

**MASSAGE AND THE ORIGINAL  
SWEDISH MOVEMENTS; THEIR  
APPLICATION TO VARIOUS  
DISEASES OF THE BODY**

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Massage and the original Swedish movements; their application to various diseases of the body  
by Kurre W. Ostrom

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**KURRE W. OSTROM**

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AND THE  
ORIGINAL SWEDISH MOVEMENTS  
—  
OSTROM



# MASSAGE

AND THE

## ORIGINAL SWEDISH MOVEMENTS

THEIR APPLICATION TO VARIOUS  
DISEASES OF THE BODY

LECTURES BEFORE THE TRAINING SCHOOLS FOR NURSES CONNECTED WITH  
THE HOSPITAL OF THE UNIVERSITY OF PENNSYLVANIA, GERMAN HOS-  
PITAL, WOMAN'S HOSPITAL, PHILADELPHIA LYING-IN CHARITY  
HOSPITAL, THE PHILADELPHIA POLYCLINIC AND COLLEGE  
FOR GRADUATES IN MEDICINE, AND THE KENSING-  
TON HOSPITAL FOR WOMEN, OF PHILADELPHIA

BY

KURRE W. OSTROM

FROM THE ROYAL UNIVERSITY OF UPSALA, SWEDEN

*EIGHTH EDITION, REVISED AND ENLARGED  
WITH ONE HUNDRED AND TWENTY-FIVE ILLUSTRATIONS*

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## PREFACE TO THE EIGHTH EDITION

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The revision of this book was undertaken at the request of the publishers, who stipulated that the notes left by the late Mr. Ostrom should be followed as much as possible. This has been done, except in the case of the notes on dislocations, which I have preferred not to use. With the permission of the publishers I have written the article on dislocations from my own viewpoint.

This revision consists mainly in the additional suggestions on treatment, with, here and there, some modification of statement made necessary by later experience. Beyond this, the original text has not been changed—That is to say, that, where the late author's method of treatment or practice differed but slightly from mine, then no change will be found.

There are sixteen entirely new pictures in this edition, which were made under the personal direction of Mr. Ostrom just before his rather sudden death. Some of the old figures in the text have been altered, redrawn or enlarged in accordance with his wishes.

The conciseness of this book makes it particularly valuable to beginners, who need to learn those essentials that constitute the foundation for study and practice of this important branch of the healing art.

P. SILFVERBERG, G. D.

## PREFACE TO THE FIRST EDITION

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As the tendency of modern therapeutics is to cure disease by the application of the laws of hygiene, the author feels that in presenting this little work to the medical profession, and to those especially interested in the subject, he will be supplying in English a treatise that has long been needed.

It is true, several books have been written on this subject by physicians, but none of them has been sufficiently explicit in telling how to perform the various manipulations, or the cases which may be benefited by the movements.

This work endeavors to explain how the movements are to be applied to all parts of the body, and also to show for what diseases such movements are indicated.

I am very much indebted to Drs. Charles K. Mills and H. Augustus Wilson for their kindness in giving me ample opportunity to practically demonstrate the Swedish methods of massage and movements at the Philadelphia Polyclinic and College for Graduates in Medicine.

I am also under obligations to several other pro-