



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



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



Research Question:

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



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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Mapping a Case Report

Have you ever learned something new by working with a client?



By **documenting and sharing the outcomes** of your treatment plans, you can contribute to research and help other therapists whose clients have similar issues. Writing a case report involves writing about the work you already do in a few simple steps.

First look for **reliable research** about massage for your client's condition. Then, **create and implement a treatment plan** in accordance with the literature and the needs of the client.

Ready? Here's what you will need to write down:

Abstract

A summary of each of the main points listed below.

Introduction

- Background of research literature.
- How this case contributes to the literature.
- Purpose (including outcomes of interest).

Methods

- Description of client and presenting condition.
- Treatment goals.
- Describe techniques and frequency of treatment.
- Any changes in client's condition over the course of treatment. Be as detailed as possible!

Results

Numeric and descriptive findings of your outcomes of interest (graphs and charts may help tell the story).

Discussion

- Summarize findings and how they relate to literature.
- What are the implications of the outcome of this case?
- What new questions arose as a result?
- Suggestions and recommendations for future study.

Learn more about case reports and how to submit yours to our peer-reviewed journal, *IJTM*:

<https://massagetherapyfoundation.org/education/case-report-hub/>



www.massagetherapyfoundation.org



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