A Few Massage Therapy Research Citations

A growing body of research confirms the efficacy of massage for a variety of illnesses and ailments. Massage has been shown to reduce blood pressure and heart rate; increase cytotoxic capacity (activity level of the body’s natural “killer cells”); enhance weight gain in pre-term infants; increase lymph flow and reduce edema; relieve and reduce certain types of back pain; and, reduce anxiety and relieve stress.

**Back Pain**


**Burns**


**Cancer**


**Carpal Tunnel Syndrome**


**Chronic Illness or Pain**


**Circulatory & Respiratory**


**General**


**Hospice Care**


**Immune Function**


**Infants and Children**


**Lymphedema**


**Musculoskeletal**


Pregnancy


Sports Medicine


Stress Reduction