

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



A photograph of a horse race in progress. Several jockeys in colorful silks are riding their horses on a dirt track. The horses are in full gallop, and the jockeys are leaning forward. The background shows a white fence and green grass. The text "EQUINE SPORTS MASSAGE" is overlaid in large, bold, orange letters across the middle of the image.

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 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

Thessaly 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.

SPORTSMASSEGE

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

SPORTSMASSGE

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.”

SPORTSMASSGE

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

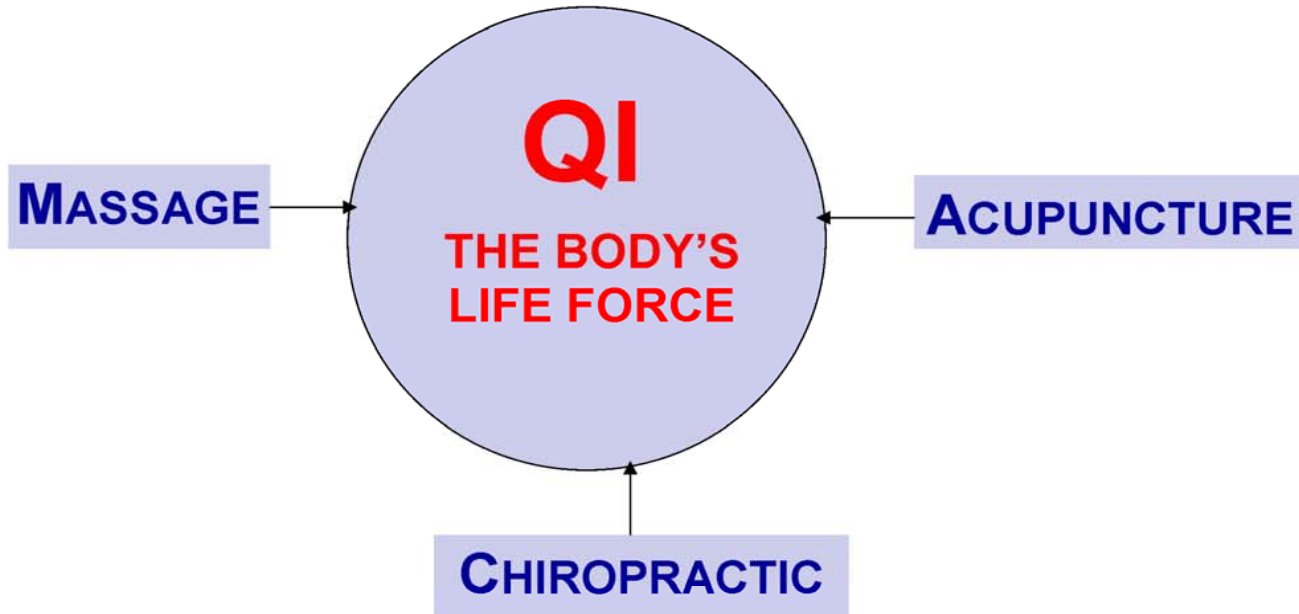
Greater acceptance and understanding of
Massage, Chiropractic, Acupuncture,
Homeopathy

Many varieties and specialties of bodywork are
defined.

MASSAGE MODALITIES AND PRESSURE INDEX

NO TOUCH	LIGHT TOUCH	FIRM TOUCH	DEEP TOUCH	VERY DEEP TOUCH	
REIKI	POLARITY	LOMILOMI	SWEDISH	SPORTS	DEEP FRICTION
QI GONG	CRANIAL SACRAL	TRAGER	ACUPRESSURE	NEUROMUSCULAR	CONNECTIVE TISSUE
VIBRATION	THERAPEUTIC TOUCH	BOWEN	SHATISU	TRIGGER POINT	STRUCTURAL
		FELDENKRAIS	TUI-NA (AMMO)	MYO THERAPY	ROLFING
			MYOFACIAL	CROSS FIBER	

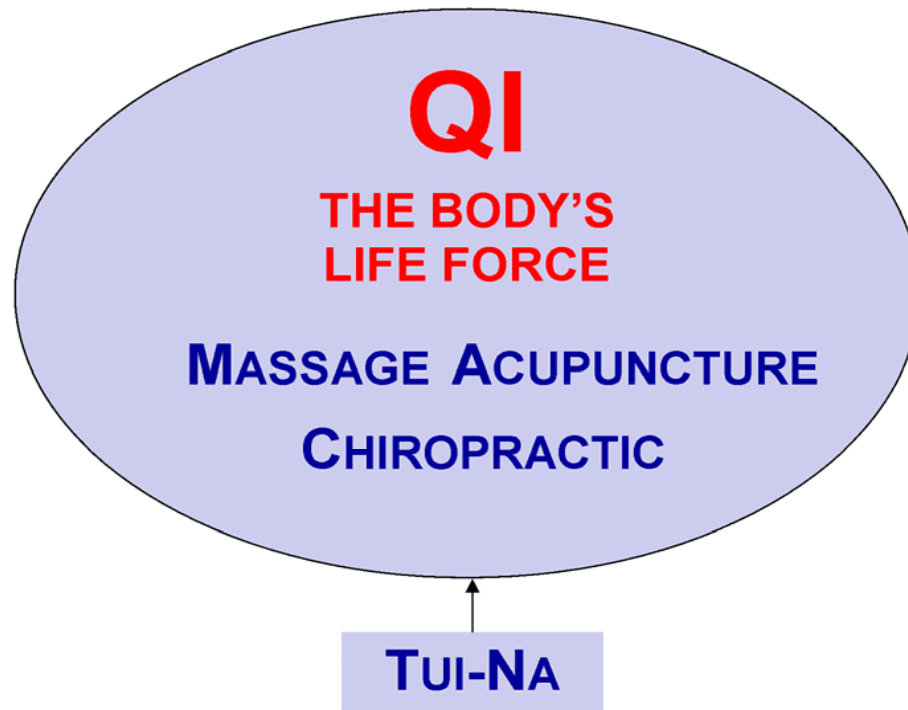
WESTERN VIEW OF COMPLEMENTARY THERAPIES



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



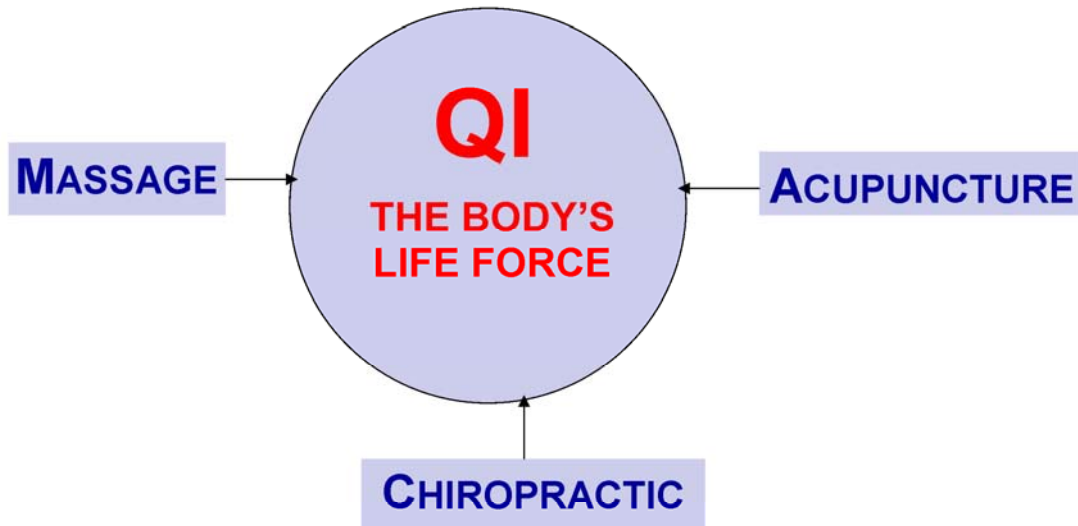
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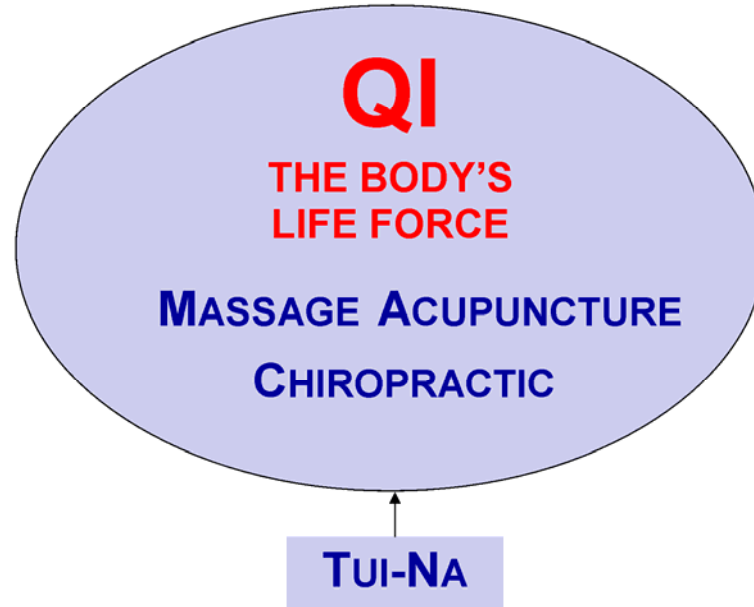
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Origins of Massage In the United States

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.”

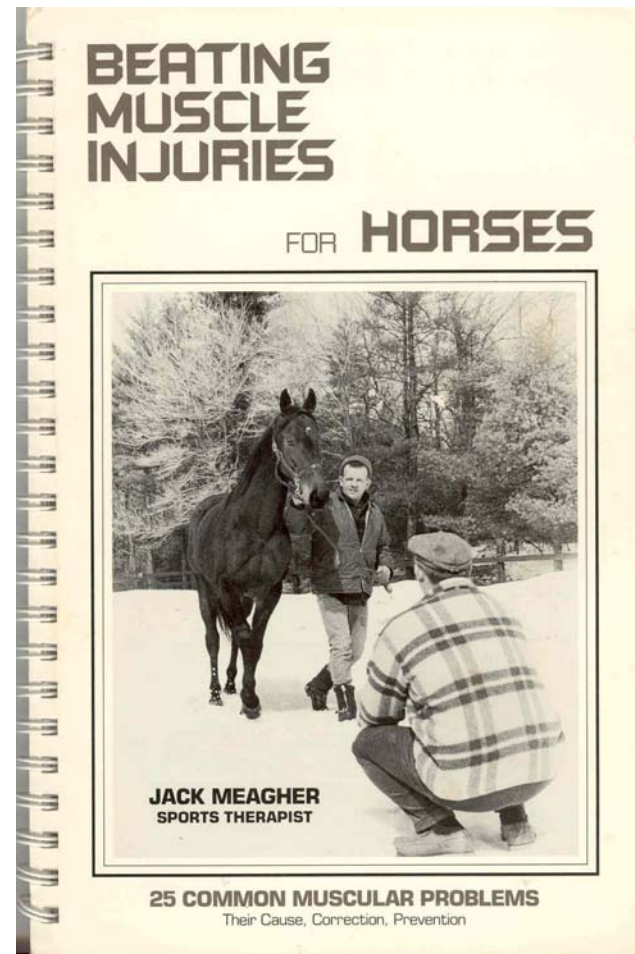


Deep Massage Therapy for Horses

- 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
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- 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

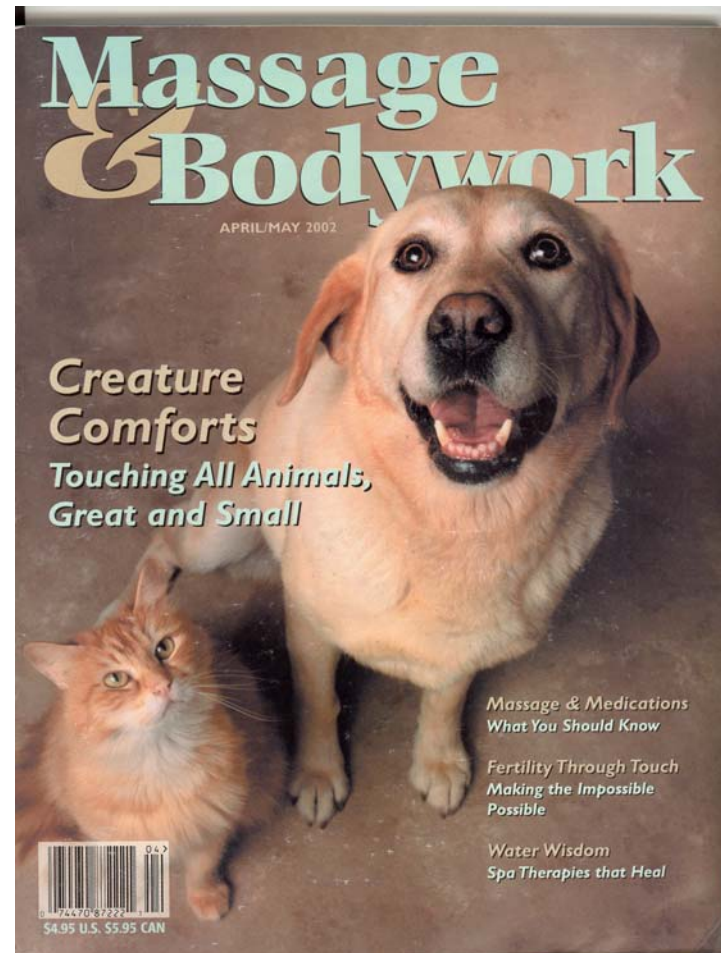
Reiki,

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.