

Massage Therapy

Alzheimer's

Rowe, M. & Alfred, D. (1999). The effectiveness of slow-stroke massage in diffusing agitated behaviors in individuals with Alzheimer's disease. *Journal of Gerontology and Nursing, 25, 22-34.*

METHODS: Agitated behaviors of individuals with Alzheimer's disease (AD), often endured or unsuccessfully treated with chemical or physical restraints, markedly increase the stress levels of family caregivers. The Theoretical Model for Aggression in the Cognitively Impaired guided the examination of caregiver-provided slow-stroke massage on the diffusion of actual and potential agitation for community dwelling individuals with AD. Characteristics and frequency of agitation were quantified by two highly correlated instruments, the Agitated Behavior Rating Scale Scoring Guide and the Brief Behavior Symptom Rating Scale. **RESULTS:** Expressions of agitation of patients with AD increased in a linear pattern from dawn to dusk. Verbal displays of agitation, the most frequently cited form of agitation in community-dwelling individuals with AD, were not diffused by slow-stroke massage. However, more physical expressions of agitation such as pacing, wandering, and resisting were decreased when slow stroke massage was applied.

Parkinson's

Donoyama, N., & Ohkoshi, N. (2012). Effects of traditional Japanese massage therapy on various symptoms in patients with Parkinson's disease: a case-series study. *Journal of Alternative and Complementary Medicine, 18, 294-299.* Patient with Parkinson's received a 30-minute session of traditional Japanese massage. **RESULTS:** (1) Patients with gait disturbance showed improved gait speed, (2) those with frozen shoulder showed improved range of motion of the shoulder joint, and (3) VAS scores for assessing the severity of other subjective symptoms were improved.

Hernandez-Reif, M., Field, T., Lergie, S., Cullen, C., Beutler, J., Sanders, C., Weiner, W., Rodriguez-Bateman, D., Zelaya, L., Schanberg, S. & Kuhn, C. (2002). Parkinson's disease symptoms are reduced by massage therapy and progressive muscle exercises. *Journal of Bodywork and Movement Therapies, 6, 177-182.*

METHODS: Sixteen adults diagnosed with idiopathic Parkinson's disease, received 30-minute massage therapy or progressive muscle relaxation sessions twice a week for five weeks (10 sessions total). **RESULTS:** Physicians rated massage therapy participants as improved in daily living activities by the end of the study. Participants also rated themselves as improved in daily functioning including having more effective and less disturbed sleep.

Anxiety

Bauer, B.A., Cutshall, S.M., Wentworth, L.J., Engen, D., Messner, P.K., Wood, C.M., Brekke, K.M., Kelly, R.F. & Sundt III, T.M. (2010). Effects of massage therapy on pain, anxiety, and tension after cardiac surgery: a randomized study. *Complementary Therapies in Clinical Practice, 16, 70-75.*

METHODS: Cardiac surgery patients were randomized to receive a massage or to have quiet relaxation time on postoperative day 2 (the day after surgery) and day 4. **RESULTS:** Patients receiving massage therapy had decreased pain, anxiety, and tension.

Cutshall, S.M., Wentworth, L.J., Engen, D., Sundt, T.M., Kelly, R.F. & Bauer, B.A. (2010). Effects of massage therapy on pain, anxiety, and tension in cardiac surgical patients: a pilot study. *Complementary Therapies in Clinical Practice, 16, 92-95.*

METHODS: Cardiac surgery patients were randomized to receive a massage or to have quiet relaxation time on postoperative day 2 (the day after surgery) and day 4. **RESULTS:** Patients receiving massage therapy had decreased pain, anxiety, and tension.

Field, T., Morrow, C., Valdeon, C., Larson, S., Kuhn, C. & Schanberg, S. (1992). Massage reduces anxiety in child and adolescent psychiatric patients. *Journal of the American Academy of Child and Adolescent Psychiatry, 31, 125-131.*

METHODS: A 30-minute back massage was given daily for a 5-day period to 52 hospitalized depressed and adjustment disorder children and adolescents. **RESULTS:** Compared with a control group who viewed relaxing videotapes, the massage subjects were less depressed and anxious and had lower salivacortisol levels after the massage. In addition, nurses rated the subjects as being less anxious and more cooperative on the last day of the study, and nighttime sleep increased over this period. Finally, urinarycortisol and norepinephrine levels decreased, but only for the depressed subjects.

Shulman, K.R. & Jones, G.E. (1996). The effectiveness of massage therapy intervention on reducing anxiety in the work place. *Journal of Applied Behavioral Science, 32, 160-173.*

METHODS: An on-site chair massage therapy program was provided to reduce anxiety levels of 18 employees in a downsizing organization. 15 control group Ss participated in break therapy. Subjects' stress levels were measured with the State-Trait Anxiety Inventory, which was administered twice during pretest, post test, and delayed post test to achieve stable measures. **RESULTS:** Significant reductions in anxiety levels were found for the massage group.