

**A MANUAL OF
INSTRUCTION FOR GIVING
SWEDISH MOVEMENT AND
MASSAGE TREATMENT**

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A Manual of Instruction for Giving Swedish Movement and Massage Treatment by Hartvig Nissen

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HARTVIG NISSEN

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A MANUAL OF INSTRUCTION

FOR GIVING

SWEDISH MOVEMENT

AND

MASSAGE TREATMENT.

BY

PROF. HARTVIG NISSEN,

Director of the Swedish Health Institute, Washington, D. C.; Late Instructor
in Physical Culture and Gymnastics at the Johns Hopkins Uni-
versity, Baltimore, Md.; Author of "Health by
Exercise without Apparatus."

WITH 29 ORIGINAL WOOD ENGRAVINGS.



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PREFACE.

SINCE my address on "Swedish Movement and Massage Treatment," delivered before the Clinical Society of Maryland in March, 1888, appeared in several medical journals, I have frequently been asked by the medical profession to write a manual, and also to give instructions on the subject.

Although there are numerous articles and books on massage, there are, to my knowledge, no manuals of Swedish movement and massage treatment in the English language which give any information how to apply the treatment in different diseases.

As such a treatise seems to be desirable, I have tried to write a practical hand-book, describing the most useful movements, many of these illustrated by cuts, and giving in addition prescriptions for their use in those cases where they are

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most likely to be successfully applied in the sick-room and without any apparatus.

I trust this will supply a need, and be accepted as a practical help in the treatment of the sick.

HARTVIG NISSEN.

WASHINGTON, D.C.,
May, 1889.

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