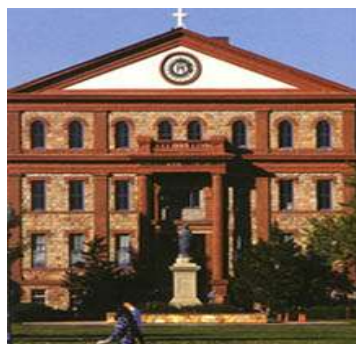




# Recognizing 200 years of International OMPT practice

Cameron MacDonald  
A fellow with an interest



# Introduction

- Bold statements are exciting, until asked to prove it!
- In the USA we have ongoing battles to utilize manipulation and struggle to defend our actions over the long course of time
- Many still propose we are derived from reconstruction aides from 1921 with no prior history
- Perhaps if we knew more of our history we would have less confusion.

# A better introduction

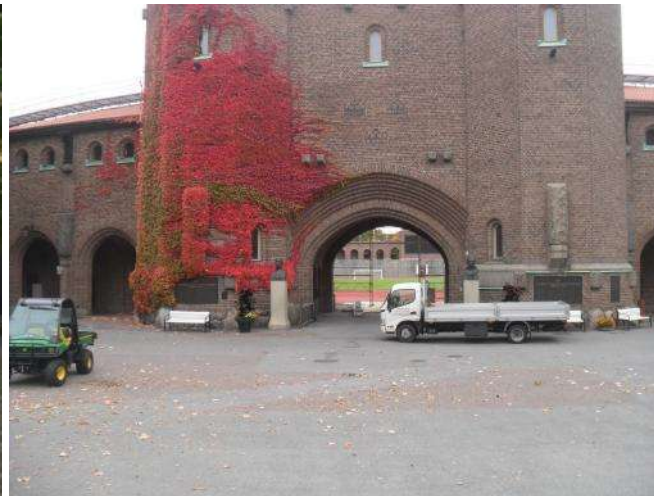
- Is this the 200 year anniversary of OMPT?
- SOAP notes: helpful IF you have history
- Reinforced for us yesterday
- Recent travels in Europe searching for our history took me through Italy, Germany, Sweden (on target) and very briefly England (running through Heathrow)
- That was Saturday - Wednesday. Slides are ready today!

# Welcome to Sweden 2013





# Gymnastik – och idrottshogskolan



GIH-10-15-13

# Why Sweden?

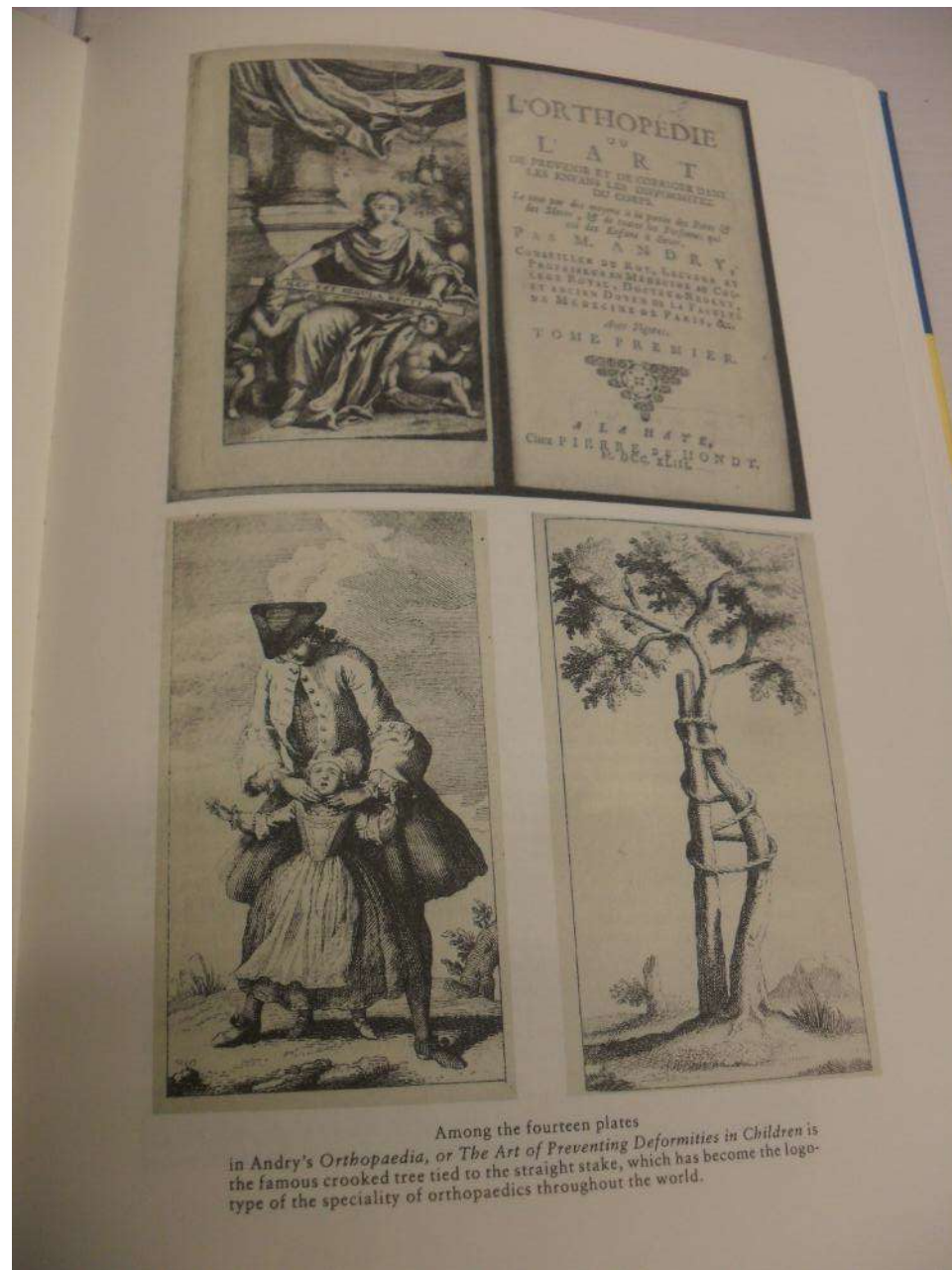
- Better than some parts of the world right now to visit.
- I thank/blame/praise a few people for setting me on this course...
- Mike Hoy
- Bryan Dennison
- Britt Smith
- And a couple of Swedish Gents, Ragnar Felise for one

# How does this statement sit?

- “Physiotherapy is the fundamentals of all modern treatment that make use of manual methods and exercises. The development of more recent manual therapies as Osteopathy, Chiropractics, Naprapathy or Kinesiology are in that sense heavily linked to the efforts of the physiotherapists in the 19th century.”
- <http://www.chronomedica.se/>
- ... and Anders Ottosson causing a stir circa 2009

Really...?

Andry 1742  
Orthopedia, not very  
PT like





# History though is written by the victors.

- Today we review the argument that physiotherapists (kinesiotherapist/mechanotherapist/sjukgymnastik) in Northern Europe had an established profession with a scientific basis by the early 1800's, and it lead the way in OMT interventions.
- *The Manipulated History of Manipulations of Spines and Joints? Rethinking Orthopaedic Medicine Through the 19th Century Discourse of European Mechanical Medicine*
- Anders Ottosson - Medicine Studies 3 (2):83-116 (2011)

# So when did OMPT start...

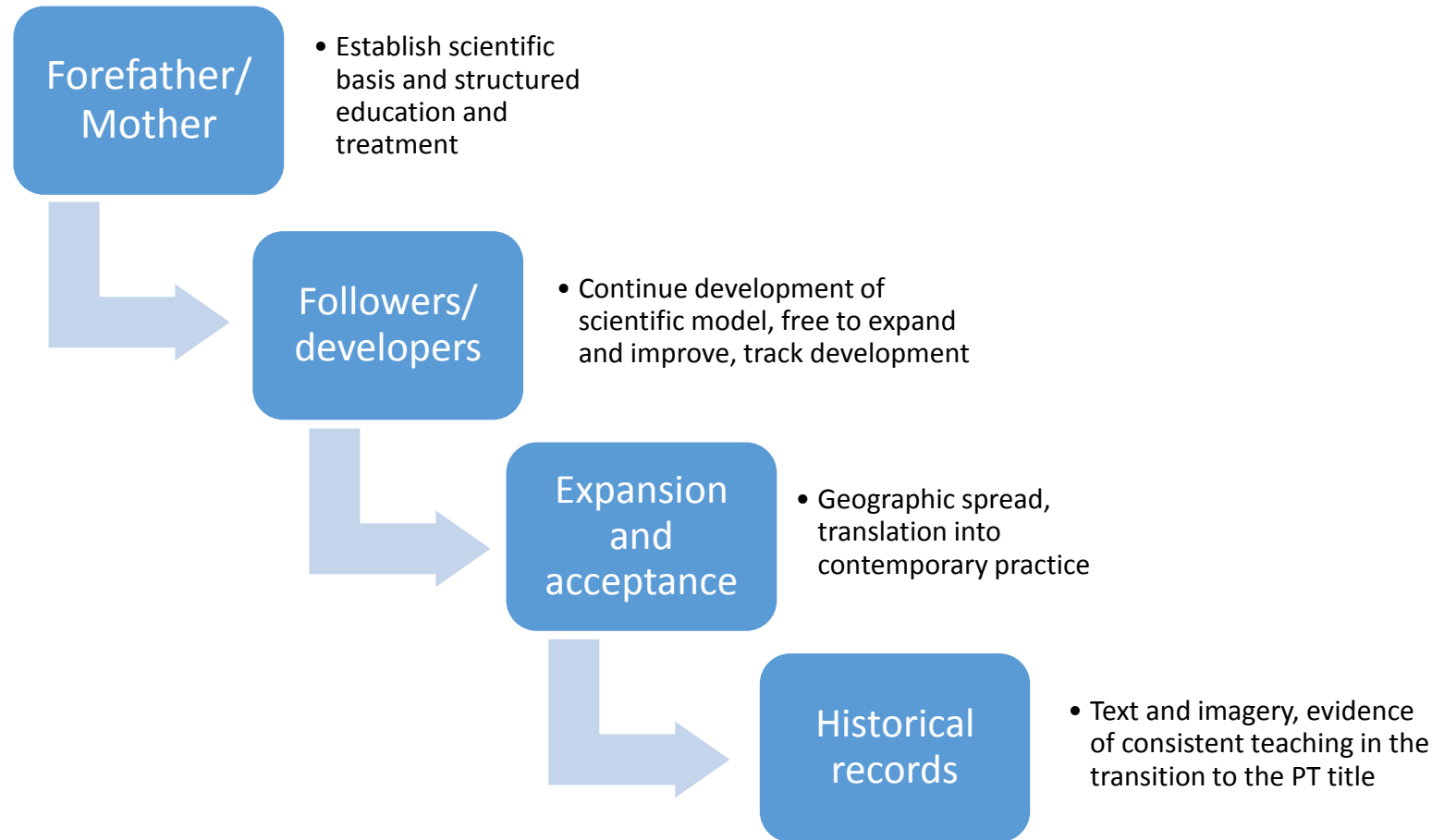
- Is 2013 the 200 year anniversary of the OMPT profession??
- We will consider the Royal Central Institute of Gymnastics (RCIG), later the GHI.
- Swedish word for a Physical Therapist is 'sjukgymnast' which means 'sick-gymnast'



# If we are to accept a starting point for OMPT, what do we need to see?

- I would offer these would help:
- A direct link to the practice of today
- A scientific rationale for treatment delivery
- Evidence of outcomes assessment
- A structured educational model
- Written description of techniques
- Written patient cases
- Photographic evidence

Or in a graphical format we can set the following standard.

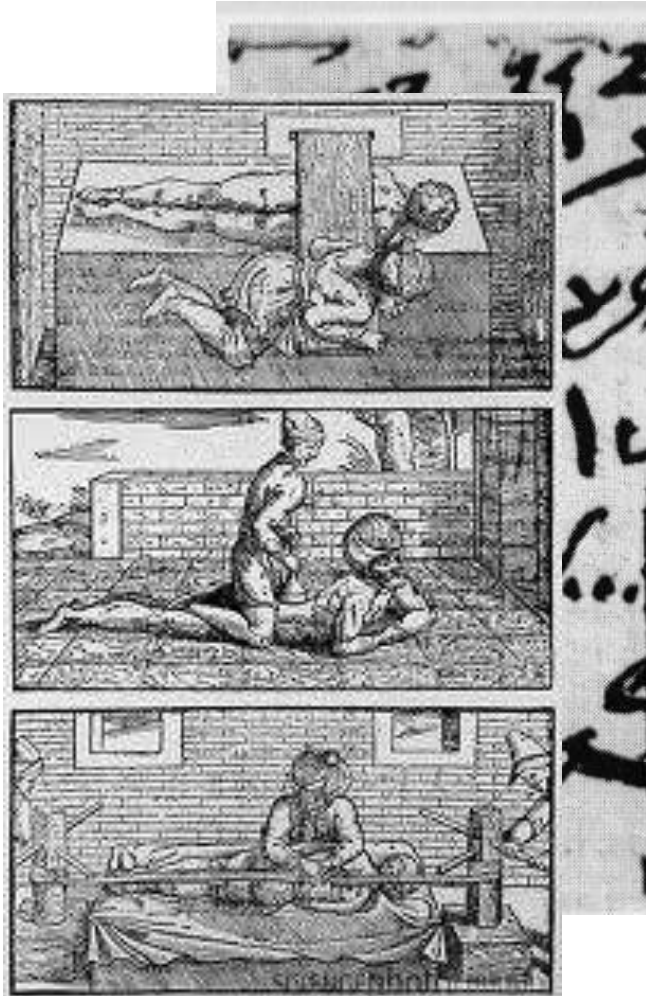


# Clarification - it's not whose first

- Manipulation dates to at least 2700 BC in china
- Massage and tissue mobilization by Homer in 1000 BC
- Manipulative spinal interventions with Hippocrates in approximately 420BC
- Avicenna in Persian culture with prone thoracic interventions around 1000AD
- Therapeutic massage weaves into almost all cultures back to the Assyrians, multiple tribal cultures etc.
- I seek to uncover when formalized modern PT commenced, though perhaps under a different name to start



No one owns  
manipulation

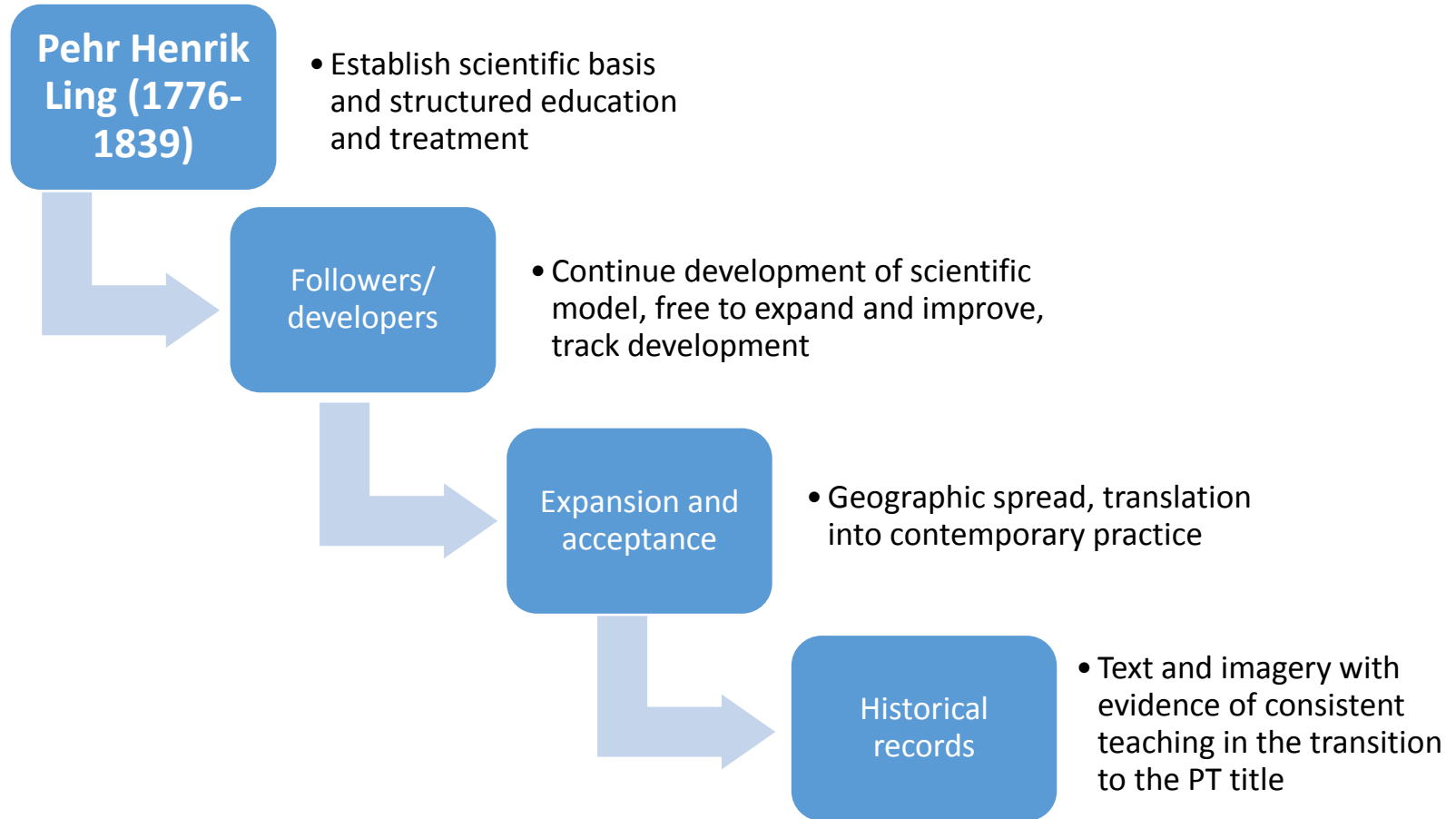


# Bonesetters in 19<sup>th</sup> C Europe

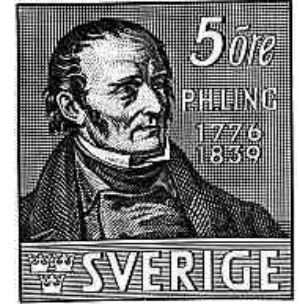
- Spinal manipulations were much used by bonesetters.
- The maneuvers were basic and rather violent.
- Clinical exam often simplistic. The diagnosis of slipped vertebra was customary.
- Patriarchal path often



# Step One.



# P.H. Ling (1776-1839)



- Founded RCIG – Royal Central Institute of Gymnastics in Sweden in 1813
- Developed scientifically based educational approach to the application of active treatment and passive interventions
- Powerful forebears that he likely drew from: include Tissot 1780 (translated to Swedish in 1797), - (translation)

- *“Surgical and medical gymnastics, to test the usefulness' of movement or different exercises of the body, and rest in the treatment of diseases”*



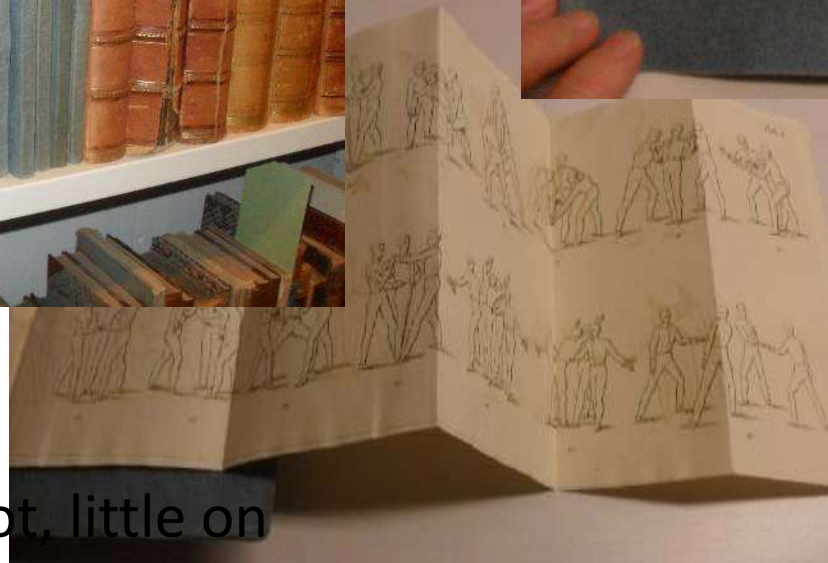
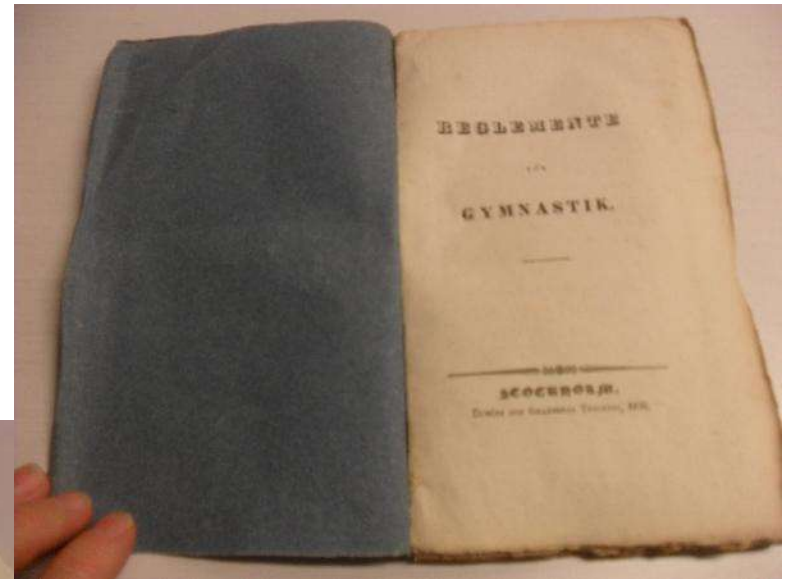


# Ling advocates

- Blundell 1852 - Ling brought mechanical medicine back to a firm scientific basis in “Medicina Mechanica or the Theory and Practice of Active and Passive Exercises and manipulations (London)”.
- Contemporary detractors offered that he drew all he knew from the movements and techniques of the Chinese manual practitioners “Cong-Fou des Tao-se”. A T Still was also challenged with learning all he knew from a traveling Swede circa 1874...
- Strong support from Swedish government. The pride of the country had been severely affected by the loss of its eastern domain (Finland) in 1809 to Russia with the perception that the whole nation was weak.
- Many before promoted gymnastics to promote ‘manliness’ and health including Spanish, Swiss and German promoters, pre-eminence to Guts-Muth’s work “Gymnastics for the young” – 1793



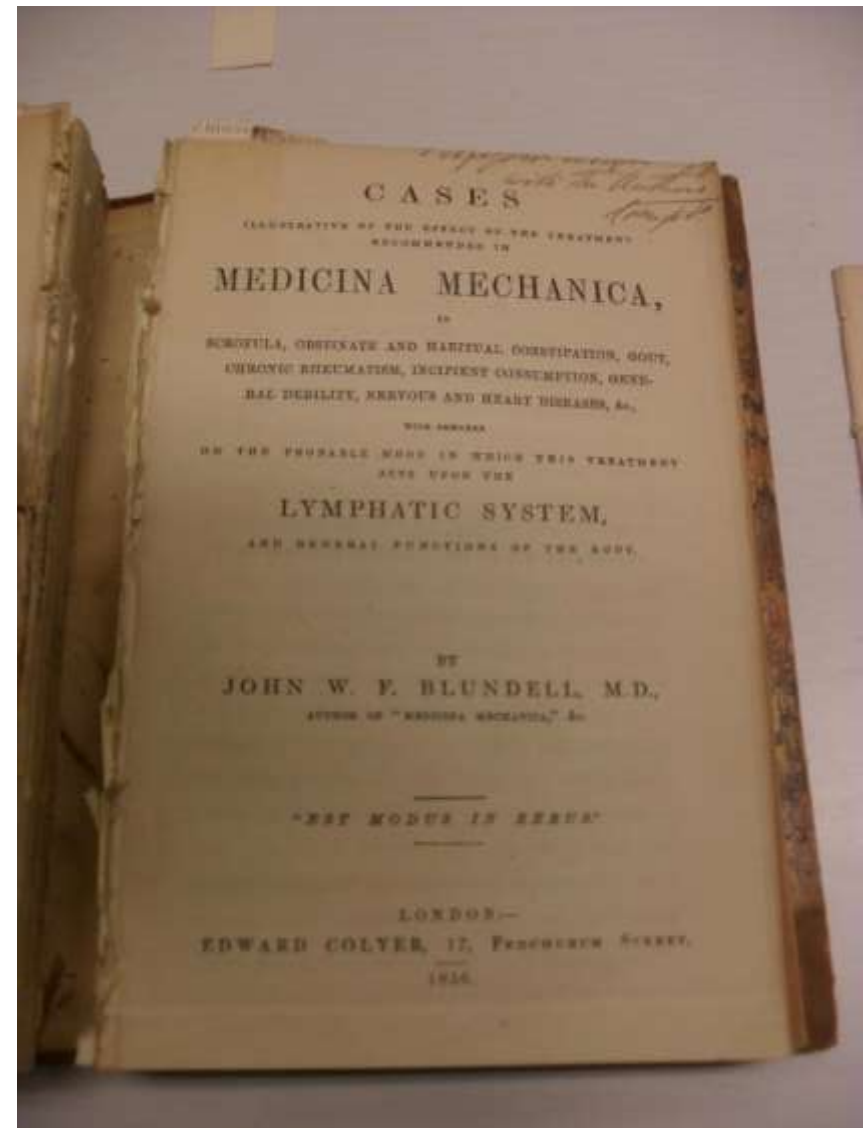
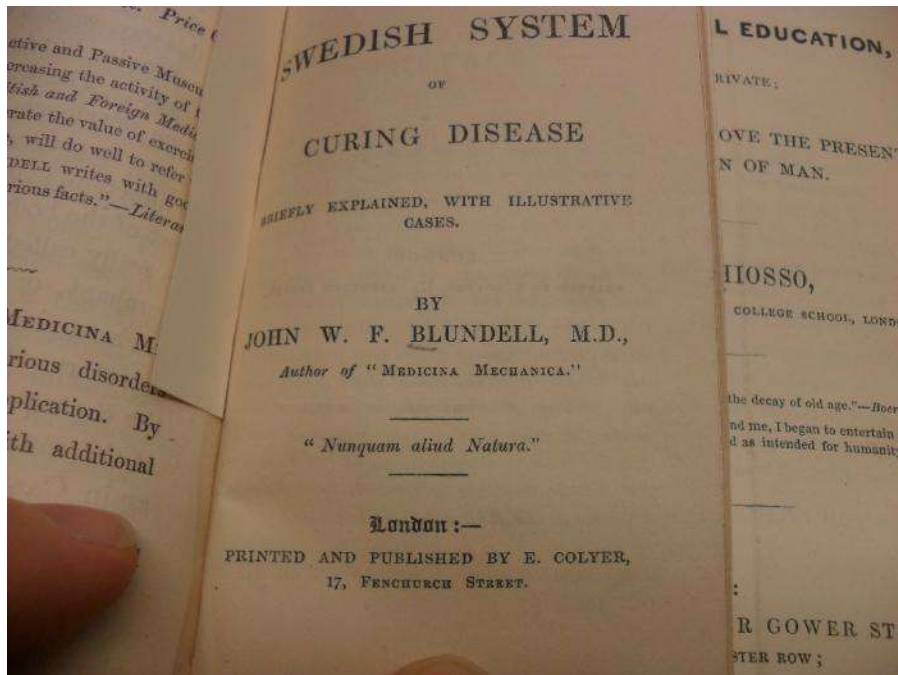
# Source Documents



Ling wrote a lot, little on his methods, a lot of poetry...

# Blundell 1856

- MD strongly supportive of Ling's treatment

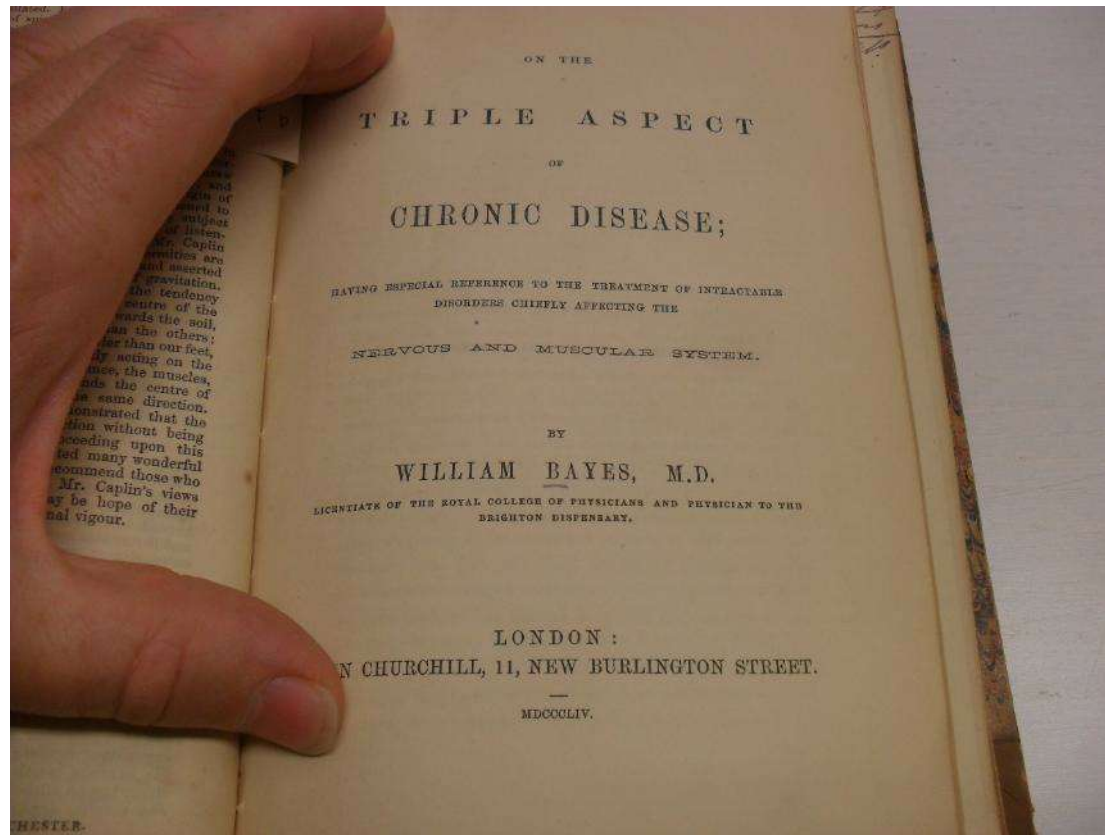


explaining his condition ; forgetting such a word as "head," and seeming utterly passive to what was either addressed to or done to him.

→ The manipulations to the scalp and vessels of the head and neck gave him almost instantaneous relief, and he was then sent home, with orders that he should remain quiet, take some cooling laxative medicine, and apply iced-water to the head and temples, with instructions about position of the body and diet. He slept well that night, and in the morning was very much better, having had no return of the symptoms of the previous day. The treatment was then daily administered for a few weeks, with but slight return of one or two of the

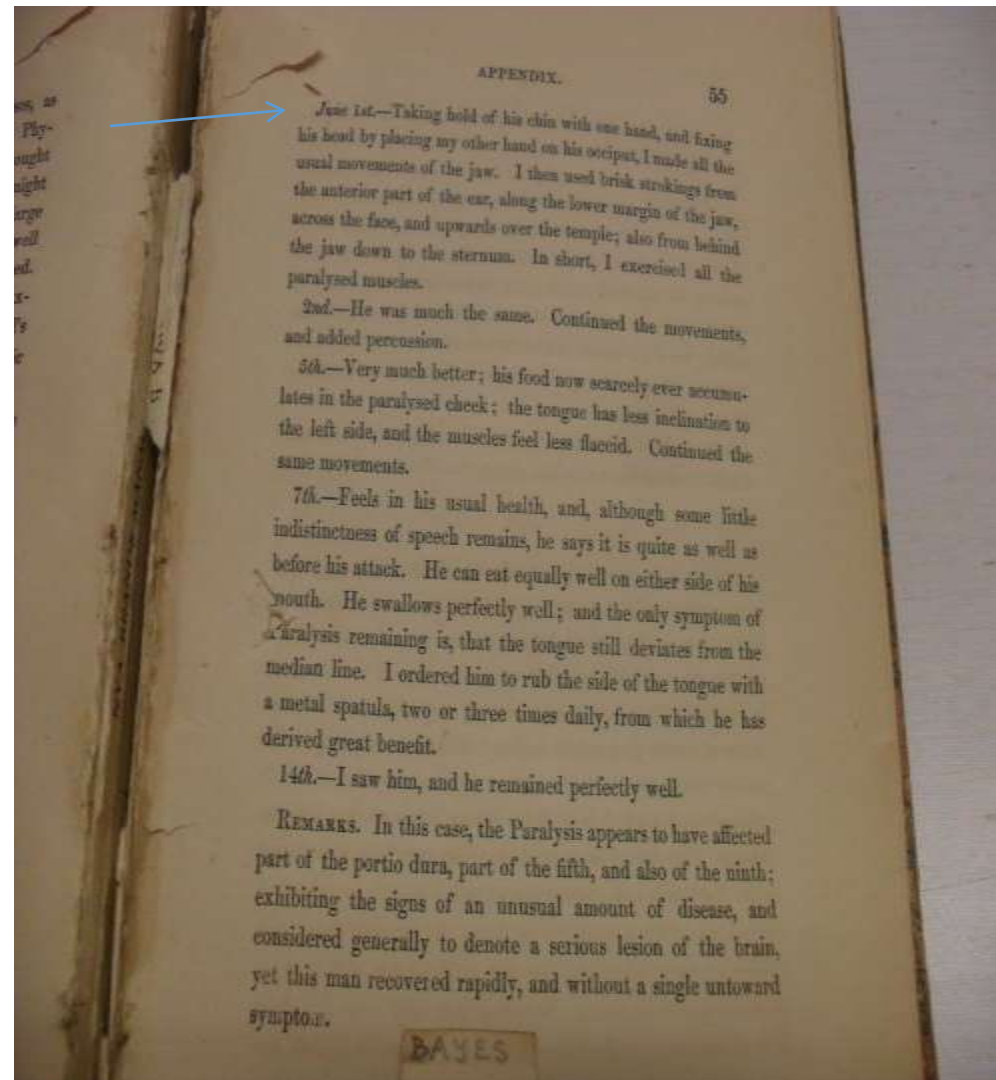
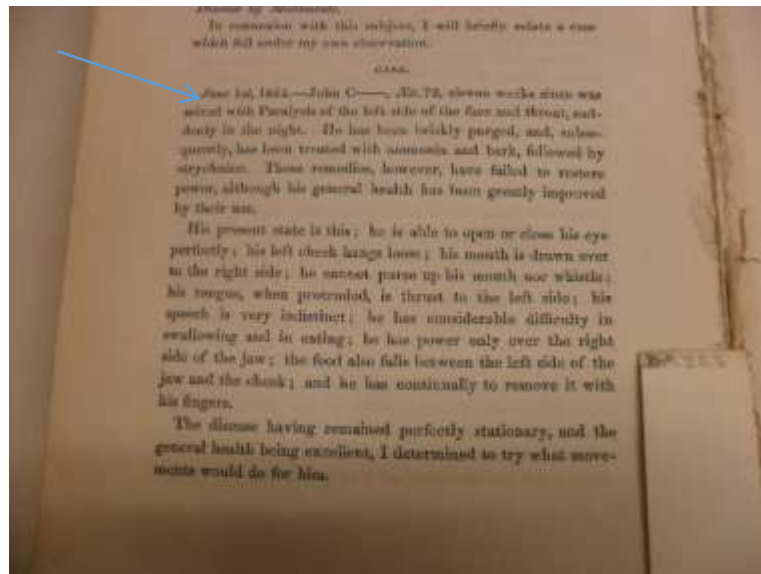
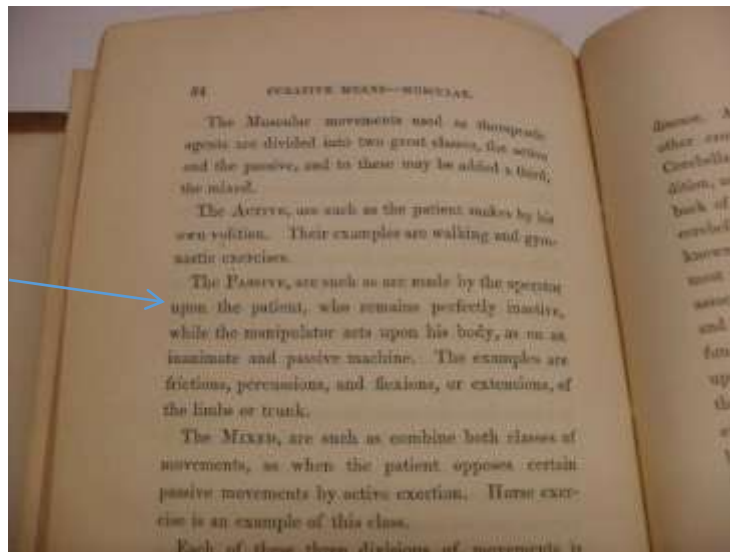
# Doherty 1851 & Bayes 1854

Doherty (1851) – Kinesiopathy....the application of specific movements and manipulations to the human body



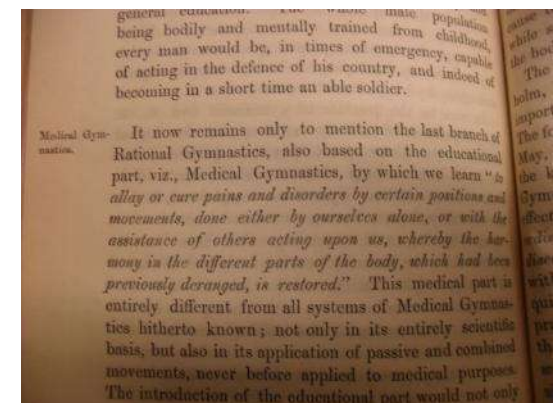
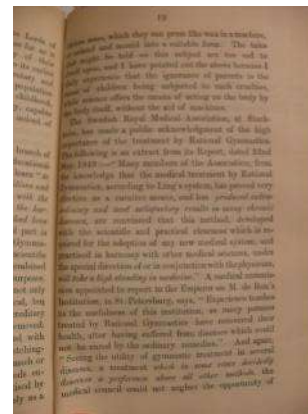
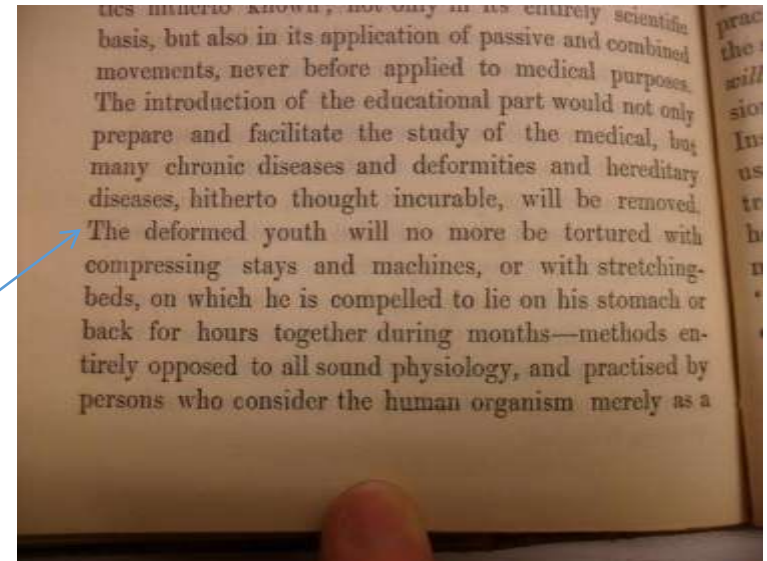
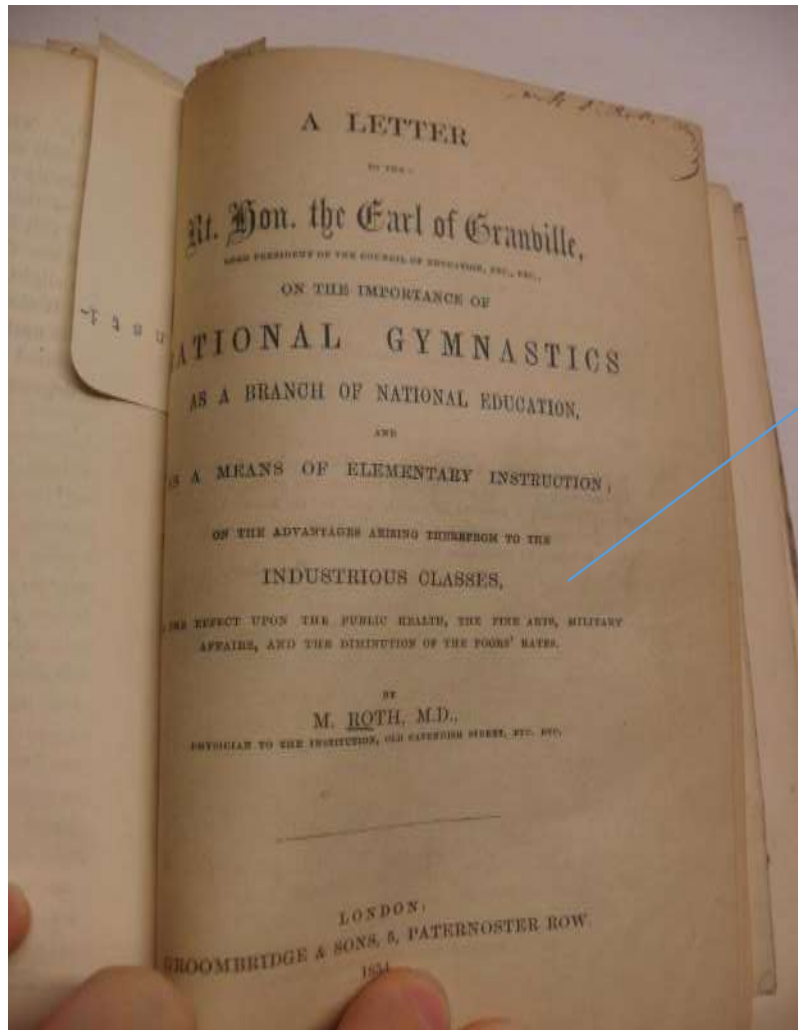


# Bayes 1854 – passive mobilizations & case discussions





Roth 1854 – avoid the torture of immobilization  
(UK)



# Ling & the RCIG – PT born?

- Why could Ling's RCIG as founded in 1813 be credited with founding Physical Therapy and not just another branch of gymnastics?
- It contained and emphasized PT (medical gymnastics) and was considered scientific, it had prestige and aristocratic support
- Established it with the highest level of government support and set out to educate and provide treatment and care to the Swedish nobility
- It was a very large success

**GYMNASTICS,**

AN ESSAY ON

**BRANCH OF NATIONAL EDUCATION,**

BOTH PUBLIC AND PRIVATE;

**THE ONLY REMEDY TO IMPROVE THE PRESENT  
PHYSICAL CONDITION OF MAN.**

**BY CAPTAIN CHIOSSO,**

PROFESSOR OF GYMNASTICS AT UNIVERSITY COLLEGE SCHOOL, LONDON.

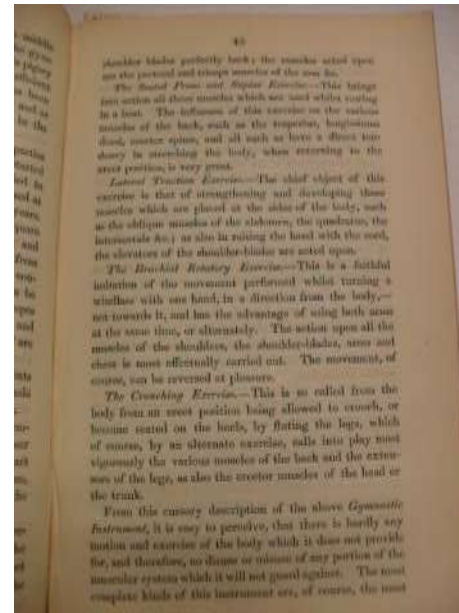
*"The only malady inherent in the human frame, is the decay of old age."—Beecher.*  
*"On seeing the sufferings of some of the people around me, I began to entertain a doubt, whether such pangs and agonies could be considered as intended for humanity by the Omnipotent."—Public Meetings. White's Rooms, 1851.*

**LONDON:**  
**WALTON & MABERLY, UPPER GOWER STREET,  
AND IVY LANE, PATERNOSTER ROW;**  
**PARIS AND NEW YORK:—H. BALLIÈRE.**

To be had also at Capt. CHIOSSO'S GYMNASTIC ACADEMY, 51, New Road,  
corner of Gower Street, University;  
and at his Private Establishment, 38, Baker Street, Portman Square.

**1854.**

(Capt. CHIOSSO reserves to himself the right of publishing any Translation of this Work.)

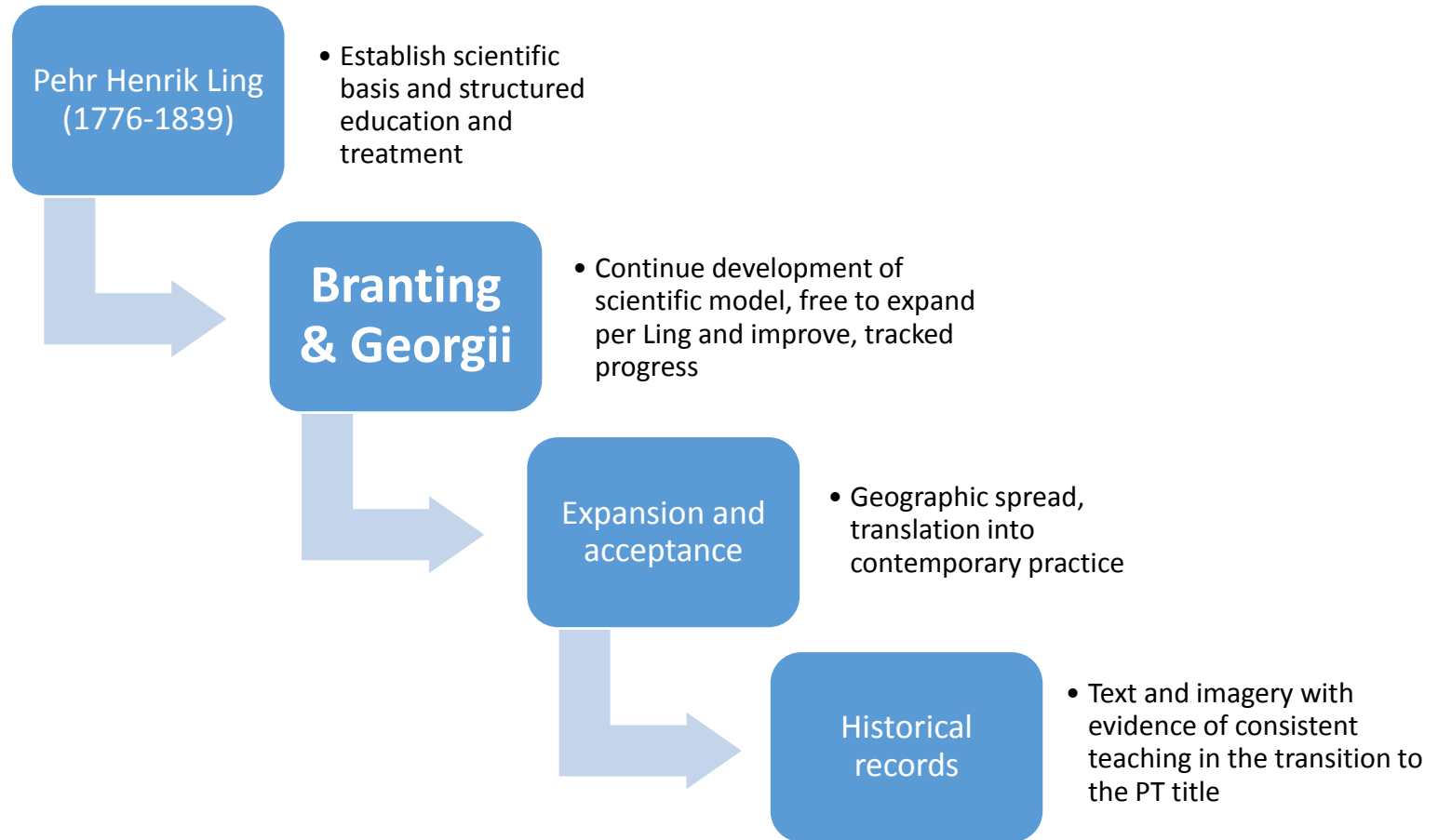


# The Three part educational model of the RCIG

– 1834 and onwards into early 20<sup>th</sup> C

- Pedagogical Gymnastics [Physical Education], with which a human being learns how to make the body conform to his own, will.
- Military Gymnastics [mostly fencing], with which man tries to subject another external will to the power of his own will with the aid of exterior tools, that is weapons, or using his own physical power.
- **Medical Gymnastics [Physical Therapy], with which a man, either with himself in correct position, or with assistance and movements of others, tries to alleviate or cure sufferings that have arisen in his body due to abnormal conditions.**
- Aesthetic Gymnastics, with which a man seeks to, illustrate his inner being through the body: thoughts and feelings. (never became a subject on its own at the RCIG)

## Step Two.



# Lars Gabriel Branting – RCIIG Director 1839-62

- Successor to P H Ling, expanded the teaching specifically - included traction with manual interventions
- Tracked outcomes, one example 1848-49 (Georgii)
- Went head to head with orthopedists at the time, likely sowed seeds of disquiet for the 1910-1934 systematic destruction of PT status



# Georgii - outcomes

Atrophy of the heart .....	9	3	6	1	Symptoms belonging principally to the diseases of the lungs, the heart, the brain, &c. (Principally belonging to diseases of the heart and lungs including facial congestions. Cases 9 and 12 belong to these Case 11 belongs to these
Cold in the head (rhinœ and habitual) .....	17	0	3	5	
Cold feet .....	92	35	36	21	
Cold hands .....	8	3	5	..	
Congestion of the head..	55	21	22	12	(Belonging to the cases of pulmonary consumption and asthma Cases 6&7 belong to these
Congestion of the lungs.	7	4	3	..	
Congestion of ovary ....	2	1	..	1	
Constipation of bowels..	51	19	22	10	
Disease of the valves of the heart .....	5	2	2	1	
Dislocation of elbow joint	4	4	..	..	
Distortion and curvature of the spine .....	28	9	9	10	
Dyspepsia and heartburn	20	7	4	9	
Delicate and deformed chest .....	20	9	11	..	
Epilepsy .....	3	..	2	1	
Expectoration of pus ..	23	9	10	4	
Gladipeps .....	36	12	16	8	
Green sickness.....	12	6	5	1	
Hæmorrhoids .....	36	12	14	10	
Hypertrophy of the heart	8	2	4	2	
Inflammation of eyelids.	3	..	2	1	
Menstruation profuse ..	6	2	2	1	

One year  
1848/9

DISEASE.	Admitted.	Cured.	Relieved.	Intercurred with other diseases or complications.	OBSERVATIONS.
Asthma .....	26	16	6	7	Case 10 belongs to these
Erythema polymorphum.	8	2	2	2	
Atrophy of the heart . .	6	2	5	1	
Cold in the head (chronic and habitual) . . . .	12	9	2	1	Symptoms, belonging principally to the dis-
Cold feet .....	92	55	30	94	

Gravel	12	6	5	1	Cases 6&7 belong to these
Green sickness	36	12	14	10	
Hæmorrhoids	8	2	4	2	
Hypertrophy of the heart	3	..	2	1	
Inflammation of eyelids	5	2	2	1	
Menstruation profuse	9	2	3	4	
" diminished	10	6	2	2	
" suppressed	4	2	1	1	
Nervous debility	50	20	18	12	
Palpitation of the heart	5	1	..	4	
Palsy	21	7	9	5	Case 8 belongs to these
Pulmonary consumption	22	8	10	4	1 rheumatism of the heart
(1st and 2nd stages)	10	3	5	7	
Rheumatism	15	5	3	7	{ Cases 5 and 13 are
Serofula	12	7	3	2	{ among these
Spinal irritation	15	8	4	3	{ Symptoms belonging
Spermatorrhœa	16	6	5	5	{ to the cases of pulmo-
Spitting of blood	3	1	2	6	{ nary consumption
Stooping position (from	13	6	1	6	
weakness of the mus-	2	1	1	..	All females but one
cles of the back	7	2	5	..	
St. Vitus' dance					
Sleeplessness					
Sore throat					
Weakness of joints					
Total	693	266	261	166	

Total - Cured - Improved - No Gain

76%  
success

	1870	1871	1872	1873	1874	1875	1876	1877	1878	1879	1880	1881	1882	1883	1884	1885	1886	1887	1888	1889	1890	1891	1892	1893	1894	1895	1896	1897	1898	1899	1900	1901	1902	1903	1904	1905	1906	1907	1908	1909	1910	1911	1912	1913	1914	1915	1916	1917	1918	1919	1920	1921	1922	1923	1924	1925	1926	1927	1928	1929	1930	1931	1932	1933	1934	1935	1936	1937	1938	1939	1940	1941	1942	1943	1944	1945	1946	1947	1948	1949	1950	1951	1952	1953	1954	1955	1956	1957	1958	1959	1960	1961	1962	1963	1964	1965	1966	1967	1968	1969	1970	1971	1972	1973	1974	1975	1976	1977	1978	1979	1980	1981	1982	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	2100	2101	2102	2103	2104	2105	2106	2107	2108	2109	2110	2111	2112	2113	2114	2115	2116	2117	2118	2119	2120	2121	2122	2123	2124	2125	2126	2127	2128	2129	2130	2131	2132	2133	2134	2135	2136	2137	2138	2139	2140	2141	2142	2143	2144	2145	2146	2147	2148	2149	2150	2151	2152	2153	2154	2155	2156	2157	2158	2159	2160	2161	2162	2163	2164	2165	2166	2167	2168	2169	2170	2171	2172	2173	2174	2175	2176	2177	2178	2179	2180	2181	2182	2183	2184	2185	2186	2187	2188	2189	2190	2191	2192	2193	2194	2195	2196	2197	2198	2199	2200	2201	2202	2203	2204	2205	2206	2207	2208	2209	2210	2211	2212	2213	2214	2215	2216	2217	2218	2219	2220	2221	2222	2223	2224	2225	2226	2227	2228	2229	2230	2231	2232	2233	2234	2235	2236	2237	2238	2239	2240	2241	2242	2243	2244	2245	2246	2247	2248	2249	2250	2251	2252	2253	2254	2255	2256	2257	2258	2259	2260	2261	2262	2263	2264	2265	2266	2267	2268	2269	2270	2271	2272	2273	2274	2275	2276	2277	2278	2279	2280	2281	2282	2283	2284	2285	2286	2287	2288	2289	2290	2291	2292	2293	2294	2295	2296	2297	2298	2299	2300	2301	2302	2303	2304	2305	2306	2307	2308	2309	2310	2311	2312	2313	2314	2315	2316	2317	2318	2319	2320	2321	2322	2323	2324	2325	2326	2327	2328	2329	2330	2331	2332	2333	2334	2335	2336	2337	2338	2339	2340	2341	2342	2343	2344	2345	2346	2347	2348	2349	2350	2351	2352	2353	2354	2355	2356	2357	2358	2359	2360	2361	2362	2363	2364	2365	2366	2367	2368	2369	2370	2371	2372	2373	2374	2375	2376	2377	2378	2379	2380	2381	2382	2383	2384	2385	2386	2387	2388	2389	2390	2391	2392	2393	2394	2395	2396	2397	2398	2399	2400	2401	2402	2403	2404	2405	2406	2407	2408	2409	2410	2411	2412	2413	2414	2415	2416	2417	2418	2419	2420	2421	2422	2423	2424	2425	2426	2427	2428	2429	2430	2431	2432	2433	2434	2435	2436	2437	2438	2439	2440	2441	2442	2443	2444	2445	2446	2447	2448	2449	2450	2451	2452	2453	2454	2455	2456	2457	2458	2459	2460	2461	2462	2463	2464	2465	2466	2467	2468	2469	2470	2471	2472	2473	2474	2475	2476	2477	2478	2479	2480	2481	2482	2483	2484	2485	2486	2487	2488	2489	2490	2491	2492	2493	2494	2495	2496	2497	2498	2499	2500	2501	2502	2503	2504	2505	2506	2507	2508	2509	2510	2511	2512	2513	2514	2515	2516	2517	2518	2519	2520	2521	2522	2523	2524	2525	2526	2527	2528	2529	2530	2531	2532	2533	2534	2535	2536	2537	2538	2539	2540	2541	2542	2543	2544	2545	2546	2547	2548	2549	2550	2551	2552	2553	2554	2555	2556	2557	2558	2559	2560	2561	2562	2563	2564	2565	2566	2567	2568	2569	2570	2571	2572	2573	2574	2575	2576	2577	2578	2579	2580	2581	2582	2583	2584	2585	2586	2587	2588	2589	2590	2591	2592	2593	2594	2595	2596	2597	2598	2599	2600	2601	2602	2603	2604	2605	2606	2607	2608	2609	2610	2611	2612	2613	2614	2615	2616	2617	2618	2619	2620	2621	2622	2623	2624	2625	2626	2627	2628	2629	2630	2631	2632	2633	2634	2635	2636	2637	2638	2639	2640	2641	2642	2643	2644	2645	2646	2647	2648	2649	2650	2651	2652	2653	2654	2655	2656	2657	2658	2659	2660	2661	2662	2663	2664	2665	2666	2667	2668	2669	2670	2671	2672	2673	2674	2675	2676	2677	2678	2679	2680	2681	2682	2683	2684	2685	2686	2687	2688	2689	2690	2691	2692	2693	2694	2695	2696	2697	2698	2699	2700	2701	2702	2703	2704	2705	2706	2707	2708	2709	2710	2711	2712	2713	2714	2715	2716	2717	2718	2719	2720	2721	2722	2723	2724	2725	2726	2727	2728	2729	2730	2731	2732	2733	2734	2735	2736	2737	2738	2739	2740	2741	2742	2743	2744	2745	2746	2747	2748	2749	2750	2751	2752	2753	2754	2755	2756	2757	2758	2759	2760	2761	2762	2763	2764	2765	2766	2767	2768	2769	2770	2771	2772	2773	2774	2775	2776	2777	2778	2779	2780	2781	2782	2783	2784	2785	2786	2787	2788	2789	2790	2791	2792	2793	2794	2795	2796	2797	2798	2799	2800	2801	2802	2803	2804	2805	2806	2807	2808	2809	2810	2811	2812	2813	2814	2815	2816	2817	2818	2819	2820	2821	2822	2823	2824	2825	2826	2827	2828	2829	2830	2831	2832	2833	2834	2835	2836	2837	2838	2839	2840	2841	2842	2843	2844	2845	2846	2847	2848	2849	2850	2851	2852	2853	2854	2855	2856	2857	2858	2859	2860	2861	2862	2863	2864	2865	2866	2867	2868	2869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Better than I have felt for 26 years...

50					
Tabular view of the Patients treated at the Central Gymnastic Institute of Stockholm, from July 1st, 1848, to July 1st, 1850.					
DISEASES.	Admitted.	Cured.	Relieved.	Discharged.	OBSERVATIONS.
Asthma .....	26	10	9	7	Case 10 belongs to these
Euphonia pulmonum.	8	2	2	1	
Atrophy of the heart.	9	3	0	1	
Cold in the head (chronic and habitual) .....	17	9	3	3	Symptoms belonging principally to the diseases of the lungs, the heart, the brain, &c. Principally belonging to diseases of the heart and lungs. Including facial congestions. Cases 9 and 12 belong to these
Cold feet .....	92	55	36	31	
Cold hands .....	8	2	5	..	
Congestion of the head.	53	21	22	12	Case 11 belongs to these
Congestion of the lungs.	7	4	3	..	
Congestion of ovary .....	2	1	..	1	
Constipation of bowels.	31	19	22	10	Belonging to the cases of pulmonary consumption and asthma
Disease of the valves of the heart .....	5	2	2	1	
Dislocation of elbow joint	4	4	..	..	
Distortion and curvature of the spine .....	28	9	9	10	Cases 6&7 belong to these
Dyspepsia and heartburn	20	7	4	9	
Delicacy and deformed chest .....	20	9	11	..	
Epilepsy .....	5	..	2	1	Case 8 belongs to these
Expectoration of pus ..	23	9	10	4	
Giddiness .....	36	12	16	8	
Green sickness .....	12	6	3	1	Cases 5 and 13 are among these
Hæmorrhoids .....	35	12	14	10	
Hypertrophy of the heart	8	2	4	2	
Inflammation of eyelids.	2	..	2	1	Symptoms belonging to the cases of pulmonary consumption
Menstruation profuse ..	5	2	2	1	
" diminished	9	2	3	4	
" suppressed	10	6	2	1	All females but one
Nervous debility .....	4	2	1	1	
Palpitation of the heart.	50	20	18	12	
Palsy .....	5	1	..	4	Case 8 belongs to these
Pulmonary consumption (1st and 2nd stages) ..	21	7	9	5	
Rheumatism .....	22	8	10	4	
Serofula .....	10	3	5	7	Cases 5 and 13 are among these
Spinal irritation .....	15	5	3	7	
Spermatorrhœa .....	12	7	3	2	
Spitting of blood .....	15	8	4	3	Symptoms belonging to the cases of pulmonary consumption
Stooping position (from weakness of the muscles of the back) .....	16	6	5	3	
St. Vitus' dance .....	5	1	2	6	
Sleeplessness .....	13	6	1	..	All females but one
Sore throat .....	2	1	1	..	
Weakness of joints .....	7	2	5	..	
Total .....	693	266	261	166	

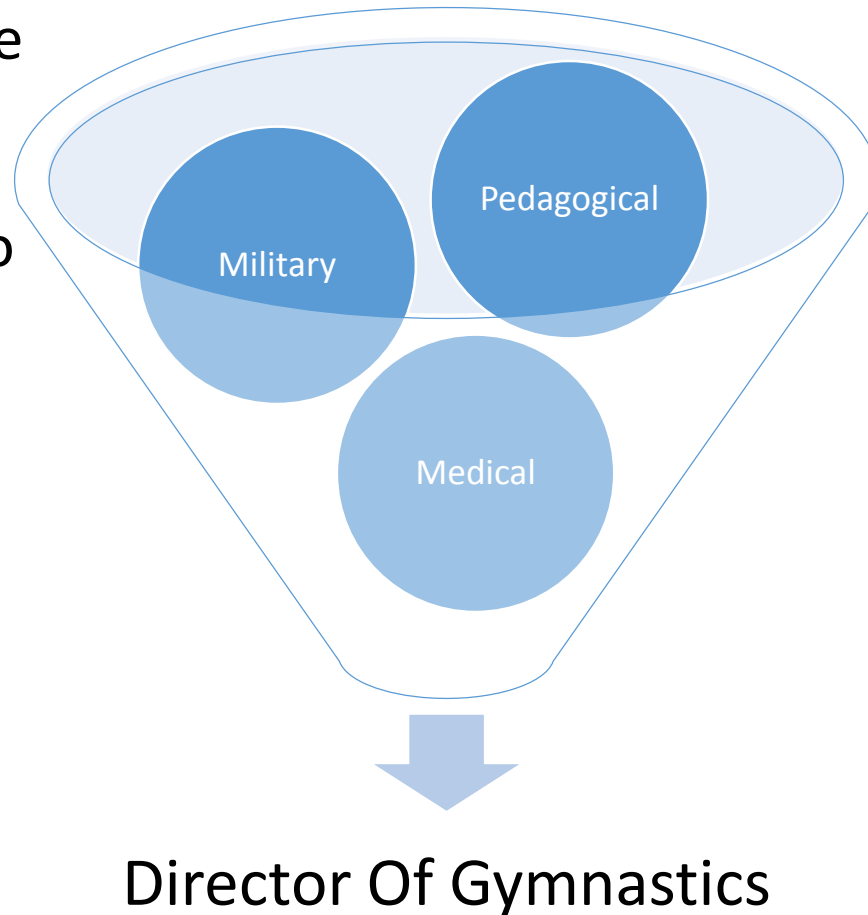
Paris 7 Sept 1849

Dear Sir

I received your kind letter of the 26th inst. and beg to say that you may mention my whole name and address if you please all my life I had very great sufferings especially head-ache, and I understood you was the only Doctor, which understood (and cured me) and made me to avoid future illness, which under your care, I could neither expect any thing severe vomiting, head-ache, cold feet, and general debility, in a few days to my great surprise I am now 46 years of age and I never enjoyed such good health as I have this last year, I was obliged to wear flannel jackets for 26 years - till the last winter I had not the least need of it and never felt so warm as I was capable without it, only a cold Dr. Ferreri died of fever a month ago, I have still my daughter, 18 years of age and unwilling to catch a cold, in consequence of your medicine, which I received from the Cape of Good Hope. I regret that it is not

# The final product, circa 1887

- By 1887, competence in the three branches led to graduation as a Director of Gymnastics and the right to be licensed as a PT in Sweden formally
- Including anatomy and physiology education

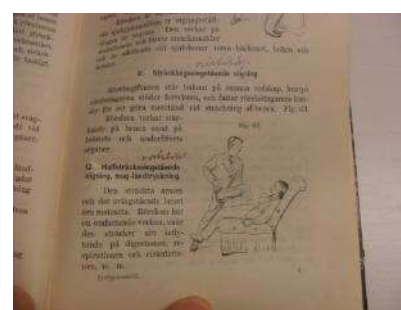
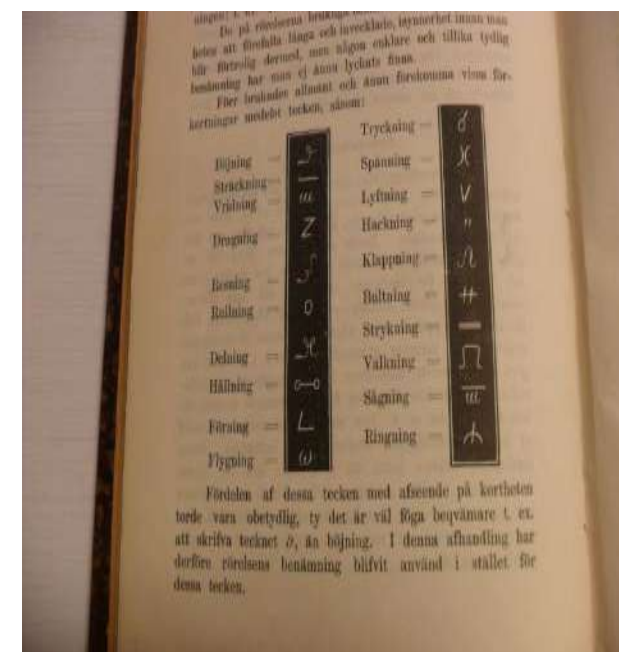


# What was taught at the RCIG?

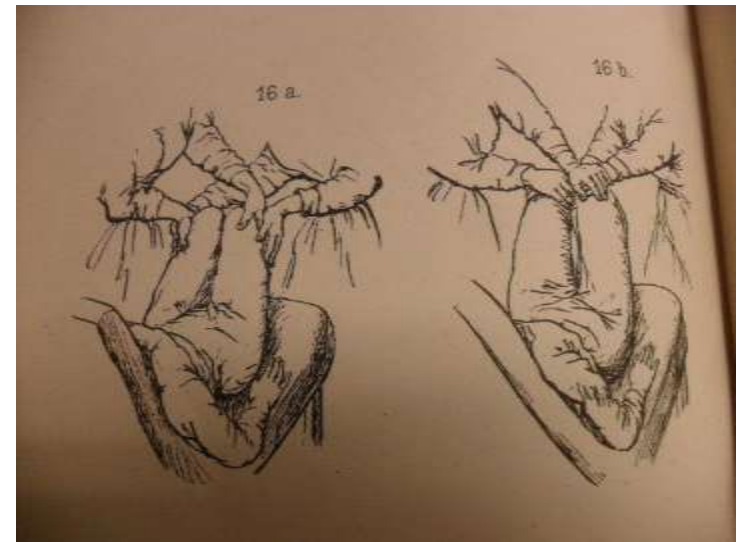
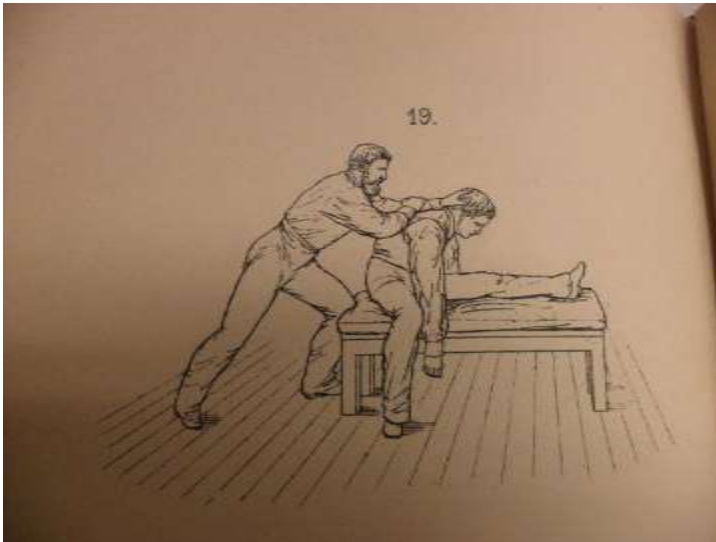
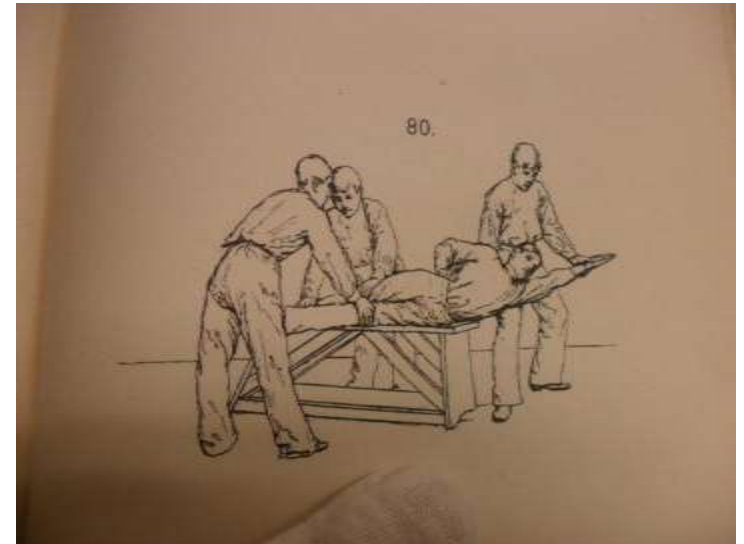
- Within the passive movements/manipulations taught and provide for treatment at the RCIG were:
- ...Hacking, pressure, pinching, stretching, percussion, traction, bonding, branding, circling, torsion or rotation, distortion, heaving, lifting, rising, tension/stress, straining, depression, pressing, washing, turning, slanting, boarding, twisting/snaking, cutting, filling, sawing, puncture, clapping and rubbing – some of the motions represented in 1882 by Branting's posthumous work
- *Translated from Swedish notes from the mid-1800's (Ottosson original Gymnastik Som Medicin, Atlantis 2013)*



# Techniques 1854 Eulenburg – German translation – German RCIG school & standardized documentation



# Further techniques 1840's - 1882 Delar



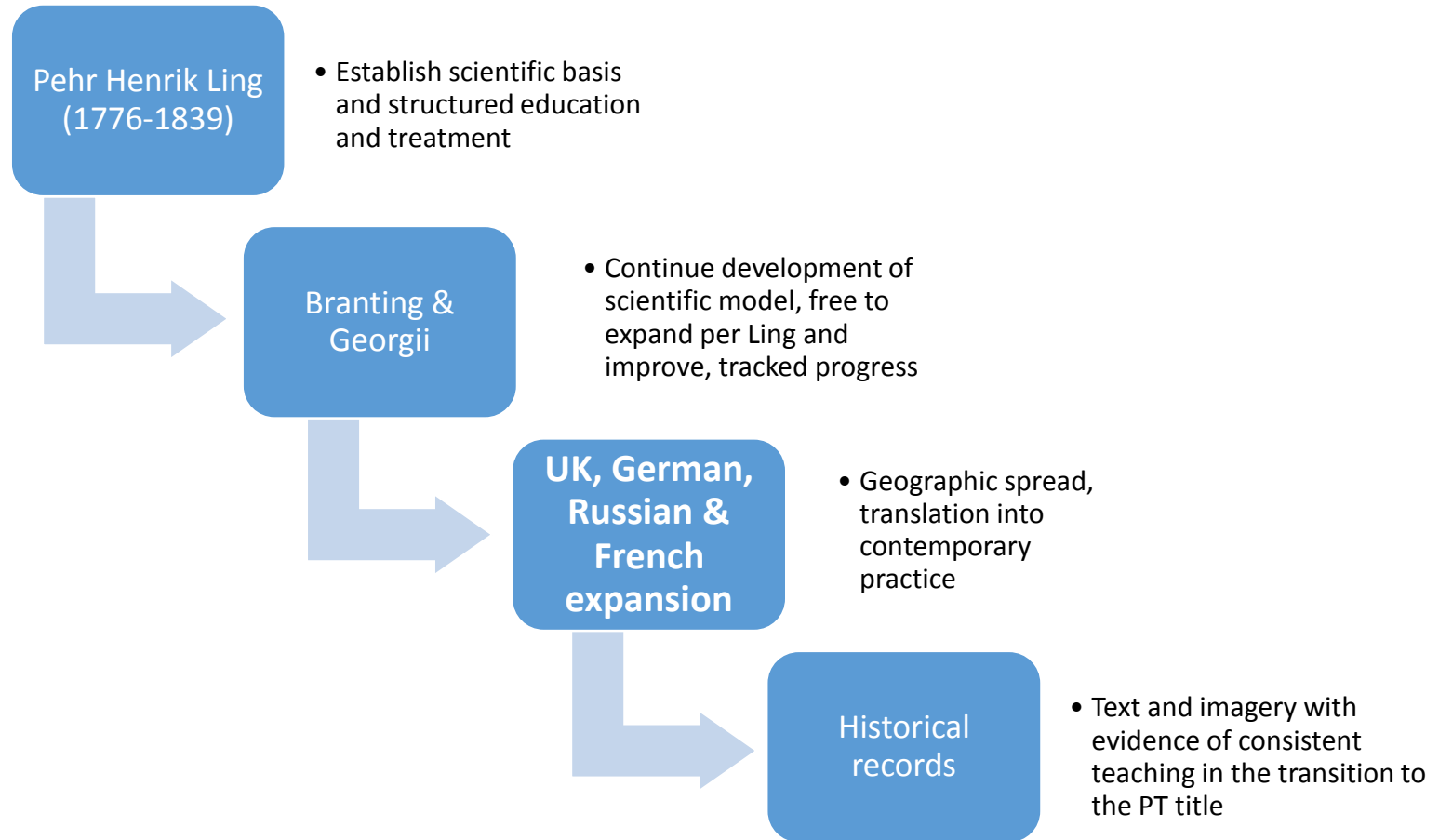




## A patient note from 1839-40

- Translation of a patient treatment note from circa 1839 from Branting: successor of Ling at the RCIG.
- 43 years old. Region of chest pit a feeling of imprinting, in consequence of an inflammatory problem to tooth same side. Neck muscles sometimes beset by rheumatism... Right deltoid and overarm parts affected by a chronic inflammation after a violent impact. Anterior inner edge of the deltoid noted by an induration texture in tissues/cellular structure. The arm cannot raise over 35 degree angle.
- Seated and tensioned interventions with initial higher tensions in wrists and fingers for circling techniques. Seated sawing and rescission. Stretching in many planes. (translation as able).

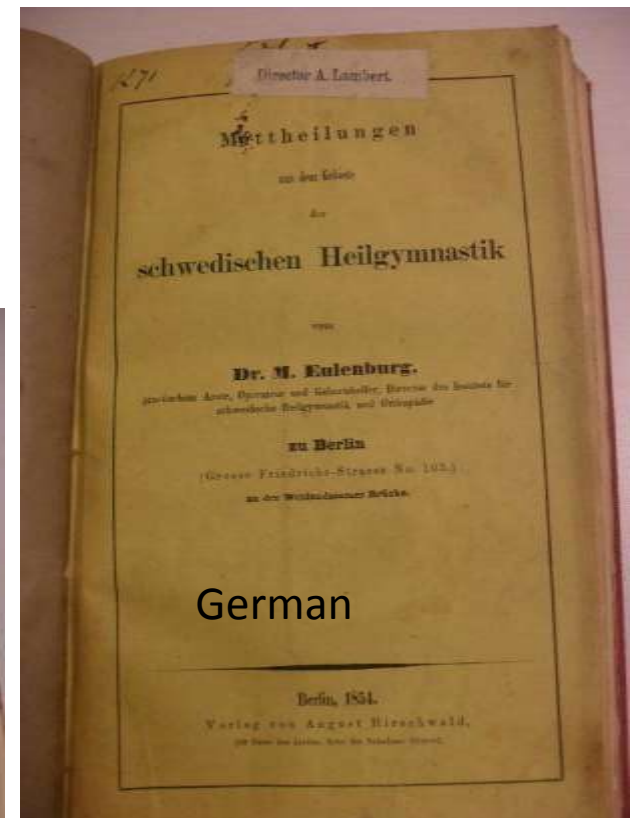
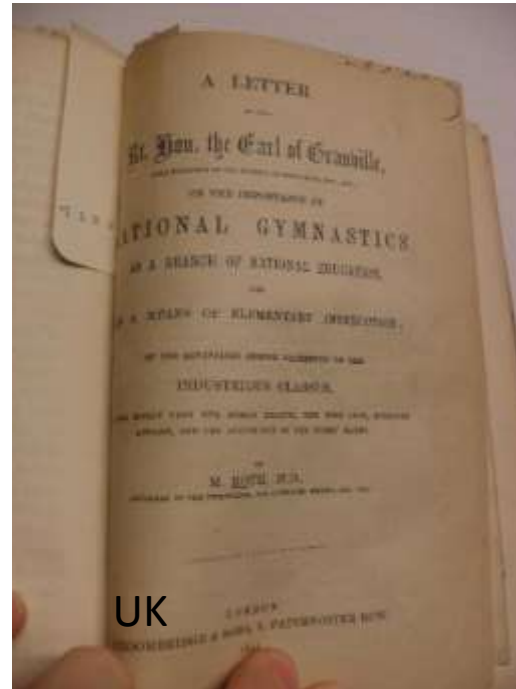
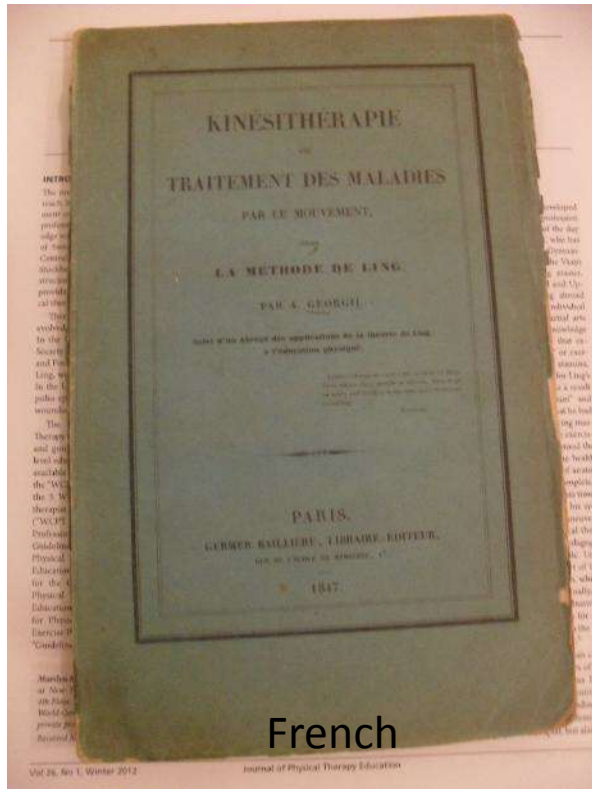
# Step Three.



# The Swedish Influence

- By 1864 the influence of RCIG was such that a MD could not open a PT-clinic without an exam from the RCIG.
- Prominent PT's employed physician's as part of their staff, one of these was Jonas Henrik Kellgren, James Cyriax's grandfather.
- Relationships through 1855 were very good between PT's and Physician's, prominent physicians to the royalty of Sweden were prescribed to PT care under Branting
- There was a much less favorable relationship between Branting and orthopedics with orthopedics electing to use of Lings medical gymnastics as a way to stay 'main stream'.
- PT's at this time appear to have through negative writings generated ill will in the orthopedic community, which they would later rue.

# Geographic Spread – and the techniques did not change



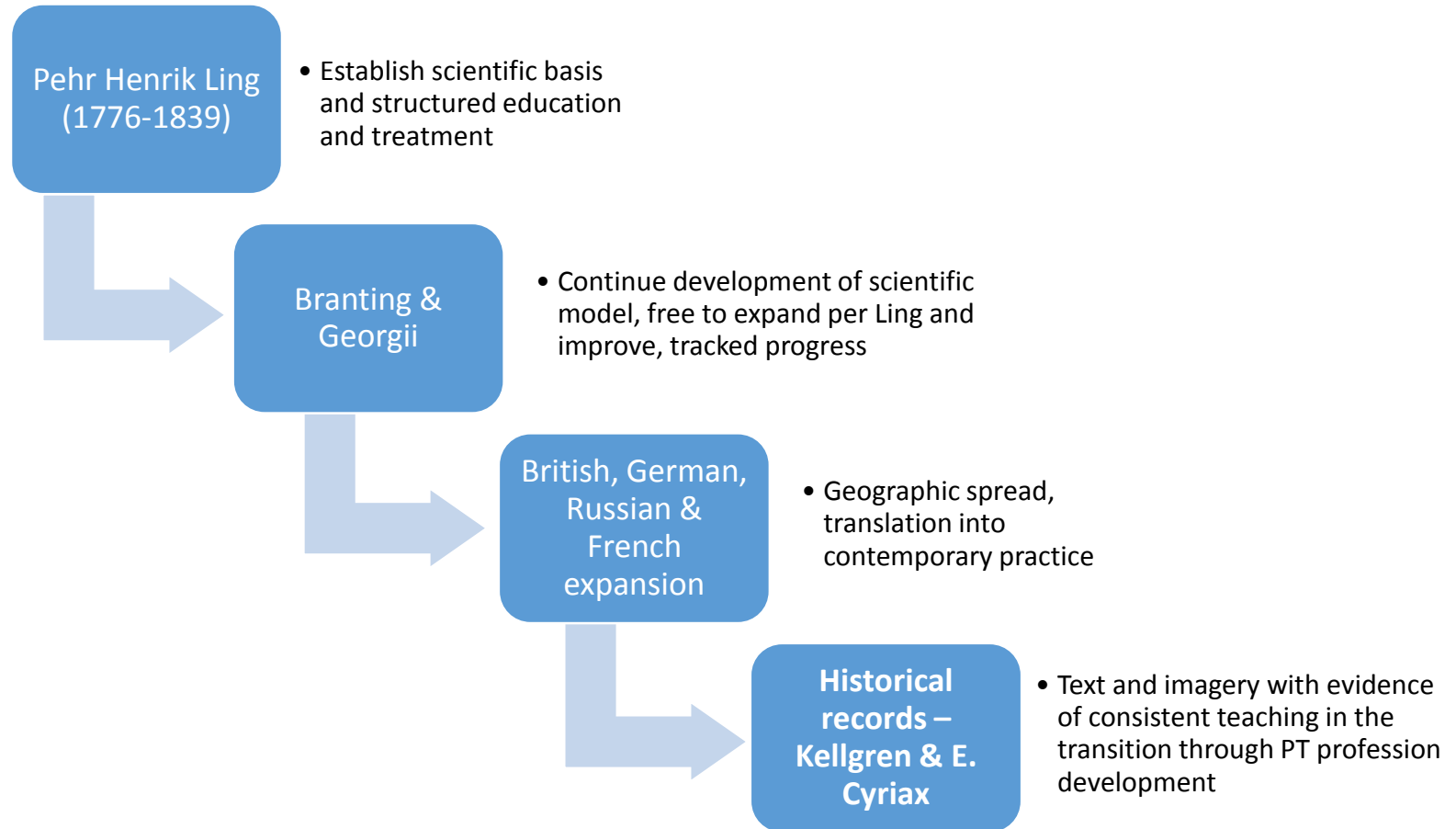
Visiting physician's from Russia also reported favorably in 1840's to nobility

# Evangelism of the PT's

- By the 1840's, a push was in place for those educated at the RCIG to evangelize/spread the doctrine of medical gymnastics/physical therapy to other countries.
- Trademark of RCIG alumni to open clinics in other countries and it was very profitable.
- Europe, Russia, English and French colonies and North America were 'colonized'.
- What was different at this point is that it was not a single individual who represented the expansion of this knowledge (Ling) but the whole Swedish government and the nobility.



## Step Four.



# Images – RCIG 1880



## Images – RCIG 1890's

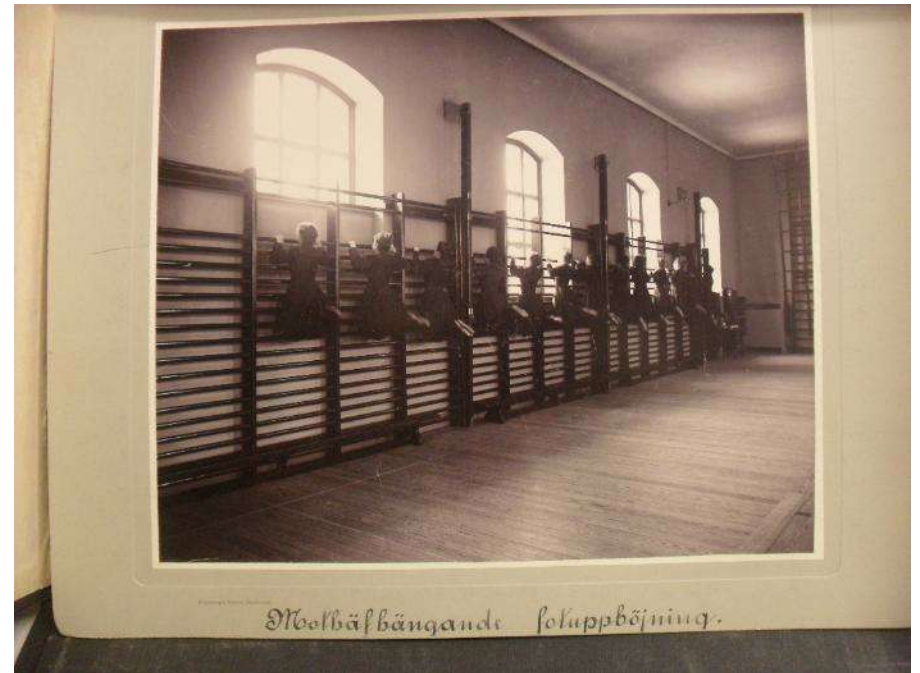




# Images – RCIG 1870's-1890's



# Images – RCIG 1870's-1890's





# Jonas Kellgren

- Graduate of the RCIg in 1865, extremely successful as a practitioner of Ling's system of medical gymnastics/PT :
- *My temper is under heavy strain this morning, for I find that the Kellgren system (under the new name of "Osteopathy") is being practiced all over America! If I had only found this out in September, instead of yesterday, we should all have been located in New York the 1st of October [...in Germany]*
- *I happened to write my nephew...and now I find that his mother has been taking it several months in Buffalo. She sends me circulars and pamphlets which show that Osteopathy is exactly the Kellgren treatment.*

*(Samuel Clemens November 1899). Ottosson 2011.*

# Kellgren...

- How does this opinion become formed unless the training and influences of Kellgren are similar to those of A T Still 1974 Osteopathy founder?
- Kellgren is represented as using some rather specific manipulative treatments of the cervical spine, and his success is noted by others including his brother:
- *“There was a patient, whose luxated neck vertebrae had fixated the head in an abnormal position for a long time. The patient then turned to Kellgren who soon started to manipulate the vertebrae and got the head back to its normal position.”*
- *As reported to Swedish physician Wretling in writings 1873 of his time in Gotha Germany at Kellgren’s clinic. (Ottosson 2011.)*

# Cyriax, Edgar (James father)

- Studied at RCIg in 1898-99 post MD, MD thesis on the Kellgren system of manual therapy in Scotland
- Credits Ling as forefather of developing mechano-therapeutics in multiple articles, then further developed by Branting then Kellgren with his representation of the system of interventions very similar in drawings to prior work of Ling, Branting, Georgii, Chapman etc.
- Notes neural interventions from Kellgren inspired by Ling who though seldom used them

## PREFACE.

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MECHANO-THERAPEUTICS is, in my opinion, a much neglected branch of medicine. Hardly any medical society or congress has a special section for it; there are no medical journals dealing exclusively with it, and the treatment itself is nearly always regarded more in the light of a subsidiary adjunct to other methods, not as one *per se*. I think I am also right in saying that the average medical man, both here and abroad, has but a poor conception of its actual nature and possibilities.

The inevitable result of the foregoing has been that the literature on the subject is scanty, is but little read, is soon forgotten, and is difficult to trace. This is my reason for embodying in one volume most of my communications on this form of treatment that have from time to time appeared in medical journals (a list of those omitted can be found on p. ix), and thus in compact form providing a supplement to my former book, "The Elements of Kellgren's Manual Treatment," published during 1903.

I hereby tender my best thanks to the editors and publishing firms of the various journals in which the articles originally appeared, as well as to my co-workers in the joint communications for so kindly granting me the necessary permission for reproduction of the same.

February, 1924.

EDGAR F. CYRIAX.

Cyriax E –  
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# THE MECHANO-THERAPEUTICS OF CHRONIC INFANTILE PARALYSIS (POLIOMYELITIS ANTERIOR ACUTA).

(*British Journal of Children's Diseases*, 1914, 11, 155-167.)

DURING the last years a great deal of work has been done with regard to poliomyelitis anterior acuta. Special attention has been directed to its causes and pathology; the treatment has also been carefully studied, although chiefly from the point of view of electro-therapeutics and orthopaedic operation. Mechano-therapeutics have, however, not received the attention which, in my opinion, is due to them. This seems partly due to the fact that instruction in these methods does not enter into the ordinary medical curriculum, neither the theory nor *modus operandi* receiving more than casual mention; in consequence the medical profession is inclined to underestimate their possibilities. The mere fact of the treatment in question being loosely called "massage"—a term almost universally applied to it—is evidence as to what it is generally supposed to be, and the fact that nearly always it is prescribed merely as an adjuvant to electric or other treatments, but hardly ever alone, shows that it is generally regarded as having but little intrinsic therapeutic value.

Modern scientific mechano-therapeutics dates back to the days of P. H. Ling (1776-1839), who founded the Royal Central Gymnastic Institute in Stockholm in 1813. Certain modifications of the original methods were made in the course of time by Ling's successors, notably Branting (1799-1881) and H. Kellgren (born 1837), and to the latter are due not only many improvements of the technique, but also several new manipulations; as an instance of the former may be quoted the systematic application of "traction" in active and passive movements of joints, and as an instance of the latter his direct manual nerve stimulation by means of nerve-friction. In this paper I propose to describe the various manipulations applicable to chronic cases of infantile



FIG. 19.



FIG. 20.



FIG. 21.



FIG. 22.

# ON THE EMPLOYMENT OF "TRACTION" IN CERTAIN PASSIVE AND RESISTED MOVEMENTS OF JOINTS.

(Medical Press and Circular, 1918, N.S. no. 370-371.)

At the present moment when mechano-therapeutics is being so largely employed in the after-treatment of war injuries, I feel that it would not be out of place to say a few words concerning the use of so-called "traction" in certain passive and resisted movements of joints. This is because, although this method greatly increases their effect, it has hardly received any recognition from the mechano-therapeutic profession either in this country or abroad.

By "traction" is meant that the operator having grasped that portion of the body that he desires to influence, elongates it by stretching its distal free end away from its proximal fixed one and maintains this elongation during the whole time of execution of the movement whether passive or resisted. Traction may thus be applied to large or small areas—for example, it may be administered to a whole extremity or only to one interphalangeal joint; the area involved depends upon the distance between the hands of the operator.

The application of traction in the manner described was introduced and largely practised by the late Henrik Kellgren (1837-1916). I have had it suggested to me that the method had been employed by others before him, also that many practitioners of Ling's system coincidentally with him had introduced it. I can but reply that a careful examination of the older literature has only yielded one casual reference to the method (7). I may add that the modern literature is also silent on the subject.

The effects of such traction are as follows (these are, of course, quite apart from those induced by the actual movement):—

(1) The muscles are rendered capable of doing more work, because the more a muscle is elongated within its physiological limit, the greater becomes its absolute power.

# SOME POINTS IN CARDIAC MECHANO-THERAPEUTICS—LOCAL TREATMENT OVER THE HEART AND ON SOME OF THE NERVES CONNECTED WITH IT.

(Edinburgh Medical Journal, 1915, N.S. vi, 304-315.)

LOCAL treatment over the heart and such manipulations as pressure on the vagus nerve and posterior spinal nerves have been included in the medical gymnastic treatment of heart disease, as far as Sweden is concerned, ever since the days of P. H. Ling (1776-1836). Certain modifications of the manual methods were made in the course of time by Ling's successors, notably by Beaufort (1799-1881) and H. Kellgren (born 1837), and to the latter are due not only many improvements in the technique of the older manipulations, but several new ones. In this paper I propose to describe these various manipulations, with special reference to those employed by Kellgren, paying particular attention to the technique, as this is too often only referred to more or less superficially in the published literature.

Measures are those employed:

## I.—LOCAL TREATMENT.—

(a) Passive stimulatory manipulations on the lower motor neuron and the muscles supplied by it.

(b) Passive stimulatory manipulations at the site of the damage in the spinal cord.

(c) Active stimulation of the upper neuron, i.e., active endeavours to move paralysed muscles.

## II.—General Treatment.

### 1.—LOCAL TREATMENT.

(a) Passive Stimulatory Manipulations on the Lower Nerve and the Muscles supplied by it.

(1) Passive Stimulatory Manipulations on the Affected Muscles.—(i) Petrisage.—I purposely refrain from adopting the term "massage"; in the first place this word has no standard meaning attached to it, some authors confining it to stroking and kneading, and others applying it indiscriminately to every form of passive and active manipulation and exercise, and secondly, because most authors assume massage to be administered with the intervention of vaseline or other lubricant, a method which personally I never employ, and which is quite distinct from the dry form of petrisage used to stimulate muscles. The following is the description of the technique: The operator's fingers and thumb are extended in their interphalangeal joint

# ON WEAKNESS OF THE POSTERIOR CERVICAL MUSCLES AS A CAUSE OF HEADACHE.

(Medical Press and Circular, 1920, N.S. cxix, 461-463.)

ALTHOUGH weakness of the erector muscles of the trunk has for centuries past been recognized as one of the everyday causes of back-ache, yet weakness of the posterior muscles of the neck as a possible cause of headache has received little or no attention. As, however, it is a frequent cause of the latter, I consider that a few remarks on the subject will not be out of place.

## CAUSES.

The causes of weak posterior cervical muscles are various. The predisposing ones are the absence of proper scientific drill during early life whereby the development of these muscles is neglected, and later on the lack of opportunity for increasing their strength because it so seldom becomes necessary to use them against resistance. The actual exciting causes may be:—

(a) Any general debilitating condition such as anemia, convalescence

# COLLECTED PAPERS ON MECHANO-THERAPEUTICS.

BY

EDGAR F. CHURCH, M.D., F.R.C.S.

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# COLLECTED PAPERS ON MECHANO-THERAPEUTICS.

## THE TREATMENT OF FACIAL PARALYSIS, WITH SPECIAL REGARD TO NERVE FRICTION.

(International Clinica, 1918, I, 8, 100, 11-17.)

FACIAL paralysis may be spontaneous, due to lesions in the central nucleus, due to lesions of the actual nucleus, or infectious, from involvement of the nerve in its tortuous course within the bone, or through the wall of the skull, or just at its exit.

Note, the routine treatment of such cases by means of electricity in its various forms, supplemented by massage of the facial muscles, and in some cases combined with the administration of nerve tonic (e.g., strychnine, &c.), is the one almost universally adopted by the medical profession. Nevertheless, there exists another form of treatment, i.e., that of "nerve friction" (1) according to the method of Henrik Kellgren, which, in combination with certain other manipulations, is a most valuable therapeutic agent, sufficiently so to justify me in bringing it into prominent notice. All the more so I wish to give my experiences in view of the fact that although this method has been in existence for over forty years, and has been employed by those who practised it continually during the whole of this period, it appears to be almost unknown in the profession at large. On the other hand, however, it must be admitted that this is largely due to the meagreness of the literature on the subject; indeed, the only descriptions of nerve friction which merit a detailed examination that have appeared in print are those by A. Kellgren (2) and the author (3). P. H. Ling (1776-1836), the founder of the Swedish system of gymnastic called after him, was aware of the facts that a slight pressure

1. Care must be taken not to confuse this term with that form of rubbing or massage of the skin called "friction," but which is quite different from it.



# Edgar Cyriax Snr. RCIG graduate.

- *“...mechano therapeutics, massage, or allied forms of treatment... should be taught at the universities and medical schools as part of the regular curriculum instead of being practically neglected as it is now.”  
Ottosson 2011 from Cyriax & Cyriax 1910.*
- A position supported by John Mennell around 1910.

# Cyriax Jnr – Father of OM, grandson of OMPT

- Primacy of PT practice with mechano-therapy and manipulation was stripped just prior to Cyriax rising to prominence at St Thomas hospital
- Elected the MD path, not the MD PT path of his parents, patriarchal professional development was not viewed as professional/scientific at this time in Europe
- He followed Mennell (MD, but potentially influenced by the RCIG) in instructing PT's in manipulation, and it appears presented a Physician history of teaching OMT not PT (Mennell also disavowed his fathers past per verbal reports)
- He may of made the best choice, but we have suffered a loss of institutional historical knowledge in PT due to this

# Cyriax Jr. - Obituary

- Dr. James Henry Cyriax, MD, MRCP
- ... He served St. Thomas' Hospital for 40 years from qualification in 1929 until retirement in 1969 ...He established a department devoted to massage and manipulation at St. Thomas' Hospital in 1938 which became the "department of orthopaedic medicine" and pioneered methods of manipulation...
- ... his mother, Dr. Annjuta Kellgren-Cyriax, was a descendant of the Swedish therapist who, together with Ling, virtually founded the profession of physical education...
- H. E. Robson

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1478256/pdf/brjsmed00051-0038.pdf>

# The strange circular path.....



Ling P, Sweden—  
1776-1839. 1813  
RCIG. Father of  
Mechano Therapy,  
**PT's teach MD's  
manipulation**

[www.wikipedia.com](http://www.wikipedia.com)



St Thomas Hospital  
— 1898 till today,  
Physical Education  
originally (Ling PT),  
post 1929 **MD's  
teaching PT's  
manipulation**



Kellgren J —  
Lieutenant PT  
Germany 1837-  
1916. RCIG alumni.

Cyriax Sr, MD PT —  
1847-1955 & RCIG  
alumni. Wife also a  
PT.

Cyriax Jr MD —  
1904-1985, father  
of Orthopedic  
Medicine *circa*  
1929

# John Mennell

- Physician and instructor at St Thomas school in London
- *“...I investigated, as far as time allowed me, the work of the osteopaths and the chiropractors. Correlated to the practice of these practitioners, it is impossible to overlook the high value placed upon Swedish manipulations of the back...”*
- *Mennell, J, his observations from 1919 in Chicago, written 1945.*



# Consideration

- If we are to now view a historical timeline which places the PT (mechano-therapist) as firmly establish by the mid 1850-70's, utilizing manipulations, addressing nerve impairments, with clinics all over Europe, how do we view the historical founding of other professions?
- Time will tell.



So why do we in PT not know this?

Influence  Power

# The Physical Therapist Problem - 1910

- At this time the “Physical Therapist Problem” was born, and the Swedish government providing Professorships to PT’s considered inappropriate (by some)
- Concerns over the Directors of Gymnastics who were provided the same education in the realm of mechano therapy as physicians at the RCIG but who were not physicians (MD’s most concerned).
- Dr. Emil Kleen in 1910 spoke strongly on this:
- *“The battle has been carried on for a very long time between the Physicians and these heavily favored, pseudo-educated quacks... However, this battle is a peace in comparison to the war that will arise, as soon as this body of Swedish Physicians obtains education and knowledge in Mechano Therapy...The coming war can only end in one possible way, which is by the elimination of the Directors of Gymnastics.”*
- Ottosson 2011.

# Haglund 1913-1934 influences

- Starting as the orthopedic chair in 1913, Haglund set out to strip the Directors of Gymnastics from their prestige and titles. His language was at times very harsh:
- *" After all it is a fact that male Physical Therapists about to marry and settle will not restrict themselves to doing the simple work of an assistant. Our male Physical Therapists working in Stockholm perform as professors of medicine... they gladly auscultate and percutate and treat internal diseases. So I believe it would be better if the Government stopped delivering more of these notorious characters, of whom there are great numbers, most of them with an exam from the RCIG."*
- (Haglund 1930)

- *“prefer sending patients to licensed Physical Therapists...would rather pass them on to unlicensed because they know that the criticism the former direct towards Physicians is much harsher...with the ones from the RCIG”*
- *(Haglund 1932)*
- *“unite like the Swedish Physicians have finally done, and try to prevent a development towards the Swedish situation...If any Physicians or others have surrendered to the constant prattle about their own excellence of the Swedish Directors of Gymnastics working abroad, then say to them that their {.} wonderfulness is completely unknown beyond their own conceit and repugnant advertisement”*
- *(Murk Hansen 1931, colleague of Haglund)*

# Power and change

- Power is influence and prestige
- “...the transformation of the Physical Therapy Profession from a masculine history-embedded field of interest into a feminine occupation lacking historical awareness altogether.” (Ottosson 2011)
- My interpretation – the PT profession transferred to highly female at the same time as the male architects of this change (ortho primary) worked to eradicate the PT historical primacy with manipulation/mechanotherapy in Sweden
- Note - previously “it was officially stated that Physician’s were not allowed to open a PT-clinic without an exam from the RCIG” (circa 1864) Ottosson 2011
- The Swedish government had declared that Physical Therapy was a scientific profession.



# USA historical reminder

- Mary McMillan, the first president of the AWPTA (to become the APTA) used the term Manipulation throughout her book

*“Massage and Therapeutic Exercise”* Philadelphia and London, W. B. Saunders Company, 2nd edition, 1925.

- She credited the Ling Gymnastic approach as central in her model of physiotherapy
- “The four branches of physiotherapy: namely – manipulation to the muscle and joint, therapeutic exercises,...electrotherapy and hydrotherapy.”

- McMillan M. Change of name [editorial]. *P. T. Review*. 1925b;5(4):3-4.

I would offer....

- Time for a little Swedish celebration.

