

# **PRACTICAL MASSAGE AND CORRECTIVE EXERCISES**

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Practical massage and corrective exercises by Hartvig Nissen

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**HARTVIG NISSEN**

**PRACTICAL MASSAGE  
AND CORRECTIVE  
EXERCISES**



# PRACTICAL MASSAGE

AND

## CORRECTIVE EXERCISES

BY  
HARTVIG NISSEN

President of Pose Normal School of Gymnastics; Superintendent of Hospital Clinics in Massage and Medical Gymnastics; For Twenty-four years Lecturer and Instructor of Massage and Swedish Gymnastics at Harvard University Summer School; Late Director of Physical Training at Boston and Brookline Public Schools; Former Instructor of Physical Training at Johns Hopkins University and Wellesley College, Former Director of the Swedish Health Institute, Washington, D. C., etc.; author of "Swedish Movements and Massage Treatment," "Practical Massage in Twenty Lessons," "A. B. C. of Swedish Educational Gymnastics," "Rational Home Gymnastics," etc.

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REVISED AND ENLARGED EDITION OF THE AUTHOR'S  
"PRACTICAL MASSAGE IN TWENTY LESSONS,"  
WITH MANY ADDITIONS.

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With 68 Original Illustrations, Including Several Full-page Half-tone Plates.



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## PREFACE TO REVISED EDITION.

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As years roll by there are constantly new theories and methods coming up, and my own experience teaches me, more and more, one is never too old to learn; so I have found it necessary to enlarge and improve on my former books, and also to add the important "Corrective Exercises," with full description of their effect and muscles used in the different movements.

This new book, then, is what forty years of study and experience, practice, and teaching have taught me; and I earnestly hope it will be of value to those who wish to learn in a practical way to treat suffering humanity with Mechanotherapy.

HARTVIG NISSEN.

BOSTON, MASS.

## PREFACE TO FIRST EDITION.

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SINCE my book, "Swedish Movement and Massage Treatment," was published in May, 1889, I have had many hundreds of pupils as well as patients; and during my thirty years of experience as a masseur and teacher, I have been constantly studying and practising and broadening my views and ideas.

My first book was written on the authority of others and the theory which they taught.

This book, which I hope will be found worthy of its title, "Practical Massage," is the result of my life's work.

It is written just as I have been teaching "massage" for several years at Harvard University Summer School and to my private pupils.

My method is a combination of what I have found to be the best and most useful "manipulations" and "movements" in other systems as well as original. I trust this little book will be accepted as a practical help in the treatment of the sick.

HARTVIG NISSEN.

BOSTON, MASS.



## CONTENTS.

	PAGE
CHAPTER I.	
The History—Swedish Movement Treatment—A Word to the Physician—Variety of Movements and Duration—How Often the Treatment Should be Repeated—How to be Dressed—Physiological Effects of Movements—Passive Movements—Active and Resistive Movements .....	1-18
CHAPTER II.	
Active and Passive Movements—Resistive or Duplicate Movements—The Positions—Manipulations of Arms—Centripetal Stroking, Kneading and Circular Friction—The Effects of These Manipulations.....	19-29
CHAPTER III.	
Manipulations of Arms—Nerve Compression—Muscle Rolling—Slapping—Friction—Combination Kneading—Percussion—Beating—Vibration .....	30-36
CHAPTER IV.	
Passive Movements of Arms—Finger Rotation—Hand Rotation—Forearm Rotation—Arm Rotation (Single)—Flexion of Arm, Hand, and Finger—Vertical Arm Rotation—Forward Arm Rotation—Shoulder Rotation and Chest Lifting.....	37-43
CHAPTER V.	
Manipulations of Legs—Centripetal Stroking, Kneading, and Circular Friction—Nerve Compression, Muscle Rolling, Slapping, and Friction—Combination Kneading—Percussion—Beating—Vibration—Stretching the Sciatic Nerve—Passive Movements of Legs: Foot Rotation (Single and Double)—Foot Flexion and Extension—Thigh Rotation—Hip Rotation.....	44-48

	PAGE
CHAPTER VI.	
Passive Movements of the Trunk; Manipulations of the Chest—Chest Friction and Kneading—Chest Vibration—Chest Slapping—Chest Lifting and Vibration—Abdominal Massage: Stomach Friction—Muscle Kneading of the Abdomen—Knuckle Kneading of the Abdomen—Circular Kneading of the Abdomen—Stomach Vibration—Bowel Vibration—Bowel Concussion—Loin Vibration—Loin Traction.....	49-57
CHAPTER VII.	
Massage of the Back: Back Friction—Back Muscle Kneading, Muscle Rolling—Back Circular Kneading—Back Vibration—Spinal Nerve Compression—Back Percussion—Long Friction Down the Back—Brech Heating .....	58-63
CHAPTER VIII.	
Head, Face, and Throat Massage—Head Percussion—Vibration at the Base of the Skull—Kneading of the Head—Head Vibration—Friction of the Forehead and Temples—Facial Massage—Throat Massage—Head Rotation—Head Flexion (Passive).....	64-71
CHAPTER IX.	
Resistive Movement of Arms: Finger Flexion and Extension—Hand Flexion and Extension—Arm Flexion and Extension—Vertical Arm Flexion and Extension—Horizontal Arm Flexion and Extension—Horizontal Arm Separation and Closing—Lateral Arm Elevation and Depression—Forward Arm Traction—Arm Torsion .....	72-79
CHAPTER X.	
Resistive Leg Movements: Foot Flexion and Extension—Leg Flexion and Extension—Upward Knee Traction—Knee Flexion and Extension—Leg Elevation and Depression—Backward Leg Traction—Leg Separation	

## CONTENTS.

vii  
PAGE

and Closing—Bent Knee Separation and Closing— Leg Torsion .....	80-87
--	-------

## CHAPTER XI.

Passive and Resistive Movements of the Trunk: Trunk Rotation—Trunk Torsion (Sitting and Kneeling)— Forward Trunk Flexion and Extension—Neck Flex- ion and Extension .....	88-91
--	-------

## CHAPTER XII.

Corrective Active Exercises of Arms: Standing Position —Shoulder Circling—Arm Circling—Arm Elevation— Arm Flinging—Arm Rotation—Arm Flexion and Extension .....	92-96
--	-------

## CHAPTER XIII.

Corrective Active Exercises of Legs: Leg Elevation, Sideways—Leg Elevation, Forward—Leg Elevation, Backward—Knees Bend—Heel Elevation—Charge, or Fall Out, Forward—Horizontal Balance, Standing— Back Curving—Leg Elevation, Lying.....	97-101
---	--------

## CHAPTER XIV.

Corrective Active Exercises of Head and Trunk: Head Bending, Backward—Trunk Flexion, Backward and Forward—Chopping Movement—Harvesting Move- ment—Trunk Flexion, Sideways—Trunk Torsion— Trunk Circling—Trunk Elevation, Lying—Body Hor- izontal on Toes and Hands.....	102-108
--	---------

## CHAPTER XV.

Stiffness of Joints and Tendons—The Modus Operandi— The Knee Joint—My Method—Mistake to Apply Mas- sage Too Long at a Time—Sprains, Synovitis— Hydrarthrus .....	109-118
---	---------

## CHAPTER XVI.

Flat-foot: "Morbid Condition of Foot in Which the Arch is Destroyed" .....	119-122
---	---------