

Massage Therapy for Low Back Pain

Low back pain is the leading cause of activity limitation and work absence throughout much of the world.

– The World Health Organization [who.int]

Participants assigned to the massage groups received 1 hour of massage once a week for 10 weeks.

Recipients were **better able to perform daily activities, were more active, spent fewer days in bed, and used less anti-inflammatory medication** than those who received usual care. **Some of these benefits persisted at 6 months**

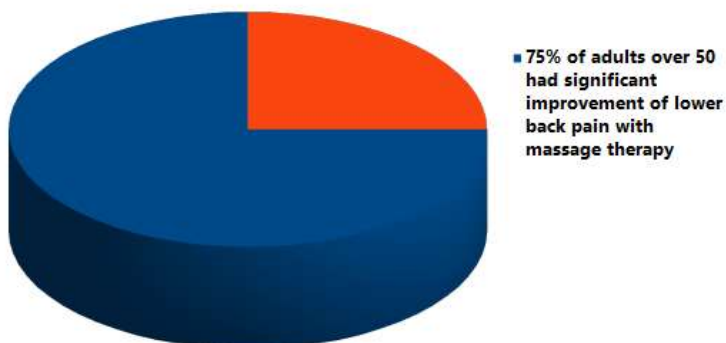
[*Annals of Internal Medicine.*
2011;155(1):1–9.]

More than 50 percent of those who participated in the study experienced clinically meaningful improvements in their low back pain with disability, according to Munk.

75% of those still showed improvement after 12 weeks.

"The study can give primary care providers the confidence to tell patients with chronic low back pain to try massage."

--**Niki Munk**, School of Health and Rehabilitation Sciences at Indiana University-Purdue University Indianapolis



The largest group to experience **significant improvement** in low back pain was people over 50.

Pain Medicine, Volume 18, Issue 7, 1 July 2017, Pages 1394–1405

"The fact of the matter is that chronic lower back pain is very complex and **often requires a maintenance-type approach versus a short-term intervention option.**"

Pain Medicine, 2017