

PROVEN RESEARCH BENEFITS OF MASSAGE THERAPY



The benefits of massage are many, and they continue to increase when massage is an integral part of an ongoing wellness routine

Many studies conducted over the past two decades show massage therapy, when used regularly, can ease pain, promote relaxation, reduce muscle tension and inflammation, increase joint flexibility and range of motion, improve posture, improve blood circulation, reduce blood pressure, reduce stress, and increase immune function in many diseases and disorders.

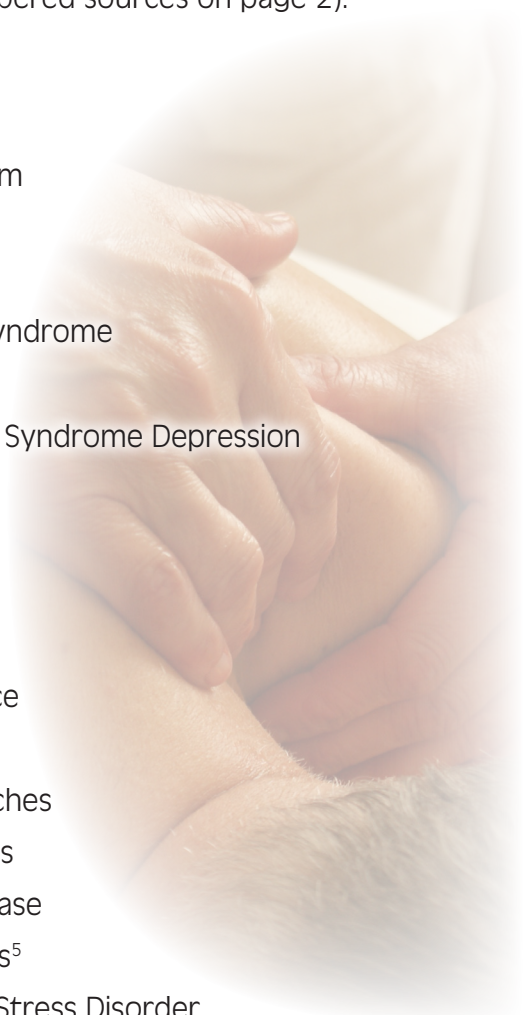
In other words, massage therapy can help create health and happiness even when a disease, disorder, or injury has impacted one's life.

Recent Scientific Research

Massage therapy is proven effective in decreasing pain, increasing immune function, and relieving related stress in many diseases and disorders including (see numbered sources on page 2):

- Arthritis¹
- Asthma
- ADHD and Autism
- Burn Patients
- Cancer Pain²
- Carpal Tunnel Syndrome
- Cerebral Palsy
- Chronic Fatigue Syndrome Depression
- Diabetes
- Fibromyalgia³
- HIV Patients
- Insomnia
- Job Performance
- Low Back Pain⁴
- Migraine Headaches
- Multiple Sclerosis
- Parkinson's Disease
- Pre-Term Infants⁵
- Post-Traumatic Stress Disorder

Celebrate Global Massage Makes Me Healthy and Happy Day on March 20!



SPECIFIC RESEARCH STUDIES



The following are excerpts of studies conducted within the past two decades:

¹Neck Arthritis Pain Reduced and Range of Motion Increased by Massage Therapy

Results: The massage therapy group showed reduced pain and increased range of motion after the first and last massage sessions and during one month of therapy.

²Meta Analysis of Massage Therapy on Cancer Pain

Results: Massage therapy was noted to significantly reduce cancer pain as compared to no massage control conditions. Massage was effective especially for surgery-related pain, and among the various types of massage, foot reflexology was the most effective. It may have been the most effective as it typically involves the application of moderate pressure and the movement of skin perhaps more so than Swedish massage.

³Effectiveness of Different Styles of Massage Therapy in Fibromyalgia: A Systematic Review and Meta-Analysis

Results: Myofascial release had positive effects on pain, anxiety, depression, fatigue, stiffness, and quality of life. Connective tissue massage improved depression and quality of life. Manual lymphatic drainage was superior to connective tissue massage regarding stiffness, depression, and quality of life. Shiatsu improved pain, pressure pain threshold, fatigue, sleep, and quality of life; Swedish massage did not improve outcomes. Overall, most styles of massage therapy consistently improved the quality of life of fibromyalgia patients.

⁴Comparison Between Massage and Routine Physical Therapy in Women with Subacute and Chronic Non-Specific Low Back Pain

Results: Pain intensity decreased and flexion range of motion increased for both groups but the effects were greater for the massage therapy group.

⁵The Efficacy of Massage on Pre-Term Infants: a Meta-Analysis

Results: The pre-term infants who received massage therapy had greater weight gain and earlier hospital discharge, although more research is needed to document the greater effects on their neurodevelopment.

For more information on additional studies or details about these studies, please visit: 'The Touch Research Institute, University of Miami www.miami.edu/touch-research or The Global Wellness Institute www.wellnessevidence.com

