

STAFF SENATE – OCTOBER IS THE NATIONAL MASSAGE THERAPY AWARENESS MONTH

Massage is the systematic manual manipulation of soft tissues in the body through movements of:

- 1) Touch,
- 2) Gliding,
- 3) Kneading,
- 4) Friction,
- 5) Percussion
- 6) Joint Movement, and
- 7) Active and Passive Stretching

for therapeutic purposes, such as promoting circulation of blood and lymph, muscle relaxation, pain relief, restoration of metabolic balance, and other benefits for the mind, body, and spirit.

A History of Massage in Time:

The Chinese practiced medicinal massage as early as 3000 B.C.

- ☞ Cong Fou of Tao-Tse is one of the ancient Chinese books that describes the use of medicinal plants, exercises, and system of massage for treatment of disease and maintenance of health.
- ☞ Today, a more modern version of Chinese medicinal massage is known as tui-na (t-weigh-nah), which literally means push (tui), lift and squeeze or pull (na).
- ☞ How old is this? Hieroglyphic writing in Egypt, and the pottery wheel in China were invented during this time. It's that kind of old.

The Chinese method of anmo was transplanted into Japan during the 6th Century A.D.

- ☞ The Japanese later refined this into the therapeutic version of amma (Japanese for massage).
- ☞ The points of stimulation remained much the same as the Chinese pressure points but was referred to tsubo (sue-bow), and
- ☞ After World War II, advanced into shiatsu (shee-AHT-soo) massage, which means finger (shi) and pressure (atsu).
- ☞ Today, shiatsu is derived from a theory of acupuncture without the use of needles.

On the Indian subcontinent, Ayur-Veda (eye-ur-veda; Art of Life), is a sacred book of Hindus written in approximately 1800 B.C.

- ☞ Ayurveda includes massage treatments among its hygienic principles.
- ☞ In writings dating back to 300 B.C., the laws of manu "man" defined duties including diet, bathing, exercise, and tschanpua (massage at the bath).

Around this same 300 B.C. time-period, the Greeks made gymnastics and the regular use of massage a part of their physical fitness rituals.

- ☞ The Romans later acquired the practice of therapeutic bathing and massage.
- ☞ Along with the Greeks, the Romans introduced the phrase "sanitas per aqua" (health through water), which translated to the use of public baths by all, no matter wealthy or poor.
- ☞ Today, we know this Latin phrase as the shortened acronym for Spa.

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Some Massage Modality's: (click on any of the descriptions for a more in depth understanding)

- [Chair Massage](#)
- [Deep Tissue Massage](#)
- [Manual Lymph Drainage](#)
- [Medical Massage](#)
- [Myofascial Release](#)
- [Oncology Massage](#)
- [Prenatal/ Pregnancy Massage](#)
- [Reflexology](#)
- [Reiki Healing \(Usui Method\)](#)
- [Rolfing Structural Integration](#)
- [Shiatsu](#)
- [Spa Therapies](#)
- [Sports Massage](#)
- [Swedish Massage](#)
- [Thai Massage](#)

What to know and what to look for in a Massage and Spa venue:

In the Commonwealth of Virginia, it is required that a massage therapist have a certification of at least 500 hours of professional training from a recognized school, a certification from a national examination service such as FSMTB, and a license from the Board of Nursing to practice massage.

- ☞ A large part of a massage therapists training includes subject matter on anatomy, physiology, kinesiology, and pathology. This is all in an effort to facilitate the natural healing process, no matter how miniscule it may be. Even relief from stress involves healing.
- ☞ It is a requirement that all licensed massage therapists receive at least 24 hours of continuing education every two years.
- ☞ If a therapist is certified to practice any of the modalities listed above, for instance, they had to take additional courses of study in continuing education to be certified to provide this service.
- ☞ Yes, you are entitled to see a copy of a massage therapist's license and certification's.
- ☞ Good therapists follow a code of ethics and respect boundaries, including interpersonal space and their own appearance, while providing excellent communication skills.

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P.S. Please continue to look back at this article for additional massage and spa discounts and coupons as we're still working on additional deals with local venues.

Bibliography:

Beck, Mark F., *Theory & Practice of Therapeutic Massage*, 5th Edition (Clifton Park, Milder, 2010)