Parkinson's disease (PD) is a complex and progressive neurological disorder. Many PD patients seek massage therapy (MT) in an attempt to alleviate symptoms of pain and rigidity, though its effects are not extensively studied.

**Research Question:** Can MT reduce the severity of rigidity and tremor in a patient with PD?

**Findings:**
- 63-year-old woman with PD was treated with five 60-min MT sessions over 6 weeks.
- Rigidity & tremor measured pre- and post-treatment.
- MT techniques included: proximal to distal deep longitudinal stroking; muscle squeezing; exercises and stretching; friction at origin & insertion of spastic muscles; skin rolling; joint mobilization; neuromuscular therapy & general relaxation techniques.

**Application:** Case results were consistent with existing MT and PD research. There was a consistent decrease in tremor after each treatment and a minor reduction in rigidity after the first treatment. It is possible that other people with PD could have good results from a similar approach.