

MECHANICAL MEDICINE

Exploring the History of Healing by Exercise,
Manipulation and Massage

THURSDAY 23 MAY 2019

13.30-18.30

DANA RESEARCH CENTRE & LIBRARY

165 QUEEN'S GATE, LONDON, SW7 5HD

A symposium at the Science Museum, London, organised by Dr Kay Nias
(Medicine Galleries Research Fellow).

'Physical medicine' or 'physical therapy' has ancient origins. For thousands of years, people with illnesses and disabilities have been treated with physio-therapeutic techniques including exercise, manipulation and massage, as well as air, water, heat and cold, electricity and light. These various healing methods have rich and diverse histories that span time, cultures and medical traditions. While documentary evidence representing the multi-faceted worlds of these healing practices can often be difficult to find, museum medical collections contain a wealth of material culture that offers unique insights into these under-represented histories. This interdisciplinary symposium aims to illuminate the history of therapeutic exercise, manipulation and massage - with or without apparatus - also collectively known as mechanotherapy.

PROGRAMME

13.30-14.00 Registration/ coffee

14.00-14.15 Introduction and welcome, Kay Nias.

14.15-16.00: Panel 1

Emma Shepley, Curator, Historic Royal Palaces, Kensington Palace - *Mechanotherapy and Princess Victoria: The Indian Clubs at Kensington Palace*

Selina Hurley, Curator of Medicine, Science Museum, London - *Retracing the Life of the Science Museum's Bed Cycle*

Sophie Johnson, Heritage Officer, The Anaesthesia Heritage Centre, London - *A History of Physical Medicine in Anaesthesia*

Nicola Lidstone, Physiotherapist – Ceramic Artist - *Manuaction: Visualising Therapeutic Touch*

16.00-16.30

Coffee break

16:30-18.20: Panel 2

Ayesha Nathoo, Honorary Senior Research Fellow, Wellcome Centre for Cultures and Environments of Health, University of Exeter - *Learning to Unlearn: The Alexander Technique and Self-care in the 20th Century*

Helen Esfandiary, PhD candidate, King's College London - *'By such means as may easily be put in practice by parents themselves': Correcting and preventing deformities in Georgian children in the domestic setting*

Cameron McDonald, Assistant Professor, Regis University Denver, Colorado - *The Genesis of Manipulative Practice in the United States – a Cross Professional Exploration*

Angela Seward, Wellcome Trust; Kay Nias, Science Museum - *Introducing Mechanical Medicine Film Reel*

18.20-18.30

Thank you and goodbye, Kay Nias

To book your place, please visit: www.sciencemuseum.org.uk/see-and-do/mechanical-medicine