

History of Medical Massage

Massage is one of the oldest remedies of mankind. First references are found in China already 2600 years B.C. The greek medical doctor Hippokrates (460 – 375 B.C.) introduced Massage to Europe. Only in medieval times, thanks to the alchemist and medical doctor Paracelsus (1493-1541), the massage was again a topic of medicine. The french medical doctor Ambroise Paré (1510-1590) established Massage in modern medicine, using it as a rehabilitation therapy after surgery.

Peer Henrik Ling (1776-1839) from Sweden founded in 1813 the Institute for Massage in Stockholm. That is where the term „Swedish Massage“ originates. He introduced the special manual Massage techniques of:

- Effleurage (stroking and gliding)
- Petrissage (kneading the soft tissue)
- Friction (circling with thumbs)
- Tapotement (“percussion”)
- Vibration