Origins of Massage

For Humans and Animals
MASSAGE

The manipulation of muscle and connective tissue to enhance the function of those tissues and promote relaxation and well-being.

Therapeutic massage can ease tension and reduce painful disorders of the muscles and/or nervous system.
SPORTS MASSAGE
SPORTS MASSAGE

Specific application of massage techniques, hydrotherapy protocol, range of motion-flexibility procedures and strength training principles for athletes in competitive and recreational situations
EQUINE SPORTS MASSAGE
EQUINE SPORTS MASSAGE

Therapeutic application of professional sports massage techniques to the equine athlete

These techniques were originally designed for human athletes and have been modified and adapted for the equine athlete

Focus is on identifying and treating the root cause problem, not the symptom.
Origins of Massage

The 5 Senses

Hearing
Seeing
Smelling
Tasting
Touching
Origins of Massage

Based on the sense of touch, the practice of massage evolved with mankind.

Studying the history of man, we see massage used by various cultures around the world.
Origins of Massage

Some of the oldest written records referring to massage.

3300 BCE - Sumerian Cuneiform Tablets

2500 BCE – Egyptian Hieroglyphics

1500 BCE – Tibet, India & China
Origins of Massage

Modern western massage techniques trace their ancestry to these techniques, especially those from India and China.
Origins of Massage
Egypt 2500 BCE
Tibetan Ayurvedic External Therapies: Massage, 1500 BCE
Tibetan Ayurvedic External Therapies:
Application of compresses and poultices
Tibetan Ayurvedic Tree of Treatment
1500 BCE

Root of treatment has 4 trunks, L-R:

1. Diet
2. Conduct
3. Prescribing Medicine
4. *External Therapies*
   *One of the main branches being massage.*
Origins of Massage

The five branches of Traditional Chinese Medicine (TCM) have their origin in the Ayurvedic Tree of Treatment.

1. Diet
2. Meditation
3. Exercise
4. Acupuncture
5. Massage (Tui-Na)
Origins of Massage
In the West

Thessalay Greece 460 – 377 BC

Hippocrates, the founding father of medicine.

“A physician must be experienced in many things but assuredly also in rubbing”

All disease results from natural causes and should be treated using natural methods – rest, healthy food, exercise, fresh air, massage, baths, music and visits to friends to restore the body to a healthy state

The body essentially has the power to heal itself
Origins of Massage
In the West

Rise of the Roman Empire

Massage was part of the bathing ritual
Those who could afford it would be bathed by attendants and have stiff muscles rubbed with warm vegetable oil.

Then came a full body massage to awaken nerves, stimulate circulation and free the action of the joints. Finally, their entire body was rubbed with very fine oil to keep their skin elastic and supple.

This combination of bathing, and massage appeared in every country that the Romans conquered.
Origins of Massage
In the West

Fall of the Roman Empire and the Dark Ages
500-1000 C.E.

The Plagues
Millions of lives were lost. Knowledge was lost.

Activity in all fields of medicine, technology, science, education, history, art and commerce collapses.
Origins of Massage
In the West

The Middle Ages
   Growth begins in commerce and industry

1500’s
Portuguese Jesuit traders opened trade routes to China
   Traders brought to Europe written records of Tui-na instruction
Origins of Massage
In the West

1770 - Publication in France of the article by the Jesuit Amiat, “Chinese Pressure Point Massage”. This became the basis for “Swedish Massage”

1813 – Per Henrik Ling establishes Royal Gymnastic Central Institute in Stockholm, Sweden. These techniques are now called “Swedish Massage”
Origins of Massage
In the United States

1817 – First published journal published on massage by Cornelius E. De Puy, MD in the United States.

1850’s – Scientific Massage Therapy introduced in the United States by physician brothers George and Charles Taylor who studied in Sweden.

1900 – Finnish School of Massage develops first system of Sports Massage, originating from Swedish Massage system.
Origins of Massage
In the United States

1916 – Swedish Institute founded in NY

1927 – New York Society of Medical Massage Therapists formed.

1939 – Florida State Massage therapy Association organized.
SPORTSMASSGE

Jack Meagher

• A medic in General Patton’s Third Army during World War II.

• Learned massage from a German prisoner of war

• Attended Massachusetts School of Physical Therapy
SPORTSMASSAGE

Jack Meagher

• Developed Sports Therapy in contrast to Physical Therapy

• “Sports Therapy is based upon why and where problems develop and upon the ability of deep massage to prevent or correct them.”
SPORTSMASSAGE

Jack Meagher

• “The absolute best protection you can have is prevention! Because the majority of strain type injuries are cumulative in nature, the majority of strain type injuries are preventable.”

• In 1980, his book SPORTSMASSAGE introduced the concepts of sportsmassage to American therapists and athletes
Origins of Massage
In the United States

1960’s – 1990’s
Evolution of human complementary healthcare

Greater acceptance and understanding of Massage, Chiropractic, Acupuncture, Homeopathy

Many varieties and specialties of bodywork are defined.
# Massage Modalities and Pressure Index

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QI
THE BODY’S LIFE FORCE

MASSAGE

ACUPUNCTURE

CHIROPRACTIC

If there is a free flow of QI, there is no pain

If there is pain, there is no free flow of Qi
EASTERN VIEW OF COMPLEMENTARY THERAPIES

QI
THE BODY'S LIFE FORCE

MASSAGE ACUPUNCTURE
CHIROPRACTIC

TUI-NA

If there is a free flow of QI, there is no pain
If there is pain, there is no free flow of Qi
### MASSAGE MODALITIES AND PRESSURE INDEX

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WESTERN VIEW OF COMPLEMENTARY THERAPIES

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TUI-NA

If there is a free flow of Qi, there is no pain
If there is pain, there is no free flow of Qi
Origins of Massage
In the United States

1960’s – 1990’s

As humans experienced the benefits of complementary healthcare modalities, they sought the same modalities for their animals
Deep Massage Therapy for Horses

It was an “accident”

According to Jack Meagher (in 1970)

“One human client had a broken-down quarter horse, so old that the poor beast couldn’t pick up his hind legs/”

The client asked Meagher to try his “magic” on the horse. Meagher found the horse to have muscle spasms quite similar to his owner.”
Deep Massage Therapy for Horses

“Well, when I got through with that horse, he was as frisky as a colt, and that got me interested enough to study horse anatomy and practice on every backyard nag I could find.”
Deep Massage Therapy for Horses

- 1975
  - Began working with United States Three Day Event Team and Coach Jack LeGoff
- 1976
  - Accompanied USET to Montreal Olympics
- 1978
  - World Championships in Lexington, KY
- 1982
  - World Championship Carriage Driving, Appledorr, Holland
- 1984
  - World Championship Carriage Driving, Hungary
Deep Massage Therapy for Horses

• 1985
  – Beating Muscle Injuries for Horses

• Preventive Stress Point Therapy
Equine Sports Massage

1989
Developed specialized protocol for the evaluation and treatment of equine muscular problems
Focus on identifying and treating the root cause problem, not the symptoms.

First person to coin the term “Equine Sportsmassage”
Equine Sports Massage

1970 – 1980
Decade of Champions in Thoroughbred Racing

Don Doran began his career educated and inspired by trainers of great horses such as: Secretariat, Seattle Slew, Affirmed, Alydar, Shuvee, Ruffian and Forego.

Introduced to the technique of “Rubbing” a horse by the Old School Grooms

1972- 1975
Served in the U.S. Marine Corp and learned the fundamentals of the healing art of massage while stationed in Japan.
Equine Sports Massage

1979-1988
Partner and general manager of Broadlands Farm, a major thoroughbred breeding, foaling and rehabilitation facility.
Successfully incorporated massage techniques into his equine rehabilitation program.

1989
Became a licensed human massage therapist, specializing in human sports massage
Established University of Florida’s first sports massage program for the swim and track teams
Independent research to correlate human and equine athletic injuries.
Equine Sports Massage

• Therapeutic application of professional sports massage techniques to the equine athlete
• These techniques were originally designed for human athletes and have been modified and adapted for the equine athlete
• Focus is on identifying and treating the root cause problem, not the symptom.
In 1993, Don launched his equine massage training program.

Don Doran’s Equine Sports Massage Training Program.

Enrollment in this program was open to all horse owners.
Equine Sports Massage

Don Doran’s Equine Sports Massage Training Program

Emphasis

Kinesiology

Consideration of specific equine disciplines

Training program, Cross training program

Equipment, Rider

Nutrition, Dental, Farrier

Differentiate between compensatory problems and root cause problems.
• Human Massage magazines would not take Don’s ads for his equine sports massage program.
• They told him massage was for humans, not animals!
• So Don advertised with equine magazines and his reputation grew through word of mouth.
Animal Massage

Since 1993

A wide variety of practitioners and schools

Now human massage magazines, embrace animal massage

A wide range of modalities for equine and canine

Reiki,
Cranial Sacral
Myofacial
Rolfing
Bodywork
• Don’s program is often imitated, but never equaled.

• In 2002, Don Doran’s Equine Sports Massage Program expanded to become Animal Dynamics.