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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



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



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



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Bowenwork for Migraine Relief: A Case Report

Gustafson, Sandra



Problem:

- Migraine headache is complex, debilitating, and common.
- Treated with pharmaceuticals that can have negative side effects.
- We need noninvasive, nonpharmacological options for migraine treatment



Research Question:



Will Bowenwork (a soft-tissue bodywork technique) affect the frequency and severity of migraine headache for a woman with a long history of migraine pain?

Findings:

- A 66-year old woman with a history of migraine since childhood, sought Bowenwork for headache pain
- 14 Bowenwork sessions over 4 months; improvements begin after 3rd session
- After 10th session: migraine and neck pain are gone
- After 14th session: migraine pain, neck pain & ibuprofen usage at "0"



Application:



This highly customized manual therapy appeared to help this client achieve long-term relief from migraine pain, along with other benefits. It is possible that other people with migraine could have good results from a similar approach.

<http://ijtmb.org/index.php/ijtmb/article/view/296/360>



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Massage for Post-Breast Cancer Surgery Complications

Lewis PA, Cunningham JE

Problem:

Axillary web syndrome (AWS) is a common, painful complication of treatment for breast cancer. It has no reliable treatment protocol.



Research Question:



Will Dynamic Angular Petrissage, a technique that incorporates passive movement with massage therapy relieve symptoms of AWS?

Findings:

- A 45-year-old woman has painful, restrictive cording at her axilla and down the length of her arm
- Assessments: visual inspection of posture; active and passive range of motion (ROM) of the shoulder, elbow, and wrist; lymphedema is ruled out
- Two treatments within a 5-day period: a combination of massage with passive movement ("dynamic angular petrissage")
- After 2nd session: no pain, reduced restriction of movement
- 3-month follow-up: no cording, unrestricted ROM, no pain



Application:



Dynamic angular petrissage may be helpful for pain and ROM for people with axillary web syndrome.

Dynamic Angular Petrissage as Treatment for Axillary Web Syndrome Occurring after Surgery for Breast Cancer: a Case Report
<http://www.ijtmb.org/index.php/ijtmb/article/view/297/369>



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Massage for Leg Cramps In Hemodialysis Patients

Mastnardo et al.

Problem:



Kidney dialysis can cause painful muscle cramps, leading to shortened or skipped treatments; this raises mortality risk. It is important to make dialysis more tolerable.

Research Question:



Can massage therapy during dialysis help to decrease the frequency of painful muscle cramps during and between dialysis treatments?

Findings:



- Pilot study: dialysis patients with frequent leg cramps divided into the intervention group and control group
- Intervention group: usual care plus 20 minutes of massage therapy for legs during dialysis treatment, for 2 weeks
- Control group: usual care
- Intervention group had fewer leg cramps between dialysis treatments
- No adverse events

Application:



- Massaged patients had improvements, were eager to receive massage therapy, and reported high satisfaction.
- Massage therapy programs offered at dialysis centers could be a useful way to help patients tolerate their treatments.

"Intradialytic Massage for Leg Cramps Among Hemodialysis Patients: A Pilot Randomized Controlled Trial"
<http://ijtmb.org/index.php/ijtmb/article/view/305/366>

Postural Adjustment for Back Pain Relief

Jose L. Rosario , PT, PhD

Problem:

Spinal pain is a common health problem in the US, contributing to over 100 billion dollars spent overall.



Findings:

MCT group and placebo group assessed for pain levels before and immediately after treatment. 96% of the MCT group experienced some pain relief post-treatment compared to 36% of the control group.



Research Question:



Muscular Chains Therapy (MCT) treats postural deficits by stretching and strengthening muscle groups within the same myofascial chain rather than an isolated muscle.

Does a single application of MCT reduce musculoskeletal pain?

Application:

If spinal postural deviations are found, it may help to treat multiple muscles in that muscular chain



Relief from Back Pain Through Postural Adjustment: a Controlled Clinical Trial of the Immediate Effects of Muscular Chains Therapy (MCT).
<http://ijtmb.org/index.php/ijtmb/article/view/214/300>

Self-Massage for Knee Osteoarthritis

Dorothea Atkins, ThD, RN, David Eichler, PhD.

Problem:

Knee osteoarthritis is common among the older population and they need guidance in self-management therapies for their symptoms



Research Question:

Will self-massage of the quadriceps muscles alleviate pain and stiffness, and/or improve function and range of motion for older adults with osteoarthritis of the knee?



Findings:

20-minute self-massage of the quadriceps twice per week for three weeks improved function and reduced pain and stiffness



Application:

Consider educating your patients with knee osteoarthritis on self-massage techniques of the quadriceps muscles



<http://www.ijtmb.org/index.php/ijtmb/article/view/119/243>



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Treatment of Knee Pain Using Soft Tissue Mobilization

John Winslow, DPT, OCS, MTC, ATC

Problem:

Lateral knee pain in triathletes commonly occurs because of the repetitive stress that cycling and running place on musculotendinous structures that surround the knee



Findings:

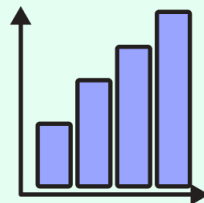
- Week 4: three athletes showed a clinically relevant improvement in their function of everyday tasks
- Week 8: the three who showed improvement reported a meaningful self-perceived change in health status and were able to return to training
- The fourth triathlete did not respond to treatment and underwent surgery for a lateral meniscus tear



<http://ijmtb.org/index.php/ijmtb/article/view/239/294>

Research Question:

Can treatment involving soft tissue mobilization of musculotendinous structures result in improvement in persistent lateral knee pain and tissue restriction for the four triathletes involved in this study?



Application:

Success of treatment is dependent on an accurate diagnosis. Soft tissue treatment is applicable for triathletes with lateral knee pain who have no underlying structural damage

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://ijmtb.org/index.php/ijmtb/article/view/393/422>

MT and Parkinson's Disease: A Case Report

Yolanda Casciaro, BSc, RMT

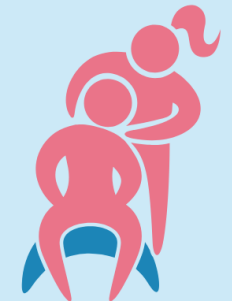
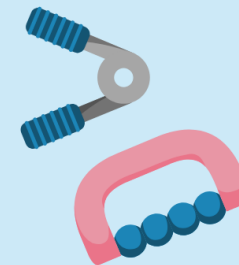
Problem:

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?



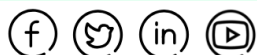
Findings:

- 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.

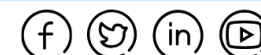
<http://ijmtb.org/index.php/ijmtb/article/view/287/355>



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5 Reasons to Consider a Career in Hospital-Based Massage



The Need is Real

In response to the opioid crisis, the Joint Commission on Accreditation of Health Care Organizations requires hospitals to offer non-pharmacological pain relief options to receive accreditation. Massage is recommended as one of these options.



Opportunities Available

There is a shortage of massage therapists qualified to work in medical settings. Make yourself invaluable by learning the skill sets needed to be part of a hospital care team.



Diverse Experience

Hospital-based MTs work with a variety of modalities and become comfortable assisting clients with a vast range of conditions. Become a lifelong learner and grow your knowledge base every day.



A Bright Future

As the value of having MTs on a care team gains recognition, some hospitals are making the move from using MTs as contractors to hiring them as hospital employees with full benefits.



Be the Hero They Need

There are few things more rewarding than helping others who are experiencing pain. Make a difference on a daily basis by bringing comfort and relief to people going through difficult medical experiences.

Learn more at www.massagetherapyfoundation.org/hospital-based-mt/



www.massagetherapyfoundation.org



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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/>



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