

Multiple sclerosis patients benefit from massage therapy.

Conclusion:

The massage group had lower anxiety and less depressed mood immediately following the massage sessions and, by the end of the study, they had improved self-esteem, better body image and image of disease progression and enhanced social functional status.

Hernandez-Reif, M., Field, T., Field, T., & Theakston, H. (1998). Multiple sclerosis patients benefit from massage therapy. Journal of Bodywork and Movement Therapies, 2, 168-174.

Method:

Twenty-four adults with multiple sclerosis were randomly assigned to a standard medical treatment control group or a massage therapy group that received 45-minute massages twice a week for 5 weeks.

Source URL:

<http://oldsite.elementscentre.ca/resources/research/multiple-sclerosis-patients-benefit-massage-therapy>