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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Trieste

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OF THE BODY.

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

BY

KURRE W. OSTROM,

FROM THE ROYAL UNIVERSITY OF UPSALA, SWEDEN.

FIFTH EDITION, REVISED AND ENLARGED, WITH ONE HUNDRED AND FIFTEEN ILLUSTRATIONS.

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PREFACE TO THE FIFTH EDITION.

In preparing this new edition the whole text has been carefully gone over and revised in the light of recent methods, ten new illustrations have been included and the practical instructions for giving massage have been rewritten and enlarged.

The first edition of this little book was issued barely twelve years ago. Since this was published the author has gained a better knowledge of the value of massage as a remedial measure, and of the actual wants of nurses by his experience as a teacher in the various hospitals of Philadelphia, and by instructing many head nurses sent to him from different parts of the United States and Canada. When the second edition was issued it was deemed wise to incorporate a practical description of the Swedish movements. This was done, entailing the insertion of upward of sixty new illustrations copied from the authoritative text-book by Dr. Hartelius as used at the Royal Central Institute of Stockholm. Several new illustrations were added to the third edition, and considerable new material, especially in the latter part of the book, dealing with the applica-

tion of massage to the various diseases of the human body. Considerable new material and a number of illustrations were added to the fourth edition, special attention being given to those sections dealing with the treatment of Constipation and Lateral Curvature of the Spine.

It has been the author's aim to strictly maintain the practical character of the book, about which he has received so many encouraging letters, and in revising the fifth edition he has not deviated from this rule. Much new material has, however, been included, and many original practical points inserted throughout the text, while at the same time he has preserved that conciseness and clearness so necessary in a text-book of this kind.

It is the author's desire that this manual, as it is now published, may be of value to the physician who desires to study the principal points of mechanotherapeutics and the treatment indicated, while to the *nurse* who needs a text-book, and to the professional *masseur* who desires to keep abreast of the latest development of the subject, he trusts that the additional suggestions will prove helpful.

THE AUTHOR.

112 NORTH SIXTEENTH STREET,
PHILADELPHIA.

PREFACE TO THE FIRST EDITION.

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 professors of the same institution for valuable information received.

In describing the various movements and their influence upon the different parts of the body, I have consulted such well-known Swedish authors as *Wretlind*, *Hartelius*, *Kleen*, etc.

It is hoped that this little text-book will be a practical and valuable addition to what has already been published on the subject of mechanotherapy.

THE AUTHOR.