

MEDICAL MASSAGE RESEARCH

Appended below are some of the thousands of research articles about various diseases, health conditions, healthcare issues and Massage Therapy. The research has been conducted by the Massage Foundation, American Massage Therapy Association, National Institute of Health, VA, the Agency for Healthcare Research & Quality (AHRQ), a part of U.S. Department of Health & Human Services (USDHHS), U.S. Preventive Services Task Force, Universities, Hospitals, etc.

Whether you are a Healthcare Provider, 3rd Party Payer, an institution or a Medical Massage Therapist, American Medical Massage Network is interested in working with you. There are many other great resources for such research. Please contact us at research@americanmedicalmassage.org if you are interested in a research project and need our help or collaboration.

1. **Massage Therapy & Parkinson's Disease**

http://massagetherapyfoundation.org/wp-content/uploads/09-MT-and-Parkinsons-Disease_-A-Case-Report.pdf

2. **Parkinson's Disease and Complementary Health Approaches ...**

<https://nccih.nih.gov/health/providers/digest/parkinson-disease>

Several complementary health approaches have been studied for **Parkinson's** disease, and some have shown a positive benefit for the symptoms associated with the disease. There is some limited **evidence** that tai chi may improve some symptoms ...

3. **Integration of Massage Therapy in Outpatient Cancer Care:**

<http://massagetherapyfoundation.org/integration-of-massage-therapy-in-outpatient-cancer-care-research-perch/>

4. **Treatment of Lateral Knee Pain using Soft-Tissue Mobilization**

<http://massagetherapyfoundation.org/treatment-of-lateral-knee-pain-using-soft-tissue-mobilization-in-four-female-triathletes-research-perch/>

5. **Effects of Self-Massage in Osteoarthritis Knee:**

<http://massagetherapyfoundation.org/effects-self-massage-osteoarthritis-knee-randomized-controlled-trial-research-perch/>

6. **Relief from Back Pain:**

<http://massagetherapyfoundation.org/relief-from-back-pain-through-postural-adjustment-a-controlled-clinical-trial-of-the-immediate-effects-of-muscular-chains-therapy-mct-research-perch/>

7. **Massage Therapy | NIH News in Health**

<https://newsinhealth.nih.gov/2012/07/massage-therapy>

Other **research** suggests that **massage therapy** is effective in reducing and managing chronic low-back pain, which affects millions of Americans. If you're considering **massage therapy** for a specific medical condition, talk with your health care provider. Never use **massage** to replace your regular medical care or as a reason to postpone seeing a

8. Expert Advice: What does the research say about massage ...

<https://www.massagemag.com/expert-advice-research-say-massage-pain-44576>

Pain Research. In a 2016 study published in Journal of Pain Medicine, “The impact of **massage** therapy on function in pain populations—a systematic review and meta-analysis of randomized controlled trials: Part I, patients experiencing pain in the general population,” the authors concluded in their findings that, “although a growing body of **evidence based research**

9. 11 Surprising Health Benefits of Massage | Organic Facts

<https://www.organicfacts.net/massage.html>

The **massage** of various body parts helps in maintaining the proper working of the digestive system and urinary system. Internal organs like the liver start working properly with an efficiently followed system of **massage**. The Touch **Research** Institute has also deemed **massage** as a weight-gaining exercise in the case of infants. Beauty spas and ...

10. Research Roundup: Massage Therapy for Pain Management ...

[https://www.amtamassage.org/research/Massage-Therapy-Research-Roundup/...](https://www.amtamassage.org/research/Massage-Therapy-Research-Roundup/)

New **Research** Analysis Indicates **Massage** Therapy Strongly Recommended for Pain Management. **Based** on the **evidence**, **massage** therapy can provide significant improvement for pain, anxiety and health-related quality of life for those looking to manage their pain.

11. Research Roundup: Wellness & Massage | American Massage ...

[https://www.amtamassage.org/research/Massage-Therapy-Research-Roundup/...](https://www.amtamassage.org/research/Massage-Therapy-Research-Roundup/)

A growing body of **evidence** shows that **massage** therapy can be effective for a variety of health conditions. **Massage** is rapidly becoming recognized as an important part of health and wellness, and **research** is indicating some of what takes place in the body during **massage** ...

12. A Standardized, Evidence-Based Massage Therapy Program for ...

www.ijtmb.org/index.php/ijtmb/article/view/269/0

Evidence suggests that para-athletes are injured more often than able-bodied athletes. The benefits of **massage** therapy for these disabled athletes are yet to be explored. This paper documents the process followed for creating a **massage** program for elite Para cycling athletes with the goal to assess effects on recovery, rest, performance, and quality ...

13. Evidence-based Therapeutic Massage — Teesside University, UK

<https://research.tees.ac.uk/en/publications/evidence-based-therapeutic-massage>

Evidence-based Therapeutic Massage. AU - Holey, E. A. (Elizabeth) AU - Cook, E. M. PY - 2003. Y1 - 2003. M3 - Book. BT - **Evidence-based Therapeutic Massage**

14. Massage Research 104- Research Literacy and Evidence Based ...

<https://www.ncbtmb.org/courses/united-states/connecticut/wallingford/research/massage...>

Massage Research 104- Research Literacy and Evidence Based Practice. **Massage Research 104- Research Literacy and Evidence Based Practice.** Course Category: **Research** Course Tags: Home Study. Courses.

15. Evidence Based Research - Access Complete Wellness

<https://accesscompletewellness.com/evidence-based-research>

Evidence Based Research for Access Mind Body, Access Nutrition, Access Fitness and Access Experiential Learning

16. Effects on body systems of Swedish massage, using evidence ...

[www.citethisforme.com/topic-ideas/biology/Effects on body systems of Swedish massage...](http://www.citethisforme.com/topic-ideas/biology/Effects%20on%20body%20systems%20of%20Swedish%20massage...)

These are the sources and citations used to **research** Effects on body systems of Swedish **massage**, using **evidence- based research**.

17. NIH Clinical Center: Ethics in Clinical Research

clinicalcenter.nih.gov/recruit/ethics.html

The goal of clinical **research** is to develop generalizable knowledge that improves human health or increases understanding of human biology. People who participate in clinical **research** make it possible to secure that knowledge. The path to finding out ...

18. NIH-DoD-VA Pain Management Collaboratory

<https://dcricollab.dcri.duke.edu/sites/NIHKR/KR/SC-2019-Landscape-Kerns.pdf> · PDF file

Evidence-based nonpharmacological approaches. Kligler, B. et al. (2018). Clinical policy recommendations from the VHA State-Of-The-Art Conference on Non-pharmacological Approaches to Chronic Musculoskeletal Pain. JGIM, 33 (Supplement), 16-23. Manual therapies . Acupuncture **Massage** Cognitive Manipulation Behavioral Therapy Yoga Aerobic exercise

19. Scientific evidence-based effects of hydrotherapy on ...

www.biomedsearch.com/nih/Scientific-Evidence-Based-Effects-Hydrotherapy/24926444.html

Use of water in various forms and in various temperatures can produce different effects on different system of **the body**. Many studies/reviews reported the effects of hydrotherapy only on very few systems and there is lack of studies/reviews in reporting the **evidence-based** effects of hydrotherapy on various systems.

20. Massage and your health | Evidence based research and ...

www.wollongongremedialmassage.com.au/resources.html

Massage therapy has long been used as a healing art for both the mind and body. Some say 4000 years or more. But it's only in recent years that science has begun to understand these healing properties. Now **evidence based research** is becoming an important part of our practice. Every day we find out more about how **massage** can help people manage ...

21. Massage Therapy: Integrating Research and Practice: Author: Trish Dryden

<https://www.amazon.com/Massage-Therapy-Integrating-Research-Practice/dp/0736085653>

Massage Therapy: Integrating Research and Practice presents the latest **research** examining the **evidence** for the use of various **massage** therapy techniques in treating pathological conditions and special populations.

22. Evidence-based massage therapy [10] — University of Miami ...

<https://miami.pure.elsevier.com/en/publications/evidence-based-massage-therapy-10>

author = "M. Hernandez-Reif and Field, {Tiffany M} and Diego, {Miguel A} and J. Beutler",

23. Introduction to Evidence Based Research Methods ...

<https://libguides.scf.edu/c.php?g=477888&p=3372753>

This course introduces students to the methodologies used in Science and Social Science **Research**. It covers both qualitative and quantitative **research** design, sampling, measurement, analysis, and critical evaluation of scholarly literature. ...

24. Positive Emotions and Your Health | NIH News in Health

<https://newsinhealth.nih.gov/2015/08/positive-emotions-your-health>

A growing body of **research** suggests that having a positive outlook can benefit your physical health. **NIH**-funded scientists are working to better understand the links between your attitude and your body. They're finding some **evidence** that emotional wellness can be improved by developing certain skills.

25. NIH Review Finds Nondrug Approaches Effective for ...

<https://www.ewsp.com/science/health-and-fitness/nih-review-finds-nondrug-approaches...>

FDA Requires Strong warnings for Opioid Analgesics, Prescription Opioid Cough Products, and Benzodiazepine Labeling Related to Serious Risks and Death from Combined Use

26. Research Roundup: Massage Therapy for Pain Management ...

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

New **Research** Analysis Indicates **Massage** Therapy Strongly Recommended for Pain Management. **Based** on the **evidence**, **massage** therapy can provide significant improvement for pain, anxiety and health-related quality of life for those looking to manage their pain.

27. NIH Review Finds Nondrug Approaches Effective For ...

www.turningpointonline.info/blog/nih-review-finds-nondrug-approaches-effective-for...

Acupuncture• **Massage** therapy• Relaxation techniques• Tai chi• YogaCitation: Nahin RL, Boineau R, Khalsa PS, StussmanBJ, Weber WJ. **Evidence-based** evaluation of complementary health approaches for pain management in the United States. Mayo Clinic Proc. September 2016;91(9):1292-1306.

28. Outcome-Based Massage - Lippincott Williams & Wilkins

<https://shop.lww.com/Outcome-Based-Massage/p/9781451130331>

Outcome-Based Massage TM: Putting **Evidence** into Practice (3rd edition) goes beyond an update of the content of the second edition. In this book, Dr Andrade and a team of contributors who represent the fields of **massage** therapy, physical therapy, athletic training, education, psychology, medicine, and physiology take the student or practicing clinician to the next level of using Outcome-**Based** ...

29. Reflexology | Evidence search | NICE

<https://www.evidence.nhs.uk/search?q=reflexology>

Massage, **reflexology** and other manual methods for pain management in labor Source: Cochrane Database of Systematic Reviews - 28 March 2018 **evidence** currently available on manual methods, including **massage** and **reflexology** , for pain management in labor.

30. Evidence-based Non- pharmacological Treatment Options

<https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/...> · PDF file

Competencies, including team **based** care. Develop and integrate **non-pharmacological modalities** into care plans. Institute **evidence based** medication prescribing, use of pain procedures and safe opioid use (universal precautions). Implement approaches for bringing the Veteran's whole team

31. Massage Therapy Can for Low Back Pain | American Massage ...

https://www.amtamassage.org/approved_position_statements/Massage...

It is the position of the American **Massage Therapy** Association (AMTA) that **massage therapy** can be effective in reducing **low back pain**. Background Information According to the National Institute of Neurological Disorders and Stroke, "Americans spend at least \$50 billion each year on **low back pain**, the most common cause of job-related disability and a leading contributor to ...

32. Clinical Examination – Evidence-Based Massage Therapy

<https://ecampusontario.pressbooks.pub/handbookformassagetherapists/part/clinical...>

Clinical Examination. Increasingly, **research** shows that attributing the experience of pain solely to poor posture, minor leg length discrepancies, vertebral misalignment and other structural abnormalities is an oversimplification of a complex process (Green et al., 2018; Hegedus et al., 2017; Lewis, J., & O'Sullivan, 2018). Even in the case of degenerative ...

33. Evidence-based research regarding massage benefits | In ...

www.infinefettle.com.au/.../evidence-based-research-regarding-massage-benefits

Evidence-based research regarding massage benefits. Posted on: June 4, 2015 by: admin. **Massage Research.** Statistically significant changes occurred in self-perceived pain frequency, intensity of pain, pain duration, functional status, pain related disability, and depression; these differences retained their significance at the 3-month follow-up. The Centre for Health Studies ...

34. Plantar Heel Pain – Evidence-Based Massage Therapy

<https://ecampusontario.pressbooks.pub/handbookformassagetherapists/chapter/plantar...>

Contemporary multimodal **massage** therapists are uniquely suited to incorporate a number of rehabilitation strategies for plantar heel pain **based** on patient-specific assessment findings including, but not limited to: Manual Therapy (soft tissue **massage**, neural mobilization, joint mobilization, IASTM) Education on psychosocial factors (eg. BPS ...

35. Does third trimester antenatal perineal massage improve ...

https://journals.lww.com/ebp/Abstract/2014/01000/Does_third_trimester...

Evidence-Based Answer Probably to a small degree. Women who practice perineal **massage**

36. Pain | MedlinePlus

<https://medlineplus.gov/pain.html>

Pain is a signal in your nervous system that something may be wrong. It is an unpleasant feeling, such as a prick, tingle, sting, burn, or ache. **Pain** may be sharp or dull. It may come and go, or it may be constant. You may feel **pain** in one area of your body, such as your back, abdomen, chest, pelvis, or you may feel **pain** all over.

37. Real-World Massage Therapy Produces Meaningful ...

<https://academic.oup.com/painmedicine/article/18/7/1394/3069964>

Abstract. Objective. While efficacy of **massage** and other nonpharmacological treatments for chronic low back pain is established, stakeholders have called for pragmatic studies of

38. NIH study reports more than half of US office-based ...

<https://sciencecodex.com/nih-study-reports-more-half-us-office-based-physicians...>

NIH study reports more than half of US office-based physicians recommend CHA IMAGE: JACM, The Journal of Alternative and Complementary Medicine is dedicated to **research** on paradigm, practice, and policy advancing integrative health.

39. ROAR

<https://roar.nevadaprc.org/public/resources/3296>

This In Brief report highlights seven **evidence-based** principles of prevention for use in the early years of a child's life (prenatal through age 8), developed from **research** funded in full or in part by the National Institute on Drug Abuse (NIDA). This guide also lists **evidence-based** prevention and intervention programs that work with ...

40. CIRTL Learning Community for “An Introduction to Evidence ...

www.bioscience.ucla.edu/event/cirtl-learning-community-“-introduction-evidence-based...

41. Research Training Funding. NIH T32 Training Grants;

This open, online course designed to provide future STEM faculty, graduate students and post-doctoral fellows with an introduction to effective teaching strategies and the **research** ... Contact Us ; CIRTL Learning Community for “An Introduction to **Evidence-Based** Undergraduate STEM Teaching

42. News - MagLab - MagLab

<https://nationalmaglab.org/news-events/news?format=feed>

Specifically, their **research** points to a sodium imbalance that begins in an area of the brain called the choroid plexus and is spread via the cerebrospinal fluid. The **NIH** grant will allow the team to better understand what happens along that pathway and in turn develop more effective strategies to treat **migraines**.

43. Evidence-based guidelines from ESPGHAN and NASPGHAN for ...

<https://www.tripdatabase.com/doc/1214003-Evidence-based-guidelines...>

Evidence-based guidelines from ESPGHAN and NASPGHAN for Helicobacter pylori infection in children. Journal of Pediatric Gastroenterology and Nutrition, 2011 View rest of article at www.ncbi.nlm.nih.gov→

44. Dietitian I - ICU - Edmonton, AB

<https://jobs.healthjobhub.com/employment/dietitian-i--icu-listing-603924.aspx>

You may plan and provide public health nutrition services and education programs to promote healthy living and disease prevention for clients/groups in facilities or community settings. Nutrition education is provided to students and other healthcare professionals to support delivery of **evidence based** nutrition information.

45. Paper: The Effect of Foot and Hand Massage on ...

<https://stti.confex.com/stti/congrs08/webprogram/Paper38823.html>

Complementary strategies **based** on sound **research** finding are needed to supplement postoperative pain relief using pharmacologic management. Foot and hand **massage** by stimulates non painful nerve fibers and releasing Endorphins, has the ...Published in International Journal of Nursing · 2011

46. NIH News — AMERICANS SPENT \$30.2 BILLION OUT-OF-POCKET ...

<https://www.spinics.net/lists/nih/msg03583.html>

NCCIH is part of the **National Institutes of Health**. "With so many Americans using and spending money on complementary health approaches, it is extremely important for us to provide the public with **evidence-based** information to help inform decisions," said Josephine P. Briggs, M.D., director of NCCIH.

47. NIH Unveils New CAM Resource For Healthcare Providers ...

https://www.nutraceuticalsworld.com/contents/view_breaking-news/2011-04-27/nih-unveils...

A new online resource, designed to give healthcare providers easy access to **evidence-based** information on complementary and alternative medicine (CAM), has been revealed by the National Center for Complementary and Alternative Medicine (NCCAM) of the **National Institutes of Health (NIH)**.

48. NIH News — NIH REVIEW FINDS NONDRUG APPROACHES ...

<https://www.spinics.net/lists/nih/msg03631.html>

About the **National Institutes of Health (NIH)**: **NIH**, the nation's medical **research** agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. **NIH** is the primary federal agency conducting and supporting basic, clinical, and translational medical **research**, and is investigating the causes ...

49. PPT - Moving beyond opioid therapy: The role of the NIH ...

<https://www.slideserve.com/huong/va-nurse-qualification-standard-steering-committee>

Moving beyond opioid therapy: The role of the **NIH-DoD-VA Pain Management Collaboratory**. Robert D. Kerns, Ph.D. Yale University. Public health perspective. Harms related to therapeutic use of opioids is a significant contributor to the opioid crisis. Pain ...

50. NIH stroke certification group b answers

vy6m3.masteryourdiet.at/tkPXYmm · PDF file

Sheet provides basic information about yoga, summarizes scientific **research** on effectiveness and safety, and suggests sources for additional information. The **National Institutes of Health (NIH)** has created a website, **NIH Clinical Research Trials and You**, to help people learn about clinical trials, why they matter, and how to participate. The ...

51. Evidence-based Practice Resources | NIH Library

<https://www.nihlibrary.nih.gov/.../evidence-based-practice-resources>

Evidence-based Practice Resources National Registry of **Evidence-based** Programs and Practices (NREPP) SAMHSA's National Registry of **Evidence-based** Programs and Practices (NREPP) promotes the adoption of

52. NIH Report Details Massage and Other Therapies for Common ...

<https://www.massagemag.com/nih-report-details-massage-therapies-common...>

The **National Institutes of Health's (NIH)** National Center for Complementary and Integrative Health has released a report that references “**Evidence-Based** Evaluation of Complementary Health Approaches for Pain Management in the United States,” which was published Sept. 1 by Mayo Clinic Proceedings and which states that, **based** on an evaluation ...

53. These are the 6 Types of Research that will Benefit Your ...

<https://www.massagemag.com/these-are-the-6-types-of-research-that-will-benefit-your...>

Evidence-Based Practice Guidelines. The top two levels of the pyramid contain independent expert assessment and analysis of large sections of the literature. **Evidence-based** practice guidelines are developed from a body of scientific literature to provide clinicians with the best possible practices **based** on our current knowledge base.

54. Develop a Personal Plan Based on Evidence | NIDDK

<https://www.niddk.nih.gov/.../develop-personal-plan-based-on-evidence>

Evidence-based plan. Health care teams and patients should collaboratively develop an **evidence-based** plan. Patients' goals and plans will vary. See Create a personal plan. As a starting point, health care teams should discuss the following goals and strategies that proved successful in the **NIH**-sponsored DPP **research** study:

55. Evidence-informed massage therapy – an Australian ...

<https://www.sciencedirect.com/science/article/pii/S1744388118300367>

Massage therapy (MT) is the most popular complementary and alternative medicine therapy used by the Australian public. With the growing emphasis by the Australian health authority on **evidence**-informed healthcare decision-making, there is an increasing demand **for** **massage** therapists to move towards the **evidence**-informed practice (EIP).

56. The Effectiveness of Massage Therapy A Summary of Evidence ...

https://www.researchgate.net/publication/229429563_The_Effectiveness_of_Massage...

PDF | On Jan 1, 2011, Ng K and others published **The Effectiveness of Massage Therapy A Summary of Evidence-Based Research** | Find, read and cite all the **research** you need on ResearchGate . We use ...

57. What Does the Research Say about Massage Therapy? | Taking ...

<https://www.takingcharge.csh.umn.edu/.../what-does-research-say-about-massage-therapy>

What Does the Research Say about **Massage** Therapy? However several relatively recent developments have increased the amount of good **research** in this area. To begin, **massage** has become an important **research** priority for the National Center for Complementary and Integrative Health (NCCIH).

58. Evidence-Based Indications for Therapeutic Massage

https://www.researchgate.net/publication/244889610_Evidence-Based_Indications_for...

Lack of detailed specification of a **massage** is a limitation of much current **research**, and this paper suggests a framework, or template, for that specification **based** on ...

59. **Massage therapy | Evidence search | NICE**

<https://www.evidence.nhs.uk/search?q=message+therapy>

A lot of the scientific **research** on the clinical effects of **massage therapy** for various conditions has been carried out, but some of the **research** hasn't been of high quality & mechanism.

60. **The Effectiveness of Massage Therapy**

<https://www.globalwellnesssummit.com/.../2011-AAMT-Research-Report.pdf> · PDF file

The Effectiveness of **Massage Therapy** 6 Methods With an **evidence-based** practice focus and explicit methodology to source studies for inclusion, the Australian **Massage Research** Foundation commissioned a body-of-knowledge (BOK), that would archive **research evidence** pertaining to effectiveness of **massage therapy**.

61. **What is translational research?**

evidencebasedliving.human.cornell.edu/2010/08/18/what-is-translational-research

Evidence-Based Living sat down with Wethington to talk about the growing field of translational **research**.

To start off, what exactly is translational **research**? Many definitions have been given for translational **research**, but the definition I like best is that it is a systematic effort to convert basic **research** knowledge into practical applications to enhance human health and ...

62. **NIH launches Web site on complementary and alternative ...**

<https://www.newhope.com/supply-news-amp-analysis/nih-launches-web-site...>

A new online resource, designed to give health care providers easy access to **evidence-based** information on complementary and alternative medicine was unveiled **by National Institutes of Health**. **NIH** launches Web site on complementary and alternative medicine | New Hope Network

63. **The Effectiveness of Massage Therapy - ResearchGate**

https://www.researchgate.net/profile/Marc_Cohen/publication/229429563_The... · PDF file

The Effectiveness of Massage Therapy 1 Contents **The Effectiveness of Massage Therapy** A Summary of **Evidence-Based Research** By Dr Kenny CW Ng, MBBS BMedSci Dip RM CertIVFitness, Member

64. **Massage for Pain: An Evidence Map - Health services research**

<https://www.hsrdr.research.va.gov/publications/esp/message.pdf> · PDF file

Massage for Pain: An Evidence Map. VA ESP Project #05226; 2016- This report is **based** on **research** conducted by the Evidencebased Synthesis Program (ESP) Center located at - the West Los Angeles **VA Medical Center, Los Angeles, ...**

65. **Effectiveness of massage therapy for chronic, non ...**

www.biomedsearch.com/nih/Effectiveness-Massage-Therapy-Chronic-Non/17549233.html

Thus, **research** to date provides varying levels of **evidence** for the benefits of **massage therapy** for different chronic pain conditions. Future studies should employ rigorous study designs and include follow-up assessments for additional quantification of the longer-term effects of **massage** on chronic pain.

66. Massage chapter 5 research literacy and evidence based ...

<https://quizlet.com/166473839/massage-chapter-5-research-literacy-and...>

Start studying **Massage chapter 5 research literacy and evidence based practice**. Learn vocabulary, terms, and more with flashcards, games, and other study tools.

67. Research on Health Benefits of Massage | American Massage ...

<https://www.amtamassage.org/research>

Research to Help Your **Massage** Practice Thrive. A growing body of **research** supports **massage** therapy for health and wellness. Use **research** to explain the health benefits of **massage** to your clients and reference our **research** on the profession's growth in business planning. Let AMTA empower your **massage** therapy practice with **evidence** and information.

68. Cerebral Palsy: Hope Through Research - ninds.nih.gov

<https://www.ninds.nih.gov/.../Cerebral-Palsy-Hope-Through-Research>

What **research** is being done? The National Institute of Neurological Disorders and Stroke, (NINDS), a part of the **National Institutes of Health (NIH)**, is the nation's leading funder of basic, clinical, and translational **research** on brain and nervous system disorders.

69. Comparative Effectiveness of Physical Therapy for Knee Pain Secondary to Osteoarthritis | Effective Health Care Program, with reinforcing exercise to improve movement, manual traction, Massage Connective Tissue, Massage, Mobilization/manipulation of soft tissue Knee Joint, other joints, passive range of motion...
<https://effectivehealthcare.ahrq.gov/products/arthritis-knee-physical-therapy/research-protocol - 47k - 2019-12-02>

70. Arthritis-knee-physical-therapy research-protocol (pdf file)

General Modality Specific Intervention Definition Manual traction Massage Connective tissue massage **Therapeutic ... massage** Mobilization/manipulation Soft tissue Knee joint, other joints Passive range of motion

https://effectivehealthcare.ahrq.gov/sites/default/files/pdf/arthritis-knee-physical-therapy_research-protocol.pdf - 53k - 2019-12-03

71. Treatment of Osteoarthritis of the Knee: An Update Review (pdf file)

Therapy included the type of manual therapy traditionally used in physical therapy, as well as **therapeutic ... massage** and acupuncture.

<https://effectivehealthcare.ahrq.gov/sites/default/files/osteoarthritis-knee-update-disposition.pdf - 84k - 2019-12-02>

72. Disposition of Comments for Noninvasive Nonpharmacological Treatment for Chronic Pain: A Systematic Review (pdf file)

Fasciitis, and lateral epicondylitis with manual therapies including spinal manipulation, deep specific **therapeutic ... massage**, acupuncture, dry needling, physical agents, meditation, and physical rehabilitation. ... In my experience integrating therapies including physical agents, deep specific **therapeutic massage**,

<https://effectivehealthcare.ahrq.gov/sites/default/files/cer-209-disposition-comments.pdf - 305k - 2019-12-03>

73. Noninvasive Treatments for Low Back Pain (pdf file)

Ottawa Panel evidence- based clinical practice guidelines on **therapeutic massage** for low back pain.

https://effectivehealthcare.ahrq.gov/sites/default/files/back-pain-treatment_research_executive.pdf - 151k - 2019-12-03

74. pc icd10pcs FY2016 October2016

Therapeutic '8E0HXY9' Piercing of Integumentary System and Breast '2' Minor Therapeutic '8E0KX1Z' Therapeutic ... Massage '2' Minor Therapeutic '8E0VX1C' Therapeutic Massage of Prostate '2' Minor Therapeutic '8E0VX1D ... ' Therapeutic Massage of Rectum '2' Minor Therapeutic '8E0VX63' Sperm Collection '2' Minor Therapeutic
https://hcup-us.ahrq.gov/toolsoftware/procedureicd10/pc_icd10pcs_FY2016_October2016.csv - 7.64m - 2019-

75. Management of Insomnia Disorder (pdf file)

Effect of **therapeutic massage** on insomnia and climacteric symptoms in postmenopausal women. ... control: Afonso et al 2012 compared passive stretching, yoga, and no treatment; Oliveira et al compared **therapeutic ... massage**, passive movement, and “control.”
https://effectivehealthcare.ahrq.gov/sites/default/files/pdf/insomnia_research.pdf - 666k - 2019-12-03

76. CER 209 Noninvasive Nonpharmacological Treatments For Chronic Neck Pain (pdf file)

Randomized trial of **therapeutic massage for chronic neck pain**. ... Ottawa Panel evidence-based clinical practice guidelines on **therapeutic massage** for neck pain. ... A comparison of the effects of deep tissue massage and **therapeutic massage** on chronic low back pain ... Five-week outcomes from a dosing trial of **therapeutic massage** for chronic neck pain.
<https://effectivehealthcare.ahrq.gov/sites/default/files/pdf/nonpharma-chronic-pain-cer-209.pdf> - 2.2m - 2019-12-03

77. 8. Improving Health Care and Palliative Care for Advanced and Serious Illness (pdf file)

Outcomes of **therapeutic massage** for hospitalized cancer patients.
https://effectivehealthcare.ahrq.gov/sites/default/files/pdf/quality-gap-palliative-hospice_research.pdf - 599k - 2019-12-02

78. Treatment of Osteoarthritis of the Knee: An Update Review (pdf file)

Variation among the interventions, which included both physical therapist-applied manual therapy, **therapeutic ... massage**, and self-administered acupressure.
https://effectivehealthcare.ahrq.gov/sites/default/files/pdf/osteoarthritis-knee-update_research-2017.pdf - 945k - 2019-12-02

79. Quality Improvement Interventions To Address Health Disparities (pdf file)

Exploring effects of **therapeutic massage** and patient teaching in the practice of diaphragmatic breathing
https://effectivehealthcare.ahrq.gov/sites/default/files/pdf/disparities-quality-improvement_research.pdf - 1.33m - 2019-12-02

80. Massage Therapy: What You Need To Know | NCCIH

<https://nccih.nih.gov/health/massage/massageintroduction.htm>
Several evaluations of **massage** for low-back pain have found only weak **evidence** that it may be helpful. The Agency for Healthcare **Research** and Quality, in a 2016 evaluation of nondrug therapies for low-back pain, examined 20 studies that compared **massage** to usual care or other interventions and found that there was **evidence** that **massage** was helpful for chronic low ...

81. The effectiveness of massage therapy for the treatment of ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3772691>
2013-09-04 · The aim of this umbrella review was to provide a synthesis and judgment of best available **research evidence** related to the effectiveness of **massage** therapy for the treatment of nonspecific low back pain. With increasing consumption of CAM therapies, in an era of **evidence-based** practice, it is only appropriate to investigate the **evidence** ...

82. Systematic Review of Efficacy for Manual Lymphatic ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2755111>

Evidence-based practice is a common agenda in medical and allied health sciences, which serves to optimize rendering of health care services through the investigation of treatment interventions that yield positive patient outcomes for establishing clinical practice guidelines 9, 10. Use of MLDTs to improve functionality and maintain homeostasis of the lymphatic system is a ...

83. Mind and Body Approaches for Chronic Pain | NCCIH

<https://nccih.nih.gov/health/providers/digest/ChronicPain-mindandbody>

NCCIH Clinical Digest is a service of the National Center for Complementary and Integrative Health, **NIH**, **DHHS**. NCCIH Clinical Digest, a monthly e-newsletter, offers **evidence-based** information on complementary health approaches, including scientific literature searches, summaries of NCCIH-funded **research**, fact sheets for patients, and more.

84. Headaches: In Depth | NCCIH

<https://nccih.nih.gov/health/pain/headachefacts.htm>

Some studies indicate that biofeedback-**based** techniques may be helpful for tension headaches and migraines, but not all **research** results agree. **For massage**, relaxation techniques, spinal manipulation, and tai chi, the **evidence** is too limited or inconsistent to allow conclusions to be reached. Dietary Supplements

85. Revisiting reflexology: Concept, evidence, current ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4624523>

The recently increased demand for **evidence-based** practice challenges the researchers to provide a relevant but holistic assessment of reflexology. Despite the recent vast use of reflexology, minimal attention has been given to the ethical issues related to the **research** on reflexology. In the view of public health and safety, we argue that the ...

86. Massage Therapy | NCCIH

<https://nccih.nih.gov/health/massage>

Massage therapy encompasses many different techniques. In general, therapists press, rub, and otherwise manipulate the muscles and other soft tissues of the body. They most often use their hands and fingers, but may use their forearms, elbows, or feet

87. An Updated Review of the Efficacy of Cupping Therapy

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3289625>

Since 1950, traditional Chinese medicine (TCM) cupping therapy has been applied as a formal modality in hospitals throughout China and elsewhere in the world. **Based** on a previous systematic literature review of clinical studies on cupping therapy, this study presents a thorough review of randomized.

88. AHRQ Research Reveals Massage, Sensory Interventions Improve Autism Behaviors

Sensory-focused interventions—such as massage, swinging and trampoline exercises and exposure to different textures—reduced sensory and motor impairments in children with autism spectrum disorder (ASD), according to an analysis funded by the Agency for Healthcare Research and Quality (AHRQ), highlighted today in the journal *Pediatrics*.

<https://www.ahrq.gov/news/newsroom/press-releases/autism-behaviors.html> - 7k - 2019-03-29

89. Noninvasive Treatments for Low Back Pain | Effective Health Care Program

What will this summary tell me? This summary will answer these questions: What is low back pain? How is low back pain treated? Medicines Non-medicine treatments such as heat, exercise, and massage What have researchers found about treatments for low back pain? What are possible side effects of medicines to treat low back pain? What should I discuss with my health care professional* about treating my low back pain?
<https://effectivehealthcare.ahrq.gov/topics/back-pain-treatment/consumer> - 15k - 2019-03-29

90. Systematic Review Update: Noninvasive Non-pharmacologic Treatments for Chronic Pain

Chronic pain, often defined as pain lasting longer than 3 to 6 months or persisting past the normal time for tissue healing, is a monumental public health challenge. It affects millions of adults in the United States, with a conservative annual cost estimated at \$560 billion to \$635 billion. In addition to personal and health system expenditures, chronic pain substantially impacts physical and mental functioning, productivity, and quality of life, as well as relationships with family; it is the leading cause of disability and is often refractory to treatment. Nervous system changes that occur with chronic pain, combined with its psychological and cognitive impacts, have led to conceptualization of chronic pain as a distinct disease entity.
<https://effectivehealthcare.ahrq.gov/topics/noninvasive-nonpharm-pain-update/protocol> - 43k - 2019-03-29

91. Treatment of Acute Pain: An Evidence Map | Effective Health Care Program

Addressing the opioid epidemic in the United States is a key priority of the United States Department of Health and Human Services. This will require a thorough understanding pain treatment with both pharmacologic and nonpharmacological interventions. The treatment of acute pain is a topic in need of an up-to-date overview of available evidence. This technical brief will provide an evidence map summarizing current research on acute pain treatments and prioritizing future research needs relevant to select acute pain conditions
<https://effectivehealthcare.ahrq.gov/topics/acute-pain-treatment/protocol> - 32k - 2019-03-29

92. Noninvasive, Nonpharmacological Treatment for Chronic Pain

Chronic pain, defined as pain lasting 12 weeks or longer or persisting past the normal time for tissue healing, is a monumental public health challenge. It affects millions of adults in the United States, with a conservative annual cost estimated at \$560 billion to \$635 billion. In addition to personal and health system expenditures, chronic pain substantially impacts physical and mental functioning, productivity, and quality of life, as well as relationships with family; it is the leading cause of disability and is often refractory to treatment. Nervous system changes that occur with chronic pain, combined with its psychological and cognitive impacts, have led to conceptualization of chronic pain as a distinct disease entity. This multifaceted disease is influenced by multiple factors (e.g., genetic, central nervous system, psychological, and environmental factors), with complex interactions, making assessment and management a challenge.

A number of characteristics influence the development of and response to chronic pain, including sex, age, presence of comorbidities, and psychosocial factors. For example, women report chronic pain more frequently than do men, are at higher risk for some conditions such as fibromyalgia, and may respond differently than men. Older adults are more likely to have comorbidities and are more susceptible to polypharmacy, impacting choices and consequences of therapies. Pain is greatly influenced by psychosocial factors, which may predict who will develop chronic disabling pain as well as treatment response. Therefore, chronic pain is best understood from a biopsychosocial perspective. This means that consideration of psychological and social factors as well as underlying biological mechanisms and physical manifestations of chronic pain is necessary for effective management.

Musculoskeletal pain, particularly related to joints and the back, is the most common single type of chronic pain. While there are many different underlying causes for chronic pain, this comparative effectiveness review focuses on five common chronic pain conditions: low back pain, neck pain, osteoarthritis, fibromyalgia, and headache. Although many of the same treatments may be employed for each of these conditions, treatment effectiveness may vary across them.

[https://effectivehealthcare.ahrq.gov/topics/nonpharma-treatment-pain/research-protocol - 44k](https://effectivehealthcare.ahrq.gov/topics/nonpharma-treatment-pain/research-protocol-44k) - 2019-03-29

- **In addition - There are 92 Research Papers listed under <https://www.amtamassage.org> for a number of health conditions**
- **A compendium of Research Papers in Massage Therapy is being compiled by our Research Department. Please contact; research@americanmedicalmassage.org for info.**