

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



Research Question:

What is the state of the science regarding the impact of massage therapy on function for those experiencing pain?



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



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

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

