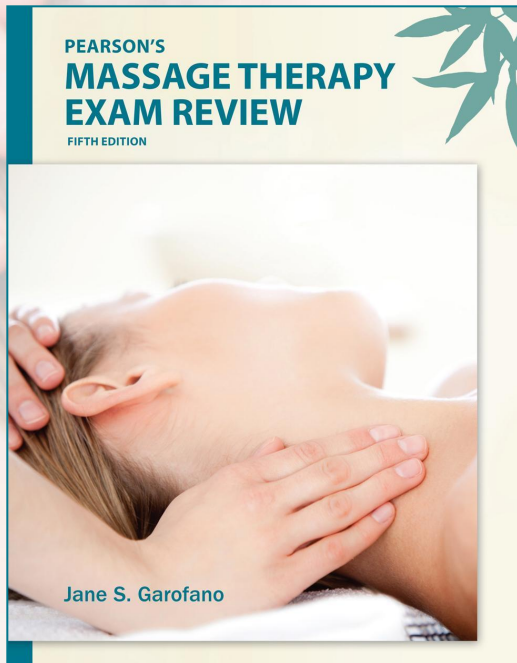


PEARSON'S MASSAGE THERAPY EXAM REVIEW

FIFTH EDITION



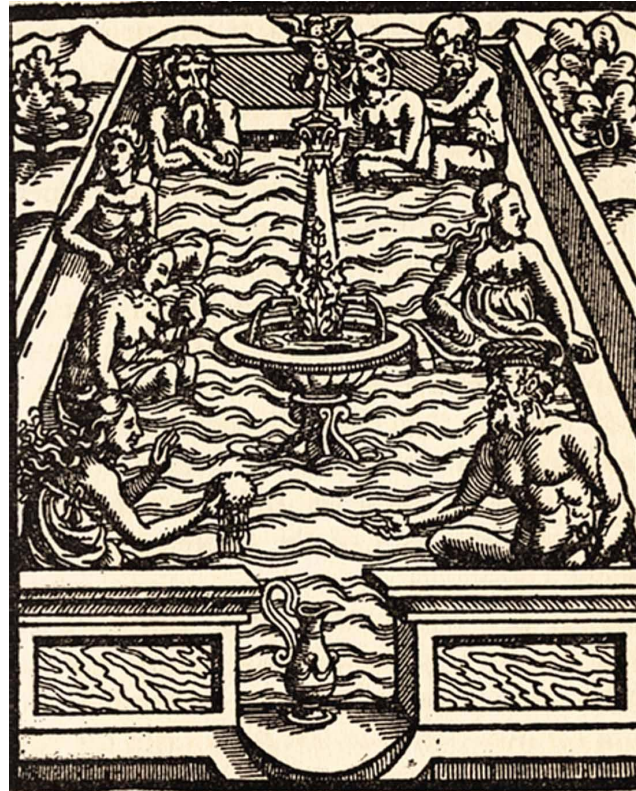
History of Massage and Bodywork

History of Massage/Bodywork

- Word massage:
 - Manual manipulation of soft tissue
 - Skin, muscle, fascia, connective tissue
 - Touch Therapy
- Massage Earliest Form of Touch Therapy

History of Massage/Bodywork

- A part of medicine for:
 - Relaxation
 - Pain relief
 - Well-being
 - Stress
- Massage has validated both:
 - Physiological effects
 - Psychological effects



Massage at medieval public bath, sixteenth century.
(From *The Lame, the Halt, and the Blind* by Haggard 1932.)

Massage Today

- Therefore used today for:
 - Stress reduction
 - Muscle injury
 - Chronic pain
 - As well as promoting wellness to prevent disease

History of Massage

- Historically, “massage” came from many cultures and countries
 - Romans—baths, oils, rubbing
 - Japan—shiatsu pressure
 - Chinese—Amma (Tuina) points to press and rub
 - Greek—part of physical fitness, gymnastics
 - Hindu—Ayurvedic medicine

History of Massage

- Ancient times—massage was part of healing for more than 5,000 years
 - Chinese—acupressure, energy meridians, Amma
 - Japanese—660 tsubo points—regulate chi energy, shiatsu
 - Greek and Roman—massage as medicine

History of Massage

- Dark Ages—Renaissance—400 AD—1600
 - Decline in health practice
 - Medical institutions abandoned massage
 - Massage accepted for healing

Modern Massage 1800s

- Per Hendrick Ling developed Swedish massage in 1813
- Spread to Europe, Russia
- Brought to United States by Dr. Charles Taylor
 - NY physician, 1858
 - Gained medical acceptance in orthopedics

Massage in the United States

- 1960
 - Awareness of alternative health care, to include massage therapy
- 1970–1980
 - Rise in massage and bodywork

Massage in the United States

- 1970–1980
 - Professional Organizations formed:
 - American Massage Therapy Association—AMTA
 - Association of Bodywork and Massage Professionals—ABMP

Massage in the United States

- 1992: National Certification for Therapeutic Massage and Bodyworkers—NCTMB
 - Developed standards and a national certifying exam
 - Certification, license, education, and National Certification Examination for Therapeutic Massage and Bodywork (NCETMB) (43 states, Washington D.C., and Canada)

Massage in the United States

- 2007: Massage & Bodywork Licensing Examination (MBLEx)—national licensing exam
- 2018 New Jersey requires MBLEX for Massage License as the 46th state requiring a national Exam for License.