

## **History of Connective tissue massage**

The Connective tissue massage therapy was created by Elizabeth Dicke (1884-1952) a Physiotherapist from Germany.

In the late 1920's she suffered from a widespread infection of the blood vessels, which affected the circulation to her right leg. She developed gangrene and her doctor wanted to amputate her leg. As she had also developed angina, gastric, kidney and liver problems she was too ill for surgery and was effectively left in a side ward to die. She had agonizing backache and noticed an increased tension of her skin and connective tissue. She started to massage these zones of her back vigorously and noticed an unusual, sharp sensation and an occasional warm sensation down her leg. She continued with her special massage technique and within a few months she had normal circulation in her leg again and her back pain, angina, kidney and liver problems had all resolved. Elizabeth spent the next years doing research into the new technique that she had discovered, finding out how it worked and what it was effective in treating.

The method was then clinically verified by Professor Kohlrausch and Dr. Teirich-Laube for one year and they confirmed the findings and method of the Connective tissue massage.