists, and counselors)
- Use of proper income reporting procedures
- Basic business and accounting practices
- Session record keeping practices
- Scope of practice: legal & ethical parameters

## National Certification Examination Requirements to Change in 2004/05; NCBTMB Dictates New Hour Requirements for A&P and Pathology

The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) has announced that eligibility requirements for candidates wishing to take the National Certification Examination for Therapeutic Massage and Bodywork (NCBTMB) will change in late 2004/early 2005. A specific date has not yet been announced.

In addition, the board announced it will offer a second credential and exam, the National Certification Examination for Therapeutic Massage (NCETM), which will omit references to bodywork and Asian modalities.

The criteria for qualifying for either of the exams are identical. While not increasing the minimum of 500 hours required to sit for the exam, the changes do stipulate how 65 of those hours must be spent:

- 125 hours of in-class supervised instruction in the body's systems, kinesiology, and anatomy & physiology (increased from 100 hours).
- 200 hours of in-class, supervised instruction in massage and bodywork assessment, theory, and application.
- 40 hours of in-class, supervised instruction in pathology (increased from no requirement).
- 10 hours of in-class instruction in business and ethics with a minimum of six hours in ethics (increased from a minimum of two hours of ethics).
- 125 hours of additional in-class, supervised instruction in an area or related field that theoretically completes your massage program of study.

### From [www.thebodyworker.com](http://www.thebodyworker.com)

The idea of having a national certification board was initiated by AMTA (American Massage Therapy Association) in 1988. AMTA gave \$150,000 and later another \$75,000 from their general funds to create an exam that was initially an entrance exam for AMTA potential members. Sometime and somehow, in 1989, the intentions changed and it became a national exam.

In April of 1989, 60 massage therapists signed and sent a joint initiative to AMTA to stop the process until more information could be gathered regarding whether or not national certification was necessary for the profession. This was rejected by AMTA.

A steering committee was chosen by 4 AMTA officers. It consisted of 2 members of AMTA who initially proposed this action, Susan Rosen of Washington and Susanne Carlson of Oregon. Within the committee, 7 out of 9 members were AMTA members.

In May 1990, the steering committee declared that it was now separate from AMTA.

Massage Magazine in Jan/Feb 1991 reports that there were never any studies, surveys or reports done that established a need for certification.

There was a survey of AMTA members asking whether or not they supported the action, but not if the thought national certification was needed. 1,420 AMTA members responded of which 1,042 said they supported national certification. At the time there were approximately 60,000 therapists nationwide.

National Certification was developed in an attempt to bring credibility to the profession. Its intentions were to improve the status and image of the bodywork community. The exam would certify that certain educational and professional standard were met. The educational requirements were the bare minimum thought to be needed to practice massage. The exam is based on a study done to find out what practitioners do and what they need to know.

The national certification board has created an entry level test. It does not mean those therapists who take it will be a good therapist. It has not eliminated prostitution or the idea the massage is often equated with prostitution. It does not mean that the therapist will know what to do when they work on your herniated disc or other injury. It does not eliminate having to be fingerprinted (in some cities) or get a massage parlor license to set up a massage business.

The test questions were supposedly made after doing a survey of what therapists do in their practices. It claims to have based the questions on what current therapists have been using in their practice. I would love to see how the survey was done and who it was sent to. How long have these people been in practice? What information did they learn after massage school?

The test itself is questionable as it includes topics such as meridians, chakras, other types of therapies such as Ayurvedic medicine, what color your organs are on an energetic level. I feel these do not have anything to do with doing basic massage.

What it does do, it protects the massage profession from being regulated by other professionals such as doctors, chiropractors and physical therapists. It does often give credibility to a therapist in a state that doesn't have any regulations and states where the legislative members are uneducated about massage. There are still some cities/towns that have zoning laws restricting the practice of massage in certain areas. There are also some places where massage is still equated with the practice of prostitution.

## HIPPOCRATIC OATH

I swear by Apollo the Physician and Asclepius and Hygieia and Panacea and and I take to witness all the gods, all the goddesses, to keep according to my ability and my judgment, the following Oath.

To consider dear to me as my parents him who taught me this art; to live in common with him and if he is in need of money to give him a share of mine, and to look upon his children as my own brothers, to teach them this art if they so desire without fee or written promise; to impart to my sons and the sons of the master who taught me and the disciples who have enrolled themselves and have agreed to the rules of the profession, but to these alone the precepts and the instruction.

I will apply dietetic measures for the benefit of the sick according to my ability and judgment; I will keep them from harm and injustice.

I will neither give a deadly drug to anybody who asked for it, nor will I make a suggestion to this effect. Similarly I will not give to a woman an abortive remedy. In purity and holiness I will guard my life and my art.

I will not use the knife, not even on sufferers from stone, but will leave this operation to be performed by practitioners, specialists in this art.

Whatever houses I may visit, I will come for the benefit of my patients, remaining free of all intentional injustice, of all mischief and in particular of sexual relations with both female and male persons, be they free or slaves.

What I may see or hear in the course of the treatment or even outside of the treatment in regard to the life of men, which on no account one must spread abroad, I will keep secret and will never reveal.

If I fulfill this oath and do not violate it, may it be granted to me to enjoy life and art, being honored with fame among all men for all time to come; if I transgress it and swear falsely, may the opposite of all this be my lot.

### **The Code of Ethics of the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)**

- Have a sincere commitment to provide the highest quality of care to those that seek their professional services.
- Represent their qualifications honestly, including their educational achievements and professional affiliations, and will provide only those services which they are qualified to perform.
- Accurately inform clients, other health care practitioners, and the public of the scope and limitations of their discipline.
- Acknowledge the limitations of and contraindications for massage and bodywork and refer clients to appropriate health professionals.
- Provide treatment only where there is reasonable expectation that it will be advantageous to the client.
- Consistently maintain and improve professional knowledge and competence, striving for professional excellence through regular assessment of personal and professional strengths and weaknesses and through continued education training.
- Conduct their business and professional activities with honesty and integrity, and respect the inherent worth of all persons.
- Refuse to unjustly discriminate against clients or other health professionals.
- Safeguard the confidentiality of all client information, unless disclosure is required by law, court order, or is absolutely necessary for the protection of the public.
- Respect the client's right to treatment with informed and voluntary consent. The NCTMB practitioner will obtain and record the informed consent of the client, or client's advocate, before providing treatment. This consent may be written or verbal.
- Respect the client's right to refuse, modify, or terminate treatment regardless of prior consent given.
- Provide draping and treatment in a way that ensures the safety, comfort and privacy of the client.
- Exercise the right to refuse to treat any person or part of the body for just and reasonable cause.
- Refrain, under all circumstances, from initiating or engaging in any sexual conduct, sexual activities, or sexualizing behavior involving a client, even if the client attempts to sexualize the relationship.
- Avoid any interest, activity or influence which might be in conflict with the practitioner's obligation to act in the best interests of the client or the profession.
- Respect the client's boundaries with regard to privacy, disclosure, exposure, emotional expression, beliefs, and the client's reasonable expectations of professional behavior. Practitioners will respect the client's autonomy.
- Refuse any gifts or benefits which are intended to influence a referral, decision, or treatment that are purely for personal gain and not for the good of the client.
- Follow all policies, procedures, guidelines, regulations, codes, and requirements promulgated by the National Certification Board for Therapeutic Massage and Bodywork.

# COMPLEMENTARY AND ALTERNATIVE HEALTH CARE

## Client Bill of Rights

Please read this Complementary and Alternative Health Care Client Bill of Rights.

I am pleased to provide you with this Client Bill of Rights, in accordance with Minnesota laws, Statute 146A, governing complementary and alternative health care practices.

**1. Name, Title and Business Telephone Number** \_\_\_\_\_

**My services are available at:** (Practice address) \_\_\_\_\_

**2. Degrees, Training, Experience and Qualifications** \_\_\_\_\_

In accordance with Minnesota state law, I am providing you with the following notice:

" THE STATE OF MINNESOTA HAS NOT ADOPTED ANY EDUCATIONAL AND TRAINING STANDARDS FOR UNLICENSED COMPLEMENTARY AND ALTERNATIVE HEALTH CARE PRACTITIONERS. THIS STATEMENT OF CREDENTIALS IS FOR INFORMATION PURPOSES ONLY. UNDER MINNESOTA LAW, AN UNLICENSED COMPLEMENTARY AND ALTERNATIVE HEALTH CARE PRACTITIONER MAY NOT PROVIDE A MEDICAL DIAGNOSIS OR RECOMMEND DISCONTINUATION OF MEDICALLY PRESCRIBED TREATMENTS. IF A CLIENT DESIRES A DIAGNOSIS FROM A LICENSED PHYSICIAN, CHIROPRACTOR OR ACUPUNCTURE PRACTITIONER, OR SERVICES OF A PHYSICIAN, CHIROPRACTOR, NURSE, OSTEOPATH, PHYSICAL THERAPIST, DIETITIAN, NUTRITIONIST, ACUPUNCTURE PRACTITIONER, ATHLETIC TRAINER OR ANY OTHER TYPE OF HEALTH CARE PROVIDER, THE CLIENT MAY SEEK SUCH SERVICES AT ANY TIME."

**3. Practitioner's supervisor.** (Name, business address, telephone number of supervisor, if any; with notice that the client has the right to file a complaint with the practitioner's supervisor, and procedure for filing complaints.)

**4. Right to file a complaint.** If you have any concerns, you may file a complaint with the following office:

**Office of Complementary and Alternative Practice (OCAP)**

**Minnesota Department of Health**

P.O. Box 64975, Suite 400

Metro Square Building

St. Paul, MN 55164

651-282-5623

(This number may be changed after July 1, 2001; general info at DOH is 651-215-5800)

**5. Fees per unit of service, method of billing, names of insurance companies with reimbursement to practitioner, HMO relationships, whether practitioner accepts Medicare, medical assistance, or general assistance medical care; whether willing to accept partial payment or waive payment and in what circumstances.** (For example: Fees are payable at the time of service. If you are unable to pay the full fee at the time of service, a payment plan can be arranged. This plan must be agreed to in writing prior to the provision of services. In order to receive services, you must be current with your payment plan arrangement we do not handle insurance claims; however, a receipt will be provided to you, should you wish to file a claim with your provider. I do not accept Medicare, Medical Assistance or General Assistance medical care.)

**6. Change in service or charges.** You have the right to reasonable notice of changes in services or charges, and I will provide prior notice of any changes.

**7. Brief summary of my Theoretical Approach.** \_\_\_\_\_

**8. Assessment and Recommendations.** You have the right to complete and current information concerning my assessment and recommended service, including the expected duration of the services to be provided. If you have any questions, please ask.

**9. Courteous Service.** You may expect courteous treatment and to be free from verbal, physical or sexual abuse by your practitioner.

**10. Confidentiality.** Your records and transactions with this office are confidential. This information will not be released unless you authorize release in writing, or unless release is required by law.

**11. Records.** You are allowed access to records and written information from records in accordance with section 144.335 of Minnesota Statutes. (Post in office and, if possible, attach "Access to Health Records Practices and Rights" notice available from the MN Department of Health (651)-282-6314.)

**12. Other Community Services.** Other similar services are available in the community. Possible sources of information are Minnesota Wellness Directory, the Edge newspaper directory, or the telephone yellow pages. You may ask your practitioner and she will provide this information to the best of her knowledge.

**13. Selecting and Changing Practitioners.** You have the right to choose freely among available practitioners and to change practitioners after services have begun, within the limits of health insurance, medical assistance or other health programs. If these services are covered by your health insurance, medical assistance plan or other health program, you should direct all questions about coverage to your health insurance provider.

**14. Coordinated transfer.** If you change practitioners, you have the right to our assistance in coordinating this transfer to another practitioner.

**15. Right to Refuse Service.** You are free to refuse services or treatment unless otherwise provided by law.

**16. No Retaliation.** You may assert your rights described in this Client Bill of Rights at any time without retaliation.

### ACKNOWLEDGMENT

I have received a copy of the Complementary and Alternative Client Bill of Rights. I have read and understand the Client Bill of Rights, or it has otherwise been read to me. I have had a full opportunity to ask any questions. I have about this document and my rights as a client. I understand my rights as a client.

Client or Legal Guardian's Name Printed \_\_\_\_\_ Date \_\_\_\_\_

Client or Legal Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

# CODE OF ETHICS

“Guided moral principals that governs one’s course of action”

(Everyone has different Code of Ethics, but here are a few)

**Client Abuse** - Physical or emotional harm sustained by the client due to deliberate acts of the therapist.

**Client Neglect** - Physical or emotional harm sustained by the client due to lack of knowledge or sensitivity on the therapist’s part.

**Ethics** - Study of standards of conduct and moral judgment; this system or code of morals of a particular person, religion, group, profession, etc.

**Legal boundaries** - Deal with the law and the rules and regulations that are set up by each state, city or county.

**Professional boundaries** - Determined by many things such as your type of practice, your business rules and practices.

**Personal boundaries** - Everything that determines your safety zone.

1. Commitment to quality care.
2. Represent qualifications honestly.
3. Inform clients of our limitations (cannot diagnosis).
4. Acknowledge clients about contraindications.
5. Provide treatment only with reasonable expectations.
6. Maintain and improve professional knowledge.
7. Conduct business and professional activities honestly.
8. Do not discriminate against clients or other professionals.
9. Confidentiality of clients.
10. Respect client’s right to treatment.
11. Respect client’s right to refuse.
12. Provide adequate draping.
13. Refuse to treat any client or part of the body.
14. Refrain from sexual contact.
15. Avoid any interest or activity that might be in conflict with our obligations.
16. Respect client’s boundaries.
17. Refuse any gifts that are intended to persuade you to act against your morals.
18. Follow all policies, procedures, guidelines, codes, and regulations.
19. If you want them to come back for more treatments, practice what you preach.
20. There are others...

# CLIENTS BILL OF RIGHTS

“Rights of the client”

(Everyone has different Clients Bill of Rights, but here are a few)

**Complimentary Alternative Medicine Law** - Client’s Bill of Rights, which is signed by the client and kept in their file.

**Informed consent** - Letting your clients know what to expect before and after a massage, and what you are doing during a session, will help them feel more at ease. Known today as "Patient's Rights."

1. Provide a clean and sanitized environment.
2. Schedule a minimum of 15 to 30 minutes between appointments.
3. Provide a basket or place for their jewelry.
4. Refrain from asking personal questions.
5. Refrain from commenting on a client’s physical appearance.
6. Refrain from using high-pressure selling tactics.
7. Will provide adequate draping.
8. Refrain from hugging client.
9. Refrain from making sexual jokes or talking about sex.
10. Respect a client’s comfort level.
11. Therapist will dress professionally.
12. Try to refrain from inflicting pain.
13. Refrain from dating a client.
14. Refrain from engaging in sexual activities with a client.
15. Respect client’s confidentiality.
16. Will give only inexpensive gifts that relate to massage therapy & relaxation.
17. Therapist will not accept expensive gifts from clients.
18. Anything that you do, or that is done to you, must occur with your informed consent.
19. You have the right to withdraw your consent at any time, without notice.
20. Therapist will only make house call from referred clients and reputable hotels.
21. There are others...

## **Danger signs**

- **Verbal complaint** from a dissatisfied patient or client, with a threat of taking things further
- **Letter of complaint** alleging dissatisfaction, neglect, error or omission
- **Client not showing up** for a subsequent treatment without explanation or further contact
- **Client or patient refusing to settle** or delaying settlement of your account for an unreasonable period
- **Request for a refund** of fees because the treatment has not worked or met with expectations, or is stated as having caused harm in some way

# STATE REGULATIONS

Rules can change at any time, so check anyways! The States that are not listed do not have any regulations as of yet.

Check with you city, county or town for further information.

[www.healingandlaw.com](http://www.healingandlaw.com) [www.massagemag.com](http://www.massagemag.com)

1. **Alabama** (Board of Massage) - 600 hours, written exam, NCBTMB (1996) [www.almtbd.state.al.us](http://www.almtbd.state.al.us)
2. **Arkansas** (Board of Massage) - 500 hours, NCBTMB or state exam (1951)  
[www.state.ar.us/directory/detail2.cgi?ID=1011](http://www.state.ar.us/directory/detail2.cgi?ID=1011)
3. **Arizona** - 500 to 700 hours, NCBTMB (2003) [www.massagetherapy.az.gov](http://www.massagetherapy.az.gov)
4. **California** - Complimentary Alternative Medicine Law (2000) [www.abundanthealth.com/art-ms.html](http://www.abundanthealth.com/art-ms.html)  
[www.rambleuse.com/blogger/](http://www.rambleuse.com/blogger/) [info.sen.ca.gov/cgi-bin/pagequery?type=sen\\_bilinfo&site=sen&title=Bill+Information](http://info.sen.ca.gov/cgi-bin/pagequery?type=sen_bilinfo&site=sen&title=Bill+Information)
5. **Connecticut** (Department of Public Health) - 500 hour, NCBTMB (1993) [www.ct-clic.com/trantype.asp?code=808](http://www.ct-clic.com/trantype.asp?code=808)
6. **Delaware** (Board of Massage and Bodywork) - 500 hours Therapist, 100-hour tech, NCBTMB (1993)  
[www.professionallicensing.state.de.us/boards/massagebodyworks/index.shtml](http://www.professionallicensing.state.de.us/boards/massagebodyworks/index.shtml)
7. **Florida** (Department Of Health) - 500 hours, NCBTMB (1943)  
[www.doh.state.fl.us/mqa/massage/ma\\_home.html](http://www.doh.state.fl.us/mqa/massage/ma_home.html)
8. **Georgia** (Board of Massage) - 500 hours, NCBTMB (2005)
9. **Hawaii** (Department of Commerce and Consumer Affairs: Division of Professional and Vocational Licensing) - 570 hours, NCBTMB (1947) [www.state.hi.us/dcca/pvl/areas\\_massage.html](http://www.state.hi.us/dcca/pvl/areas_massage.html)
10. **Illinois** - 500 hours, NCBTMB (2002) [www.amta-il.org](http://www.amta-il.org)
11. **Iowa** (Bureau of Professional Licensure: Massage Therapy Board) - 500 hours, NCBTMB (1992)  
[www.idph.state.ia.us/licensure](http://www.idph.state.ia.us/licensure)
12. **Kentucky** - 500 hours, NCBTMB (2003) (502) 564-3296
13. **Louisiana** (Louisiana board of Massage ) - 500 hours, NCBTMB (1992) [www.lsbmt.org](http://www.lsbmt.org)
14. **Maine** (Office of Licensing and Registration) - 500 hours, or NCBTMB (1991)  
[www.state.me.us/pfr/olr/categories/cat26.htm](http://www.state.me.us/pfr/olr/categories/cat26.htm)
15. **Maryland** (Board of Chiropractic Examiners) - 500 hours, NCBTMB (1998) [www.mdmassage.org/](http://www.mdmassage.org/)
16. **Minnesota** - Complimentary Alternative Medicine Law (2001)  
[www.minnesotanaturalhealth.org/bills/statute.htm](http://www.minnesotanaturalhealth.org/bills/statute.htm) [www.revisor.leg.state.mn.us/cgi-bin/getbill.pl?session=ls83&version=latest&number=SF689&session\\_number=0&session\\_year=2003](http://www.revisor.leg.state.mn.us/cgi-bin/getbill.pl?session=ls83&version=latest&number=SF689&session_number=0&session_year=2003)
17. **Mississippi** - 700 hours (2001) [www.msbmt.state.ms.us](http://www.msbmt.state.ms.us)
18. **Missouri** (State board of Therapeutic Massage) - 500 hours, NCBTMB (1998)  
[www.ded.mo.gov/regulatorylicensing/professionalregistration/massagetherapy/](http://www.ded.mo.gov/regulatorylicensing/professionalregistration/massagetherapy/)
19. **Nebraska** (Health and Human Services) - 1,000 hours, NCBTMB (1958)  
[www.hhs.state.ne.us/crl/mhcs/mass/massage.htm](http://www.hhs.state.ne.us/crl/mhcs/mass/massage.htm)
20. **Nevada** - 500 hours, submit to a full background check, and pass a written exam "accredited by the National Commission for Certifying Agencies." [www.leg.state.nv.us/73rd/Reports](http://www.leg.state.nv.us/73rd/Reports)
21. **New Hampshire** (Employment Security) - 750 hours, NCBTMB (1980)  
[www.nhes.state.nh.us/elmi/licertoccs/massa01.htm](http://www.nhes.state.nh.us/elmi/licertoccs/massa01.htm)
22. **New Jersey** (Board of Nursing) - 500hrs or NCBTMB (1999) [www.state.nj.us/lps/ca/medical.htm](http://www.state.nj.us/lps/ca/medical.htm)
23. **New Mexico** (Massage Therapy Board) - 650 hours, NCBTMB (1991)  
[www.state.nj.us/lps/ca/medical.htm](http://www.state.nj.us/lps/ca/medical.htm)
24. **New York** (Office of Professions) - 1000 hours, NCBTMB (1967) [www.op.nysed.gov/massage.htm](http://www.op.nysed.gov/massage.htm)
25. **North Carolina** (Board of Massage) - 500 hours, NCBTMB (1999) [www.bmbt.org](http://www.bmbt.org)
26. **North Dakota** - 750 hours, written / practical exam (1959) [www.ndboardofmassage.com](http://www.ndboardofmassage.com)



27. **Ohio** (State of Ohio Medical Board) - 600 hours, written exam (1916) [www.bmbt.org/](http://www.bmbt.org/)
28. **Oregon** (Board of Massage) - 500 hours, NCBTMB (1999) [www.oregonmassage.org](http://www.oregonmassage.org)
29. **Rhode Island** (Health Professions Regulations) - 500 hours, NCBTMB (1980)  
[www.healthri.org/hsr/professions/massage.htm](http://www.healthri.org/hsr/professions/massage.htm)  
[www.dlt.ri.gov/lmi/jobseeker/license1.htm#MASSAGE%20THERAPIST](http://www.dlt.ri.gov/lmi/jobseeker/license1.htm#MASSAGE%20THERAPIST)
30. **South Carolina** (Department of Labor, Licensing and Regulation) - 500 hours, NCBTMB (1997)  
[www.llr.state.sc.us/POL/MassageTherapy/](http://www.llr.state.sc.us/POL/MassageTherapy/)
31. **South Dakota** (Department of Health) - 500 hours, NCBTMB (2005) [www.state.sd.us](http://www.state.sd.us)  
[www.state.sd.us/doh](http://www.state.sd.us/doh)
32. **Tennessee** (Massage Licensure Board) - 500 hours, NCBTMB (1995)  
[www2.state.tn.us/health/Boards/Massage/index.htm](http://www2.state.tn.us/health/Boards/Massage/index.htm)
33. **Texas** (Department of Health) - 250 hours, 50-hour intern, written / practical exam (1985)  
[www.tdh.state.tx.us/hcqs/plc/massage.htm](http://www.tdh.state.tx.us/hcqs/plc/massage.htm)
34. **Utah** (Occupational and Professional licensing) - 600 hours experience and exam (1981)  
[www.dopl.utah.gov/licensing/massage.html](http://www.dopl.utah.gov/licensing/massage.html)
35. **Virginia** (Board of Nursing) - 500 hours, NCBTMB (1996) [www.dhp.state.va.us/nursing/default.htm](http://www.dhp.state.va.us/nursing/default.htm)
36. **Washington** (State Dept of Health) - 500 hours, NCBTMB (1976)  
[www.doh.wa.gov/Massage/default.htm](http://www.doh.wa.gov/Massage/default.htm)
37. **West Virginia** (Massage Therapy Licensure Board) - 500 hours, or NCBTMB (1998)  
[www.wvmassage.org](http://www.wvmassage.org)
38. **Wisconsin** (Dept of Regulation and licensing) - 600 hours, NCBTMB (1999)  
[www.drl.state.wi.us/Regulation/applicant\\_information/dod2000.html](http://www.drl.state.wi.us/Regulation/applicant_information/dod2000.html)

**British Columbia** - 3000 hours, both written / practical exams (604) 736-3404  
**District of Columbia** (Boards and Commissions) - 500 hours, NCBTMB (1999) [obc.dc.gov/services/profiles\\_m.shtm](http://obc.dc.gov/services/profiles_m.shtm)  
**Newfoundland/Labra** - 2,200 hours, both written / practical exams (709) 739-7181  
**Ontario** - 2,200 hours, both written / practical exams (416) 489-2626

#### National Board States (As of June 2005)

- |                |                         |               |                 |                |                    |                  |                   |
|----------------|-------------------------|---------------|-----------------|----------------|--------------------|------------------|-------------------|
| 1. Alabama     | 5. District of Columbia | 8. Iowa       | 12. Maryland    | 16. New        | 20. North Carolina | 24. South Dakota | 28. Washington    |
| 2. Arizona     | 6. Florida              | 9. Kentucky   | 13. Mississippi | 17. Hampshire  | 21. Oregon         | 25. Tennessee    | 29. West Virginia |
| 3. Connecticut | 7. Illinois             | 10. Louisiana | 14. Missouri    | 18. New Jersey | 22. Rhode Island   | 26. Utah         | 30. Wisconsin     |
| 4. Delaware    |                         | 11. Maine     | 15. Nebraska    | 19. New Mexico | 23. South Carolina | 27. Virginia     |                   |

**Please note:** The above listings and the Practice Laws Information Guide on the following pages reflect information available at the time of publication. Please contact each board directly to obtain the most current information. For the states not listed above, refer to local or county government.

There are some 3,100 counties and 7,200 cities, towns, townships, and villages in the United States, as listed in County Executive Directory and Municipal Executive Directory (Carroll Publishing Co., Washington, DC, updated several times a year). Your local public library should have these or similar directories. You can easily and quickly obtain contact addresses and phone numbers for any local or county official, sometimes just by telephoning your library. Usually the city attorney, mayor, or county commissioner's office is the contact which will provide direct information about the regulation of massage practice.

For additional information, contact the AMTA chapter in the state. It may also be helpful to contact an AMTA massage therapist practicing in the locality.

Local laws may apply even in states with statewide licensing. In addition to massage ordinances and statutes, local business and zoning laws must be checked before setting up a massage practice.

If you experience difficulty in contacting any of the above state boards, please call AMTA for assistance at (847) 864-0123.

### CANADIAN PROVINCE LINKS

**Alberta**  
[http://209.61.238.11/~admin18/contact\\_us.html](http://209.61.238.11/~admin18/contact_us.html)  
**British Columbia**  
[www.cmtbc.bc.ca](http://www.cmtbc.bc.ca)  
**Manitoba**  
[www.mtam.mb.ca](http://www.mtam.mb.ca)  
**New Brunswick**  
[info@massagemassotherapie.nb.ca](mailto:info@massagemassotherapie.nb.ca)  
**Newfoundland & Labrador**  
[www.nlmta.ca](http://www.nlmta.ca)

**Northwest Territories**  
[rbeatch@tamarack.nt.ca](mailto:rbeatch@tamarack.nt.ca)  
**Nova Scotia**  
[assaociation@pathfinder-group.com](mailto:assaociation@pathfinder-group.com)  
**Ontario**  
[www.cmto.com](http://www.cmto.com)  
**Quebec**  
 514-597-0505 poste 232  
**Saskatchewan**  
[www.gpfn.sk.ca/health/groups/mtas.html](http://www.gpfn.sk.ca/health/groups/mtas.html)

# FEMALE vs. MALE

Please prove me wrong with these statements!

- |   |  |
|---|--|
| <ol style="list-style-type: none"><li>1. About 20% of the clients will be men and 80% will be women.</li><li>2. Around 20% of the therapists will be male and 80% will be female.</li><li>3. There are more male teachers than female teachers.</li><li>4. There are a lot more women working in spas as a massage therapist than men are.</li><li>5. When a client prefers deeper pressure, they tend to go to a male.</li><li>6. When a client prefers lighter pressure, they tend to go to a female.</li><li>7. Females can be close to equal with strength as long as they use their body weight.</li><li>8. I have had women make me close to tears on the table.</li><li>9. Males are said to have a 50% harder time breaking into the massage field.</li><li>10. Usually first time client prefers a female therapist.</li><li>11. Every now and then, you will get a phone call specifying only a female therapist.</li></ol> | <ol style="list-style-type: none"><li>12. Women tend to have more of a nurturing hand.</li><li>13. Men tend to have a heavy hand.</li><li>14. Women are more likely to burn out because of the physical strength involved.</li><li>15. Women are more likely to get involved in energy work.</li><li>16. More men have developed massage styles.</li><li>17. Males have to take twice as many precautions with the opposite sex.</li><li>18. A happily married male therapist tends to not stray with his thoughts about the opposite during the massage.</li><li>19. Female therapists are more likely to be asked out by the male client.</li><li>20. Male therapists are more likely to be asked out by the male client.</li><li>21. Women therapists tend to ask more questions over the phone to the male client to make sure it will be a therapeutic massage.</li></ol> |
|---|--|

# SYMPTOMS OF BURNOUT

Know the signs, before the signs find you.

Massage therapists and bodyworkers aren't that different from any other group of professionals. Our ranks include above-average, average, and below-average performers; some are obviously intelligent, while others are obviously less so; some are tactful, some are tactless; some are successful and some are struggling to get by - just like any other group of professionals!

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| <ol style="list-style-type: none"><li>1. Are you friends with some of your clients?</li><li>2. Are you making the money that you need to pay the bills, save, pay your taxes, and go on a nice vacation?</li><li>3. Do you find yourself canceling clients at the last minute, because you do not feel like working?</li><li>4. Do you feel obligated to come in on your day off for clients who are injured or call at the last minute?</li><li>5. Do you often work more than the scheduled time to try to get the client feeling better?</li><li>6. Do you expect a tip or other compensation? How does it make them feel? It may make them feel uncomfortable because they now never know how long a session really is and they may feel confused as to how much to pay you.</li></ol> | <ol style="list-style-type: none"><li>7. Do you feel frustrated when you cannot help a client and is your main treatment goal to help a client?</li><li>8. Do you give too many discounts?</li><li>9. Do you feel like you would miss your clients when they move on or you do?</li><li>10. Do you see clients socially or do they call you at home?</li><li>11. How does being friends affect your treatments or how does the client feel?</li><li>12. I often feel that our profession is different since we touch people and see them regularly. What is wrong with being friends or caring about what happens to them?</li><li>13. If you are making the money you want, are you working too hard to get it?</li><li>14. You can only take a client as far as you are willing to go yourself.</li></ol> |
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# QUESTIONS FOR YOU

These questions can be asked of yourself before or after you start massaging for a living.

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| <ol style="list-style-type: none"><li>1. Are you aware of your own needs and desires?</li><li>2. Are you considered a Caregiver?</li><li>3. Are you in this profession for helping people or for making money?</li><li>4. Can you still feel good about yourself and your work without positive feedback?</li><li>5. Do you expect to receive tips?</li><li>6. Do you make time for yourself each day?</li><li>7. Do clients often trigger feelings in you?</li><li>8. Do you often find your mind wandering during a session?</li><li>9. Do you charge lower rates, thinking that people cannot afford your services or do you charge what you need to make a living?</li><li>10. Do you feel like there is competition among massage therapists?</li><li>11. Do you often feel you are the only one who can help your clients and others?</li><li>12. Do you find yourself giving your advice when the client has not asked for it?</li><li>13. Do you often find yourself telling clients your personal problems?</li><li>14. Do you often find yourself telling clients to stretch, eat better, take better care of themselves and realize that you do not do that for yourself?</li><li>15. Do you constantly look for new techniques that will treat the physical symptoms of clients?</li></ol> | <ol style="list-style-type: none"><li>16. Do you feel unappreciated when clients do not give back to you?</li><li>17. Do you often feel a need to have an answer for every question that your client has about their health and life?</li><li>18. Do you feel uncomfortable when a client expresses their feelings or the client has an emotional release?</li><li>19. Do you believe that everyone can be healed from whatever disease, problem, or injury they have?</li><li>20. Do you think it is appropriate to offer information about nutrition or medicine to a client?</li><li>21. Have you ever taken time off and had feelings of separation anxiety from your clients?</li><li>22. How would you determine what treatment to perform?</li><li>23. How would you decide what is too much for the client?</li><li>24. How would you know when you should refer the client to other healthcare professionals for treatment?</li><li>25. How close would you let yourself get to the client personally without endangering the therapeutic relationship?</li><li>26. How would you deal with a negative client?</li><li>27. How would you deal with a hyperactive client?</li><li>28. How would you deal with a depressed client?</li><li>29. How would you feel when your business is busy?</li><li>30. How would you feel when your business is slow?</li><li>31. How do you feel when you are complimented for giving a treatment?</li></ol> |
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32. How would you feel when someone does not give you a tip?
33. How would you feel after giving a treatment?
34. How do you take care of yourself?
35. How do you not take care of yourself?
36. How do you take care of others?
37. How would you set boundaries with a client?
38. How do you fulfill your own needs and desires?
39. If you are feeling depressed, would you feel better after giving a treatment?
40. What personal or professional agendas would you have when performing a treatment?
41. What would you charge for a treatment?
42. What would your treatments be like if you did them for free?
43. What would you wear at the office?
44. What if someone only gave you \$1 as a tip?
45. What are your reasons for becoming a Massage Therapist?
46. What needs does being a therapist fill for you?
47. When you do take time to get a massage, do you find yourself analyzing the session rather than just letting yourself experience the session?
48. Would you feel like you are personally responsible for helping clients?

49. Would you charge more when you are performing an injury treatment and billing an insurance company?
50. Would you give a treatment to family members or close friends?
51. Would you greet a client outside of the office?
52. Would it appropriate to engage in personal conversation?
53. Would you go to lunch with a client of a different sex or the same sex?
54. Would you totally listen to your client and set your issues and needs aside?
55. Would you engage in an intimate (sexual) relationship with a client?
56. Would you sell products (herbs, vitamins or oils) to clients?
57. Would you recommend products such as herbs, vitamins, and oils to clients?
58. Would your office be clean and neat?
59. Would you keep your financial books in order?
60. Would it appropriate to take a gift from a client?
61. Would you begin each session with the question is there anywhere you do not want to be touched?
62. Would you listen carefully to clients to determine what they need in a treatment?
63. Would you go to other social functions if a client invites you?

## WHAT DO YOU DO

The below statements are possible scenarios that could happen, everyone will have a different viewpoint.

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| <ol style="list-style-type: none"> <li>1. Client complains of pain that wraps around her low back and she has had it for a week.</li> <li>2. Client has a history of Hypoglycemia and wants a massage but seems anxious.</li> <li>3. Client told you about a heart surgery a month when you are almost done giving him a massage.</li> <li>4. Client just started a pain medication today.</li> <li>5. Client refuses to fill out a health form.</li> <li>6. Client can't read the health form.</li> <li>7. Client has extreme pain around his wrist after he was done playing golf, but he has no swelling.</li> <li>8. Client asks you about your personal life.</li> <li>9. Client has an erection.</li> <li>10. Client has low back pain but cannot lay prone.</li> <li>11. Client has canceled twice an hour before her scheduled appointment, but she gets a massage once every two weeks with you.</li> <li>12. Client has shown up 15 minutes late for her hour massage and you have another massage in one hour.</li> <li>13. Client is on bed-rest in her third trimester and calls you to come to her house to give her a massage.</li> <li>14. Client feels nausea half way into the massage.</li> <li>15. Client has to go to the bathroom and her massage is over in 5 minutes.</li> <li>16. Client has acne on her face but wants at least 10 minutes of her face massaged.</li> <li>17. Client was in a car accident today and has not seen a doctor yet and has a 1-1/2 hour massage scheduled right now.</li> <li>18. Client has extreme pain in her gallbladder area on her foot (reflexology) and she had problems with her gallbladder two years ago.</li> <li>19. Client is allergic to everything but she wants the feel of gliding.</li> <li>20. Client that is disabled calls and wants a massage but your place of business is not wheelchair accessible.</li> <li>21. Client complains of severe pain in his low back area after his massage with you and he has not had that pain before.</li> <li>22. Client starts to breakout from the aromatherapy oil you mixed up and you did not test it on him first.</li> <li>23. Client calls you at home with an emergency and they want a massage now (it is your day off).</li> <li>24. Client is very negative but he is a regular, but it wears on you each time he comes to get a massage from you.</li> <li>25. Client told you she tried to commit suicide this morning and nobody knows about it.</li> <li>26. Client's cell phone rings in your massage room.</li> </ol> | <ol style="list-style-type: none"> <li>27. Client wants to redeem a gift certificate that has expired and you spent the money already.</li> <li>28. Client calls for an appointment and asks if you provide a release.</li> <li>29. Client complains of another massage therapist (that other therapist is your friend).</li> <li>30. Client did not show up for her massage and you give her a call and someone else answers the phone (they seem jealous).</li> <li>31. Client gets your home phone number and they are of the opposite sex.</li> <li>32. Client is very religious and wants you to change your religion.</li> <li>33. Client did not like her massage and wants her money back.</li> <li>34. Client gives you a \$100 tip.</li> <li>35. Client lost her gift certificate and you cannot find any record of it.</li> <li>36. Client complained after the massage that it was too light.</li> <li>37. Client is moaning and groaning as if he is having an orgasm and you know other people can hear in your massage room.</li> <li>38. Client is in her second trimester and she never told you until you are almost done giving her the massage.</li> <li>39. Client told you not to massage or even touch her face...and you forgot.</li> <li>40. Client wants you to work as deep as you can, even if he screams and moves around the table.</li> <li>41. Client lost at least 20 pounds since the last time you saw her, do you comment on it.</li> <li>42. Client trips and falls on you business property and complains that he got hurt, but you did not witness it.</li> <li>43. Client states that she is a high blood pressure medication and that it is under control. Two hours later, you get a call that she is in the hospital with 190/100 BP and you never charted it.</li> <li>44. Client came to get a massage three times this week and you charted the first and third treatment, but you forgot the second treatment and the insurance company pays for his massages.</li> <li>45. Client passes gas on the table and she says nothing, but she is awake and seems embarrassed.</li> <li>46. Client tells you a racist joke.</li> <li>47. Client asks you what time you are done working.</li> <li>48. Client tells you something about the other therapist that is working with you and they do not want that other therapist to know.</li> <li>49. Client asks you if you will give them a massage at your house for a cheaper rate (you are an employee).</li> <li>50. Client calls and asks for a young pretty woman to massage him.</li> <li>51. Client leaves her bra, pants on, and wants only her back massaged for the 1/2 hour.</li> <li>52. Client offers you \$500 to pose naked in front of him.</li> </ol> |
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53. Client is allergic to all scents and all of your massage oil is scented.
54. Client is receiving a chair massage in public and you notice a tag still on her pants that she forgot to remove.
55. Client is about to leave to go back to work and his zipper is down.
56. Client has extremely bad breath and he does not even know it.
57. Client calls you for advice on every little ache and pain.
58. Client gives you cash and you do not report it.
59. A Forty-year old pregnant woman in her first trimester has not seen a doctor yet.
60. A Regular client bounces a check she wrote to you.
61. A Regular client wants you to have lunch with them (opposite sex).
62. A Regular client seems very different today from any other day (her personality is different).
63. Some one forgot their jewelry in your massage room and you had seven clients today.
64. When you walk into the massage room, the client is laying naked on top of the sheets.
65. You walk into the massage room, the client is fully dressed, and you told her to take off what she feels comfortable with.
66. You ran out of oil.
67. You go to a client (same sex) house and they offer you a beverage.
68. You go to a client (opposite sex) house and they offer you a beverage.
69. You forgot to write a clients appointment on your calendar, that client comes in, you already have a scheduled appointment with someone else, and you do not own your own business.
70. You accidentally bring your cell phone into the massage room and it starts ringing in the middle of the massage.
71. You accidentally exposed a client's breast tissue and the client is asleep.
72. You accidentally exposed a client's breast tissue and the client is awake.
73. You accidentally touched a man's penis while giving a massage and he is awake.
74. You accidentally touched a man's penis while giving a massage and he is asleep.
75. You go to a client's house to give four people ½-hour chair massages and all the clients are drinking alcohol.
76. You notice a mole on your client's back that fits some of the characteristics of cancer (A B C D E, for mole detection).
77. You notice a bruise on the clients left glute.
78. You smell Alcohol on a client.
79. You notice swelling around the left ankle of a client and they never told you anything about it.
80. You have a bad cold, but you have seven massages scheduled for the day and rent due tomorrow.
81. You forgot to change the sheets and the client is already getting undressed.
82. You forgot what arm the client complained of hurting and she is on the table.
83. You need to sneeze while giving a massage.
84. You have an open cut on your finger.
85. You notice redness and cracked areas on a client's foot and they came in for a reflexology treatment.
86. You notice that a client feet really smell bad and they expect you to massage them and you do not have any scented oils in your massage room.
87. You need to pay your sales tax but the only money you have is in the bank that is for gift certificates that have not been used yet.
88. You bought a used table and after you paid for it, it broke.
89. You preformed a lot of cross fiber friction on a calcium deposit and later that week the client calls and said she has had extreme swelling in that area for a few days.
90. You call in sick for the day and one of your regular clients does not want a guy to massage her (your replacement is a guy).
91. You hear a mouse running in the ceiling while giving a massage.
92. You need to make change after you gave a massage, but you cannot break a \$100 bill and that is the only money the client has and the bank is closed.
93. You want to leave a little before traffic gets bad and you have a client that is easy going.
94. You arrive 5 minutes before your first scheduled massage and it is 60 degrees in your massage room.
95. You forgot to empty the trash last night, you notice fruit flies all over, and you have a massage in 15 minutes.
96. You know your client was sexually abused when she was young and she starts crying on the table but does not say anything.
97. You recommend a client to try an herb, instead of her prescription medication.
98. You tell your client to stop seeing the chiropractor.
99. You take off the dirty sheets from the table and you feel something wet.
100. You tell a client that he does not have back pain and that it is just stress.
101. Your client is on painkillers and muscle relaxants because he's recently been in a car accident. He wants a deep, precise, take-it-apart-and-put-it-back-together-again treatment on his neck.