

light friction for short periods, three or four times a day.

5. Probably massage promotes the absorption of recently formed adhesions, provided they are not too extensive and firm. This is a matter of considerable interest. Just as provisional callous, formed in the repair of fractures, is absorbed, so is the new connective tissue which is developed after injury of the soft parts. Perhaps the most obvious instance of this is met with in the case of adhesions following peritonitis. Even extensive adhesions gradually yet completely disappear, probably as the result of constant disturbance and traction during peristalsis. Much the same result is produced by what may be termed the interstitial disturbance and traction which takes places during the different movements employed in massage.

*As to Movements.*—These are of three kinds: those performed under an anæsthetic; passive movements and voluntary movements on the part of the patient, often carried out against resistance. As to movements under an anæsthetic—they can be safely applied only when a careful diagnosis has been made. In the first place it must be ascertained that the joint itself is not, nor has been, actively diseased, so that it has undergone no considerable structural changes, such as follow tubercle, or osteo-arthritis, septicæmia or locomotor ataxia. The cases in which this form of movement is most successful are those in which the joint itself is practically healthy, while it is hampered by changes in the parts around. Passive movements are chiefly useful in restoring movements that have been lost, or in preventing stiffness in joints which are to be long disused; for instance, a healthy ankle, the patient having disease of the hip or knee. Voluntary movements on the part of the patient, especially when performed against resistance, are in many instances more valuable than massage. Several forms of apparatus have been introduced for use in these movements, and many of them are very satisfactory. In all cases, however, efficient supervision must be maintained.

*Diagnosis.*—Diagnosis is, of course, of essential importance. It cannot always be exact, but it must be carried far enough to indicate that the case belongs to the general class in which these agents are useful, and that no element is present which renders them unsuitable. The conditions for which massage and movements are suitable are sprains and contusions of previously healthy joints unattended with any serious complication such as dislocation or a fracture, any