

Seifukujitsu-Restoration Techniques

By

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RESTORATIVE MASSAGE

Restorative Massage has been practiced in Japan for over twelve hundred years, and has proved very successful results in the following disorders.

For history of massage refer to Kellogg's art of Massage.

Prof. Henry S. Okazaki is the foremost exponent of restorative massage in America. He is located at 801 S. Hotel Street in Honolulu, T.H. The name restorative is the nearest interpretation of the Japanese Seihukujitsu. The practitioner of this art in Japan is entitled to the same rank as Doctor. It is a combination of Massage, Chiropractics, and Osteopathy, reducing and care of bone fractures, Dislocations, sprains, etc.

His name and fame is world wide, with patients coming to him from all parts of the world for relief of so-called incurable nerve and muscular diseases. In diagnosing, his sensitive hands go over the entire body, finding the cause with uncanny accuracy. His first step is to apply a hot pack made by a secret formula, which has remarkable penetrative and curative results; this is followed by Restorative massage as outlined in the following pages. He seldom spends over ten minutes on a massage, maintaining that over massage does more harm than good. He is also a believer and uses Psychic and Suggestive healing in conjunction with massage.

Restorative massage is divided into four age groups as follows: youth, one to thirty; restoration is easily accomplished in this group. Second - 30 to 45 - matured - results are a little slower. Third - 45 to 60 - at least half of the number of treatments required must be added to prevent relapse. Fourth - 60 and over, a complete recovery is improbable, relief is all that can be expected, and only light circulation massage should be employed.

To be a successful practitioner of Restorative Massage a thorough knowledge of Anatomy and Physiology is imperative; also Pathology, Dietetics and Psychology.

Books necessary to the Restorative Masseur are Kellogg's "Art of massage" (Modern Medicine Publishing Co. - Battle Creek, Michigan). "Complete life building" and "Be your own Doctor" by Ralston Health Club; the Ralston Society, Meridian Conn. and "Elementary Human Anatomy" by Katherine Sibley; (A.S. Barnes & Co., New York.) "Science of Breath", by Hatha Yoga, "Psychic Healing" by Yogi Ramacharaka, (Published by Yogi publication Society, Chicago, Ill.)

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Seifukujitsu (Restoration Arts)

1.	Gambyo Enshu.....	Eye Massage
2.	Gun Kyu Kin Niku.....	Inflammation of Eye Muscles
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4.	Shutsu.....	Toothache Massage
5.	Domori.....	Stutter Massage
6.	Hento Sen.....	Tonsil Massage
7.	Kotoen.....	Vocal Cord Construction
8.	Zensoku.....	Asthma Massage
9.	Tzutsu.....	Headache
10.	Mimi Nali.....	Noise in Ears
11.	Chicu Nosho.....	Abcess in Nose
12.	Seki Tome.....	Cough - Bronchitix
13.	Ichyo Byo.....	Stomach - Intestines
14.	Ikaku Chyo.....	Stomach Ulcers
15.	Chyu Bu.....	Paralysis - Stroke
16.	Hihu Byo.....	Acne
17.	Lokan Shin Ketsu.....	Intercostal Neuralgia
18.	No Shinke Sui Jaku.....	Cranial Nerve Disorder
19.	Zakotsu Shinketsu.....	Sciatica
20.	Kata No Koli.....	Muscle Congestion (Spinatus)
21.	Humin Shyo.....	Insomnia
22.	Ko Ketsu Atsu Sho.....	High Blood Pressure
23.	Kata Itami.....	Lame Shoulders
24.	Fuja.....	Chronic Colds
25.	Hatsu Netsu.....	High Fever
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28.	Benpi.....	Constipation
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30.	Niu Liu.....	Duresis
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32.	Shinke Reumatsu.....	Neuritis
33.	Kin Niku.....	Muscular Rheumatism
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35.	Kan Setsu Inshyo.....	Gout
36.	Kobu Ko Choku.....	Spine Muscular Congestion
37.	Mune Itami.....	Sore Chest
38.	Senki.....	Sore Back, Hip, Thighs
39.	Sentsu.....	Abdominal Cramps
40.	Chikata No Yamai.....	Female Disorders
41.	Kan Setsu Dakyu.....	Dislocations
42.	Sekotsu.....	Bone Setting
43.	Kanso Byo.....	Diabetes - Liver
44.	Gintsu.....	Sore Kidneys
45.	Kogun Byo.....	Male Sexual Impotence
46.	Ashi Kibisu Tsu.....	Swollen Ankle
47.	Hiza Tsu.....	Sore Knee
48.	Sokisui Tsu.....	Deviated Spine
49.	Yo Zui Tsu.....	Sore Spine
50.	Daboku Shyo.....	Bone Bruises
51.	Hanshin Futsui.....	Paralysis
52.	So Lo Byo.....	Skin Discoloration

1. GAMBYO(Eye Massage)

General circulation massage, deep massage with both elbow and finger tips to loosen muscles in back and side of neck close to base of skull, thereby releasing unnatural pressure to controlling nerves and stimulate sympathetic nerves to eye, nose, etc. Massage forehead over eyes, and muscles surrounding eyes, nose and face.

Swedish Massage

Diseases of the eye and ear. Muscular Asthenopia (weakness of muscles) Glaucoma (hardening of eyeball, preceding blindness), Corneal Ulcer, Corneal Opacity, (Dull, impervious to light) and various other affections of the eye have been successfully treated by massage.

Massage of the eye was first suggested by Donders. The writer first saw it applied by Landolt or Paris. It has been found to be useful in ulceration and cloudiness of the cornea, hypopyon, (pus in the anterior chamber of the eye) and in the early stage of glaucoma. Massage of the eye increases the vascularity of the eye, and encourages drainage.

Riebmeyer noted that when massaging one eye, the other eye became, during the first minute, dilated; second minute, contracted, while in the third minute the pupil of the eye massaged became smaller than the other, showing that massage of the eye, through reflex action, affects the controlling nerve centers as well as the eye itself.

Massage of the eye must be applied with very great delicacy of touch; proceed as follows: Have the patient close his eye; place the fingers of the hand upon the temple a short distance from the orbit, and the pad of the thumb upon the upper lid of the closed eye. Make gentle rotary movements, gradually increasing the pressure, but taking care that it be may not so great as to cause pain. Patients whose eyesight is impaired often remark that they are able to see better after the application.

2. GAN KYU KIN NIKU ENSHU(Inflamed Eye Muscle)

Use same procedure as in number one, with the addition of hot applications, and massage should be very gentle over inflamed area.

For Swedish massage refer to number one.

3. BE SHETSU(Nasal Massage)

In many cases of nasal disorders, the following massage is very effective in relieving and curing the disorder.

General circulation massage; deep massage with both elbow and fingertips to muscles in back and side of neck, close to base of skull, thereby releasing muscle pressure on nerves to nose, and at the same time stimulating them, massage the upper and front of nose and side of it gently, but deeply with the fingertips.

Swedish Method:

Acute and chronic nasal catarrh is improved under careful applications of massage to the face and neck.

Atrophic Rhinitis: (Shrinking and inflammation of the mucous membrane).

Weightman (Post-Graduate, August, 1907) treats atropic rhinitis by massage of the inferior turbinates. (bones of the nose.) Treatment should be applied twice a week by gently stroking the inferior turbinates with an applicator carrying a pledget of cotton soaked Dobell's solution. Patients are also instructed to keep their nostrils clear of crusts by the free use, at least three times per day, of diluted Dobell's solution. DOBELL'S SOLUTION - a solution of borax, sodium bicarbonate and phenol in blysorol and water; it is used as a spray for nasal troubles, also throat.

4. SHUTSU.....(Toothache Massage)

General circulation massage, massage shoulder muscle, back of neck, jawbone, up and down along the jawbone line with the fingertips. Kiai may be used also. If it doesn't stop with this treatment, then the cause must be an abcess or something deep inside the root of the tooth.

5. DOMORI.....(Stutter Massage)

General circulation massage, deep massage with the elbow and fingertips, from the seventh cervical vertebra to the fifth dorsal; this is very painful to the patient, but do not go easy because he cries or groans. Also massage muscles around the mouth and under to tongue with the fingertips, and inside and outside the teeth and lower jaw.

6. HENTO SEN.....(Tonsil Massage)

General circulation massage, deep digital massage to Supraspinatus muscle, and from the center of the collarbone to under the jawbone, side of neck and front side of neck to a point in line with the angle of the jawbone, and deep finger stroking from the back of the ear to the cheek

7. KOTOEN.....(Vocal Cord Construction)

General circulation massage, digital massage to and from the base of the sternum to the larynx close to the center line of throat. Hot applications preceding massage will greatly aid the treatment.

SWEDISH METHOD:.....

This measure is especially valuable in chronic disease of the larynx, particularly in cases in which the vocal chords are relaxed or in which there is weakness of voice from insufficient development of the laryngeal muscles. The object aimed at in massage of the larynx is to relieve congestion, if it exists; to improve the blood and lymph circulation, stimulate nutrition, and thus strengthen the muscles and the nerve supply of the part.

Following are the most useful procedures: Derivative massage of the neck; pulling the skin overlying the larynx; digital kneading, in which the fingers are worked into all the irregularities of the larynx, and between the thumb and finger just below the adams-apple, and crowded upward. The vigor of this procedure may be increased by holding the larynx up while the patient swallows; tapping; and deep vibration to larynx; friction strokes are intermingled with the other measures mentioned.

8. ZENSOKU(Asthma Massage)

General circulation massage, deep massage to muscles of back and neck, to base of skull, middle of back close to spinal column, abdominal massage, and deep digital massage to back of and below collarbone, and upper part of chest, and gentle digital massage to throat and nose.

SWEDISH METHOD:

Pulmonary disorders; massage is of value in various forms of pulmonary disease, especially in chronic pleurisy, (inflammation of the serous when envelops the lungs) accompanied by serous exudate, Poliakov - reports most excellent results in the treatment of cases of pleurisy with exudation, absorption having taken place in eight to twenty days in each of the ten cases treated by this method.

In the application of massage to the thorax to promote absorption, the manipulations should be in the direction of the lymphatics, which run toward the axilla. Massage in cases of this sort is much to be preferred to blisters and other forms of counter irritation, for the reason that mild effects which it produces may be daily repeated, and it is accompanied by other results of even greater importance.

9. TZUTSU(Headache)

General circulation massage, deep massage to muscles close to spine from sacrum to base of skull, scalp massage, digital massage to back of neck muscles, adjust neck vertebrae, pressure to skull.

SWEDISH METHOD:

Refer to Headache and Migraine in Kellogg's "Art of Massage".

10. MIMI NALI(Noises in the Ear)

General circulation massage, massage muscles from sacrum to base of skull, close to spine, (deep massage with elbows), digital massage to side of nose and cheek, and around the ear, pull ear and dig finger into ear to spread opening, scalp massage and abdominal massage will aid considerably in correcting this condition.

SWEDISH METHOD:

Refer to Diseases of the Ear in Kellogg's "Art of Massage".

11. CHIKU NOSHO (Abscess in Nose)

This is generally in the cheek just below the eye and close to the nose. General circulation massage, digital massage to both sides of skull, and external and internal massage to abscess area. This same massage is very effective in many cases of hay fever.

12. SEKI TOME(Coughing - Bronchitis)

General circulation massage, deep massage to back between shoulder blades and digital massage to the chest above and below the collarbones, and also abdominal massage.

SWEDISH METHOD:

Refer to Pulmonary Disorders in Kellogg's "Art of Massage".

13. ICHYO BYO (Stomach - Intestines)

General circulation massage, deep massage to back from seventh dorsal vertebrae to end of spine, massage to scalp and back of neck. In massage of legs, give thorough massage to muscles on the outer front side of legs - abdominal massage and deep elbow to four points of colon, and deep stimulation to hypo-gastric plexus on either side of the navel.

SWEDISH METHOD:

Refer to Therapeutic applications of abdominal massage in Kellogg's "Art of Massage".

14. IKAKU CHYO (Stomach Ulcers)

General circulation massage, light massage to abdomen and left side - deep massage to muscles on outer front side of legs. In abdominal massage be careful of causing too much pain.

SWEDISH METHOD:

Refer to Kellogg's as in previous massage.

15. CHU BU (Paralysis and Stroke)

General circulation massage, deep massage at affected areas, and nerve stimulations, hot applications.

There are four common causes of stroke:

1. Acute alcoholism, causing the blood vessels in the brain to burst, if left side of brain, the right side of the body is affected, and vice versa.

2. Overwork and hardening of the arteries.

3. Constipation and high blood pressure.

4. Syphilis; Massage is of very little benefit in syphiletic stroke and also in alcoholic stroke. Cure is possible but may leave patient insane.

In constipation and high blood pressure, cures are affected in most cases. Those from overwork and hardening of the arteries can also be assured.

SWEDISH METHOD:

Refer to Paralysis and Paresis in Kellogg's "Art of Massage".

16. HIFU BYO (Acne)

In many cases of excessively pimpled skin, the condition is due to muscular contraction exerting pressure on the skin nerves. General circulation massage, deep and vigorous massage to back in lumbar region, close to spine and base of neck, followed by a steam or electric cabinet

bath. Advise taking of cathartics, and drink freely of fresh water between meals.

17. LOKAN SHIN KETSU(Intercostal Neuralgia)

Inflammation of the nerves between the ribs. General circulation massage with the elbow close to the spine, and digital massage between the ribs while inhaling and exhaling. Stroke away from the spine while inhaling and towards the spine while exhaling.

SWEDISH METHOD:

Refer to Disease in Nervous System in Kellogg's "Art of Massage".

18. NO SHINKE SUI JAKU(Cranial Nerve Disorder)

A weakness or disorder of the cranial nerves, may cause insanity, hysterics, fits of rage, etc. Caused in men by marital troubles, insecurity, worry, high blood pressure, constipation, syphilis, injury to brain through blow, etc. Caused in women by marital troubles, insecurity, high blood pressure, pregnancy, menstruation disorders, constipation, activity too soon after child-birth, and change of life periods.

Find cause and treat accordingly. If mental, give advice and sympathetic talks. If possible, advise psychological treatments. General circulation massage, and have patient drink freely of fresh water. Six to fifteen weeks of daily treatments are necessary to affect recovery.

19. ZAKOTSU SHINKETSU(Sciaticia)

Hot applications to lower back and on buttocks over sciatic nerve foramen, general circulation massage, deep elbow massage to muscles surrounding sciatic foramen, and joint movements, stretching and flexing of the legs in all directions, and circum-duction.

SWEDISH METHOD:

Refer to Sciatica and Physiological Effects of Nerve Compression in Kellogg's.

20. KATA NO KOLI(Muscle Bound)

Hot applications, general circulation massage and deep massage to affected muscles. Care must be taken not to over-massage as this will aggravate the condition.

SWEDISH METHOD:

Refer to Diseases of the Muscular System in Kellogg's.

21. HUMIN SHYO(Insomnia)

General circulation massage, stroking to skull, deep massage to back of neck between shoulder blades, also deep massage to front of feet and nerve pressure to foot following thorough foot massage, and pulling toes.

SWEDISH METHOD:

Refer to Insomnia in Kellogg's.

22. DO KETSU ATSU SHO(High Blood Pressure)

General circulation massage, stroking up the front of the face, down to back of head towards shoulders, massage arms and legs toward extremities and give laxatives enough to have two or three bowel movements per day.

SWEDISH METHOD:

Refer to Heart Disease and massage for weak heart in Kellogg's.

23. KATA ITAMI(Lame Shoulders)

Restoration: Hot applications, general circulation massage, poultice applications at night and laxatives to promote free bowel movements. Causes are bruises, twisted muscles and over-work.

SWEDISH METHOD:

Refer to Diseases of Muscular System in Kellogg's.

24. FUJA(Chronic Cold)

Hot cabinet or steam bath, laxatives, general circulation massage, and applications of suitable salves to nose, throat, chest, forehead and back of neck. Correct diet.

25. HATSU NETSU(High Fever)

Immerse legs in hot water to a depth just above the knees, keep in hot water approximately twenty minutes, gradually increasing the temperature of the water. Change to ice water for five minutes. (Body should be wrapped in blankets during foot bath). Give light massage (general circulation). Treatments should be given twice per day. It seldom takes over two day to affect recovery.

Refer to page 50 in Kellogg's.

26. HIMUN SHYO(Obesity)

Electric cabinet or steam baths. exercise, general circulation massage with deep massage to the digestive area, so as to cause these muscles to congest. Cathartics, also adherence to proper diet.

Refer to Kellogg's.

27. SOYOO(spinal disorders)

General circulation massage to muscles close to the spine, deep breathing exercises, hot application, keep bowels free, drink freely of fresh water between meals.

Refer to Kellogg's.

28. BEMPI(Constipation)

General circulation massage, deep massage to muscles close to spine on lower part of back, deep elbow or digital massage to colon, stimulation of aortic and solar plexus, palmar stroking of abdomen (counter-clockwise). Massage should be administered once per day.

Refer to Kellogg's. Correct Diet.

29. NIU SHEKU(Lack of Urine)

Hot applications to back, from middle of back to the sacrum, and over bladder, general circulation massage, and deep massage to lumbar region, sacrum, and groin.

Refer to Kellogg's Relation of Massage to Diuresis and Enuresis.

30. NIU LIU(Excess Urine)

Refer to directions following #29.

31. KIN NIKU KEILN.....(Twisting Muscles)

Hot applications, general circulating massage, deep massage to muscles creating pressure to nerves of twitching muscles. If on the lower part of the leg, bathe or soak feet in hot water to well above knees.

Refer to Kellogg's Diseases of the Nervous System.

32. SHINKE RHEUMATSU (Neuritis)

Hot applications, general circulation massage, kneading and wringing of muscles near affected area, cathartics, drink freely of fresh water.

Refer to Kellogg's "Diseases of the Nervous System.

33. KIN NIKU RHEUMATSU(Muscular Rheumatism)

Hot applications, general circulation massage, joint movements, and keep bowels free, drink plenty of water freely. Sometimes there is a shifting of the pain from one area to another in this type of rheumatism.

Refer to Kellogg's Muscular Rheumatism.

34. KAN SETSU RHEUMATSU (Arthritis)

Hot applications, general circulation massage, deep massage to muscles near affected area, and do not give joint movements as it will cause fever. Keep bowels free.

Refer to Kellogg's same as in #33.

35. KAN SETSU INSHYO(Goit)

In gout, affected the feet and ankles, soak in hot water with seaweed, epsom salts, etc. Electric cabinet bathes, general circulation massage (but not to inflamed area while it is sensitive), keep the bowels free, drink plenty of water freely and refer to diet outlined in Ralston's "Be Your Own Doctor". Refer to Kellogg's.

36. **KEBU KO CHOKU**(Congested Spinal Muscles)

General circulation massage following hot applications, massage affected areas from both ends at the same time. This condition is generally the result of colds and overwork. Keep bowels free and drink plenty of water freely.

Refer to Diseases of Muscular System in Kellogg's.

37. **MUNE ITAMI**(Sore Chest)

Hot applications, general circulation massage, deep massage to back between shoulder blades, and digital massage between ribs.

Refer to Kellogg's (Pulmonary Disorders).

38. **SENKI** (Sore back, Hips, Thighs)

Hot applications to both front and back of affected area, general circulation massage, deep massage to affected areas, keep bowels free.

Refer to Kellogg's.

39. **SENTSU**(Abdominal Cramps)

General circulation massage, deep digital massage to head, back of neck, and spine, keep bowels free.

Refer to Kellogg's.

40. **CHIKATA NO YAMAI**(Female Disorders)

Menstruation disorders resulting indizziness, fainting spells, hysteria, etc. Hot applications to entire back, back of neck, and feet; apply general circulation massage, deep massage to back in lumbar region, and head massage. Keep bowels free. Leg and joint manipulations.

Refer to Kellogg's Pelvic Massage Disorders of the Pelvic Organs.

41. **KAN SETSU DAKYU**(Dislocations)

Hot packs not necessary if reset immediately following dislocation. After setting give general circulation massage, and apply poultice to reduce inflammation, keep bowels free, and massage daily until well.

Refer to Kellogg's Sprains and Fractures and Massage for Sprains.

42. **SEKOTSU**(Bone-Setting)

Set bone as soon as possible after fracture, apply splints, keep bowels free, and drink freely of fresh water. Remove splints on second day, examine carefully to make sure of proper set, general circulation massage, massage as close to fracture as can be safely done; resplint and massage daily until well.

Refer to Kellogg's Sprains and Fractures.

43. KANZO GYO(Diabetes-Liver)

Hot applications to back between shoulder blades, general circulation massage to back as far down as sacrum, and digital massage, stroking away from spine, abdominal massage, keep bowels free, drink water freely. Treatments should be given daily.

Refer to Kellogg's Diseases of the Liver.

44. GINTSU..... (Inflamed Kidneys)

Hot applications, general circulation massage, digital stroking away from spine near kidney area, abdominal massage, keep bowels free, drink fresh water freely.

Refer to Kellogg's Renal disease.

45. KOBUN BYO(Impotence)

Hot applications to lower back and sacrum, and over bladder, general circulation massage, deep digital massage to sacrum, groin, and prostrate, stretch scrotum, and gentle palmar massage to abdomen over bladder

46. ASHI KIBISU TSU(Swollen Ankel)

Caused by poor circulation, soak the feet in hot seaweed water, general circulation massage, keep massage to affected areas, joint movements, keep bowels free, etc. Advise proper exercise to relieve condition.

47. HIZA TSU(Sore Knee)

If caused by dislocation, reset, apply hot applications, general circulation massage, digital massage to above and below injury.

In case of dislocation of the knee - joint, generally referred to as "Football Knee" can be restored by jarring it into place with a clothed wrapped block of wood held against the inner side of the knee while the leg is held in position resting against your abdomen, and striking the block sharply with a hammer, the act of resetting can be felt by the contact of your abdomen to the knee. Splint and apply poultice for at least 24 hours and massage entire leg several days in succession.

48. SEKISUI TSU(Deviated Spine)

Hot applications, general circulation massage, deep massage near affected area. After several treatments stretch joint affected, and give deep-breathing exercises.

Refer to Kellogg's "Spinal Curvatures".

49. YO SUI TSU(Sore Spin)

Hot applications, general circutation massage, light massage near affected area, apply poultice to reduce inflammation.

50. DABOKU SHYO(Bone Bruises)

If treated immediately after injury, massage area surrounding toward the bruise, then place the palm of your hand over it and the other palm over the back of the injured point and with light pressure maintain contact for at least five minutes. This will prevent congestion and discoloration; give general massage, and massage as close to bruise as possible.

51. HANSHIN FUTZUI(Paralysis)

General circulation massage, nerve stimulation, keep bowels free and treat daily.

Refer to Kellogg's Nerve Compression.

52. SO LO BYO(Skin Discoloration)

General circulation massage daily. Many treatments are necessary as recovery is very slow.

