



## **Recommended Review Questions**

*Research Perch: Massage Therapy Restores Peripheral Vascular Function Following Exertion*

### **Instructions:**

These questions should be answered after the student listens to the *Research Perch* podcast episode which can be found at:

<http://massagetherapyfoundation.libsyn.com/massage-therapy-restores-peripheral-vascular-function-following-exertion>

### **Discussion questions:**

1. Dr. Franklin and Ms. Werner discuss circulation. Why is improved endothelial function not the same as saying “improved circulation”
2. Where and how was the flow-mediated dilatation measured in each of the participants?
3. Dr. Franklin describes three groups of participants. What are the three groups and which two did she refer to as, “soft control” groups?
4. What chemical triggers smooth muscle to relax?
5. What activity does the researcher have the participants do prior to data collection?
6. What type or techniques of massage therapy were administered to the participants?
7. What implications do the findings of this study have on your massage practice?



### Discussion questions with answers:

1. Dr. Franklin and Ms. Werner discuss circulation. Why is improved endothelial function not the same as saying “improved circulation”?
  - a. Improved endothelial function improves the flow-mediated dilation. The results yielded improved endothelial response, but results cannot be concluded to improve systemic blood flow. While improved endothelial health is a measure for general cardiovascular health, the actual quantity and circulation of blood is not measured in this study.
2. Where and how was the flow-mediated dilatation measured in each of the participants?
  - a. The measurement was taken via blood pressure cuff and ultrasound technology in the arm using the brachial artery.
3. Dr. Franklin describes three groups of participants. What are the three groups and which two did she refer to as, “soft control” groups?
  - a. Exercise and massage
  - b. Exercise only (soft control group 1)
  - c. Massage only (soft control group 2)
4. What chemical triggers smooth muscle to relax?
  - a. Nitric Oxide
5. What activity does the researcher have the participants do prior to data collection?
  - a. Exercise to soreness using eccentric exercise of a leg press
6. What type or techniques of massage therapy were administered to the participants?
  - a. Traditional Swedish massage techniques only to the lower extremities
7. What implications do the findings of this study have on your massage practice?
  - a. Open to student interpretation and classroom discussion