

Does Therapeutic Massage Support Mental Well-Being?

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INTRODUCTION AND BACKGROUND

Massage therapy is defined by Vickers and Zollman (1999) as 'the manipulation of the soft tissue of the body to bring about generalised improvements in health'. Massage was a traditional medical practice of many ancient cultures including that of the Chinese, Egyptians, Greeks, Hindus, Japanese and Romans. The Greek physician Hippocrates (460-370BC) advocated 'rubbing' and related techniques such as anointing, bathing as a treatment for stiffness. In Western cultures however, the association between massage and medicine gradually diminished as Greco-Roman practices were abandoned (Goldstone 2000). While massage continued to be a folk medicine treatment during the Middle Ages, its use by the common people ensured its separation from scientific and medical milieu. Massage was thus denigrated by the medical establishment (Goldstone 2000).

Modern therapeutic massage was developed by Henrik Ling, Sweden (1776- 1836) and was used in association with endless and specific movements (Holey and Cook 2000). Despite resistance from the Swedish medical establishment, Ling gained support from clients and physicians, who adopted his techniques and shared them with like-minded colleagues (Holey and Cook 2000). Massage was considered to be an acceptable medical therapy until the early 20th century when the focus of care moved to biological sciences (Saks 2000).

While therapists have adapted Swedish massage so as to place a greater emphasis on the psychological and spiritual aspects of treatment (Vickers and Zollman 1999), massage continues to be classified as a touch based therapy which traditionally uses a variety of strokes including effleurage, petrissage and kneading (see Sherman et al (2006) for a detailed discussion on massage techniques). Touch itself is thought to be therapeutic particularly for those who have limited opportunities for physical contact such as people without intimate friends or family or who have painful physical conditions. Various studies have shown that the simple act of reaching out and touching another person can result in physical benefits (Parachin 1991, Brechin 1998). According to Parachin (1991) one touch can soothe, comfort and convey caring in a way words never can. His claims that modern psychology and medicine are confirming what people across the centuries have intuitively known, namely the healing power of touch. O'Mathúna and colleagues (2002) on the other hand, are much more sceptical and claim that the healing power of touch is all nonsense and not yet proven.

Nowadays the practice of massage is embedded within the field of complementary or alternative medicine (CAM). CAM has been defined as 'diagnosis, treatment and/or prevention which complements mainstream medicine by contributing to a common whole or diversifying the conceptual frameworks of medicine (Ernst et al 1996). For the purposes of this commentary, CAM is defined as any treatment or therapy that is not routinely and universally available to people in the UK via the National Health Service.

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