

Notes on Massage.

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 (Compiled for the use of her pupils.)

Massage, or systematic rubbing and mani-
 pulation of the soft tissues of the body, which
 is often combined with passive, active, and
 resistive movements, is probably one of the
 oldest means of relieving bodily infirmities.
 Some sort of massage and similar exercises
 have probably been practised at all times, and
 among a great number of races. The oldest
 record there is of massage dates back three
 thousand years, and was written by the Chin-
 ese. In Japan, at the present time, massage
 is almost exclusively practised by blind men.

About two centuries ago the Chinese book on
 massage was translated into French, and to
 this is probably due the foundation of our mod-
 ern massage and the so-called Swedish move-
 ments. This also accounts for the use of the
 terms "effleurage," "petrissage," etc. Some-
 what later it is heard of among the Scandi-
 navians and Germans, by whom it was elabo-
 rated scientifically. At the beginning of last
 century, Peter Henry Ling, of Stockholm, in-
 troduced his system of movements—not that
 he had originated, but only systematised
 them. It remained for Dr. Mezger, of Amster-
 dam, Holland, to revive massage and put it
 on a scientific basis. Through his successful
 work during the years of 1860 to 1874 massage
 became a recognised treatment everywhere,
 and, although it is not a cure for every ill, it
 has proved a successful remedy in such a
 variety of cases as to show its efficacy.

In massage the skin, muscles, and tissues
 are stroked, kneaded, squeezed, rolled, and
 tapped, with the result that

- (1) The function of the skin is improved;
- (2) The flow of the blood and lymph is ac-
 celerated;
- (3) Blood is attracted to the surface from in-
 ternal parts;
- (4) Nerves are stimulated or soothed, as the
 case may be;
- (5) Effete matter is evacuated;
- (6) Adhesions of soft parts are broken down;
- (7) Swelling and thickening of tissues are
 reduced;
- (8) Nutrition is improved.

Massage is highly recommended in constitu-
 tional ailments as an auxiliary agent to the
 recuperative power of the body. In disorders
 of the digestive and circulatory organs massage
 will always be found beneficial. Great benefit
 is derived from massage in disorders of the

nervous system, as it has both a sedative and
 stimulating effect—soothing when applied
 lightly, stimulating when given with greater
 force. Invaluable is massage in diseases or
 injuries affecting the muscles, bones, or joints,
 such as synovitis, dislocations, sprains, frac-
 tures, and rheumatism. In the last-named
 condition it is often combined with passive,
 active, and resistive movements. Various
 forms of neuralgia also yield to the treatment
 of massage.

Contra-indications are acute inflammation,
 fever, and pus.

The word "massage" is derived from a
 Greek word, meaning "to knead," and from an
 Arabic word, signifying "to press." As I
 have already stated, it has come to us through
 the French; hence the following terms:

Effleurage—Friction.

Petrissage—Tapotement.

Under the head of *Effleurage* come all
 stroking movements, which may be carried out
 either with the slightest touch of the fingers or
 with various degrees of pressure, exerted by
 the whole surface of the hand. *Effleurage* acts
 upon the skin, superficial fascia, and cutaneous
 nerves, and through the latter impulses are
 sent to the more deeply-seated nerves. It also
 stimulates superficial circulation. *Effleurage*
 is always the beginning and the ending of a
 massage treatment.

Petrissage is the most important movement
 in massage. The muscles and tissues are
 stretched and lifted from the bones; the
 nerves, blood-vessels, lymph-vessels, and
 glands are stimulated by alternate compres-
 sion and relaxation; lymph is forced out of
 spaces and into lymphatics. By the same
 compression and relaxation, veins are alter-
 nately emptied and filled, so that effete
 matter is sent onward and a supply of fresh
 blood is favoured. The muscles must be
 thoroughly gripped and well kneaded, without
 exerting unnecessary force.

Friction differs from *petrissage* proper in that
 the muscles are not raised or drawn from the
 bone. It is done with the cushion of the
 thumb, or of the fingers, or with the heel of
 the hand. The cushion of the thumb is placed
 on the desired spot, describing circles on it
 without moving the skin. The tissues under-
 neath are worked on each other. The effect of
 this movement is to squeeze and move on the
 products of inflammation, to aid absorption,
 and to stimulate local circulation. *Friction*
 should always be interrupted at short intervals
 by centripetal stroking (*effleurage*).

Tapotement is done with both hands, either
 simultaneously or alternately, and is carried
 out by the following methods:

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