

MT and Parkinson's Disease: A Case Report

Yolanda Casciaro, BSc, RMT

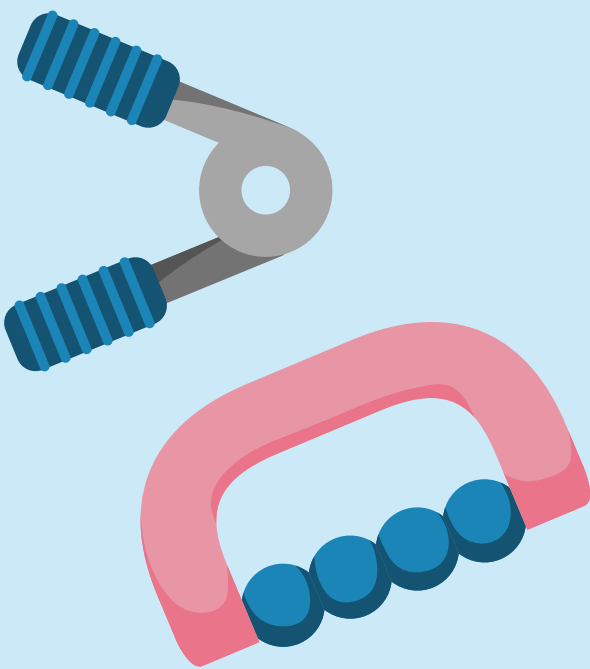
Problem:

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.



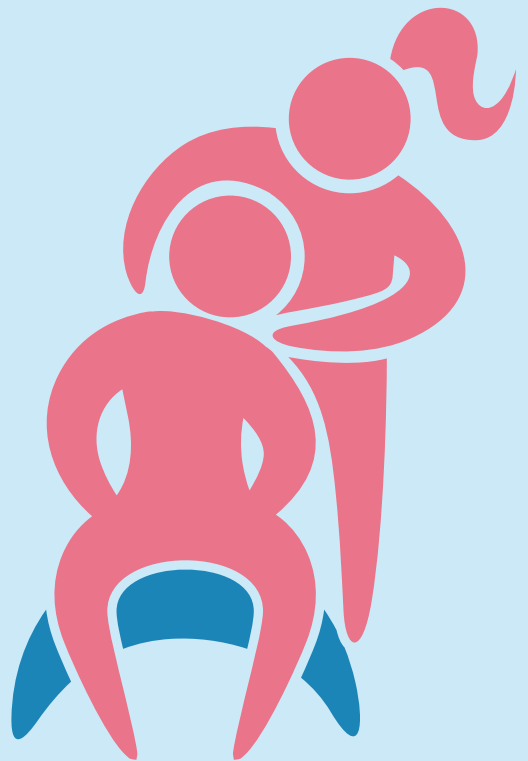
Research Question:

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.

<http://ijtmb.org/index.php/ijtmb/article/view/287/355>

