



Supporting scientific research, educational resources & community service for the massage therapy profession

The Impact of Massage Therapy on Function in Pain Populations: A Systematic Review and Meta-Analysis of RCTs

Crawford et al.

Problem:

Pain is multi-dimensional and may be best treated with a holistic, biopsychosocial approach that addresses functional outcomes as well as pain



2 million Americans abused or were dependent on prescription opioids in 2014

180,000 deaths from overdoses from 1999-2015



Research Question:

What is the state of the science regarding the impact of massage therapy on function for those experiencing pain?

Findings:

Evidence strongly supports massage therapy compared to no treatment for pain management

Massage therapy compares well with other interventions to manage pain

Massage therapy may be beneficial for improving several functional outcomes, including anxiety and health-related quality of life



Application:

The opioid crisis has made finding non-pharmacological approaches to pain management a high priority

Massage therapy is a low-risk, potentially effective intervention for people living with pain

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4925170/>



www.massagetherapyfoundation.org



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Integration of Massage Therapy in Outpatient Cancer Care

Virginia S. Cowen, PhD, LMT, Barbara Tafuto, MLS

Problem:



While massage therapy is helpful in alleviating cancer-related and cancer treatment-related symptoms, and surveys have noted that patients seek it out during treatment, little is known about the integration of massage in outpatient care

Research Question:

To what extent is massage therapy currently being integrated into outpatient cancer care at National Cancer Institute (NCI)-designated Cancer Centers?



Findings:



Data was collected via systematic website analysis and follow up telephone survey. Analysis of the data collected suggests that research on massage is not being leveraged to integrate massage into outpatient cancer care.

Application:

Efforts should be made to educate health care providers on the benefits of massage therapy and the important role that massage therapists can play in cancer care



<http://ijtmb.org/index.php/ijtmb/article/view/393/422>



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