

# Massage Therapy for Auto-Immune Disorders

Approximately **50 million Americans have some form of autoimmune disorder**, of which there are a least 80 different kinds.

[Everydayhealth.com]

Field proposed a set of common findings by indicating that “across [Massage Therapy for Auto Immune Disorders] studies, **decreases were noted in anxiety, depression, [and] stress hormones (cortisol)”**

## ASTHMA

Meta-analysis states that **massage therapy has been shown to have beneficial effects** on pain syndromes such as fibromyalgia, and **autoimmune conditions such as asthma** and MS,

[[Complementary Therapies in Clinical Practice](#) 2016 Aug; 24: 19–31.]

[[International Journal of Neuroscience](#) 115(10):1397-

413·November 2005]

## AUTOIMMUNE DISORDERS THAT CAUSE PAIN

It's very important to find a massage therapist who has experience working with **autoimmune patients**, however, because massage is sometimes contraindicated for acutely inflamed areas.

[Everydayhealth.com]

## MULTIPLE SCLEROSIS

After five weeks of massage treatments, MS patients displayed **decreased anxiety, overall improved mood, a more positive opinion of the treatment management, better self-esteem, and improved body satisfaction.**

[*Journal of Bodywork and Movement Therapies.* 1998;2(3):168–174.]

**As in many chronic illnesses, stress has been implicated in the aggravation of symptoms**

[*Multiple Sclerosis.* 2007;13(2):143–148.]

The excess cortisol release during stress is extremely detrimental in MS, as myelin degeneration causes inflammation. In addition, **chronic tension may inhibit the body from entering into a low anxiety state required for rest and repair**. Thus, stress management in MS protects the body's ability to control inflammation and to better manage symptoms.

[*Multiple Sclerosis* 2007 Mar; 13(2):143-8.]

## RHEUMATOID ARTHRITIS

By the end of the one month period the moderate pressure massage group had **less pain, greater grip strength and greater range of motion in their wrist and large upper joints** (elbows and shoulders).

[[Complementary Therapies in Clinical Practice.](#) 2013 May;19(2):101-3].

## RHEUMATOID ARTHRITIS

Studies have shown that **depression and anxiety have adverse effects on pain, quality of life, and functionality in the future.**

**Nevertheless, only one third of patients used various methods of stress management** ... Therefore, it is recommended that patients, their families, and health professionals become more familiar with stress management and apply these techniques in daily living.

[*The Egyptian Rheumatologist.* 2014;36(2):51–56]