

## Overzicht wetenschappelijk onderzoek effecten massage

De voordelen van massage worden continue onderzocht. Onderzoek toont aan dat massage een positief effect heeft op:

### *Vermoeidheid gerelateerd aan kanker*

Curran, J. Meister, E.A. (2008) A hospital-based intervention using massage to reduce distress among oncology patients. *Cancer Nurs.* 31(3):214-21.

[http://www.ncbi.nlm.nih.gov/pubmed/18453878?ordinalpos=3&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_DefaultReportPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/18453878?ordinalpos=3&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum)

### *Pijn verminderen bij kankerpatiënten*

American College of Physicians. (2008) Massage Therapy May Have Immediate Positive Effect On Pain And Mood For Advanced Cancer Patients. *Science Daily* 16 September.

<http://www.sciencedaily.com/releases/2008/09/080915174534.htm>

### *Verminderen van stress en gerelateerde symptomen, waaronder hoofdpijn, schouderspanning, slapeloosheid, vermoeidheid en spier- en gewrichtspijn.*

- Engen DJ, Wahner-Roedler DL, Vincent A, Chon TY, Cha SS, Luedtke CA, Loehrer LL, Dion LJ, Rodgers NJ, Bauer BA. "[Feasibility and effect of chair massage offered to nurses during work hours on stress-related symptoms: a pilot study.](#)" *Complement Ther Clin Pract.* 2012 Nov;18(4):212–5.
- Hand M, Margolis J, Staffileno BA. "[Massage chair sessions: favorable effects on ambulatory cancer center nurses' perceived level of stress, blood pressure and heart rate.](#)" *Clin J Oncol Nurs.* 2019 Aug1;23(4):375–381.
- Standardized massage interventions as protocols for the induction of psychophysiological relaxation in the laboratory: a block randomized, controlled trial. Maria Meier, Eva Unternaehrer, Stephanie J. Dimitroff, Annika B. E. Benz, Ulrike U. Bentele, Sabine M. Schorpp, Maya Wenzel & Jens C. Pruessner. *Scientific Reports* volume 10, Article number: 14774 (2020).  
<https://www.nature.com/articles/s41598-020-71173-w>

In de onderstaande onderzoeken vertoonden alle proefpersonen in de massagegroep significante veranderingen in emotionele toestanden en stressniveaus.

- Delaney, J.P., Leong, K.S., Watkins, A., & Brodie, D. (2002). The short-term effects of myofascial trigger point massage therapy on cardiac autonomic tone in healthy subjects. *Journal of Advanced Nursing*, 37, 364-71.
- Boone, T., Tanner, M., & Radosevich, A. (2001). Effects of a 10-minute back rub on cardiovascular responses in healthy subjects. *American Journal of Chinese Medicine*. 29, 47-52.
- Cady, S. H., & Jones, G. E. (1997). Massage therapy as a workplace intervention for reduction of stress. *Perceptual & Motor Skills*, 84, 157-158.
- Field, T., Ironson, G., Scafidi, F., Nawrocki, T., Goncalves, A., Burman, I., Pickens, J., Fox, N., Schanberg, S., & Kuhn, C. (1996). Massage therapy reduces anxiety and enhances EEG pattern of alertness and math computations. *International Journal of Neuroscience*, 86, 197-205.
- Brennan, M.K. & DeBate, R. (2004). The effect of chair massage on stress perception of hospital bedside nurses. *Massage Therapy Journal* 43, (1), 76-86.
- Field, T., Quintino, O., Henteleff, T., Wells-Keife, L., & Delvecchio-Feinberg, G. (1997). Job stress reduction therapies. *Alternative Therapies in Health and Medicine*, 3, (4), 54-56.
- MacDonald, G. (1998). Massage offers respite for primary care givers. *The American Journal of Hospice & Palliative Care*, Jan/Feb, 43-47.
- Cady, S. H. & Jones, G. E. (1997). Massage therapy as a workplace intervention for reduction of stress. *Perceptual & Motor Skills*, 84(1), 157-158.

#### *Lage rugklachten*

Preyde M. (2003) Effectiveness of massage therapy for subacute low back pain: a randomized controlled trial. *Journal of Soft Tissue Manipulation*, 8, 4 – 10.

#### *Knieartrose*

Perlman AI, Sabina A, Williams AL, Njike VY, Katz DL. (2006) Massage Therapy for Osteoarthritis of the Knee. *Arch Intern Med*. 166(22):2533-8.

#### *Vermindering pijn na een operatie*

Piotrowski, M., Paterson, C., Mitchinson, A., Kim, H. M., Kirsh, M., Hinshaw, D. B. (2003) Massage as Adjuvant Therapy in the Management of Acute Postoperative Pain: A Preliminary Study in Men. *Journal of the American College of Surgeons*, 197(6), 1037-1046.

#### *Versterking van de werking van het immuunsysteem*

Rapaport, M. H., Schettler, P., Bresee, C. (2010) A Preliminary Study of the Effects of a Single Session of Swedish Massage on Hypothalamic-Pituitary-Adrenal and Immune Function in Normal Individuals. *Journal of Alternative and Complementary Medicine*, 16(10), 1-10.

*De symptomen van carpaal tunnelsyndroom verminderen*

Field, T., Diego, Miguel, Cullen, Christy, Hartshorn, Kristin, Gruskin, Alan, Hernandez-Reif, Maria, Sunshine, William. (2004). Carpal tunnel syndrome symptoms are lessened following massage. *Journal of Bodywork and Movement Therapies*. 8:9-14.

<http://www.massagetherapyfoundation.org/pdf/Massage%20and%20carpal%20tunnel%20syndrome.pdf>

*Verminderen van spierpijn na inspanning*

Haas C , Butterfield TA , Abshire S , et al . Massage timing affects postexercise muscle recovery and inflammation in a rabbit model. *Med Sci Sports Exerc* 2013;45: 1105–12. doi:10.1249/MSS.0b013e31827fdf18

*Verlaging van de bloeddruk*

Hernandez-Reif M, Field T, Krasnegor J, Theakston H, Hossain Z, Burman I (2000). High blood pressure and associated symptoms were reduced by massage therapy. *Journal of Bodywork and Movement Therapies*, 4, 31 – 38.

*De frequentie van hoofdpijn verminderen*

Quinn C, Chandler C, Moraska A. Massage Therapy & Frequency of Chronic Tension Headaches. (2002) *American Journal of Public Health*. 92(10):1657-61

*Ontweningsverschijnselen bij alcohol verminderen*

Reader M, Young R, Connor JP. (2005) Massage therapy improves the management of alcohol withdrawal syndrome. *J Altern Complement Med*. 11(2):311-3. PMID: 15865498.

*Fibromyalgie*

Castro-Sánchez, A.M., Matarán-Peñarrocha, G.A., Granero-Molina, J., Aguilera-Manrique, G., Quesada-Rubio, J.M., Moreno-Lorenzo, C. (2011). Benefits of massage-myofascial release therapy on pain, anxiety, quality of sleep, depression, and quality of life in patients with fibromyalgia. *Evid Based Complement Alternat Med*. 2011:561753.

*Verminderen van gedrags- en psychologische symptomen van dementie*

Wu J, Wang Y, Wang Z. [The effectiveness of massage and touch on behavioural and psychological symptoms of dementia: A quantitative systematic review and meta-analysis.](#) *J Adv Nurs*. 2017 Oct;73(10):2283-2295.