

## **Rhythmical Einreibung/Embrocation According to Wegman/Hauschka**

Rhythmical Einreibungen (RE) were developed in the first half of the twentieth century by the physician Ita Wegman, based on the principles of anthroposophic medicine and in conjunction with Rhythmic Massage. After World War II, Dr. Margarethe Hauschka developed a teaching concept for the application of Rhythmical Einreibungen. From around 1980 this concept has been modified and enhanced, mostly by nurses, for professional and daily use. The quality that most characterizes professional nursing is that it supports the healing processes at all levels: body, soul and spirit. Rhythmical Einreibungen make use of this quality in a special way.

### ***Qualities of Application***

The particular quality of Rhythmical Einreibungen is their gentle intensity of touch. The hand of the therapist applies rhythmical, mostly rounded, stroking movements on the patient's body, making contact with the tissue "unobtrusively" and withdrawing "without letting go". The changes of direction in this rhythmical process give rise to changes in quality whilst maintaining the tension between the poles. At the same time ever-new variations emerge due to the elasticity of application and the changes of direction. The all-important lightness of touch – especially when the hand withdraws – is also referred to as "suction": a force that works against gravity.

Rhythmical Einreibungen can be applied to arms, legs, back, chest and stomach – either as partial Einreibungen (of foot, lower leg, knee or shoulder joint) or in combination, or as whole-body Einreibungen.

### ***Special Kinds of Einreibungen***

Special applications include the treatment of spleen, liver, kidneys, heart, bladder, solar plexus, or the Pentagram Einreibung in nursing. Metal ointments are often used and applied across a particular organ region, supporting the function of the organ in question.

### ***Effects***

Rhythmical Einreibungen work in manifold ways and the effects vary depending on the individual. There are, nonetheless, also effects that are commonly observed. Following a phenomenological study carried out by Dr. M. Bertram (2005), three typical responses were described: relaxing, feeling one with oneself again and feeling new strength. These are changes in the patient's experience of illness and sense of wellbeing.

In anthroposophical terms the effects can be explained in terms of functional threefoldness: Rhythmical Einreibungen bring about a harmonious balance between the formative tendencies of the neurosensory system and the dissolving influences of the metabolism-and-limbs system, or based on the concept of the fourfold human organization: The soul and the 'I' regain their ability to interact more harmoniously with the life forces in the human body.

### *Areas of Application*

Rythmical Einreibungen can be applied in all clinical areas: In pediatric care, obstetrics (before and after birth), psychosomatic medicine for all ages, child, adolescent and adult psychiatry, neurology, early rehabilitation, rehabilitation, geriatric nursing or care. Rhythmic Einreibungen have also proved beneficial in curative education/social therapy, out-patient nursing services and in family or home care.

### *Contraindications*

Mainly highly acute and un-clarified conditions where other measures have to take precedence.