



PO Box 2019 | Moorabbin VIC 3189

+613 9555 9900 office | +613 9555 9904 fax

office@maa.org.au email | www.maa.org.au web

2013 Outcome Studies Recommended Reading List

Massage Related Research Articles from STT

Total number of articles in database: 1078

<http://softtissuetherapy.com.au/topicdd.aspx>

Touch Research Institute

The Touch Research Institute has conducted over 100 studies on the positive effects of massage therapy on many functions and medical conditions in many different age groups. Among the significant research findings are enhanced growth (e.g. in preterm infants), diminished pain (e.g. fibromyalgia), decreased autoimmune problems (e.g., increased pulmonary function in asthma and decreased glucose levels in diabetes), enhanced immune function (e.g., increased natural killer cells in HIV and cancer), and enhanced alertness and performance (e.g., EEG pattern of alertness and better performance on math computations). Many of these effects appear to be mediated by decreased stress hormones.

Adult Massage:

<http://www6.miami.edu/touch-research/AdultMassage.html>

Child Massage

<http://www6.miami.edu/touch-research/ChildMassage.html>

Infant Massage

<http://www6.miami.edu/touch-research/InfantMassage.html>

From Massagemag.com exploring today's touch therapies – Massage Research

Research Published in 2013

Research Exclusive: Massage Weakens Immune Response Postvaccination

In a recent study, researchers focused on the effects of massage on immune function, measuring antibody responses following hepatitis B vaccination among healthy medical students in massage and control groups. The study also looked at whether massage decreased stress, as the intervention took place prior to a stressful examination period.

Chair Massage Relieves Stress, Anxiety Among Nurses

One 15-minute chair massage per week for a total of 10 weeks resulted in significant improvement of stress-related symptoms and anxiety among both inpatient and outpatient nurses, according to recent research.

Reiki May Help Reduce Pain During Colonoscopy

A recent study found that a small group of people who received 10 minutes of reiki during intravenous administration of conscious sedation needed less meperidine, a pain-relieving medication, during screening colonoscopy.

Research Exclusive: Upper-Foot Reflexology Decreases Cardiac Index

When reflexology was applied to areas of the feet reported to correspond to the heart, the cardiac index of 16 healthy people decreased significantly, whereas no such change occurred when reflexology was applied to other points on the feet, according to recent research.

Manual Therapy Eases Carpal Tunnel Syndrome

Ten to 15 minutes of manual therapy twice a week for three weeks resulted in significant improvements in the signs and symptoms of carpal tunnel syndrome, and those improvements remained stable after 24 weeks, according to recent research.

Oil Massage Increases Weight Among Preterm Infants

A recent study found that a 10-minute massage with oil, performed four times per day for 28 days, resulted in less weight loss in the first week and greater weight gain after four weeks among preterm infants weighing less than 1,800 grams, compared to infants who received only the standard care for low birth weight.

Research Exclusive: Acupressure Alleviates Insomnia Among Adolescents

Among adolescents with insomnia, the application of acupressure, using a device known as the Sea-Band®, resulted in significant improvements in sleep, according to recent research.

Massage During Labor May Delay Epidural Use

Researchers recently focused on the use of massage therapy during labor to determine, among other factors, whether massage would have any effect on delaying the use of an epidural.

Body Mass Index Reduced by Three Weeks of Balneotherapy

A three-week balneotherapy program resulted in significant long-term reduction in Body Mass Index and weight among overweight or obese people, according to peer-reviewed research.

Research Exclusive: Massage Improves Growth Quality Among Male Preterm Infants

Twice-daily massage to preterm infants resulted in improved quality of growth among male preterm infants by decreasing body fat deposition, according to recent research.

Massage Benefits Postsurgical Mastectomy Recipients

Women who received massage therapy the morning after a mastectomy reported a significant reduction in pain, stress and muscle tension, along with an increase in relaxation, according to recent research.

Massage Boosts Shoulder Range of Motion, Function

Applied twice a week for four weeks, an 18-minute shoulder massage led to significant improvements in range of motion, function and muscle tightness among people with posterior shoulder tightness, according to recent research.

Research Exclusive: Self-Massage Improves Symptoms of Knee Osteoarthritis

People diagnosed with knee osteoarthritis who applied a self-massage protocol to the quadriceps muscle twice weekly for about 12 weeks exhibited significant improvements on the Western Ontario and McMaster's Osteoarthritis Index, particularly in regard to pain, stiffness and function, according to recent research.

Qigong May Help Reduce Cocaine Cravings

A recent pilot study found it is possible to provide external qigong therapy (EQT) to people who are in residential treatment for cocaine dependency, and those who received four to six sessions of EQT during a two-week period experienced a decrease in cue-elicited cocaine cravings and symptoms of depression.

Abdominal Massage Aids Constipation Treatment

Among children with chronic functional constipation, the combination of abdominal muscle training, breathing exercises, abdominal massage and standard treatment resulted in more frequent bowel movements, a recent study reports.

Research Exclusive: Mud Therapy Improves Knee Osteoarthritis

As part of a recent study, older people with knee osteoarthritis received 11 consecutive sessions of mud-pack therapy, which resulted in significant improvements in both pain and functional capacity.

Research Exclusive: Massage, Active Exercise Relieve Muscle Soreness

A recent study has shown both massage and active exercise help provide acute relief of delayed onset muscle soreness.

Manual Therapy Improves Frozen Shoulder Among Diabetics

Eight weeks of manual therapy for frozen shoulder, with two sessions per week, proved effective among people with and without diabetes, according to recent research.

Research Exclusive: Giving Massage Decreases Anxiety

In a recent study, researchers chose to focus not on the benefits of receiving a massage, but rather on the benefits of giving one. These researchers discovered massage therapists experience a significant decrease in subjective anxiety after providing a one-hour Swedish massage.

Moderate-Pressure Massage Eases Rheumatoid Arthritis

The use of moderate-pressure massage therapy resulted in a range of both physical and psychological improvements among people diagnosed with rheumatoid arthritis in their upper limbs, according to recent research.

Reflexology Boosts Pain Threshold, Tolerance

Recent research proved one reflexology session increased the pain threshold and tolerance of healthy people who were undergoing an ice-pain experiment. No such increases were observed when the same people were given a session of sham transcutaneous electrical nerve stimulation (TENS).

Massage Benefits Cardiac Surgery Patients

Two 20-minute massage sessions three or more days after cardiac surgery resulted in significant reductions in anxiety, pain and muscular tension, along with significant increases in relaxation and satisfaction among postoperative patients, according to recent research.

Massage Eases Multiple Sclerosis Symptoms

People with multiple sclerosis who received Swedish massage three times a week for five weeks showed significant improvements in pain, balance and walking speed, according to recent research.

Research Exclusive: Study Focuses on Massage Therapy Efficacy Beliefs

A recent study focused on the belief in the efficacy of massage for muscle recovery after running a race.

Aromatherapy Reduces Child Anxiety During Dental Appointments

The use of aromatherapy with orange essential oil during a dental procedure performed on children resulted in reduced salivary cortisol levels and pulse rates, according to recent research.

Shiatsu Improves Fibromyalgia Symptoms

People with fibromyalgia who received 16 sessions of full-body shiatsu over the course of eight weeks experienced statistically significant improvements in pain intensity, pressure pain threshold, sleep quality and the impact of fibromyalgia symptoms on their overall health, according to recent research.

[Research Exclusive: Hydrotherapy Decreases Post-Exercise Fatigue](#)

Hydrotherapy after a spinning session resulted in decreased self-perceived levels of fatigue, according to recent research.

[Swedish Massage Has Lasting Effect on Blood Pressure](#)

After receiving Swedish massage, both the systolic and diastolic blood pressure of women with prehypertension decreased significantly, and this noteworthy improvement in blood pressure was still evident three days after receiving massage, according to recent research.

[Aromatherapy, Thai Massage Benefit Cancer Patients Receiving Chemotherapy](#)

Aromatherapy with light Thai massage resulted in a significant boost to the immune system of colorectal cancer patients undergoing chemotherapy, according to recent research.

[Research Exclusive: Sauna Sessions Ease Allergic Rhinitis](#)

Regular sauna sessions for six weeks led to significant increases in sympathetic activity, peak nasal inspiratory flow and lung function among people with allergic rhinitis, according to recent research.

[Massage Reduces Pain, Increases Cognitive Development Among Preterm Infants](#)

Premature infants who received 10-minute massages, provided by their mothers, at least 10 times had significantly lower scores on the Premature Infant Pain Profile after each massage and upon discharge, as compared to the nonmassage control group, according to recent research.

[Craniosacral Therapy May Ease Pelvic Girdle Pain](#)

Pregnant women with pelvic girdle pain who received craniosacral therapy had lower pain intensity in the morning, as well as less deteriorated function, compared to a similar group of women who received standard care alone, according to recent research.

International Journal of Therapeutic Massage & Bodywork: Research, Education, & Practice

<http://www.ijtmb.org/index.php/ijtmb>

The International Journal of Therapeutic Massage & Bodywork (IJTMB) is an open access, peer-reviewed publication intended to accommodate the diverse needs of the rapidly-expanding therapeutic massage and bodywork community. Principal sections of the journal span the areas of research, education, and clinical practice.

IJTMB is indexed in [PubMed Central](#), [Quertle](#), the [Directory of Open Access Journals](#), [CrossRef](#), [Healthindex](#), [Index Copernicus](#), [Google Scholar](#), [Hinari](#) and [Scopus](#).

IJTMB now indexed in PubMed Central

Visit our FREE full text archive today.

PMC



The American Massage Therapy Association

[Research Roundup, Volume 1](#)

<http://www.amtamassage.org/research/Massage-Therapy-Research-Roundup/Massage-Therapy-Research-Roundup--Volume-1.html>

Highlights research on massage for osteoarthritis of the knee, inflammation after exercise, chronic low-back pain and fibromyalgia.

[Research Roundup, Volume 2](#)

<http://www.amtamassage.org/research/Massage-Therapy-Research-Roundup/Massage-Therapy-Research-Roundup--Volume-2.html>

Outlines research for enhanced immune function in preterm infants, decreased blood pressure and improved stability in older persons and reduced stress and anxiety in cancer patients.

[Research Roundup, Volume 3](#)

<http://www.amtamassage.org/research/Massage-Therapy-Research-Roundup/Massage-Therapy-Research-Roundup--Volume-3.html>

Featuring research on massage therapy for metastatic cancer, rheumatoid arthritis and post-cardiac surgery pain.

[Research Roundup, Volume 4](#)

<http://www.amtamassage.org/research/Massage-Therapy-Research-Roundup.html>

Massage therapy is commonly used for relaxation and pain relief, in addition to a variety of health conditions such as osteoarthritis¹, fibromyalgia², and inflammation after exercise.³ It's important to know that massage therapy can also be an effective therapy for many aspects of mental health. In fact, recent research suggests that symptoms of stress, anxiety and depression (all associated with mental health) may be directly affected with massage therapy.

Below are some recent research findings which highlight the role of massage therapy in mental health and wellness,

- Massage Therapy for the Treatment of Depression in Individuals With HIV
- Massage Therapy to Reduce Anxiety in Cancer Patients Receiving Chemotherapy
- Massage Therapy for Reduced Anxiety and Depression in Military Veterans
- Massage Therapy for Nurses to Reduce Work-Related Stress