

# TLE

## WELLNESS MESSAGE

### Module 4: History and Development of Wellness Massage Quarter 1, Week 4

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S.M.I.L.E

(SUPPORT MATERIAL FOR INDEPENDENT LEARNING ENGAGEMENT)

A Joint Project of  
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**TLE – Grade 10**  
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**Quarter 1 – Module 4: History and Development of Wellness Massage**  
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### ***Notes to the Teacher***

This contains helpful tips or strategies that will help you in guiding the learners.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer What I Know before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to help the learner independently identify the history and development of wellness massage. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module is intended for the Grade 10 students in Home Economics-Wellness Massage.

You are now in Wellness Massage-Module 4: Week 4:  
Learning Outcome 2: Relevant History and Development of Wellness Massage

After going through this module, you are expected to learn:

### **TLE\_HEWM10WP-Ia-j-1**

1. Identify the history and development of wellness massage.
2. Distinguish the proponents and their contributions in the history and development of wellness massage.

# Lesson

# 4





## History and Development of Wellness Massage

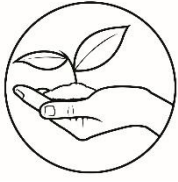
There is much research that validates that massage therapy is an important component of a wellness program: Massage has been shown to increase range of motion and flexibility as well as to improve measures of anxiety, depression, vitality, and perceived stress. Nov. 8, 2016.



### What's In

Directions: Matching Type: Use separate sheet of paper in writing your answer.  
Match Column A with Column B

A	B
Taking Vital Signs: 1. Blood Pressure	A  An illustration of a person in a blue shirt sitting on a beach, holding a smartphone. A woman in a yellow shirt is lying on her back on a towel. A green clock icon with '60 SEC' is shown in the background.
2. Respiration Rate	B  An illustration of a hand with the index finger and thumb touching the radial artery of another hand to check a pulse.
3. Pulse Rate	C  A photograph showing a person in a white shirt lying on a bed. A person in a red shirt is using a white digital thermometer to take the patient's temperature.
4. Temperature	D  A photograph showing a person's arm with a blue blood pressure cuff wrapped around it. A stethoscope is being used to listen to the artery.



## ***What's New***

This time you're going to answer an activity that sets your mind on the next lesson history and development of wellness massage

Directions: Study each picture below then answer the given questions:

1. Describe the pictures well and explain what they are doing.
2. What are the different ways of massaging their clients?
3. Have you undergone a body massage? Compare the way they do and your experiences.







## ***What is It***

In this module, you will study and learn the history and development of massage wellness. The tenets of wellness can also be traced to the ancient civilizations of Greece, Rome and Asia, whose historical traditions have indelibly influenced the modern wellness movement.

### **History and Development of Massage**

#### **Massage in Ancient Times**

The earliest evidence of massage being used is found in the cave paintings of ancient cave dwellers. These wall drawings and paintings show people massaging each other. Various artifacts also found contain traces of fats and oils mixed with herbs. These indicate that lubricants may have been used, perhaps for healing, soothing or beautifying purposes.

#### **3000BC**

As early as 3000 BC, the Chinese practiced massage to cure ailments and improve general health. Records of this can be found in the British Museum. Ancient Chinese books record lists of massage movements with descriptions of their technique. One of these books, The Cong Fau of Tao-Tse, also contains lists of exercises and massage used to improve general health and well-being. The Chinese found that pressure techniques were very effective on specific points and they developed special techniques called amma . This was the beginning of the development of acupressure and acupuncture.

These massage techniques spread to Japan, where they were further developed. The Japanese used similar pressure techniques on specific points, which they called tsubo. This form of massage has been practiced over the centuries; it has recently regained recognition and popularity and is now known as shiatsu. Many therapists have studied these techniques, which they combine with other forms of treatment for the benefit of their clients.

#### **1800BC**

Records show that the Hindus practiced massage as part of their hygiene routines. A sacred book called the Ayur-Veda (The Art of Life), which was written around 1800 BC, describes how shampooing and rubbing were used to reduce fatigue and promote well-being and cleanliness.

The Egyptians and Persians used massage for cosmetic as well as therapeutic effects . They mixed fats, oils, herbs and resins for care of the skin and beautifying the body and face. Pots and jars containing these creams have been found in Egyptian tombs. Cleopatra is said to have bathed in milk and then to have been massaged with aromatic oils and creams by her handmaidens.

#### **500BC**

The practice of massage spread from the east into Europe, where it was well established by 500 BC.

## Massage in Classical Greece and Rome

The Greeks believed in the cultivation of a healthy mind and body, which is similar to the holistic approach practiced by many people today. Rituals of bathing, massage, exercise or dancing were practiced by men and women. They encouraged the pursuit of physical fitness and organized regular sporting, gymnastic and athletic competitions. Massage was used before events to improve performance and after events to relieve fatigue and aid recovery. Gladiators and soldiers were massaged before battle to give vigor and promote fitness and health, and afterwards to aid recovery, healing and relaxation. Homer writes in the poem *The Odyssey* of Greek soldiers being rubbed with oils and anointed by beautiful women to aid their recovery and regain strength on return from battle.

Around 500 BC the Greek physician Herodicus used massage with oils and herbs to treat medical conditions and diseases. Hippocrates, who is now thought of as the father of medicine, was a pupil of Herodicus. He began to study the effects of massage on his patients. He concluded and recorded that 'hard rubbing binds, soft rubbing loosens, much rubbing causes parts to waste but moderate rubbing makes them grow'. Hippocrates also concluded that it was more beneficial to apply pressure in an upward direction, i.e. towards the heart, as we practice today. In Hippocrates' day, the function of the heart and the circulation of the blood were not known. It is therefore remarkable that he reached this conclusion only by observing the effect on the tissues of different strokes. With our knowledge of the heart and circulating blood we understand why pressure upwards is more beneficial: the condition of the tissues improves because deoxygenated blood and waste products are removed quickly as massage speeds up blood and lymph flow. Even without the benefit of this knowledge, Hippocrates taught his pupils that massage movements should be performed with pressure upwards to promote healing.

### **55BC**

The Romans followed similar routines to the Greeks. They practiced bathing, exercise and massage for health and social relaxation. Large private and public baths were built. These included water baths and steam rooms, gymnasium and massage areas. The baths were maintained at different temperatures and progress was made from cold to hot baths. Wealthy Romans would use these daily for cleansing, exercising, relaxing and socializing. Servants were always in attendance, with oils and creams to massage their masters when required. The Romans built similar baths in the countries that were conquered by their armies. Many such baths were built after the Roman conquest of Britain in 55 BC, and their ruins can be seen in Britain today in towns and cities such as Bath, Caerleon and St Albans. Massage techniques recorded from those times include manipulations known as squeezing, pinching or pummelling. They relate to the petrissage and percussion movements used today.

## **The Dark Ages to the Renaissance**

### **500AD**

Little is known about massage or health and beauty practices throughout the Dark and Middle Ages, i.e. from the decline of the Roman Empire around 500 AD until the Middle Ages around 1400 AD. Few records remain from those days of wars, strict religions, superstition and persecution. Little value was placed on education, the arts, physical health and fitness.

### **1450AD**

Following this period came the Renaissance (rebirth) in 1450 AD. Interest in the arts and sciences flourished and there was renewed interest in health practices. Once again we see massage advocated and practiced for therapeutic purposes.



## **1517-90**

In the sixteenth century, the French surgeon Ambroise Paré (1517–90) promoted and developed the use of massage. He was the personal physician to four French kings. He is reputed to have successfully treated Mary Queen of Scots with massage. Paré graded massage into gentle, medium and vigorous. We use similar categories today, namely soothing or relaxing, general, and stimulating. Many other physicians copied his methods and massage was established medically.

## **The Development of Modern Massage Techniques**

### **1776–1839**

Modern massage techniques have evolved mainly from a system developed by a Swedish physiologist called Per Henrik Ling (1776–1839). He developed a system of passive and active exercises known as ‘Swedish Remedial Gymnastics’ and also a system of massage movements. Ling used the terms ‘effleurage’, ‘petrissage’, ‘vibration’, ‘friction’, ‘rolling’ and ‘slapping’. Most of these terms are still used today, but some changes and modifications have been made in the groupings and names of manipulations.

### **1839–1909**

Dr Johann Mezger (1839–1909), a Dutch physician, developed massage for use in rehabilitation and used it successfully to treat many diseases and disorders. He adapted massage techniques in the light of his knowledge of anatomy and physiology. His theories, based on sound scientific principles, became accepted as medical practice and gained him many followers, particularly in Germany and America.

### **1742–1823**

The work of Ling and Mezger established massage as an effective therapeutic treatment. Techniques were taught in medical schools and the beneficial effects became widely recognized and accepted in the medical field. In England, the eminent surgeon John Grosvenor (1742–1823) used massage to treat joints. He recommended massage for the treatment of rheumatism, gout and stiffness of joints.

### **1894**

Nurses were encouraged to train and use massage for the treatment of patients, under the guidance of doctors. In 1894 a group of women founded the Society of Trained Masseuses. Rules and regulations for training and examinations for qualifying were established. These women raised standards and fought to establish massage therapy as a reputable profession.

## **Twentieth-Century Developments**

### **1920-1943**

During the First World War the demand for massage to treat the injured grew and many more massage therapists were trained. Membership of the Society of Trained Masseuses grew and in 1920 it amalgamated with the Institute of Massage and Remedial Exercise. In recognition of the valuable work contributed by its members during the war, a Royal Charter was granted and the title was changed to the Chartered Society of Massage and Medical Gymnastics. The title was changed again in 1943 and became the Chartered Society of Physiotherapy. In 1964 its members became state registered. This protected and gave status to those qualified therapists who were practicing in clinics and hospitals, and made it impossible for those without a recognized qualification to practice in hospitals.

### **1964-1968**

With the development of alternative electrical-based treatments, the use of massage to treat medical conditions declined. There was rapid growth in electrotherapy and eventually massage ceased to be part of physiotherapy training. It became little used

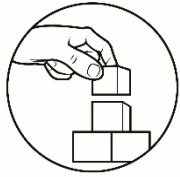
as a therapeutic treatment in hospitals. There was, however, a continuing demand for massage in clinics, health farms, fitness and leisure centers.

In 1966 the City and Guilds of London Institute explored the possibility of establishing a course in beauty therapy to include massage. This course would provide thorough training, background knowledge and a recognized professional qualification that ensured a high standard of practice. In 1968 the first full-time course was offered in colleges of further education. The British Association of Beauty Therapists and Cosmetologists, the International Health and Beauty Council and other organizations also developed courses and offered certificates and diplomas. The growth in complementary medicine and the holistic approach to health has increased the demands for well-qualified practitioners, not only in massage but also in aroma therapy, reflexology, shiatsu etc. Courses are now validated by the Health and Beauty Therapy Training Board and therapists must meet the criteria of the National Council of Vocational Qualifications.

The diagram below it shows the evolution of wellness from ancient times until the 21<sup>st</sup> century that peoples around the world are patronizing this wellness massage industry that gives natural healing of the body nowadays, with the effects of our stressful works.

## The Evolution of Wellness





## What's More

To learn more and deepen your understanding of the topics previously presented, you will be asked to answer the following activities:

### Activity 1 Matching Type: Match Column A with Column B

Column A	Column B
1. Cave paintings of ancient cave dwellers, wall drawings and paintings.	A. The father of medicine.
2. The Chinese practiced massage to cure ailments and improve general health.	B. Promoted and developed the use of massage.
3. A sacred book called the Ayur-Veda (The Art of Life).	C. Developed a system of passive and active exercises known as 'Swedish Remedial Gymnastics'.
4. Greek physician Herodicus	D. A Dutch physician, developed massage for use in rehabilitation and used it successfully to treat many diseases and disorders.
5. Hippocrates	E. Nurses were encouraged to train and use massage for the treatment of patients, under the guidance of doctors.
6. French surgeon Ambroise Paré	F. Explored the possibility of establishing a course in beauty therapy to include massage.
7. Swedish Physiologist Per Henrik Ling	G. Used massage with oils and herbs to treat medical conditions and diseases.
8. Dr Johann Mezger	H. Written around 1800 BC
9. 1894	I. 3000 BC
10. 1966- City and Guilds of London Institute	J. Contain traces of fats and oils mixed with herbs.

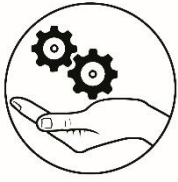


## **Assessment**

Multiple Choice. Choose the letter of the best answer. Write the chosen letter in one whole sheet of paper.

1. What was the earliest evidence of massage used by the ancient cave dwellers?
  - a. wall drawings and paintings showing people massaging each other
  - b. old records
  - c. pots and jars
  - d. wine container
2. Where does the record of the Chinese massage practice at the 3000BC can be found?
  - a. Chinese Museum
  - b. Greek Museum
  - c. Italy Museum
  - d. British Museum
3. What book title that the ancient Chinese had lists of massage movements with descriptions of their technique?
  - a. Cong Tao of Fau-Tse
  - b. Cong Fau of Tao-Tse
  - c. Cong Tse of Fau-Tse
  - d. Cong Tao of Fau-Tao
4. When was the beginning of the development of acupressure and acupuncture?
  - a. when the Egyptians used massage for cosmetics.
  - b. when the Japanese used the shiatsu massage technique.
  - c. when the Japanese developed a special technique called tsubo
  - d. when the Chinese developed a special technique called amma.
5. When massage techniques' spread to Japan, what form of massage has been practiced over centuries and has regained recognition and popularity, it is now as
  - a. shiatsu
  - b. tsubo
  - c. amma
  - d. tao-tse
6. Identify the title of the sacred book written by Hindus which describes how shampooing and rubbing were used to reduce fatigue and promote well-being and cleanliness?
  - a. Veda-Ayur
  - b. Cong Fau of Tao-Tse
  - c. Ayur -Veda
  - d. Amma
7. Choose the materials used by the Egyptians and Persians to have a body massage.
  - a. fats and oils
  - b. mixed fats, oils, herbs, and resins
  - c. lotions
  - d. herbs
8. Why is it that the Greeks have their massage before events is done?

- a. to improve performance
  - b. to aid recovery
  - c. to regain strength
  - d. for healing and relaxation
9. According to Hippocrates, what is best direction which is more beneficial to apply pressure in massaging?
    - a. apply pressure downward direction
    - b. apply pressure upward direction
    - c. apply pressure sideward direction
    - d. apply pressure backward direction
  10. Select the massage techniques adapted by the Greeks.
    - a. shiatsu
    - b. tsubo
    - c. tao-tse
    - d. squeezing and pinching
  11. Who was the French surgeon in the sixteenth century who successfully treated Mary Queen of Scots with a massage?
    - a. Ambroise Pare'
    - b. Per Henrik Ling
    - c. Dr. Johann Mezgner
    - d. John Grosvenor
  12. When was the "Swedish Remedial Gymnastics and a System of Massage Movements" were developed?
    - a. 1839-1909
    - b. 1742-1823
    - c. 1776-1839
    - d. 1920-19432
  13. Identify a physician, who developed for use in rehabilitation and used it successfully to treat many diseases and disorders.
    - a. John Grosvenor
    - b. Dr. Johann Mezgner
    - c. Per Henrik Ling
    - d. Ambroise Pare'
  14. Based on the Evolution of Wellness, in what year that the first Wellness Center opens?
    - a. 1960's
    - b. 1950's
    - c. 1980's
    - d. 1970's
  15. The Global Wellness Institute and Global Wellness Economy Monitor started in what year?
    - a. 2000
    - b. 2014
    - c. 2017
    - d. 2010



## ***Additional Activities***

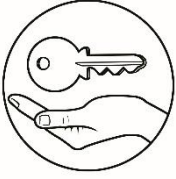
### **Activity I “DO-IT-YOURSELF (DIY) BOOKLET”**

**Direction:** Make your own booklet that contains the history and development of Wellness Massage. Your output will be rated based on the scoring rubric below.

#### Rubric for Making Booklet

<b>CRITERIA</b>	<b>Excellent 10pts</b>	<b>Very Good 8pts</b>	<b>Good 6pts</b>	<b>Fair 4pts</b>
DESIGN AND ORGANIZATION	The output has a remarkable design, complete and well-organized information.	The output has a good design and well-organized information.	The output has a design and information.	The design and organization of the output is confusing to the reader.
NEATNESS	Presented neat and organized without erasures, folds or smudges.	Presented neat and organized with few erasures, folds or smudges.	Presented neat and organized with several erasures, folds or smudges.	Presented neat and organized with many erasures, folds or smudges.
TIMELINESS	Submitted on or ahead the expected deadline.	Submitted 1 day delayed on the expected deadline.	Submitted 2 days delayed on the expected deadline.	Submitted 3 days delayed & beyond on the expected deadline.

**Total Points:**



## Answer Key

**Assessment**

1. A  
2. D  
3. B  
4. D  
5. A  
6. C  
7. B  
8. A  
9. B  
10. D  
11. A  
12. C  
13. B  
14. D  
15. B

**What's More**

1. J  
2. I  
3. H  
4. G  
5. A  
6. B  
7. C  
8. D  
9. E  
10. F

**Additional  
Activities**  
Answers may vary.

**What's In**

1. D  
2. A  
3. B  
4. C



## **References**

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