

Massage for Leg Cramps In Hemodialysis Patients

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Problem:



Kidney dialysis can cause painful muscle cramps, leading to shortened or skipped treatments; this raises mortality risk. It is important to make dialysis more tolerable.

Research Question:



Can massage therapy during dialysis help to decrease the frequency of painful muscle cramps during and between dialysis treatments?

Findings:



- Pilot study: dialysis patients with frequent leg cramps divided into the intervention group and control group
- Intervention group: usual care plus 20 minutes of massage therapy for legs during dialysis treatment, for 2 weeks
- Control group: usual care
- Intervention group had fewer leg cramps between dialysis treatments
- No adverse events

Application:



- Massaged patients had improvements, were eager to receive massage therapy, and reported high satisfaction.
- Massage therapy programs offered at dialysis centers could be a useful way to help patients tolerate their treatments.

"Intradialytic Massage for Leg Cramps Among Hemodialysis Patients:
A Pilot Randomized Controlled Trial"

<http://ijtmb.org/index.php/ijtmb/article/view/305/366>

