

## **Lower back pain and sleep disturbance are reduced following massage therapy**

### **Conclusion:**

By the end of the study, the massage therapy group, as compared to the relaxation group, reported less pain, depression, anxiety and sleep disturbance. They also showed improved trunk and pain flexion performance.

***Field, T., Hernandez-Reif, M., Diego, M., & Fraser, M. (2007). Lower back pain and sleep disturbance are reduced following massage therapy. Journal of Bodywork and Movement Therapy, 11, 141-145.***

### **Method:**

Massage therapy versus relaxation therapy with chronic low back pain patients was evaluated for reducing pain, depression, anxiety and sleep disturbances, for improving trunk range of motion (ROM) and for reducing job absenteeism and increasing job productivity. Thirty adults with low back pain with a duration of at least 6 months pain participated in the study. On the first and last day of the 5-week study participants completed questionnaires and were assessed for ROM

### **Source URL:**

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