

Correction

Correction: Cabo F, et al. Similarities and Differences in East Asian Massage and Bodywork Therapies: A Critical Review. *OBM Integrative and Complementary Medicine* 2020; 5: 17

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The authors wish to make the following correction to the paper [1]. Replace:

3.1.6 Watsu

Theoretical principles and techniques. The name watsu is an abbreviation of water shiatsu. The name was coined by Harold Dull, a shiatsu therapist, who created and developed the therapy [78]. Watsu is purported to be based on the principles of Zen Shiatsu, the shiatsu style developed by Masunaga, and to be the application of shiatsu on water. It is included as a style of shiatsu by some associations [79], and some of its research studies are part of the scientific literature in shiatsu research networks [80].

In its practical application, watsu consists of a series of pulls, holds and gentle movements to a body just above the water, without any application of pressure as in shiatsu [78, 81, 82]



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Some authors specifically mention the application of pressure in water [83, 84], although pressure cannot be applied in water since the body of the receiver would go down into the water, and neither Dull's book [78], nor any videos on watsu [81, 82] show any pressure being applied. Some researchers have pointed out how both techniques cannot be compared because there is no pressure applied in watsu [85], but others seem to assume that because the name includes shiatsu, it can be described as a shiatsu style [86], or they freely mix both techniques as if they were similar [87], or had similar effects.

Implications for research. Watsu is a clear example that, for research purposes, it is convenient not to assume that names of therapies imply clarity or similarity of what the practical application of the therapies mean. This is why it is also important to define therapies from their purely applicative point of view and not mistake theoretical explanations for technical application. Using references from a bodywork therapy, watsu, that does not use the application of pressure with the relaxed weight of the body as shiatsu, or indeed applies pressure in any other way, as evidence for the effects of shiatsu on fibromyalgia [8] seems a bit far-fetched.

with:

3.1.6 Watsu

Theoretical principles and techniques. The name watsu is an abbreviation of water shiatsu. The name was coined by Harold Dull, a shiatsu therapist, who created and developed the therapy [78]. Watsu is purported to be based on the principles of Zen Shiatsu, the shiatsu style developed by Masunaga, and to be the application of shiatsu on water. It is included as a style of shiatsu by some associations [79], and some of its research studies are part of the scientific literature in shiatsu research networks [80].

In its practical application, watsu consists of a series of pulls, holds and gentle movements to a body just above the water [78, 81, 82].

Pressure on some acupoints may be part of a watsu treatment [78, 82], although generally speaking, it does not seem to be the main part of the treatment as it is in shiatsu [81, 83, 84]. Some authors specifically mention the application of pressure in water [85, 86], but fail to mention the actual differences with shiatsu

Generally speaking, pressure applied in watsu appears to be – at least to an outside observer – less deep and of a different nature than in either Chinese Massage or shiatsu [82,87]. This would be a logical assumption since pressure in watsu is usually applied upwards, using the weight of the receiver's body which is floating in water [82], without the reactive force that comes from the ground when pressure is applied to a body lying on a massage couch or a futon. The warm water, and the continuous passive movement in watsu mean that the physiological changes to the body of the receiver may be very different from those of shiatsu.

Some researchers have pointed out how both techniques cannot be compared [88], but others seem to assume that because the name includes shiatsu, it can be described as a shiatsu style [89], or they freely mix both techniques as if they were similar [90], or had similar effects.

Implications for research. Watsu is a clear example that, for research purposes, it is convenient not to assume that names of therapies imply clarity or similarity of what the practical application of the therapies mean. This is why it is also important to define therapies from their purely applicative point of view and not mistake theoretical explanations for technical application. Using

references from a bodywork therapy, watsu, that does not use the application of pressure with the relaxed weight of the body as in shiatsu, which is applied in a different medium, and does not necessarily use the application of pressure as its main technique, as evidence for the effects of shiatsu on fibromyalgia [8] seems a bit far-fetched.

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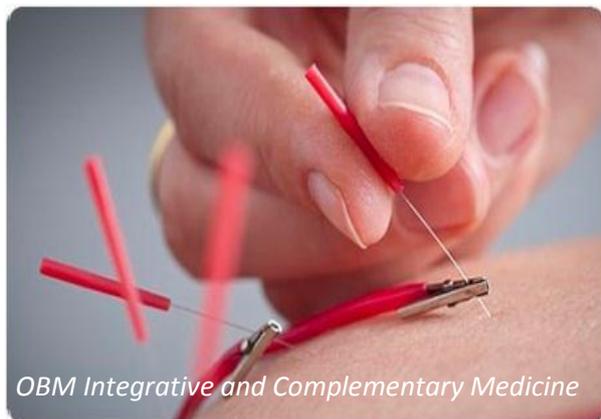
These changes have no material impact on the discussion and conclusions of the paper. The authors would like to apologize for any inconvenience caused to the readers by these changes.

Competing Interests

The authors have declared that no competing interests exist.

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1. Cabo F, Aguaristi I. Similarities and differences in east asian massage and bodywork therapies: A critical review. *OBM Integrat Complement Med.* 2020; 5: 17. doi:10.21926/obm.icm.2001013.



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