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/

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