



Classified Massage Therapy Research

July 2013

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Established 1966

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The massage therapy research cited in this document has been classified according to the National Health and Medical Research Council's (NHMRC) evidence hierarchy. It includes a brief summary of the current state of the evidence for massage therapy in connection with a range of presenting conditions and populations. Where specific articles cited are available as full free text, a hyperlink directly to the material on the web has been included.

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State of the evidence

July 2013

A large body of empirical evidence supports the established effects of massage therapy for the following conditions and populations:

Cancer

Over the last six months, evidence for the positive effects of massage therapy in the management of cancer patients has continued to burgeon, with several new Level 1 and 2 studies being published. Although massage therapy is clearly not a treatment for cancer itself, it is effective in the management of symptom distress and palliation. It can also ameliorate the mood effects of a cancer diagnosis, such as stress and depression.

A substantial body of systematic reviews supports the efficacy of massage therapy in treating the side effects of cancer, including a Cochrane Systematic Review in 2004, which was updated in 2008.¹

The largest single study of massage and cancer was conducted at Memorial Sloan-Kettering Cancer Centre, where 1290 patients were treated with massage therapy over a three-year period.²

Musculoskeletal pain, including low back pain

A significant body of evidence, including systematic reviews, supports the effectiveness of massage therapy in the treatment of a range of musculoskeletal presentations.

There are five systematic reviews of massage and low back pain, including a Cochrane Systematic Review in 2008, which was updated in 2009.³ The most recent review, published by the Ottawa Panel in 2012, concluded that massage interventions provide short-term improvement of sub-acute and chronic low back pain symptoms and decrease disability at immediate post treatment. Massage therapy provides short-term relief when combined with therapeutic exercise and education.⁴

There are five systematic reviews of neck and shoulder pain, including a Cochrane Systematic Review in 2012 which concluded that massage therapy provides short-term relief of mechanical neck pain.⁵ A systematic review published by the Ottawa Panel in 2012 reached a similar conclusion.⁶

A 2013 meta-analysis and systematic review also showed that massage therapy is an effective intervention that may provide immediate relief of neck and shoulder pain.⁷

A large body of research exploring the connection between active myofascial trigger points and various kinds of myofascial pain and dysfunction, provides underpinning evidence for the use of trigger point techniques, including myofascial dry needling. A team of Spanish researchers in the Department of Physical Medicine and Rehabilitation at the Universidad Rey Juan Carlos have established a substantial body of work in this area, with a particular focus on headache, neck and shoulder pain.⁸

There is also modest evidence for the effectiveness of massage therapy in ameliorating the symptoms of fibromyalgia. A 2010 review revealed short-term benefits, with one single arm study reporting longer term effects.⁹

Mood

Anxiety reduction is one of the most well-established effects of massage therapy with evidence for this crossing multiple presenting conditions and populations. In a 2004 meta-analysis of 37 studies, reductions in trait anxiety and depression were identified as massage therapy's largest effects.¹⁰ A number of studies also show that massage therapy increases oxytocin, which may be one of the mechanisms by which it mediates anxiety.

Pre/Post operative

A significant body of RCTs demonstrate the efficacy of massage in the management of pre- and post-operative pain, anxiety and tension, and post-operative nausea. A 2009 Cochrane Systematic Review found that acupressure stimulation of the P6 acupoint significantly reduced post-operative nausea and vomiting, and the need for antiemetics.¹¹

Pregnancy/Labour/Post-natal

A significant body of evidence supports the efficacy of massage throughout pregnancy, and particularly during labour. A 2012 Cochrane Systematic Review found evidence that massage improves the management of labour pain with few adverse side effects.¹² Another 2012 Cochrane review found that massage may have a role in reducing pain and improving women's emotional experience of labour.¹³

Infant/Paediatric

A 2004 Cochrane Systematic Review found that massage of pre-term or low-weight infants improved daily weight gain by 5.1 grams and appeared to reduce the length of hospital stay by 4.5 days.¹⁴ A 2006 Cochrane review also found evidence of benefits in connection with mother-infant interaction, sleeping and crying, and on hormones influencing stress levels.¹⁵

A 2007 review established the efficacy of paediatric massage for a range of conditions; however, significant reductions in state anxiety were identified as one of the strongest effects.¹⁶

A 2013 meta analysis concluded that massage therapy may be a safe and cost-effective practice to improve weight gain and decrease the hospital stay of clinically stable preterm infants.¹⁷

Older adults

A body of RCT evidence supports the efficacy of massage in treating a range of conditions associated with aging. A Cochrane Database Review of massage and touch for dementia found that massage therapy may serve as an alternative or complement to other therapies for the management of behavioural, emotional and other conditions associated with dementia.¹⁸

Athletes/Sports/Exercise

Systematic reviews show that massage therapy is effective in reducing delayed onset muscle soreness and enhancing recovery after strenuous exercise.¹⁹ A number of RCTs have also shown positive effects of massage on pain and recovery after strenuous exercise.

Strong preliminary evidence also points toward the clinical efficacy of massage therapy in the treatment of the following conditions:

Headache and migraine

A 2010 systematic review of manual therapies for migraine found that massage therapy, physiotherapy, relaxation and chiropractic spinal manipulative therapy might be as effective as propranolol and topiramate in the prophylactic management of migraine.²⁰ A number of RCTs investigating headache and migraine also report positive results for massage.

Arthritis

A number of promising RCTs support the efficacy of massage therapy in treating both osteo and rheumatoid arthritis. One recent RCT of Swedish massage for osteoarthritis of the knee revealed significant improvements across a range of measures compared to usual care.²¹ This dose-finding study built on an earlier study that produced similar results.²²

A study released in 2013 found that twice weekly, self-massage of the quadriceps muscle improved pain, stiffness, physical function and knee range of motion in adults with diagnosed knee osteoarthritis.²³

Hypertension

Some preliminary evidence, based principally on case series, indicates that massage has a moderating effect on blood pressure and heart rate. One specific study provides evidence that the style of massage therapy can influence blood pressure, with increases in blood pressure noted for potentially painful massage techniques.²⁴

HIV/Immune Function

A number of studies report findings that massage therapy has a positive effect on immune function. A 2010 Cochrane Review found evidence to support the use of massage therapy to improve the quality of life of people living with AIDS/HIV.²⁵ A 2013 clinical trial showed massage therapy to be effective in the treatment of depression in HIV patients.²⁶

¹ Fellowes D, Barnes K, Wilkinson S. (2004). Aromatherapy and massage for symptom relief in patients with cancer. *Cochrane Database Syst Rev*. 2008;(2):CD002287.

² Cassileth BR, Vickers AJ. (2004). Massage therapy for symptom control: Outcome study at a major cancer center. *J Pain Symptom Manage*, 28(3), 244-249.

³ Furlan AD, Imamura M, Dryden T, Irvin E. (2008). Massage for low-back pain. *Cochrane Database Syst Rev*. 2008 Oct 8;(4):CD001929.

⁴ Brosseau L, Wells GA, Poitras S, Tugwell P, Casimiro L, Novikov M, Loew L, Sredic D, Clément S, Gravelle A, Kresic D, Hua K, Lakic A, Ménard G, Sabourin S, Bolduc MA, Ratté I, McEwan J, Furlan AD, Gross A, Dagenais S, Dryden T, Muckenheim R, Côté R, Paré V, Rouhani A, Léonard G, Finestone HM, Laferrière L, Haines-Wangda A, Russell-Doreleyers M, De Angelis G, Cohoon C. (2012). Ottawa Panel evidence-based clinical practice guidelines on therapeutic massage for low back pain. *J Bodyw Mov Ther*, 16(4), 424-455.

⁵ Patel KC, Gross A, Graham N, Goldsmith CH, Ezzo J, Morien A, Peloso PM. (2012). Massage for mechanical neck disorders. *Cochrane Database Syst Rev*. 2012 Sep 12;9:CD004871

⁶ Brosseau L, Wells GA, Tugwell P, Casimiro L, Novikov M, Loew L, Sredic D, Clément S, Gravelle A, Hua K, Kresic D, Lakic A, Ménard G, Côté P, Leblanc G, Sonier M, Cloutier A, McEwan J, Poitras S, Furlan A, Gross A, Dryden T, Muckenheim R, Côté R, Paré V, Rouhani A, Léonard G, Finestone HM, Laferrière L, Dagenais S, De Angelis G, Cohoon C. (2012). Ottawa Panel evidence-based clinical practice guidelines on therapeutic massage for neck pain. *J Bodyw Mov Ther*, 16(3), 300-325.

⁷ Kong LJ, Zhan, HS, Cheng YW, Yuan WA, Chen B, & Fang M. (2013). Massage therapy for neck and shoulder pain: A systematic review and meta-analysis [Electronic version]. *Evid Based Complem & Altern Med*.

⁸ See numerous studies by Alonso-Blanco C, Fernández-de-Las-Peñas C, de-la-Llave-Rincón AI, Zarco-Moreno P, Galán-Del-Río F and Svensson P.

⁹ Kalichman L. (2010). Massage therapy for fibromyalgia symptoms. *Rheumatol Int*. Jul;30(9):1151-7.

¹⁰ Moyer CA, Rounds J, Hannum JW. (2004). A meta-analysis of massage therapy research. *Psychol Bull*, 130(1), 3-18.

¹¹ Lee A, Fan LT. (2009). Stimulation of the wrist acupuncture point P6 for preventing postoperative nausea and vomiting. *Cochrane Database Syst Rev*. 2009 Apr 15;(2):CD003281.

¹² Jones L, Othman M, Dowswell T, Alfirevic Z, Gates S, Newburn M, Jordan S, Lavender T, Neilson JP. (2012). Pain management for women in labour: an overview of systematic reviews. *Cochrane Database Syst Rev*. 2012 Mar 14;3:CD009234.

¹³ Smith CA, Levett KM, Collins CT, Jones L. (2012). Massage, Reflexology and other manual methods for pain management in labour. *Cochrane Database Syst Rev*. 2012 Feb 15;2:CD009290.

¹⁴ Vickers A, Ohlsson A, Lacy JB, Horsley A. (2004). Massage for promoting growth and development of preterm and/or low birth-weight infants. *Cochrane Database Syst Rev*. 2004;(2):CD000390.

¹⁵ Underdown A, Barlow J, Chung V, Stewart-Brown S. (2006) Massage intervention for promoting mental and physical health in infants aged under six months. *Cochrane Database Syst Rev*. 2006 Oct 18;(4):CD005038.

¹⁶ Beider S, Moyer CA. (2007). Randomized controlled trials of pediatric massage: A review. *Evid Based Complement Alternat Med*, 4(1), 23-34.

¹⁷ Wang L, He JL, & Zhang XH. (2013). The efficacy of massage on preterm infants: A meta-analysis [Electronic version]. *Am J Perinatol*.

¹⁸ Viggo Hansen N, Jørgensen T, Ørtenblad L. (2006). Massage and touch for dementia. *Cochrane Database Syst Rev*. 2006 Oct 18;(4):CD004989.

¹⁹ Ernst E. (1998). Does post-exercise massage treatment reduce delayed onset muscle soreness? A systematic review. *Br J Sports Med*, 32(3), 212-214; and Best TM, Hunter R, Wilcox A, Haq F. (2008) Effectiveness of sports massage for recovery of skeletal muscle from strenuous exercise. *Clin J Sport Med*, 18(5), 446-460.

²⁰ Chaibi A, Tuchin PJ, Russell MB. (2011). Manual therapies for migraine: A systematic review. *J Headache Pain*, 12(2), 127-133.

- ²¹ Perlman AI, Ali A, Njike VY, Hom D, Davidi A, Gould-Fogerite S, Milak C, Katz DL. (2012). Massage therapy for osteoarthritis of the knee: A randomized dose-finding trial. *PLoS One*, 7(2), e30248.
- ²² Perlman AI, Sabina A, Williams AL, Njike VY, Katz DL. (2006). Massage therapy for osteoarthritis of the knee: A randomized controlled trial. *Arch Intern Med*, 166(22), 2533-2538.
- ²³ Atkins DV & Eichler DA. (2013). The effects of self-massage on osteoarthritis of the knee: A randomized controlled trial. *Int J Ther Massage Bodywork*, 6(1), 4-14.
- ²⁴ Cambron JA, Dexheimer J, Coe P. (2006). Changes in blood pressure after various forms of therapeutic massage: A preliminary study. *J Altern Complement Med*, 12(1), 65-70.
- ²⁵ Hillier SL, Louw Q, Morris L, Uwimana J, Statham S. (2010). Massage therapy for people with HIV/AIDS, Cochrane Database Syst Rev. 2010 Jan 20;(1):CD007502.
- ²⁶ Poland RE, Gertsik L, Favreau JT, Smith SI, Mirocha JM, Rao U, & Daar ES. (2013). Open-label, randomized, parallel-group controlled clinical trial of massage for treatment of depression in HIV-infected subjects. *J Altern Complement Med*, 19(4), 334-340.

Safety and cost effectiveness

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Adams D, Whidden A, Smith K, Sikora S, Dryden T, & Vohra S.	(2009). Safety of pediatric massage: A systematic review. <i>Altern Ther Med</i> 15(3): s135.	X						
Berney M.	(2013, January). Summary of evidence: Massage therapy is an integral component in the Affordable Care Act's Essential Health Benefits. AMTA-WA. Retrieved May 6, 2013 from http://www.amta-wa.org/clientuploads/GR/ExcerptFromEHBMassageTherapyinWASstate.pdf							Evidence summary
Braverman D & Schulman RA.	(1999). Massage techniques in rehabilitation medicine, <i>Phys Med Rehabil Clin N Am</i> , 10(3):631-649.							Narrative review
Cambron JA, Dexheimer J, Coe P, & Swenson R.	(2007). Side-effects of massage therapy: A cross-sectional study of 100 clients, <i>J Altern Complement Med</i> , 13(8),793-796.							Cross sectional study
Cherkin DC, Sherman KJ, Deyo RA, & Shekelle PG.	(2003). A review of the evidence for the effectiveness, safety, and cost of acupuncture, massage therapy, and spinal manipulation for back pain. <i>Ann Intern Med</i> , 138(11), 898-906.	X						
Corbin L.	(2005). Safety and efficacy of massage therapy for patients with cancer. <i>Cancer Control</i> , 12(3), 158-164. http://www.ncbi.nlm.nih.gov/pubmed/16062163							Review of the evidence in MEDLINE and CINAHL

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		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Ernst E.	(2004). The safety of massage therapy. <i>Rheumatology (Oxford)</i> , 42(9), 1101-1106. http://rheumatology.oxfordjournals.org/content/42/9/1101.long	X						
Grant KE.	(2003). Injuries reported in Medline as related to the practice of therapeutic massage — 1965 to 2003. <i>J Bodywork Mov Ther</i> , 7(4), 207-212. http://www.rambleuse.com/articles/medline_massage_injury.pdf							Review of the evidence in Medline
Labour Market Research and Analysis Branch.	(November 2011-May 2012). Labour market-research: Health therapy professions. The Department of Education, Employment, & Workplace Relations. Retrieved June 15, 2013 from http://foi.deewr.gov.au/system/files/doc/other/healththerapyprofessionalsaus.pdf							Government market research analysis
Lafferty WE, Tyree PT, Bellas AS, Watts CA, Lind BK, Sherman KJ, Cherkin DC, & Grembowski DE.	(2006). Insurance coverage and subsequent utilization of complementary and alternative medicine providers. <i>Am J Manag Care</i> , 12(7), 397-404. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1513668/pdf/nihms11158.pdf							Cross sectional analysis
Lämås K, Lindholm L, Engström B, & Jacobsson C.	(2010). Abdominal massage for people with constipation: A cost utility analysis. <i>J Adv Nurs</i> , 66(8), 1719-1729.							Analysis

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		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Martin BI, Gerkovich MM, Deyo RA, Sherman KJ, Cherkin DC, Lind BK, Goertz CM, & Lafferty WE.	(2012). The Association of Complementary and Alternative Medicine use and health care expenditures for back and neck problems. <i>Med Care</i> , 50(12), 1029-1036.							Analysis
Moyer CA, Rounds J, & Hannum JW.	(2004). A meta-analysis of massage therapy research. <i>Psychol Bull</i> , 130(1), 3-18.	X						
Munk N & Harrison A.	(2010). Integrating the international classification of functioning, disability, and health model into massage therapy research, education, and practice. <i>Int J Ther Massage Bodywork</i> , 3(4), 29-36. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3088523/pdf/ijtmb-3-4-29.pdf							Practise guides
Munk N & Zanjani F.	(2011). Relationship between massage therapy usage and health outcomes in older adults. <i>J Bodw Mov Ther</i> , 15(2), 177-185.				X			
Smith JM, Sullivan SJ, & Baxter GD.	(2009). Massage therapy services for healthcare: A telephone focus group study of drivers for clients' continued use of services. <i>Complement Ther Med</i> , 17(5-6), 281-291.							Telephone focus group
Thompson D.	(2013, January). State of evidence: Informing health care reform. Associated Bodywork & Massage Professionals. Retrieved June 13, 2013 from http://www.abmp.com/textonlymags/article.php?article=581							Excerpt from USA govnt doc

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		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Wolsko PM, Eisenberg DM, Davis RB, Kessler R, & Phillips RS.	(2003). Patterns and perceptions of care for treatment of back and neck pain: Results of a national survey. Spine (Phila Pa 1976), 28(3), 292-297.							Random telephone survey

Cancer

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		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Ackerman SL, Lown EA, Dvorak CC, Dunn EA, Abrams DI, Horn BN, Degelman M, Cowan MJ, & Mehling WE.	(2012). Massage for children undergoing hematopoietic cell transplantation: A qualitative report [Electronic version]. <i>Evid Based Complement Alternat Med</i> , 2012. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3296156/pdf/ECAM2012-792042.pdf							Qualitative report
Ahles TA, Tope DM, Pinkson B, Walch S, Hann D, Whedon M, Dain B, Weiss JE, Mills L, & Silberfarb PM.	(1999). Massage therapy for patients undergoing autologous bone marrow transplantation, <i>J Pain Symptom Manage</i> , 18(3), 157-163.				X			
Ashikaga T, Bosompra K, & O'Brien P.	(2002). Use of complementary and alternative medicine by breast cancer patients: Prevalence, patterns and communication with physicians. <i>Support Care Cancer</i> , 10(7), 542-548.							Survey
Bernstein BJ & Grasso T.	(2001). Prevalence of complementary and alternative medicine use in cancer patients. <i>Oncology</i> , 15(10), 1267-1272.							
Billhult A, Bergbom I, & Stener-Victorin E.	(2007). Massage relieves nausea in women with breast cancer who are undergoing chemotherapy, <i>J Altern Complement Med</i> , 13(1), 53-57.		X					
Billhult A, Lindholm C, Gunnarsson R, & Stener-Victorin E.	(2009). The effect of massage on immune function and stress in women with breast cancer - A randomized controlled trial. <i>Auton Neurosci</i> , 150(1-2), 111-5		X					

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		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Billhult A, Stener-Victorin E, & Bergbom I.	(2007). The experience of massage during chemotherapy treatment in breast cancer patients. <i>Clin Nurs Res</i> , 16(2), 85-99.		X					Phenomenological study
Campeau MP, Gaboriault R, Drapeau M, Van Nguyen T, Roy I, Fortin B, Marois M, & Nguyen-Tân PF.	(2007). Impact of massage therapy on anxiety levels in patients undergoing radiation therapy: Randomized controlled trial. <i>J Soc Integr Oncol</i> , 5(4), 133-138.		X					
Cantarero-Villanueva I, Fernández-Lao C, Del Moral-Avila R, Fernández-de-Las-Peñas C, Feriche-Fernández-Castanys MB, & Arroyo-Morales M.	(2012). Effectiveness of core stability exercises and recovery myofascial release massage on fatigue in breast cancer survivors: A randomized controlled clinical trial [Electronic version]. <i>Evid Based Complement Alternat Med</i> , 2012. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3139905/		X					
Cassileth BR & Keefe FJ.	(2010). Integrative and behavioural approaches to the treatment of cancer-related neuropathic pain. <i>The Oncologist</i> , 15(suppl 2), 19-23. http://theoncologist.alphamedpress.org/content/15/suppl_2/19.long	X	X					
Cassileth BR, & Vickers AJ.	(2004). Massage therapy for symptom control: Outcome study at a major cancer center. <i>J Pain Symptom Manage</i> , 28(3), 244-249.					X		
Collinge W, MacDonald G, & Walton T.	(2012). Massage in supportive cancer care. <i>Semin Oncol Nurs</i> , 28(1), 45-54.							Narrative Review

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		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Corbin L.	(2005). Safety and efficacy of massage therapy for patients with cancer. <i>Cancer Control, 12</i> (3), 158-164. http://www.ncbi.nlm.nih.gov/pubmed/16062163	X						
Curran J & Meister EA.	(2008). A hospital-based intervention using massage to reduce distress among oncology patients. <i>Cancer Nurs, 31</i> (3), 214-221.						X	
Deng GE, Cassileth BR, Cohen L, Gubili J, Johnstone PAS, & Kumar N.	(2007). Integrative Oncology Practice Guidelines. <i>J Soc Integ Oncol, 5</i> (2), 65-84.							Practice guidelines
Deng GE, Rausch SM, Jones LW, Gulati A, Kumar NB, Greenlee H, Pietanza MC, & Cassileth BR.	(2013). Complementary therapies and integrative medicine in lung cancer: Diagnosis and management of lung cancer, 3rd ed: American College of Chest Physicians Evidence-Based Clinical Practice Guidelines. <i>Chest, 143</i> (5 Suppl), 420-436.	X						
Dibble SL, Chapman J, Mack KA, & Shih AS.	(2000). Acupressure for nausea: Results of a pilot study. <i>Oncol Nurs Forum, 27</i> (1), 41-47.		X					
Dibble SL, Luce J, Cooper BA, Israel J, Cohen M, Nussey B, & Rugo H.	(2007). Acupressure for chemotherapy-induced nausea and vomiting: A randomized clinical trial. <i>Oncol Nurs Forum, 34</i> (4), 813-820.		X					

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		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Dine JL, Austin MK, & Armer JM.	(2011). Nursing education on lymphedema self-management and self-monitoring in a South African oncology clinic. <i>J Cult Divers</i> , 18(4), 126-128.						X	
Drackley NL, Degnim AC, Jakub JW, Cutshall SM, Thomley BS, Brodt JK, Vanderlei LK, Case JK, Bungum LD, Cha SS, Bauer BA, & Boughey JC.	(2012). Effect of massage therapy for postsurgical mastectomy recipients. <i>Clin J Oncol Nurs</i> , 16(2), 121-124.						X	
Ernst E.	(2009). Massage therapy for cancer palliation and supportive care: A systematic review of randomised clinical trials. <i>Support Care Cancer</i> , 17(4), 333-337.	X						
Falkensteiner M, Mantovan F, Müller I, & Them C.	(2011). The use of massage therapy for reducing pain, anxiety, and depression in oncological palliative care patients: A narrative review of the literature [Electronic version]. <i>ISRN Nurs</i> . 2011;2011:929868. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3168862/							Narrative review
Fernández-Lao C, Cantarero-Villanueva I, Fernández-de-Las-Peñas C, del Moral-Ávila R, Castro-Sánchez AM, & Arroyo-Morales M.	(2012). Effectiveness of a multidimensional physical therapy program on pain, pressure hypersensitivity, and trigger points in breast cancer survivors: A randomized controlled clinical trial. <i>Clin J Pain</i> , 28(2), 113-121.		X					

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		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Fellowes D, Barnes K, Wilkinson S.	(2004) Aromatherapy and massage for symptom relief in patients with cancer, <i>Cochrane Database Syst Rev</i> . 2004;(2):CD002287. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD002287.pub2/abstract	X						
Ferrell-Torry AT, & Glick OJ.	(1993). The use of therapeutic massage as a nursing intervention to modify anxiety and the perception of cancer pain. <i>Cancer Nurs</i> , 16(2), 93-101.						X	
Field T, Hernandez-Reif M, Diego M, Schanberg S, & Kuhn C.	(2005). Cortisol decreases and serotonin and dopamine increase following massage therapy. <i>The Int J Neuroscience</i> , 115, 1397-1413.	X						
Grealish L, Lomasney A, & Whiteman B.	(2000). Foot massage: A nursing intervention to modify the distressing symptoms of pain and nausea in patients hospitalized with cancer. <i>Cancer Nurs</i> , 23(3), 237-243.		X					
Gross AH, Cromwell J, Fonteyn M, Matulonis UA, & Hayman LL.	(2012). Hopelessness and complementary therapy use in patients with ovarian cancer [Electronic version]. <i>Cancer Nurs</i> .							Survey
Grossman SA, Benedetti C, & Payne R.	(1999). NCCN practice guidelines for cancer pain. <i>Oncology</i> , 13(A11), 33-44.							Practice guidelines
Hadfield N.	(2001). The role of aromatherapy massage in reducing anxiety in patients with malignant brain tumours. <i>Int J Palliat Nurs</i> , 7(6), 279-285.						X	

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		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Harris R & Piller N.	(2003). Three case studies indicating the effectiveness of manual lymph drainage on patients with primary and secondary lymphoedema using objective measuring tools. <i>J Bodywork and Mov Ther</i> , 7(4), 213-221.					X		
Haun J, Graham-Pole J, & Shortley B.	(2009). Children with cancer and blood diseases experience positive physical and psychological effects from massage therapy. <i>Int J Ther Massage Bodywork</i> , 2(2), 7-14. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3091462/		X					
Hernandez-Reif M, Field T, Ironson G, Beutler J, Vera Y, Hurley J, Fletcher MA, Schanberg S, Kuhn C, & Fraser M.	(2005). Natural killer cells and lymphocytes increase in women with breast cancer following massage therapy. <i>Int J Neurosci</i> , 115(4), 495-510.		X					
Hernandez-Reif M, Ironson G, Field T, Hurley J, Katz G, Diego M, Weiss S, Fletcher MA, Schanberg S, Kuhn C, & Burman I.	(2004). Breast cancer patients have improved immune and neuroendocrine functions following massage therapy. <i>J Psychosom Res</i> , 57(1), 45-52.		X					
Hodgson NA, & Lafferty D.	(2012). Reflexology versus Swedish massage to reduce physiologic stress and pain and improve mood in nursing home residents with cancer: A pilot trial [Electronic version]. <i>Evid Based Complement Alternat Med</i> , 2012. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3409545/						X	

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Hughes D, Ladas E, Rooney D, & Kelly K.	(2008). Massage therapy as a supportive care intervention for children with cancer. <i>Oncol Nurs Forum</i> , 35(3), 431-442.							Narrative Review
Imanishi J, Kuriyama H, Shigemori I, Watanabe S, Aihara Y, Kita M, Sawai K, Nakajima H, Yoshida N, Kunisawa M, Kawase M, & Fukui K.	(2009). Anxiolytic effect of aromatherapy massage in patients with breast cancer. <i>Evid Based Complement Alternat Med</i> , 6(1), 123-128. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2644279/pdf/nem073.pdf		X			X		
Ironson G, Field T, Scafidi F, Hashimoto M, Kumar A, Price A, Goncalves A, Burman I, Tetenman C, Patarca R, & Fletcher MA.	(1996). Massage therapy is associated with enhancement of the immune system's cytotoxic capacity. <i>Int J Neurosci</i> , 84(1-4), 205-217.		X		X			
Jane SW, Chen SL, Wilkie DJ, Lin YC, Foreman SW, Beaton RD, Fan JY, Lu MY, Wang YY, Lin YH, & Liao MN.	(2011). Effects of massage on pain, mood status, relaxation and sleep in Taiwanese patients with metastatic bone pain: A randomized clinical trial. <i>Pain</i> , 152(10), 2432-2442.		X					
Jane SW, Wilkie DJ, Gallucci BB, Beaton RD, & Huang HY.	(2009). Effects of a full-body massage on pain intensity, anxiety, and physiological relaxation in Taiwanese patients with metastatic bone pain: A pilot study. <i>J Pain Symptom Manage</i> , 37(4), 754-763.						X	
Kanitz JL, Camus ME, & Seifert G.	(2013). Keeping the balance: An overview of mind-body therapies in pediatric oncology. <i>Complement Ther Med</i> , 21 Suppl 1.							Overview of therapies

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Krohn M, Listing M, Tjahjono G, Reissbauer A, Peters E, Klapp BF, & Rauchfuss M.	(2011). Depression, mood, stress, and Th1/Th2 immune balance in primary breast cancer patients undergoing classical massage therapy. <i>Support Care Cancer</i> , 19(9), 1303-1311.		X					
Kutner JS, Smith MC, Corbin L, Hemphill L, Benton K, Mellis BK, Beaty B, Felton S, Yamashita TE, Bryant LL, & Fairclough DL.	(2008). Massage therapy versus simple touch to improve pain and mood in patients with advanced cancer: A randomized trial. <i>Ann Intern Med</i> , 149(6), 369-379. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2631433/		X					
Lafferty W, Downey L, McCarty R, Standish L, & Patrick D.	(2006). Evaluating CAM treatment at the end of life: A review of clinical trials for massage and meditation. <i>Complement Ther Med</i> , 14(2), 100-112.	X						
Listing M, Krohn M, Liezmann C, Kim I, Reissbauer A, Peters E, Klapp BF, & Rauchfuss M.	(2010). The efficacy of classical massage on stress perception and cortisol following primary treatment of breast cancer. <i>Arch Womens Ment Health</i> , 13(2), 165-173.		X					
Listing M, Reissbauer A, Krohn M, Voigt B, Tjahjono G, Becker J, Klapp BF, & Rauchfuss M.	(2009). Massage therapy reduces physical discomfort and improves mood disturbances in women with breast cancer. <i>Psychooncology</i> , 18(12), 1290-1299.		X					
Liu Y & Fawcett TN.	(2008). The role of massage therapy in the relief of cancer pain. <i>Nurs Stand</i> , 22(21), 35-40.							Article

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
López-Sendín N, Albuquerque-Sendín F, Cleland JA, & Fernández-de-las-Peñas C.	(2012). Effects of physical therapy on pain and mood in patients with terminal cancer: A pilot randomized clinical trial. <i>J Altern Complement Med</i> , 18(5), 480-486.		X					
Mehling WE, Jacobs B, Acree M, Wilson L, Bostrom A, West J, Acquah J, Burns B, Chapman J, & Hecht FM.	(2007). Symptom management with massage and acupuncture in postoperative cancer patients: A randomized controlled trial. <i>J Pain Symptom Manage</i> , 33(3), 258-266.		X					
Moraska A, Pollini RA, Boulanger K, Brooks MZ, & Teitlebaum I.	(2010). Physiological adjustments to stress measures following massage therapy: A review of the literature. <i>Evid Based Complementary Altern Med</i> , 7, 409-18.	X						
Myers CD, Walton T, & Small BJ.	(2008). The value of massage therapy in cancer care. <i>Hematol Oncol Clin North Am</i> , 22(4), 649-660.							Narrative Review
Myers CD, Walton T, Bratsman L, Wilson J, & Small B.	(2008). Massage modalities and symptoms reported by cancer patients: Narrative review. <i>J Soc Integr Oncol</i> , 6(1), 19-28.							Narrative review
Noto Y, Kitajima M, Kudo M, Okudera K, & Hirota K.	(2010). Leg massage therapy promotes psychological relaxation and reinforces the first-line host defense in cancer patients. <i>J Anesth</i> , 24(6), 827-831.				X			
Oysten E, McGee M, & Mitchell R.	(2012). Oncology massage research and training update. <i>JATMS</i> , 18(1).							Expert opinion
Post-White J, Fitzgerald M, Savik K, Hooke MC, Hannahan AB, & Sencer SF.	(2009). Massage therapy for children with cancer. <i>J Pediatr Oncol Nurs</i> , 26(1), 16-28.						X	

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Post-White J, Kinney ME, Savik K, Gau JB, Wilcox C, & Lerner I.	(2003). Therapeutic massage and healing touch improve symptoms in cancer. <i>Integr Cancer Ther</i> , 2(4),332-344.		X					
Pruthi S, Degnim AC, Bauer BA, DePompolo RW, & Nayar V.	(2009). Value of massage therapy for patients in a breast clinic. <i>Clin J Oncol Nurs</i> , 13(4), 422-425.							Qualitative report
Rapaport MH, 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. <i>J Altern Complement Med</i> , 16, 1079-1088. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3107905/pdf/nihms273207.pdf			X	X			
Russell NC, Sumler SS, Beinhorn CM, & Frenkel MA.	(2008). Role of massage therapy in cancer care. <i>J Altern Complement Med</i> , 14(2), 209-214.	X						
Shin ES, Lee SH, Seo KH, Park YH, & Nguyen TT.	(2012). Aromatherapy and massage for symptom relief in patients with cancer (Protocol). <i>Cochrane Database of Systematic Reviews</i> 2012, Issue 6. Art. No.: CD009873. DOI: 10.1002/14651858.CD009873. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD009873/full	X						Protocol
Sims S.	(1986). Slow stroke back massage for cancer patients. <i>Nursing Times</i> , 82(47), 47-50.							

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Smith MC, Kemp J, Hemphill L, & Vojir CP.	(2002). Outcomes of therapeutic massage for hospitalized cancer patients. <i>J Nurs Scholarsh</i> , 34(3), 257-262.				X			
Smith MC, Yamashita TE, Bryant LL, Hemphill L, & Kutner JS.	(2009). Providing massage therapy for people with advanced cancer: What to expect. <i>Jrnl Alt & Comp Med</i> , 15(4), 367-371. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3189000/						X	
Soden K, Vincent K, Craske S, Lucas C, & Ashley S.	(2004). A randomized controlled trial of aromatherapy massage in a hospice setting. <i>Palliat Med</i> , 18(2),87-92.		X					
Stephenson NL, Weinrich SP, & Tavakoli AS.	(2000). The effects of foot reflexology on anxiety and pain in patients with breast and lung cancer. <i>Oncol Nurs Forum</i> , 27(1), 67-72.			X				
Stringer J, Swindell R, & Dennis M.	(2008). Massage in patients undergoing intensive chemotherapy reduces serum cortisol and prolactin. <i>Psychooncology</i> , 17(10), 1024-1031.		X					
Sturgeon M, Wetta-Hall R, Hart T, Good M, & Dakhil S.	(2009). Effects of therapeutic massage on the quality of life among patients with breast cancer during treatment. <i>J Altern Complement Med</i> , 15(4), 373-380.						X	
Toth M, Marcantonio ER, Davis RB, Walton T, Kahn JR, & Phillips RS.	(2013). Massage therapy for patients with metastatic cancer: A pilot randomized controlled trial [Electronic version]. <i>J Altern Complement Med</i> .		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Wanchai A, Beck M, Stewart BR, & Armer JM.	(2013). Management of lymphedema for cancer patients with complex needs. <i>Semin Oncol Nurs</i> , 29(10), 61-65.	X						
Weinrich SP & Weinrich MC.	(1990). The effect of massage on pain in cancer patients. <i>Appl Nurs Res</i> , 3(4), 140-145.		X					
Wilkie DJ, Kampbell J, Cutshall S, Halabisky H, Harmon H, Johnson LP, Weinacht L, & Rake-Marona M.	(2000). Effects of massage on pain intensity, analgesics, and quality of life in patients with cancer pain: A pilot study of a randomized clinical trial conducted within hospice care delivery. <i>Hosp J</i> , 15(3), 31-53.		X					
Wilkinson S, Aldridge J, Salmon I, Cain E, & Wilson B.	(1999). An evaluation of aromatherapy massage in palliative care. <i>Palliat Med</i> , 13(5), 409-417.						X	
Wilkinson S, Barnes K, & Storey L.	(2008). Massage for symptom relief in patients with cancer: Systematic review. <i>J Adv Nurs</i> , 63(5), 430-439.	X						
Wilkinson SM, Love SB, Westcombe AM, Gambles MA, Burgess CC, Cargill A, Young T, Maher EJ, & Ramirez AJ.	(2007). Effectiveness of aromatherapy massage in the management of anxiety and depression in patients with cancer: A multicenter randomized controlled trial. <i>J Clin Oncol</i> , 25(5), 532-539.		X					
Williams AF, Vadgama A, Franks PJ, & Mortimer PS.	(2002). A randomized controlled crossover study of manual lymphatic drainage therapy in women with breast cancer-related lymphoedema. <i>Eur J Cancer Care (Engl)</i> , 11(4), 254-261.						X	

Chronic pain

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Hamre HJ, Witt CM, Glockmann A, Ziegler R, Willich SN, & Kiene H.	(2007). Rhythmical massage therapy in chronic disease: A 4-year prospective cohort study. <i>Jrnl Alt & Comp Med</i> , 13(6), 635-642.							Cohort study
Hasson D, Arnetz B, Jelveus L, & Edelstam B.	(2004). A randomized clinical trial of the treatment effects of massage compared to relaxation tape recordings on diffuse long-term pain. <i>Psychother Psychosom</i> , 73(1), 17-24.		X					
Karlson CW, Hamilton NA, & Rapoff MA.	(2013). Massage on experimental pain in healthy females: A randomized controlled trial [Electronic version]. <i>J Health Psychol</i> .		X					
Pang J, Tang HL, Gao LF, Wang KL, Lei LM, Liu ZW, Gan W, Lu Y, Zhou HF, Li JS, & Zhang QM.	(2010). Randomized controlled trial on effect of Tuina for treatment of sub-health people of somatic pain. <i>Zhongguo Zhen Jiu</i> , 30(1), 55-59.		X					
Plews-Ogan M, Owens JE, Goodman M, Wolfe P, & Schorling J.	(2005). A pilot study evaluating mindfulness-based stress reduction and massage for the management of chronic pain. <i>J Gen Intern Med</i> , 20(12), 1136-1138. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1490272/		X					
Seers K, Crichton N, Martin J, Coulson K, & Carroll D.	(2008). A randomised controlled trial to assess the effectiveness of a single session of nurse administered massage for short term relief of chronic non-malignant pain. <i>BMC Nurs</i> , 4(7), 10. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2533334/			X				

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Tsao JC.	(2007). Effectiveness of massage therapy for chronic, non-malignant pain: A review. <i>Evid Based Complement Alternat Med</i> , 4(2), 165-179. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1876616/							Narrative review
Walach H, G�uthlin C, & K�onig M.	(2003). Efficacy of massage therapy in chronic pain: A pragmatic randomized trial. <i>J Altern Complement Med</i> , 9(6), 837-846.			X				

Myofascial pain

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Alonso-Blanco C, de-la-Llave-Rincón AI, & Fernández-de-las-Peñas C.	(2012). Muscle trigger point therapy in tension-type headache. <i>Expert Rev Neurother</i> , 12(3), 315-322.							Narrative review
Alonso-Blanco C, Fernández-de-Las-Peñas C, de-la-Llave-Rincón AI, Zarco-Moreno P, Galán-Del-Río F, & Svensson P.	(2012). Characteristics of referred muscle pain to the head from active trigger points in women with myofascial temporomandibular pain and fibromyalgia syndrome. <i>J Headache Pain</i> , 13(8), 625-637. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3484251/					X		
Bron C, de Gast A, Dommerholt J, Stegenga B, Wensing M, & Oostendorp RA.	(2011). Treatment of myofascial trigger points in patients with chronic shoulder pain: A randomized, controlled trial [Electronic version]. <i>BMC Med</i> , 24, 9:8. http://www.biomedcentral.com/1741-7015/9/8		X					
Bron C, Dommerholt J, Stegenga B, Wensing M, & Oostendorp RA.	(2011). High prevalence of shoulder girdle muscles with myofascial trigger points in patients with shoulder pain [Electronic version]. <i>BMC Musculoskelet Disord</i> , 28, 12:139. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3146907/							Observational study
Calandre EP, Hidalgo J, García-Leiva JM, & Rico-Villademoros F.	(2006). Trigger point evaluation in migraine patients: An indication of peripheral sensitization linked to migraine predisposition? <i>Eur J Neurol</i> , 13(3), 244-249.				X			

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Calandre EP, Hidalgo J, Garcia-Leiva JM, Rico-Villademoros F, & Delgado-Rodriguez A.	(2008). Myofascial trigger points in cluster headache patients: A case series [Electronic version]. <i>Head Face Med</i> , 4: 32. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2631448/						X	
Couppé C, Torelli P, Fuglsang-Frederiksen A, Andersen KV, & Jensen R.	(2007). Myofascial trigger points are very prevalent in patients with chronic tension-type headache: A double-blinded controlled study. <i>Clin J Pain</i> , 23(1), 23-27.				X			
Davidoff RA.	(1998). Trigger points and myofascial pain: Toward understanding how they affect headaches. <i>Cephalalgia</i> , 18(7), 436-448.							Narrative review
Edwards J & Knowles N.	(2003). Superficial dry needling and active stretching in the treatment of myofascial pain--A randomised controlled trial. <i>Acupunct Med</i> , 21(3), 80-86. http://aim.bmj.com/content/21/3/80.long		X					
Fernández-Carnero J, Fernández-de-Las-Peñas C, de la Llave-Rincón AI, Ge HY, & Arendt-Nielsen L.	(2007). Prevalence of and referred pain from myofascial trigger points in the forearm muscles in patients with lateral epicondylalgia. <i>Clin J Pain</i> , 23(4), 353-360.				X			
Fernández-Carnero J, La Touche R, Ortega-Santiago R, Galan-del-Río F, Pesquera J, Ge HY, & Fernández-de-Las-Peñas C.	(2010). Short-term effects of dry needling of active myofascial trigger points in the masseter muscle in patients with temporomandibular disorders. <i>J Orofac Pain</i> , 24(1), 106-112.						X	

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Fernández-de-Las-Peñas C, Alonso-Blanco C, Cuadrado ML, Gerwin RD, & Pareja JA.	(2006). Myofascial trigger points and their relationship to headache clinical parameters in chronic tension-type headache. <i>Headache</i> , 46(8), 1264-1272.				X			
Fernández-de-las-Peñas C, Alonso-Blanco C, Cuadrado ML, Gerwin RD, & Pareja JA.	(2006). Trigger points in the suboccipital muscles and forward head posture in tension-type headache. <i>Headache</i> , 46(3), 454-460.				X			
Fernández-de-las-Peñas C, Caminero AB, Madeleine P, Guillem-Mesado A, Ge HY, Arendt-Nielsen L, & Pareja JA.	(2009). Multiple active myofascial trigger points and pressure pain sensitivity maps in the temporalis muscle are related in women with chronic tension type headache. <i>Clin J Pain</i> , 25(6), 506-512.						X	
Fernández-de-las-Peñas C, Cleland JA, Cuadrado ML, & Pareja JA.	(2006). Predictor variables for identifying patients with chronic tension-type headache who are likely to achieve short-term success with muscle trigger point therapy. <i>Cephalalgia</i> , 28(3), 264-275.						X	
Fernández-de-Las-Peñas C, Cuadrado ML, & Pareja JA.	(2007). Myofascial trigger points, neck mobility, and forward head posture in episodic tension-type headache. <i>Headache</i> , 47(5), 662-672.				X			
Fernández-de-las-Peñas C, Cuadrado ML, Arendt-Nielsen L, Simons DG, & Pareja J.	(2007). Myofascial trigger points and sensitization: An updated pain model for tension-type headache. <i>Cephalalgia</i> , 27(5), 383-393.							Narrative review

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Fernández-de-Las-Peñas C, Galán-Del-Río F, Alonso-Blanco C, Jiménez-García R, Arendt-Nielsen L, & Svensson P.	(2010). Referred pain from muscle trigger points in the masticatory and neck-shoulder musculature in women with temporomandibular disorders. <i>J Pain</i> , 11(12), 1295-1304.				X			
Fernández-de-Las-Peñas C, Ge HY, Alonso-Blanco C, González-Iglesias J, & Arendt-Nielsen L.	(2010). Referred pain areas of active myofascial trigger points in head, neck, and shoulder muscles, in chronic tension type headache. <i>J Bodyw Mov Ther</i> , 14(4), 391-396.						X	
Fernández-de-Las-Peñas C, Ge HY, Arendt-Nielsen L, Cuadrado ML, & Pareja JA.	(2007). Referred pain from trapezius muscle trigger points shares similar characteristics with chronic tension type headache. <i>Eur J Pain</i> , 11(4), 475-482.						X	
Fernández-de-Las-Peñas C, Ge HY, Arendt-Nielsen L, Cuadrado ML, & Pareja JA.	(2007). The local and referred pain from myofascial trigger points in the temporalis muscle contributes to pain profile in chronic tension-type headache. <i>Clin J Pain</i> , 23(9), 786-792.				X			
Fernández-de-Las-Peñas C, Simons D, Cuadrado ML, & Pareja J.	(2007). The role of myofascial trigger points in musculoskeletal pain syndromes of the head and neck. <i>Curr Pain Headache Rep</i> , 11(5), 365-372.							Narrative review
Ge H, Wang Y, Fernández-de-las-Peñas C, Graven-Nielsen T, Danneskiold-Samsøe B, & Arendt-Nielsen L.	(2011). Reproduction of overall spontaneous pain pattern by manual stimulation of active myofascial trigger points in fibromyalgia patients [Electronic version]. <i>Arthritis Res Ther</i> , 13(2). http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3132035/				X			

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Ge HY, Nie H, Madeleine P, Danneskiold-Samsøe B, Graven-Nielsen T, & Arendt-Nielsen L.	(2009). Contribution of the local and referred pain from active myofascial trigger points in fibromyalgia syndrome. <i>Pain</i> , 147(1-3), 233-240.				X			
Giamberardino MA, Affaitati G, Fabrizio A, & Costantini R.	(2011). Effects of treatment of myofascial trigger points on the pain of fibromyalgia. <i>Curr Pain Headache Rep</i> , 15(5), 393-399.							Analysis of existing studies
Giamberardino MA, Tafuri E, Savini A, Fabrizio A, Affaitati G, Lerza R, Di Ianni L, Lapenna D, & Mezzetti A.	(2007). Contribution of myofascial trigger points to migraine symptoms. <i>J Pain</i> , 8(11), 869-878.						X	
Guler-Uysal F & Kozanoglu E.	(2004). Comparison of the early response to two methods of rehabilitation in adhesive capsulitis. <i>Swiss Med Wkly</i> , 134(23-24), 353-358. http://www.smw.ch/docs/pdf200x/2004/23/smw-10630.pdf				X			
Hains G, Descarreaux M, & Hains F.	(2010). Chronic shoulder pain of myofascial origin: A randomized clinical trial using ischemic compression therapy. <i>J Manipulative Physiol Ther</i> , 33(5), 362-369.		X					
Hodgson L & Fryer G.	(2005). The effect of manual pressure release on myofascial trigger points in the upper trapezius muscle. <i>Int J Osteopathic Med</i> , 9(1).		X					
Miernik M, Wieckiewicz M, Paradowska A, & Wieckiewicz W.	(2012). Massage therapy in myofascial TMD pain management. <i>Adv Clin Exp Med</i> , 21(5), 681-685. http://www.advances.am.wroc.pl/pdf/2012/21/5/681.pdf							Medical protocol

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Ortega-Santiago R, Ambite-Quesada S, Palacios-Ceña D, & Pareja J.	(2011). Referred pain from myofascial trigger points in head and neck–shoulder muscles reproduces head pain features in children with chronic tension type headache. <i>J Headache Pain</i> , 12(1), 35–43. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3056016/				X			
Srbely JZ, Dickey JP, Lee D, & Lowerison M.	(2010). Dry needle stimulation of myofascial trigger points evokes segmental anti-nociceptive effects. <i>J Rehabil Med</i> , 42(5), 463. http://www.medicaljournals.se/jrm/content/?doi=10.2340/16501977-0535&html=1		X					
von Stülpnagel C, Reilich P, Straube A, Schäfer J, Blaschek A, Lee SH, Müller-Felber W, Henschel V, Mansmann U, & Heinen F.	(2009). Myofascial trigger points in children with tension-type headache: A new diagnostic and therapeutic option. <i>J Child Neurol</i> , 24(4), 406-409.						X	

Low back pain

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Bell J.	(2008). Massage therapy helps to increase range of motion, decrease pain and assist in healing a client with low back pain and sciatica symptoms. <i>J Bodyw Mov Ther</i> , 12(3), 281-289.						X	
Brosseau L, Wells GA, Poitras S, Tugwell P, Casimiro L, Novikov M, Loew L, Sredic D, Clément S, Gravelle A, Kresic D, Hua K, Lacic A, Ménard G, Sabourin S, Bolduc MA, Ratté I, McEwan J, Furlan AD, Gross A, Dagenais S, Dryden T, Muckenheim R, Côté R, Paré V, Rouhani A, Léonard G, Finestone HM, Laferrière L, Haines-Wangda A, Russell-Doreleyers M, De Angelis G, & Cohoon C.	(2012). Ottawa Panel evidence-based clinical practice guidelines on therapeutic massage for low back pain. <i>J Bodyw Mov Ther</i> , 16(4), 424-455.	X						
Chambers H.	(2013). Physiotherapy and lumbar facet joint injections as a combination treatment for chronic low back pain: A narrative review of lumbar facet joint injections, lumbar spinal mobilizations, soft tissue massage and lower back mobility exercises [Electronic version]. <i>Musculoskeletal Care</i> .							Narrative review
Chatchawana U, Thinkhamrojb B, Kharmwanc S, Knowles J, & Eungpinichpong W.	(2005). Effectiveness of traditional Thai massage versus Swedish massage among patients with back pain associated with myofascial trigger points. <i>J Bodyw Mov Ther</i> 9(4), 298-309.				X			

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Cherkin DC, Eisenberg D, Sherman KJ, Barlow W, Kaptchuk TJ, Street J, & Deyo RA.	(2001). Randomized trial comparing traditional Chinese medical acupuncture, therapeutic massage, and self-care education for chronic low back pain. <i>Arch Intern Med</i> , 161(8), 1081-1088.		X					
Cherkin DC, Sherman KJ, Kahn J, Wellman R, Cook AJ, Johnson E, Erro J, Delaney K, & Deyo RA.	(2011). A comparison of the effects of 2 types of massage and usual care on chronic low back pain: A randomized, controlled trial. <i>Ann Intern Med</i> , 155(1), 1-9. http://annals.org/article.aspx?articleid=747008		X					
Chou R, Qaseem A, Snow V Casey D, Cross JT Jr, Shekelle P, & Owens DK.	(2007). Diagnosis and treatment of low back pain: A joint clinical practice guideline from the American College of Physicians and the American Pain Society. <i>Ann Intern Med</i> , 147(7), 478-491.							Recommendations
Ernst E.	(1999). Massage therapy for low back pain: A systematic review. <i>J Pain Symptom Manage</i> , 17(1), 65-69.	X						
Field T, Hernandez-Reif M, Diego M, & Fraser M.	(2007). Lower back pain and sleep disturbance are reduced following massage therapy. <i>J Bodyw Mov Ther</i> , 11(2), 141-145.		X					
Furlan AD, Brosseau L, Imamura M, Irvin E	(2002). Massage for low back pain: A systemic review within the framework of the Cochrane Collaboration Back Review Group. <i>Spine</i> , 27(17), 1896-1910.	X						

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Furlan AD, Imamura M, Dryden T, & Irvin E.	(2009). Massage for low back pain: An updated systematic review within the framework of the Cochrane Back Review Group. <i>Spine</i> , 34(16), 1669-1684.	X						
Furlan AD, Imamura M, Dryden T, & Irvin E.	(2008). Massage for low-back pain. <i>Cochrane Database of Systematic Reviews</i> 2008, Issue 4. Art. No.: CD001929. DOI: 10.1002/14651858. CD001929.pub2. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD001929.pub2/full	X						
Furlan AD, Yazdi F, Tsertsvadze A, Gross A, Van Tulder M, Santaguida L, Cherkin D, Gagnier J, Ammendolia C, Ansari MT, Ostermann T, Dryden T, Doucette S, Skidmore B, Daniel R, Tsouros S, Weeks L, & Galipeau J.	(2010). Complementary and alternative therapies for low back pain II. <i>Evid Rep Technol Assess</i> , 194, 1-764. http://www.ncbi.nlm.nih.gov/books/NBK56295/pdf/TOC.pdf	X						
Hernandez-Reif M, Field T, Krasnegor J, & Theakston H.	(2001). Lower back pain is reduced and range of motion increased after massage therapy. <i>Int J Neurosci</i> , 106(3-4), 131-145.				X			
Hsieh CY, Adams AH, Tobis J, Hong CZ, Danielson C, Platt K, Hoehler F, Reinsch S, & Rubel A.	(2002). Effectiveness of four conservative treatments for subacute low back pain: A randomized clinical trial. <i>Spine</i> , 27(11), 1142-1148.		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Keller G.	(2012). The effects of massage therapy after decompression and fusion surgery of the lumbar spine: A case study. <i>Int J Ther Massage Bodywork</i> , 5(4), 3-8. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3528189/							Case study
Preyde M.	(2000). Effectiveness of massage therapy for subacute low-back pain: A randomized controlled trial. <i>CMAJ</i> , 162(13), 1815-1820. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1231369/pdf/cmaj_162_13_1815.pdf		X					
Romanowski M, Romanowska J, & Grzeskowiak M.	(2012). A comparison of the effects of deep tissue massage and therapeutic massage on chronic low back pain. <i>Stud Health Technol Inform</i> , 176: 411-414.				X			
van Tudler MW, Furlan AD, & Gagnier JJ.	(2005). Complementary and alternative therapies for low back pain. <i>Best Pract Res Clin Rheumatol</i> , 19(4), 639-654.	X						
Williams PE, Katanese T, Lucey EG, & Goldspink G.	(1988). The importance of stretch and contractile activity in the prevention of connective tissue accumulation in muscle. <i>J of Anat</i> , 158, 109-114. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1261981/pdf/janat00174-0114.pdf							
Zheng Z, Wang J, Gao Q, Hou J, Ma L, Jiang C, & Chen G.	(2012). Therapeutic evaluation of lumbar tender point deep massage for chronic non-specific low back pain. <i>J Tradit Chin Med</i> , 32(4), 534-537.		X					

Neck and shoulder pain

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Avery RM.	(2012). Massage therapy for cervical degenerative disc disease: Alleviating a pain in the neck? <i>Int J Ther Massage Bodywork</i> , 5(3), 41-46. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3457722/						X	
Brosseau L, Wells GA, Tugwell P, Casimiro L, Novikov M, Loew L, Sredic D, Clément S, Gravelle A, Hua K, Kresic D, Lakic A, Ménard G, Côté P, Leblanc G, Sonier M, Cloutier A, McEwan J, Poitras S, Furlan A, Gross A, Dryden T, Muckenheim R, Côté R, Paré V, Rouhani A, Léonard G, Finestone HM, Laferrière L, Dagenais S, De Angelis G, & Cohoon C.	(2012). Ottawa Panel evidence-based clinical practice guidelines on therapeutic massage for neck pain. <i>J Bodyw Mov Ther</i> , 16(3), 300-325.	X						
Fernández-de-las-Peñas C, Alonso-Blanco C, & Miangolarra JC.	(2007). Myofascial trigger points in subjects presenting with mechanical neck pain: A blinded, controlled study. <i>Man Ther</i> , 12(1), 29-33.		X					
Gross AR, Aker PD, & Quartly C.	(1996). Manual therapy in the treatment of neck pain. <i>Rheum Dis Clin North Am</i> , 22(3), 579-598.							
Ho CY, Sole G, & Munn J.	(2009). The effectiveness of manual therapy in the management of musculoskeletal disorders of the shoulder: A systematic review. <i>Man Ther</i> , 14(5), 463-474.	X						

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Hurwitz EL, Carragee EJ, van der Velde G, Carroll LJ, Nordin M, Guzman J, Peloso PM, Holm LW, Côté P, Hogg-Johnson S, Cassidy JD, & Haldeman S.	(2008). Treatment of neck pain: Noninvasive interventions - Results of the Bone and Joint Decade 2000-2010 Task Force on Neck Pain and Its Associated Disorders. <i>Spine</i> , 33(4 Suppl), S123-152.							Best evidence synthesis
Kong LJ, Zhan, HS, Cheng YW, Yuan WA, Chen B, & Fang M.	(2013). Massage therapy for neck and shoulder pain: A systematic review and meta-analysis [Electronic version]. <i>Evid Based Complem & Altern Med</i> . http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3600270/	X						
Lucas KR, Rich PA, & Polus BI.	(2010). Muscle activation patterns in the scapular positioning muscles during loaded scapular plane elevation: The effects of Latent Myofascial Trigger Points. <i>Clin Biomech</i> , 25(8), 765-770.				X			
Montañez-Aguilera FJ, Valtueña-Gimeno N, Pecos-Martín D, Arnau-Masanet R, Barrios-Pitarque C, & Bosch-Morell F.	(2010). Changes in a patient with neck pain after application of ischemic compression as a trigger point therapy. <i>J Back Musculoskelet Rehabil</i> , 23(2), 101-104.						X	
Patel KC, Gross A, Graham N, Goldsmith CH, Ezzo J, Morien A, & Peloso PM.	(2012). Massage for mechanical neck disorders. <i>Cochrane Database of Systematic Reviews</i> 2012, Issue 9. Art. No.: CD004871. DOI: 10.1002/14651858.CD004871.pub4. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD004871.pub4/full	X						

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Plastaras C, Schran S, Kim N, Darr D, & Chen MS.	(2013). Manipulative therapy - Feldenkrais, massage, chiropractic manipulation - for neck pain. <i>Curr Rheumatol Rep</i> , 15, 339.	X						
Sherman KJ, Cherkin DC, Hawkes RJ, Miglioretti DL, & Deyo RA.	(2009). Randomized trial of therapeutic massage for chronic neck pain. <i>Clin J Pain</i> , 25(3), 233-238. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2664516/		X					
Topolska M, Chrzan S, Sapuła R, Kowerski M, Soboń M, & Marczewski K.	(2012). Evaluation of the effectiveness of therapeutic massage in patients with neck pain. <i>Ortop Traumatol Rehabil</i> , 14(2), 115-124.					X		
Yang JL, Chen SY, Hsieh CL, & Lin JJ.	(2012). Effects and predictors of shoulder muscle massage for patients with posterior shoulder tightness. <i>BMC Musculoskelet Disord</i> , 13, 46. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3339516/				X			

Headache and migraine

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Ashina M, Beddtsen L, Jensen R, Sakai F, & Olesen J.	(1999). Muscle hardness in tension type headache: Relation to actual pain state. <i>Pain</i> , 79, 201-205.		X					
Chaibi A, Tuchin PJ, & Russell MB.	(2011). Manual therapies for migraine: A systematic review. <i>J Headache Pain</i> , 12(2), 127-133. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3072494/	X						
Fernandez de las Penas C, Alonso Blanco C, Cuadrado M, & Pareja J.	(2006). Myofascial trigger points in the suboccipital muscles in episodic tension type headache. <i>Manual Therapies</i> , 11(3), 225-230.							
Fernandez de las Penas C, Hong You G, Arendt Nielsen L, Cuadrado M, & Pareja J.	(2007). Referred pain from trapezius muscle trigger points shares similar characteristics with chronic tension type headache. <i>Europ J Pain</i> , 11, 475-482.					X		
Hammill JM, Cook TM, & Rosecrance JC.	(1996). Effectiveness of a physical therapy regimen in the treatment of tension-type headache. <i>Headache</i> , 36(3), 149-153.						X	
Haque B, Rahman KM, Hoque A, Hasan AT, Chowdhury RN, Khan SU, Alam MB, Habib M, & Mohammad QD.	(2012). Precipitating and relieving factors of migraine versus tension type headache. <i>BMC Neurol</i> , 12, 82. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3503560/					X		
Hernandez-reif M, Dietsch J, Field T, Swerdlow B, & Diego M.	(1998). Migraine headaches are reduced by massage therapy. <i>Int J Neurosci</i> , 96, 1-11.		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Lawler SP & Cameron LD.	(2006). A randomized, controlled trial of massage therapy as a treatment for migraine. <i>Ann Behav Med</i> , 32(1), 50-59.		X					
Moraska A & Chandler C.	(2009). Changes in psychological parameters in patients with tension-type headache following massage therapy: A pilot study. <i>J Man Manip Ther</i> , 17(2), 86-94. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2700492/						X	
Moraska A & Chandler C.	(2008). Changes in clinical parameters in patients with tension-type headache following massage therapy: A pilot study. <i>J Man Manip Ther</i> , 16(2), 106-112. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2565109/						X	
Noudeh YJ, Vatankhah N, & Baradaran HR.	(2012). Reduction of current migraine headache pain following neck massage and spinal manipulation. <i>Int J Ther Massage Bodywork</i> , 5(1), 5-13. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312646/							
Pierson MJ.	(2011). Changes in tempomandibular joint dysfunction symptoms following massage therapy: A case report. <i>Int J Ther Massage Bodywork</i> , 4(4), 37-47. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3242647/						X	

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Puustjärvi K, Airaksinen O, & Pöntinen PJ.	(1990). The effects of massage in patients with chronic tension headache. <i>Acupunct Electrother Res</i> , 15(2), 159-162.						X	
Quinn C, Chandler C, & Moraska A.	(2002). Massage therapy and frequency of chronic tension headaches. <i>Am J Public Health</i> , 92(10), 1657-1661. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1447303/						X	
Toro-Velasco C, Arroyo-Morales M, Fernández-de-Las-Peñas C, Cleland JA, & Barrero-Hernández FJ.	(2009). Short-term effects of manual therapy on heart rate variability, mood state, and pressure pain sensitivity in patients with chronic tension-type headache: A pilot study. <i>J Manipulative Physiol Ther</i> , 32(7), 527-535.				X			

Fibromyalgia

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Brattberg G.	(1999). Connective tissue massage in the treatment of fibromyalgia. <i>Eur J Pain</i> , 3(3), 235-244.					X		
Castro-Sánchez AM, Matarán-Peñarrocha GA, Arroyo-Morales M, Saavedra-Hernández M, Fernández-Sola C, & Moreno-Lorenzo C.	(2011). Effects of myofascial release techniques on pain, physical function, and postural stability in patients with fibromyalgia: A randomized controlled trial. <i>Clin Rehabil</i> , 25(9), 800-13.		X					
Castro-Sánchez AM, Matarán-Peñarrocha GA, Granero-Molina J, Aguilera-Manrique G, Quesada-Rubio JM, & 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. <i>Evid Based Complement Alternat Med</i> . http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3018656/			X				
Ekici G, Bakar Y, Akbayrak T, & Yuksel I.	(2009). Comparison of manual lymph drainage therapy and connective tissue massage in women with fibromyalgia: A randomized controlled trial. <i>J Manipulative Physiol Ther</i> , 32(2), 127-133.					X		
Field T, Diego M, Cullen C, Hernandez-Reif M, Sunshine W, & Douglas S.	(2002). Fibromyalgia pain and substance P decrease and sleep improves after massage therapy. <i>J Clin Rheumatol</i> , 8(2), 72-76.		X					
Gordon C, Emiliozzi C, & Zartarian M.	(2006). Use of a mechanical massage technique in the treatment of fibromyalgia: A preliminary study. <i>Arch Phys Med Rehabil</i> , 87(1), 145-147.						X	

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Kalichman L.	(2010). Massage therapy for fibromyalgia symptoms, <i>Rheumatol Int.</i> 30(9), 1151-7	X						
Lemstra M & Olszynski WP.	(2005). The effectiveness of multidisciplinary rehabilitation in the treatment of fibromyalgia: A randomized controlled trial. <i>Clin J Pain</i> , 21(2), 166-174.		X					
Sunshine W, Field TM, Quintino O, Fierro K, Kuhn C, Burman I, & Schanberg S.	(1996). Fibromyalgia benefits from massage therapy and transcutaneous electrical stimulation. <i>J Clin Rheumatol</i> , 2(1), 18-22.		X					

Arthritis

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Ali A, Kahn J, Rosenberger L, & Perlman AI.	(2012). Development of a manualized protocol of massage therapy for clinical trials in osteoarthritis. <i>Trials</i> , 13, 185. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3519579/							Treatment protocol
April KT & Walji R.	(2011). The state of research on complementary and alternative medicine in pediatric rheumatology. <i>Rheum Dis Clin North Am</i> , 37(1), 85-94.	X						
Atkins DV & Eichler DA.	(2013). The effects of self-massage on osteoarthritis of the knee: A randomized controlled trial. <i>Int J Ther Massage Bodywork</i> , 6(1), 4-14. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3577640/		X					
Cameron M.	(2002). Is manual therapy a rational approach to improving health related quality of life in people with arthritis? <i>Australas Chiropr Osteopathy</i> , 10(1) 9-15. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2051057/pdf/aco101-009b.pdf							Article
Cubick EE, Quezada VY, Schumer AD, & Davis CM.	(2011). Sustained release myofascial release as treatment for a patient with complications of rheumatoid arthritis and collagenous colitis: A case report. <i>Int J Ther Massage Bodywork</i> , 4(3), 1-9. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3184472/						X	

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Dryden T, Baskwill A, & Preyde M.	(2004). Massage therapy for the orthopaedic patient: A review. <i>Orthop Nurs</i> , 23(5), 327-332.	X						
Field T, Diego M, Delgado J, Garcia D, & Funk CG.	(2013). Rheumatoid arthritis in upper limbs benefits from moderate pressure massage therapy. <i>Complement Ther Clin Pract</i> , 19(2), 101-103.		X					
Furlan AD, Imamura M, Dryden T, & Irvin E.	(2008). Massage for low-back pain. Cochrane Database of Systematic Reviews 2008, Issue 4. Art. No.: CD001929. DOI: 10.1002/14651858.CD001929.pub2. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD001929.pub2/full	X						
Grieve R, Clark J, Pearson E, Bullock S, Boyer C, & Jarrett A.	(2011). The immediate effects of soleus trigger point pressure release on restricted ankle joint dorsiflexion: A pilot randomized controlled trial. <i>J Bodyw Mov Ther</i> , 15(1), 42-49.		X					
Pereira d Godoy JM, Braile DM, & de Fatima Guerreiro Godoy, M.	(2008). Lymph drainage in patients with joint immobility due to chronic ulcerated lesions. <i>Phlebology</i> , 23(1), 32-34.			X				
Perlman AI, Ali A, Njike VY, Hom D, Davidi A, Gould-Fogerite S, Milak C, & Katz DL.	(2012). Massage therapy for osteoarthritis of the knee: A randomized dose-finding trial. <i>PLoS One</i> , 7(2), e30248. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3275589/		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Perlman AI, Sabina A, Williams AL, Njike VY, & Katz DL.	(2006). Massage therapy for osteoarthritis of the knee: A randomized controlled trial. <i>Arch Intern Med</i> , 166(22), 2533-2538.		X					
Rose G.	(2006). Why do patients with rheumatoid arthritis use complementary therapies? <i>Musculoskeletal Care</i> , 4(2), 101-115.			X				Qualitative study

Orthopaedics

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Atkins DV & Eichler DA.	(2013). The effects of self-massage on osteoarthritis of the knee: A randomized controlled trial. <i>Int J Ther Massage Bodywork</i> , 6(1), 4-14. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3577640/		X					
Dryden T, Baskwill A, & Preyde M.	(2004). Massage therapy for the orthopaedic patient: A review. <i>Orthop Nurs</i> , 23(5), 327-332.							Narrative review
Grieve R, Clark J, Pearson E, Bullock S, Boyer C, & Jarrett A.	(2011). The immediate effect of soleus trigger point pressure release on restricted ankle joint dorsiflexion: A pilot randomised controlled trial. <i>J Bodyw Mov Ther</i> , 15(1), 42-9.		X					
Halpin S.	(2012). Case report: The effects of massage therapy on lumbar spondylolisthesis. <i>J Bodyw Mov Ther</i> , 16(1), 115-123.							Case report
Hammer WI.	(1993). The use of transverse friction massage in the management of chronic bursitis of the hip or shoulder. <i>J Manipulative Physiol Ther</i> , 16(2), 107-111.						X	
Hoogvliet P, Randsdorp MS, Dingemanse R, Koes BW, & Huisstede BM.	(2013). Does effectiveness of exercise therapy and mobilization techniques offer guidance for the treatment of lateral and medial epicondylitis? A systemic review [Electronic version]. <i>Br J Sports Med</i> .	X						

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Joseph MF, Taft K, Moskwa M, & Denegar CR.	(2012). Deep friction massage to treat tendinopathy: A systematic review of a classic treatment in the face of a new paradigm of understanding. <i>J Sport Rehabil</i> , 21(4), 343-353.	X						
Madenci E, Altindag O, Koca I, Yilmaz M, & Gur A.	(2012). Reliability and efficacy of the new massage technique on the treatment in the patients with carpal tunnel syndrome. <i>Rheumatol Int</i> , 32(10), 3171-3179. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3456919/		X					
Moraska A, Chandler C, Edmiston-Schaetzel A, Franklin G, Calenda EL, & Enebo B.	(2008). Comparison of a targeted and general massage protocol on strength, function, and symptoms associated with carpal tunnel syndrome: A randomized pilot study. <i>J Altern Complement Med</i> , 14(3), 259-267.					X		
Okoro CA, Zhao G, Li C, & Balluz LS.	(2011). Use of complementary and alternative medicine among USA adults with functional limitations: For treatment or general use. <i>Complement Ther Med</i> , 19(4), 208-215.					X		
Truyols-Domi Niguez S, Salom-Moreno J, Abian-Vicent J, Cleland JA, & Fernandez-de-Las-Penas C.	(2013). Efficacy of thrust and non-thrust manipulation and exercise with or without the addition of myofascial therapy for the management of acute post-inversion ankle sprain: A randomized clinical trial [Electronic version]. <i>J Orthop Sports Phys Ther</i> .							A randomized clinical trial

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Vindigni D, Polus B, van Rotterdam J, da Costa C, Edgecombe G, Walsh M, Howard M, Bromwell T, Biasbas A, Cohen M, & Patterson C.	(2011). The sustainable training, treatment, employment program model: Effects of manual therapy on musculoskeletal pain and limitation in a Filipino squatter community. <i>J Manipulative Physiol Ther</i> , 34(6), 381-387.			X				
Zhang Q, Sun Z, & Yue J.	(2013). Massage therapy for preventing pressure ulcers (protocol). Cochrane Database of Systematic Reviews 2013, Issue 5. Art. No.: CD010518. DOI: 10.1002/14651858.CD010518. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD010518/full	X						

Spinal Cord injury

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Diego MA, Field T, Hernandez-Reif M, & Hart S.	(2002). Spinal cord patients benefit from massage therapy. <i>Intern J Neurosciene</i> , 112, 133-142.							
Lovas, J, Craig, A, Tran, Y, & Middleton, J.	(2008). The effects of relaxation on secondary conditions in spinal cord injury. In Craig A. & Tran Y. (Ed.), <i>Psychological aspects associated with spinal cord injury rehabilitation: New directions and best evidence</i> . New York: Nova Science Publishers, Inc.							Edited chapter in text book
Lovas, J, Tran, Y, & Middleton, J.	The role of massage therapy in managing secondary conditions associated with spinal cord injury: An integrative model; <i>Topics in Spinal Cord Injury Rehabilitation</i> , 14(1), 61-75.						X	
Lovas, J.	(2009). The effects of massage therapy on people with spinal cord injury: Psychological and immunological outcomes; Unpublished doctoral thesis, University of Sydney.							Doctoral thesis
Tran, Y, Lovas, J, & Middleton, J.	Spinal cord injury and its association with negative psychological states; <i>International Journal of Psychosocial Rehabilitation</i> , (12), 115-121.						X	

Hypertension

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Aourell M, Skoog M, & Carleson J.	(2005). Effects of Swedish massage on blood pressure. <i>Complement Ther Clin Pract</i> , 11(4), 242-246.						X	
Cambron JA, Dexheimer J, & Coe P.	(2006). Changes in blood pressure after various forms of therapeutic massage: A preliminary study. <i>J Altern Complement Med</i> , 12(1), 65-70.						X	
Delaney JP, Leong KS, Watkins A, & Brodie D.	(2002). The short-term effects of myofascial trigger point massage therapy on cardiac autonomic tone in healthy subjects. <i>J Adv Nurs</i> , 37(4), 364-371.			X				
Hernandez-Reif M, Field T, Krasnegor J, Hossain Z, Theakston H, & Burman I.	(2000). High blood pressure and associated symptoms were reduced by massage therapy. <i>J Bodyw Mov Ther</i> , 4(1) 31-38.		X					
Holey LA, Dixon J, & Selfe J.	(2011). An exploratory thermographic investigation of the effects of connective tissue massage on autonomic function. <i>J Manipulative Physiol Ther</i> , 34(7), 457-462.						X	
Ju MS, Lee S, Bae I, Hur MH, Seong K, & Lee MS.	(2013). Effects of aroma massage on home blood pressure, ambulatory blood pressure, and sleep quality in middle-aged women with hypertension [Electronic version]. <i>Evid Based Complement Alternat Med</i> . http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3570933/			X				

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Kaye AD, Kaye AJ, Swinford J, Baluch A, Bawcom BA, Lambert TJ, & Hoover JM.	(2008). The effect of deep-tissue massage therapy on blood pressure and heart rate. <i>J Altern Complement Med</i> , 14(2), 125-128.						X	
Moeini M, Givi M, Ghasempour Z, & Sadeghi M.	(2011). The effect of massage therapy on blood pressure of women with pre-hypertension. <i>Iran J Nurs Midwifery Res</i> , 16(1), 61-70. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3203301/			X				
Olney CM.	(2005). The effect of therapeutic back massage in hypertensive persons: A preliminary study. <i>Biol Res Nurs</i> , 7(2), 98-105.						X	
Takamoto K, Sakai S, Hori E, Urakawa S, Umeno K, Ono T, & Nishijo H.	(2009). Compression on trigger points in the leg muscle increases parasympathetic nervous activity based on heart rate variability. <i>J Physiol Sci</i> , 59(3), 191-197.						X	
Taspinar F, Aslan U, Savir N, & Cavlak U.	(2013). Implementation of matrix rhythm therapy and conventional massage in young females and comparison of their acute effects on circulation [Electronic version]. <i>J Altern Complement Med</i> .					X		

Diabetes

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Castro-Sanchez AM, Moreno-Lornzo C, Mataran-Penarrocha GA, Feriche-Fernandez-Castays B, Granados-Gamez G, & Rubio JM.	(2011). Connective tissue reflex massage for type 2 diabetic patients with peripheral arterial disease: Randomized controlled trial [Electronic version]. <i>Evidence Based Compliment Alternat Med</i> , 1-12. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3145465/		X					
Castro-Sanchez AM, Moreno-Lornzo C, Mataran-Penarrocha GA, Feriche-Fernandez-Castays B, Sanchez Labraca N, & Sanchez Joya Mdel M.	(2010). Efficacy of massage and exercise programme on the ankle-brachial index and blood pressure in patients with diabetes mellitus type 2 and peripheral arterial disease: A randomized clinical trial. <i>Med Clin (Barc)</i> , 134(3), 107-110.		X					
Ezzo J, Donner T, Nickols D, & Cox M.	(2001). Is massage useful in the management of diabetes: A systematic review. <i>Diabetes Spectrum</i> , 14(4), 218-225. http://spectrum.diabetesjournals.org/content/14/4/218.full.pdf+html	X						
Mars M, Desai Y, & Gregory MA.	(2008). Compressed air massage hastens healing of the diabetic foot. <i>Diabetic Technol Ther</i> , 10(1), 39-45.		X					
Sajedi F, Kashaninia Z, Hoseinzadeh S, & Abedinipoor A.	(2011). How effective is Swedish massage on blood glucose level in children with diabetes mellitus? <i>Acta Med Iran</i> , 49(9), 592-597.		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Wandell PE, Carlsson AC, Gafvels C, Andersson K, & Tornkvist L.	(2012). Measuring possible effect on health-related quality of life by tactile massage or relaxation in patients with type 2 diabetes. <i>Complement Ther Med</i> , 20(1-2), 8-15.				X			
Zhao MY & Chang H.	(2006). Effect of medicated bath plus acupoint massage on limbs in treating 42 patients with diabetic peripheral neuropathy. <i>Zhongguo Zhong Xi Yi Jie He Za Zhi</i> , 26(11), 1026-1028.		X					

Immune function

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Donoyama N & Ohkoshi N.	(2011). Effects of traditional Japanese massage therapy on gene expression: Preliminary study. <i>Jrnl Alt & Comp Med</i> , 17(6), 553-555.							Pilot experimental study
Fernández-Pérez AM, Peralta-Ramírez MI, Pilat A, Moreno-Lorenzo C, Villaverde-Gutiérrez C, & Arroyo-Morales M.	(2012). Can myofascial techniques modify immunological parameters? <i>J Altern Complement Med</i> , 19(1), 24-28.		X					
Kim JO & Kim IS.	(2012). Effects of aroma self-foot reflexology massage on stress and immune responses and fatigue in middle-aged women in rural areas. <i>J Korean Acad Nurs</i> , 42(5), 709-718.		X					
Lovas K, f1, Craig A, Segala Y, Raison R, Weston KM, & Markus M.	(2002). The effects of massage therapy on the human immune response in healthy adults. <i>J Bodyw Mov Ther</i> , 6(3), 143-150.						X	
Morhenn V, Beavin LE, & Zak PJ.	(2012). Massage increases oxytocin and reduces adrenocorticotropin hormone in humans. <i>Altern Ther Health Med</i> , 18(6), 11-18.		X					
Noto Y, Kudo M, & Hirota K.	(2010). Back massage therapy promotes psychological relaxation and an increase in salivary chromogranin A release. <i>J Anesth</i> , 24(6), 955-958.						X	

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Rapaport MH, 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 [Electronic version]. <i>J Altern Complement Med</i> .						X	
Rapaport MH, Schettler P, & Bresee C.	(2012). A preliminary study of the effects of repeated massage on hypothalamic-pituitary-adrenal and immune function in healthy individuals: A study of mechanisms of action and dosage. <i>J Altern Complement Med</i> , 18(8), 789-797. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3107905/				X			

Mood and sleep

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Canadian Agency for Drugs & Technologies in Health-Rapid Review.	(2013). Non-pharmacological therapies for the treatment of insomnia in adults: Clinical evidence guidelines. <i>Psychiatri Serv</i> , 63(2), 154-160.							Clinical guidelines
Chen WL, Liu GJ, Yeh SH, Chiang MC, Fu MY, & Hsieh YK.	(2013). Effect of back massage intervention on anxiety, comfort, and physiologic responses in patients with congestive heart failure. <i>J Altern Complement Med</i> , 19(5), 464-470.						X	
Collinge W, Wentworth R, & Sabo S.	(2005). Integrating complementary therapies into community mental health practice: An exploration. <i>J Altern Complementary Med</i> , 11(3), 569-574.							An explorative study.
Field T, Hernandez-Reif M, Diego M, Schanberg S, & Kuhn C.	(2005). Cortisol decreases and serotonin and dopamine increase following massage therapy. <i>Int J Neurosci</i> , 115(10), 1397-1413.							Narrative review
Garner B, Phillips LJ, Schmidt HM, Markulev C, O'Connor J, Wood SJ, Berger GE, Burnett P, & McGorry PD.	(2008). Pilot study evaluating the effect of massage therapy on stress, anxiety and aggression in a young adult psychiatric inpatient unit. <i>Aust N Z J Psychiatry</i> , 42(5), 414-422.				X			
Hill R & Baskwill A.	(2013). Positive effects of massage therapy on a patient with narcolepsy. <i>Int J Ther Massage Bodywork</i> , 6(2), 24-28. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3666598/					X		

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Kemper KJ & Shannon S.	(2007). Complementary and alternative therapies to promote healthy moods. <i>Pediatr Clin North Am</i> , 54(6), 901. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2329575/							
Ko YL & Lee HJ.	(2013). Randomised controlled trial of the effectiveness of using back massage to improve sleep quality among Taiwanese insomnia postpartum women [Electronic version]. <i>Midwifery</i> .		X					
Labrique Walusis F, Keister KJ, & Russell AC.	(2010). Massage therapy for stress management: Implications for nursing practice. <i>Orthop Nurs</i> , 29(4), 254-257.	X						
Lavretsky H.	(2009). Complementary and alternative medicine use for treatment and prevention of late-life mood and cognitive disorders. <i>Aging Health</i> , 5(1), 61-78. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2772166/							
Morhenn V, Beavin LE, & Zak PJ.	(2012). Massage increases oxytocin and reduces adrenocorticotropin hormone in humans. <i>Altern Ther Health Med</i> , 18(6), 11-18.		X					
Moyer CA, Rounds J, & Hannum JW.	(2004). A meta-analysis of massage therapy research. <i>Psychol Bull</i> , 130(1), 3-18.	X						
Moyer CA, Seefeldt L, Mann ES, & Jackley LM.	(2011). Does massage therapy reduce cortisol? A comprehensive quantitative review. <i>J Bodyw Mov Ther</i> , 15(1), 3-14.	X						

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Müller-Oerlinghausen B, Berg C, & Droll W.	(2007). The efficacy of slow stroke massage in depression. <i>Psychiatr Prax</i> , 34 Suppl 3, S305-8.				X			
Müller-Oerlinghausen B, Berg C, Scherer P, Mackert A, Moestl HP, & Wolf J.	(2004). Effects of slow-stroke massage as complementary treatment of depressed hospitalized patients. <i>Dtsch Med Wochenschr</i> , 129(24), 1363-1368.		X					
Nerbass FB, Feltrim MIZ, de Souza SA, Ykeda DS, & Lorenzi-Filho G.	(2010). Effects of massage therapy on sleep quality after coronary artery bypass graft surgery. <i>Clinics (Sao Paulo)</i> , 65(11) 1105-1110. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2999703/		X					
Oliviera O, Hachul H, Tufik S, & Bittencourt L.	(2010). Effect of massage in postmenopausal women with insomnia-A pilot study. <i>Clinics (Sao Paulo)</i> , 66(2), 343-346. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3059875/							Pilot study via post massage questionnaire
Poland RE, Gertsik L, Favreau JT, Smith SI, Mirocha JM, Rao U, & Daar ES.	(2013). Open-label, randomized, parallel-group controlled clinical trial of massage for treatment of depression in HIV-infected subjects. <i>J Altern Complement Med</i> , 19(4), 334-340.		X					
Richards K, Nagel C, Markie M, Elwell J, & Barone C.	(2003). Use of complementary and alternative therapies to promote sleep in critically ill patients. <i>Crit Care Nurs Clin North Am</i> , 15(3), 329-340.	X						

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Takayama S, Kamiya T, Watanabe M, Hirano A, Matsuda A, Monma Y, Numata T, Kusuyama H, & Yaegashi N.	(2012). Report on disaster medical operations with acupuncture/massage therapy after the great East Japan earthquake. <i>Integr Med Insights</i> , 7,1-5. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3342075/							Narrative report
Walchli C, Saltzwedel G, Kruerke D, Kaufmann C, Schnorr B, Rist L, Eberhard J, Decker M, & Simoes-Wust AP.	(2013). Physiologic effects of rhythmical massage: A prospective exploratory cohort [Electronic version]. <i>J Altern Complement Med</i> .			X				Prospective cohort study

Operative/post-operative

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Anderson PG & Cutshall SM.	(2007). Massage therapy: A comfort intervention for cardiac surgery patients. <i>Clin Nurse Spec</i> , 21(3), 161-165.							Narrative review
Bauer BA, Cutshall SM, Wentworth LJ, Engen D, Messner PK, Wood CM, Brekke KM, Kelly RF, & Sundt TM.	(2010). Effect of massage therapy on pain, anxiety, and tension after cardiac surgery: A randomized study. <i>Complement Ther Clin Pract</i> , 16(2), 70-75.		X					
Cutshall SM, Wentworth LJ, Engen D, Sundt TM, Kelly RF, & Bauer BA.	(2010). Effect of massage therapy on pain, anxiety, and tension in cardiac surgical patients: A pilot study. <i>Complement Ther Clin Pract</i> , 16(2), 92-95.		X					
Degirmen N, Ozerdogan N, Sayiner D, Kosgeroglu N, & Ayrançi U.	(2010). Effectiveness of foot and hand massage in postcesarean pain control in a group of Turkish pregnant women. <i>Appl Nurs Res</i> , 23(3), 153-158.						X	
Dion L, Rodgers N, Cutshall SM, Cordes ME, Bauer B, Cassivi SD, & Cha S.	(2011). Effect of massage on pain management for thoracic surgery patients. <i>Int J Ther Massage Bodywork</i> , 4(2), 2-6. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3126977/						X	
Gieron C, Wieland B, von der Laage D, & Tolksdorf W.	(1993). Acupressure in the prevention of postoperative nausea and vomiting. <i>Anaesthetist</i> , 42(4), 221-226.					X		
Hulme J, Waterman H, & Hillier VF.	(1999). The effect of foot massage on patients' perception of care following laparoscopic sterilization as day case patients. <i>J Adv Nurs</i> , 30(2), 460-468.		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Keller G.	(2012). The effects of massage therapy after decompression and fusion surgery of the lumbar spine: A case study. <i>Int J Ther Massage Bodywork</i> , 5(4), 3-8. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3528189/							Case study
Kim MS, Cho KS, Woo H, & Kim JH.	(2001). Effects of hand massage on anxiety in cataract surgery using local anesthesia. <i>J Cataract Refract Surg</i> , 27(6), 884-890.				X			
Kshetry VR, Carole LF, Henly SJ, Sendelbach S, & Kummer B.	(2006). Complementary alternative medical therapies for heart surgery patients: Feasibility safety and impact. <i>Ann Thorac Surg</i> , 81(1), 201-205.			X				
Lee A & Fan LT.	(2009). Stimulation of the wrist acupuncture point P6 for preventing postoperative nausea and vomiting. <i>Cochrane Database of Systematic Reviews</i> 2009, Issue 2. Art. No.: CD003281. DOI: 10.1002/14651858.CD003281.pub3. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD003281.pub3/full	X						
McNamara ME, Burnham DC, Smith C, & Carroll DL.	(2003). The effects of back massage before diagnostic cardiac catheterization. <i>Altern Ther Health Med</i> , 9(1), 50-57.						X	

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Mitchinson AR, Kim HM, Rosenberg JM, Geisser M, Kirsh M, Cikrit D, & Hinshaw DB.	(2007). Acute postoperative pain management using massage as an adjuvant therapy: A randomized trial. <i>Arch Surg</i> , 142(12), 1158-1167.		X					
Piotrowski MM, Paterson C, Mitchinson A, Kim HM, Kirsh M, & Hinshaw DB.	(2003). Massage as adjuvant therapy in the management of acute postoperative pain: A preliminary study in men. <i>J Am Coll Surg</i> , 197(6), 1037-1046.		X					
Rosen J, Lawrence R, Bouchard M, Doros G, Gardiner P, & Saper R.	(2013). Massage for perioperative pain and anxiety in placement of vascular access devices. <i>Adv Mind Body Med</i> , 27(1), 12-23.		X					
Taylor AG, Galper DI, Taylor P, Rice LW, Andersen W, Irvin W, Wang XQ, & Harrell FE.	(2003). Effects of adjunctive Swedish massage and vibration therapy on short-term postoperative outcomes: A randomized, controlled trial. <i>J Altern Complement Med</i> , 9(1), 77-89.		X					
Tracy S, Dufault M, Kogut S, Martin V, Rossi S, & Willey Temkin C.	(2006). Translating best practices in nondrug postoperative pain management. <i>Nurs Res</i> , 55(2 Suppl), S57-67.	X						
Wang AT, Sundt TM 3rd, Cutshall SM, & Bauer BA.	(2010). Massage therapy after cardiac surgery. <i>Semin Thorac Cardiovasc Surg</i> , 22(3), 225-229.							Narrative review
Wang HL & Keck JF.	(2004). Foot and hand massage as an intervention for postoperative pain. <i>Pain Manag Nurs</i> , 5(2), 59-65.						X	

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Wentworth LJ, Briese LJ, Timimi FK, Sanvick CL, Bartel DC, Cutshall SM, Tilbury RT, Lennon R, & Bauer BA.	(2009). Massage therapy reduces tension, anxiety, and pain in patients awaiting invasive cardiovascular procedures. <i>Prog Cardiovasc Nurs</i> , 24(4), 155-156.		X					

HIV/AIDS

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AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Birk TJ, McGrady A, MacArhtur RD, & Khuder S.	(2007). The effects of massage therapy alone and in combination with other complementary therapies on immune system measures and quality of life in human immunodeficiency virus. <i>Jnl Alt & Comp Med</i> , 6(5), 404-414.		X			X		
Diego MA, Field T, Hernandez-Reif M, Shaw K, Friedman L, & Ironson G.	(2001). HIV adolescents show improved immune function following massage therapy. <i>Int J Neurosci</i> , 106(1-2), 35-45.			X				
Hillier SL, Louw Q, Morris L, Uwimana J, & Statham S.	(2010). Massage therapy for people with HIV/AIDS. Cochrane Database of Systematic Reviews 2010, Issue 1. Art. No.: CD007502. DOI: 10.1002/14651858.CD007502.pub2. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD007502.pub2/full	X						
Ironson G, Field T, Scafidi F, Hashimoto M, Kumar M, Kumar A, Price A, Goncalves A, Burman I, Tetenman C, Patarca R, & Fletcher MA.	(1996). Massage therapy is associated with enhancement of the immune system's cytotoxic capacity. <i>Int J Neurosci</i> , 84(1-4), 205-217.			X				
Poland RE, Gertisik L, Favreau JT, Smith SI, Mirocha JM, Rao U, & Daar ES.	(2012). Open-label, randomized, parallel-group controlled clinical trial of massage for treatment of depression in HIV-infected subjects. <i>J Altern Complement Med</i> .		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Shor-Posner G, Hernandez-Reif M, Miguez MJ, Fletcher M, Quintero N, Baez J, Perez-Then E, Soto S, Mendoza R, Castillo R, & Zhang G.	(2006). Impact of a massage therapy clinical trial on immune status in young Dominican children infected with HIV-1. <i>Jrnl Alt & Comp Med</i> , 12(6), 511-516.			X				Clinical trial

Constipation

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Ernst E.	(1999). Abdominal massage therapy for chronic constipation: A systematic review of controlled clinical trials. <i>Forsch Komplementarmed</i> , 6(3), 149-151.	X						
Lamas K, Graneheim UH, & Jacobsson C.	(2012). Experiences of abdominal massage for constipation. <i>J Clin Nurs</i> , 21(5-6), 757-765.							Qualitative study
Lamas K, Lindholm L, Engstrom B, & Jacobsson C.	(2010). Abdominal massage for people with constipation: A cost utility analysis. <i>J Adv Nurs</i> , 66(8), 1719-1729.		X					
Lämås K, Lindholm L, Stenlund H, Engström B, & Jacobsson C.	(2009). Effects of abdominal massage in management of constipation--A randomized controlled trial. <i>Int J Nurs Stud</i> , 46(6), 759-767.		X					
Maheronnaghsh R, Yousefian A, & Rahimi-Movaghar V.	(2012). Updated evidence-based bowel management among spinal cord injury patients. <i>Congress of Iranian Neurosurgeons</i> , 4(Suppl 1).	X						
Sinclair M.	(2011). The use of abdominal massage to treat chronic constipation. <i>J Bodyw Mov Ther</i> , 15(4), 436-445.							Narrative review

Scars

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Field T, Peck M, Krugman S, Tuchel T, Schanberg S, Kuhn C, & Burman I.	(1998). Burn injuries benefit from massage therapy. <i>J Burn Care Rehabil</i> , 19(3), 241-244.		X					
Field T, Peck M, Scd, Hernandez-Reif M, Krugman S, Burman I, & Ozment-Schenck.	(2000). Postburn itching, pain, and psychological symptoms are reduced with massage therapy. <i>J Burn Care Rehabil</i> , 21(3), 189-193.		X					
Morien A, Garrison D, & Smith NK.	(2008). Range of motion improves after massage in children with burns: A pilot study. <i>J Bodyw Mov Ther</i> , 12(1), 67-71.						X	
Parlak Gürol A, Polat S, & Akçay MN.	(2010). Itching, pain, and anxiety levels are reduced with massage therapy in burned adolescents. <i>J Burn Care Res</i> , 31(3), 429-432.						X	
Roh YS, Cho H, Oh JO, & Yoon CJ.	(2007). Effects of skin rehabilitation massage therapy on pruritus, skin status, and depression in burn survivors. <i>Taehan Kanho Hakhoe Chi</i> , 37(2), 221-226.						X	
Schachner L, Field T, Hernandez-Reif M, Duarte AM, & Krasnegor J.	(1998). Atopic dermatitis symptoms decreased in children following massage therapy. <i>Pediatr Dermatol</i> , 15(5), 390-395.						X	
Tsiskarishvili NV, Eradze MSh, & Tsiskarishvili Tsl.	(2010). Psychophysical and physical methods in treatment of dermatoses accompanied by skin dryness and itching. <i>Georgian Med News</i> , (181), 28-32.							Clinical trial

Pregnancy/labour/post-natal

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Abbaspoor Z, Akbari M, & Najar S.	(2013). Effect of foot and hand massage in post-cesarean section pain control: A randomized control trial [Electronic version]. <i>Pain Manag Nurs</i> .		X					
Agren A & Berg M.	(2006). Tactile massage and severe nausea and vomiting during pregnancy - Women's experiences. <i>Scand J Caring Sci</i> , 20(2), 169-176.						X	
Ahn S, Kim J, & Cho J.	(2011). Effects of breast massage on breast pain, breast-milk sodium, and newborn suckling in early postpartum mothers. <i>J Korean Acad Nurs</i> , 41(4), 451-459.		X					
Anderson G & Maes M.	(2013). Postpartum depression: Psychoneuroimmunological underpinnings and treatment. <i>Neuropsychiatr Dis Treat</i> , 9, 277-287. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3582478/		X					
Bastard J & Tiran D.	(2006). Aromatherapy and massage for antenatal anxiety: Its effect on the fetus. <i>Complement Ther Clin Pract</i> , 2006, 21(1), 48-54.							

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Beckmann MM & Stock OM.	(2013). Antenatal perineal massage for reducing perineal trauma. Cochrane Database of Systematic Reviews 2013, Issue 4. Art. No.: CD005123. DOI: 10.1002/14651858.CD005123.pub3. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD005123.pub3/full	X						
Chang MY, Chen CH, & Huang KF.	(2006). A comparison of massage effects on labor pain using the McGill Pain Questionnaire. <i>J Nurs Res</i> 14(3), 190-197.		X					
Chang MY, Wang SY, & Chen CH.	(2002). Effects of massage on pain and anxiety during labour: A randomized controlled trial in Taiwan. <i>J Adv Nurs</i> , 38(1), 68-73.		X					
Cheng CD, Volk AA, & Marini ZA.	(2011). Supporting fathering through infant massage. <i>J Perinat Educ</i> , 20(4), 200-209. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3210630/				X			
Field T, Deeds O, Diego M, Hernandez-Reif M, Gauler A, Sullivan S, Wilson D, & Nearing G.	(2009). Benefits of combining massage therapy with group interpersonal psychotherapy in prenatally depressed women. <i>J Bodyw Mov Ther</i> , 13(4), 297-303. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2785018/		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Field T, Diego M, & Hernandez-Reif M.	(2010). Prenatal depression effects and interventions: A review. <i>Infant Behav Dev</i> , 33(4), 409-418. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2933409/	X						
Field T, Diego M, Hernandez-Reif M, Deeds O, & Figueiredo B.	(2009). Pregnancy massage reduces prematurity, low birthweight and postpartum depression. <i>Infant Behav Dev</i> , 32(4), 454-460.		X					
Field T, Diego M, Hernandez-Reif M, Medina L, Delgado J, & Hernandez A.	(2012). Yoga and massage therapy reduce prenatal depression and prematurity. <i>J Bodyw Mov Ther</i> , 16(2), 204-209. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3319349/				X			
Field T, Diego MA, Hernandez-Reif M, Schanberg S, & Kuhn C.	(2004). Massage therapy effects on depressed pregnant women. <i>J Psychosom Obstet Gynaecol</i> , 25(2), 115-122.		X					
Field T, Figueiredo B, Hernandez-Reif M, Diego M, Deeds O, & Ascencio A.	(2008). Massage therapy reduces pain in pregnant women, alleviates prenatal depression in both parents and improves their relationships. <i>J Bodyw Mov Ther</i> , 12(2), 146-150.		X					
Field T, Hernandez-Reif M, Hart S, Theakston H, Schanberg S, & Kuhn C.	(1999). Pregnant women benefit from massage therapy. <i>J Psychosom Obstet Gynaecol</i> , 20(1), 31-8.		X					
Field T, Hernandez-Reif M, Taylor S, Quintino O, & Burman I.	(1997). Labor pain is reduced by massage therapy. <i>J Psychosom Obstet Gynaecol</i> , 18(4), 286-291.		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Field T.	(2010). Pregnancy and labour massage. <i>Expert Rev Obstet Gynecol</i> , 5(2), 177-181. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2870995/							
Hajiamini Z, Masoud SN, Ebadi A, Mahboubh A, & Matin AA.	(2012). Comparing the effects of ice massage and acupressure on labor pain reduction. <i>Complement Ther Clin Pract</i> , 18(3), 169-172.				X			
Hall HG, Griffiths DL, & McKenna LG.	(2011). The use of complementary and alternative medicine by pregnant women: A literature review. <i>Midwifery</i> , 27(6), 817-824.	X						
Janssen P, Shroff F, & Jaspar P.	(2012). Massage therapy and labor outcomes: A randomized controlled trial. <i>Int J Ther Massage Bodywork</i> , 5(4), 15-20. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3528187/		X					
Jones L, Othman M, Dowswell T, Alfrevic Z, Gates S, Newburn M, Jordan S, Lavender T, & Neilson JP.	(2012). Pain management for women in labour: An overview of systematic reviews. <i>Cochrane Database of Systematic Reviews</i> 2012, Issue 3. Art. No.: CD009234. DOI: 10.1002/14651858.CD009234.pub2. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD009234.pub2/full	X						
Kimber L, McNabb M, Mc Court C, Haines A, & Brocklehurst P.	(2008). Massage or music for pain relief in labour: a pilot randomised placebo controlled trial, <i>Eur J Pain</i> . 2008 Nov;12(8): 961-969.		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
O'Higgins M, St James Roberts I, & Glover V.	(2008). Postnatal depression and mother and infant outcomes after infant massage. <i>J Affect Disord</i> , 109(1-2), 189-192.		X					
Onozawa K, Glover V, Adams D, Modi N, & Kumar RC.	(2001). Infant massage improves mother-Infant interaction for mothers with postnatal depression. <i>J Affect Disord</i> , 63(1-3), 201-207.		X					
Simkin PP & O'hara M.	(2002). Nonpharmacologic relief of pain during labor: Systematic reviews of five methods. <i>Am J Obstet Gynecol</i> , 186(5 Suppl Nature), S131-159.	X						
Smith CA, Levett KM, Collins CT, & Jones L.	(2012). Massage, reflexology and other manual methods for pain management in labour. Cochrane Database of Systematic Reviews 2012, Issue 2. Art. No.: CD009290. DOI: 10.1002/14651858.CD009290.pub2. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD009290.pub2/full	X						
Vargens OM, Silva AC, & Progianti JM.	(2013). Non-invasive nursing technologies for pain relief during childbirth - The Brazilian nurse midwives' view [Electronic version]. <i>Midwifery</i> .	X						

Infant/paediatic

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Ang JY, Lua JL, Mathur A, Thomas R, Asmar BI, Savasan S, Buck S, Long M, & Shankaran S.	(2012). A randomized placebo-controlled trial of massage therapy on the immune system of preterm infants. <i>Pediatrics</i> , 130(6), e1549-1558.		X					
Beachy JM.	(2003). Premature infant massage in the NICU. <i>Neonatal Netw</i> , 22(3), 39-45.	X						
Beider S & Moyer CA.	(2007). Randomized controlled trials of pediatric massage: A review. <i>Evid Based Complement Alternat Med</i> , 4(1), 23-34. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1810360/	X						
Beider S, Mahrer NE, & Gold JI.	(2007). Pediatric massage therapy: An overview for clinicians. <i>Pediatr Clin North Am</i> , 54(6), 1025-1041.							Narrative review
Cullen-Powell LA, Barlow J, & Cushway D.	(2005). Exploring a massage intervention for parents and their children with autism: The implications for bonding and attachment. <i>J Child Health Care</i> 9(4), 245-255.						X	
Diego MA, Field T, & Hernandez-Reif M.	(2009). Procedural pain heart rate responses in massaged preterm infants. <i>Infant Behav Dev</i> , 32(2), 226-229. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2694508/				X			
Diego MA, Field T, Hernandez-Reif M, Deeds O, Ascencio A, & Begert G.	(2007). Preterm infant massage elicits consistent increases in vagal activity and gastric motility that are associated with greater weight gain. <i>Acta Paediatric</i> , 96(11), 1588-1591.		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Diego MA, Field T, Hernandez-Reif M, Shaw JA, Rothe EM, Castellanos D, & Mesner L.	(2002). Aggressive adolescents benefit from massage therapy. <i>Adolescence</i> , 37(147), 597-607.		X					
Escalona A, Field T, Singer-Strunck R, Cullen C, & Hartshorn K.	(2001). Brief report: Improvements in the behavior of children with autism following massage therapy. <i>J Autism Dev Disord</i> , 31(5), 513-516.		X					
Fattah MA & Hamdy B.	(2011). Pulmonary functions of children with asthma improve following massage therapy. <i>Journal of Alter & Comp Med</i> , 17(11), 1065-1068.		X					
Ferber SG, Kuint J, Weller A, Feldman R, Dollberg S, Arbel E, & Kohelet D.	(2002). Massage therapy by mothers and trained professionals enhances weight gain in preterm infants. <i>Early Hum Dev</i> , 67(1-2), 37-45.		X					
Field T, Diego D, Hernandez-Reif M, Figueiredo B, Deeds O, Ascencio A, Schanberg S, & Kuhn C.	(2008). Prenatal serotonin and neonatal outcome: Brief report. <i>Infant Behav Dev</i> , 31(2), 316-320. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2315794/							Narrative report suggesting cost effectiveness of massage therapy.
Field T, Diego M, & Hernandez-Reif M.	(2010). Preterm infant massage therapy research: A review. <i>Infant Behav Dev</i> , 33(2), 115-124. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2844909/							Narrative review
Field T, Morrow C, Valdeon C, Larson S, Kuhn C, & Schanberg S.	(1992). Massage reduces anxiety in child and adolescent psychiatric patients. <i>J Am Acad Child Adolesc Psychiatry</i> , 31(1), 125-131.		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Field TM, Quintino O, Hernandez-Reif M, & Koslovsky G.	(1998). Adolescents with attention deficit hyperactivity disorder benefit from massage therapy. <i>Adolescence</i> , 33(129), 103-108.				X			
Glew MG, Fan M, Hagland S, Bjornson K, Beider S, & McLaughlin JF.	(2010). Survey of the use of massage for children with cerebral palsy. <i>Int J Ther Massage Bodywork</i> , 3(4), 10-15. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3088521/							Survey
Gomes Silva CA, & Almeida Motta ME.	(2013). The use of abdominal muscle training, breathing exercises and abdominal massage to treat pediatric chronic functional constipation. <i>Colorectal Dis</i> , 15(5).			X				
Guzzetta A, Baldini S, Bancalè A, Baroncelli L, Ciucci F, Ghirri P, Putignano E, Sale A, Viegi A, Berardi N, Boldrini A, Cioni G, & Maffei L.	(2009). Massage accelerates brain development and the maturation of visual function. <i>J Neurosci</i> , 29(18), 6042-6051. http://www.jneurosci.org/content/29/18/6042.full.pdf+html				X			
Guzzetta A, D'Acunto MG, Carotenuto M, Berardi N, Bancalè A, Biagioni E, Boldrini A, Ghirri P, Maffei L, & Cioni G.	(2011). The effects of preterm infant massage on brain electrical activity. <i>Dev Med Child Neurol</i> , 53(Suppl 4), 46-51.		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Haley S, O'Grady S, Gulliver K, Bowman B, Baldassarre R, Miller S, Lane RH, & Moyer-Mileur LJ.	(2011). Mechanical-tactile stimulation (MTS) intervention in a neonatal stress model improves long-term outcomes on bone. <i>J Musculoskelet Neuronal Interact</i> , 11(3), 234-242. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3228307/		X					
Hanson, K.	Nurses' perspectives on neonatal massage therapy in the neonatal intensive care unit. Unpublished senior thesis, Liberty University, Virginia, USA. Retrieved May 6 2013 from http://digitalcommons.liberty.edu/cgi/viewcontent.cgi?article=1386&context=honors							Senior thesis
Haun JN, Graham-Pole J, & Shortley B.	(2009). Children with cancer and blood diseases experience positive physical and psychological effects from massage therapy. <i>Int J Ther Massage Bodywork</i> , 2(2),7-14. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3091462/		X					
Ireland M & Olson M.	(2000). Massage therapy and therapeutic touch in children: State of the science. <i>Altern Ther Health Med</i> , 6(5), 54-63.	X						
Kulkarni A, Kaushik JS, Gupta P, Sharma H, & Agrawal RK.	(2010). Massage and touch therapy in neonates: The current evidence. <i>Indian Pediatr</i> , 47(9), 771-776.							Narrative review

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Kumar J, Upadhyay A, Dwivedi AK, Gothwal S, Jaiswal V, & Aggarwal S.	(2012). Effects of oil massage on growth in preterm neonates less than 1800 g: A randomized control trial. <i>Indian J Pediatr</i> , 80(6), 465-469.		X					
Massaro AN, Hammad TA, Jazzo B, & Aly H.	(2009). Massage with kinesthetic stimulation improves weight gain in preterm infants. <i>J Perinatol</i> , 29(5), 352-357.		X					
Maulik PK & Darmstadt GL.	(2009). Community based interventions to optimize early childhood development in low resource settings. <i>J Perinatol</i> , 29(8), 531-542.	X						
Osborn, DA, Jeffery HE, & Cole MJ.	Sedatives for opiate withdrawal in newborn infants. Cochrane Database of Systematic Reviews 2010, Issue 10. Art. No.: CD002053. DOI: 10.1002/14651858.CD002053.pub3. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD002053.pub3/full	X						
Pediatric Eye Disease Investigator Group.	(2012). Resolution of congenital nasolacrimal duct obstruction with nonsurgical management. <i>Arch Ophthalmol</i> , 130(6), 730-734. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3409462/		X					
Pepino VC, Ribeiro JD, Ribeiro MA, de Noronha M, Mezzacappa MA, & Schivinski CI.	(2013). Manual therapy for childhood respiratory disease: A systematic review. <i>J Manipulative Physiol Ther</i> , 36(1), 57-65.	X						

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Post-White J, Fitzgerald M, Savik K, Hooke MC, Hannahan AB, & Sencer SF.	(2009). Massage therapy for children with cancer. <i>J Pediatr Oncol Nurs</i> , 26(1), 16-28.						X	
Procianoy RS, Mendes EW, & Silveira RC.	(2010). Massage therapy improves neurodevelopment outcome at two years corrected age for very low birth weight infants. <i>Early Hum Dev</i> , 86(1), 7-11.		X					
Sajedi F, Kashaninia Z, Hoseinzadeh S, & Abedinipoor A.	(2011). How effective is Swedish massage on blood glucose levels in children with diabetes mellitus? <i>Acta Medica Iranica</i> , 49(9), 592-597.			X				
Schultz M, Loughran-Fowlds A, & Spence K.	(2010). Neonatal pain: A comparison of the beliefs and practices of junior doctors and current best evidence. <i>J Paediatr Child Health</i> , 46(1-2), 23-28.				X			
Silva LM, Schalock M, Garberg J, & Smith CL.	(2012). Quigong massage for motor skills in young children with cerebral palsy and Down syndrome. <i>Am J Occup Ther</i> , 66(3), 348-355.		X					
Smith SL, Lux R, Haley S, Slater H, Beechy J, & Moyer-Mileur LJ.	(2013). The effect of massage on heart rate variability in preterm infants. <i>J Perinatol</i> , 33(1), 59-64. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3531576/		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Suresh S, Wang S, Porfyrus S, Kamasinski-Sol R, & Steinhorn DM.	(2008). Massage therapy in outpatient pediatric chronic pain patients: Do they facilitate significant reductions in levels of distress, pain, tension, discomfort, and mood alterations? <i>Paediatr Anaesth</i> , 18(9), 884-887.						X	
Ukhanova TA & Gorbunov FE.	(2012). Effects of reflexology in the combination with neuroprotective treatment in hemiparetic form of children with cerebral palsy. <i>Zh Nevrol Psikhiatr Im S S Korsakova</i> , 112(7), 28-31.		X					
Underdown A, Barlow J, Chung V, & Stewart-Brown S.	(2006). Massage intervention for promoting mental and physical health in infants aged under six months. Cochrane Database of Systematic Reviews 2013, Issue 4. Art. No.: CD005038. DOI: 10.1002/14651858.CD005038.pub3. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD005038.pub3/full	X						
Vickers A, Ohlsson A, Lacy JB, & Horsley A.	(2004). Massage for promoting growth and development of preterm and/or low birth-weight infants. Cochrane Database of Systematic Reviews 2004, Issue 2. Art. No.: CD000390. DOI: 10.1002/14651858.CD000390.pub2. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD000390.pub2/full	X						

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
von Knorring AL, Söderberg A, Austin L, & Uvnäs-Moberg K.	(2008). Massage decreases aggression in preschool children: A long-term study. <i>Acta Paediatr</i> , 97(9), 1265-1269.				X			
Wang L, He JL, & Zhang XH.	(2013). The efficacy of massage on preterm infants: A meta-analysis [Electronic version]. <i>Am J Perinatol</i> .	X						
Young L & Kemper KJ.	(2013). Integrative care for pediatric patients with pain [Electronic version]. <i>J Altern Complement Med</i> .			X				

Older adults

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Abdulla A, Adams N, Bone M, Elliott AM, Gaffin J, Jones D, Knaggs R, Martin D, Sampson L, & Scofield P.	(2013). Guidance on the management of pain in older people. <i>Age Ageing</i> , 42(Suppl 1), 1-57.	X						
Collinge W, Kahn J, & Soltysik R.	(2012). Promoting reintegration of National Guard veterans and their partners using a self-directed program of integrative therapies: A pilot study. <i>Mil Med</i> , 177(12), 1477-1485. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3645256/							Pilot Study
Fraser J, & Kerr JR.	(1993). Psychophysiological effects of back massage on elderly institutionalized patients. <i>J Adv Nurs</i> , 18(2), 238-245.						X	
Groër M, Mazingo J, Droppelman P, Davis M, Jolly ML, Boynton M, Davis K, & Kay S.	(1994). Measures of salivary secretory immunoglobulin A and state anxiety after a nursing back rub. <i>Appl Nurs Res</i> , 7(1), 2-6.						X	
Hansen NV, Jorgensen T, & Ortenblad L.	(2008). Massage and touch for dementia. Cochrane Database of Systematic Reviews 2006, Issue 4. Art. No.: CD004989. DOI: 10.1002/14651858.CD004989.pub2. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD004989.pub2/full	X						
Harris M & Richards KC.	(2010). The physiological and psychological effects of slow-stroke back massage and hand massage on relaxation in older people. <i>J Clin Nurs</i> , 19(7-8), 917-926.	X						

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Harris M, Richards KC, & Grando VT.	(2012). The effects of slow-stroke back massage on minutes of night time sleep in persons with dementia and sleep disturbances in the nursing home: A pilot study. <i>J Holist Nurs</i> , 30(4), 255-263.		X					
Holliday-Welsh DM, Gessert CE, & Renier CM.	(2009). Massage in the management of agitation in nursing home residents with cognitive impairment. <i>Geriatr Nurs</i> , 30(2), 108-117.						X	
Kolcaba K, Schirm V, & Steiner R.	(2006). Effects of hand massage on comfort of nursing home residents. <i>Geriatr Nurs</i> , 27(2), 85-91.						X	
Mitchinson A, Fletcher CE, Kim HM, Montagnini M, & Hinshaw DB.	(2013). Integrating massage therapy within the palliative care of veterans with advanced illnesses: An outcome study [Electronic version]. <i>Am J Hosp Palliat Care</i> .						X	
Mok E & Woo CP.	(2004). The effects of slow-stroke back massage on anxiety and shoulder pain in elderly stroke patients. <i>Complement Ther Nurs Midwifery</i> , 10(4), 209-216.		X					
Moyle W, Johnston AN, & O'Dwyer ST.	(2011). Exploring the effect of foot massage on agitated behaviours in older people with dementia: A pilot study. <i>Australas J Ageing</i> , 30(3), 159-161.			X				
Moyle W, Murfield JE, O'Dwyer S, & Van Wyk S.	(2013). The effect of massage on agitated behaviours in older people with dementia: A literature review. <i>J Clin Nurs</i> , 22(5-6), 601-610.	X						

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Munk N, Kruger T, & Zanjani F.	(2011). Massage therapy usage and reported health in older adults experiencing persistent pain. <i>Jrnl of Alt & Comp Med</i> , 17(7), 609-616.							Self report survey
Saetung S, Chailurkit LO, & Ongphiphadhanakul B.	(2013). Thai traditional massage increases biochemical markers of bone formation in postmenopausal women: A randomized crossover trial. <i>BMC Complement Altern Med</i> , 13(1), 69. http://www.biomedcentral.com/content/pdf/1472-6882-13-69.pdf		X					
Sefton, JM, Yasar C, & Berry JW.	(2012). Six weeks of massage therapy produces changes in balance, neurological and cardiovascular measures in older persons. <i>Int J Ther Massage Bodywork</i> , 5(3), 28-40. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3457720/		X					
Sharpe PA, Williams HG, Granner ML, & Hussey JR.	(2007). A randomised study of the effects of massage therapy compared to guided relaxation on well-being and stress perception among older adults. <i>Complement Ther Med</i> , 15(3), 157-163.				X			
Sharpe PA, Williams HG, Granner ML, & Hussey JR.	(2007). Six weeks of massage therapy produces changes in balance, neurological and cardiovascular measures in older persons. <i>Int J Massage Bodywork</i> , 5(3), 28-40. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3457720/		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Taavoni S, Darsareh F, Joolae S, & Haghani H.	(2013). The effect of aromatherapy massage on the psychological symptoms of postmenopausal Iranian women. <i>Complement Ther Med</i> , 21(3), 158-163.		X					
Turova EA, Konchugova TV, Fadeeva NI, Balaban EI, Golovach AV, & Teniaeva EA.	(2012). The influence of different massage techniques on the characteristics of biological age in the subjects above the age of 30 years. <i>Vop Kurortol Fizioter Lech Fiz Kult</i> , (3), 33-36.							
Vaillant J, Rouland A, Martigné P, Braujou R, Nissen MJ, Caillat-Miousse JL, Vuillerme N, Nougier V, & Juvin R.	(2009). Massage and mobilization of the feet and ankles in elderly adults: Effect on clinical balance performance. <i>Man Ther</i> , 14(6), 661-664.		X					

Athletes/sport/exercise

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Ali Rosooli S, Koushkie Jahromi M, Asadmanesh A, & Salesi M.	(2012). Influence of massage, active and passive recovery on swimming performance and blood lactate. <i>J Sports Med Phys Fitness</i> , 52(2), 122-127.				X			
Anderson LL, Jay K, Anderson CH, Jakobsen MD, Sundstrup E, Topp R, & Behm DG.	(2013). Acute effects of massage or active exercise in relieving muscle soreness: Randomized controlled trial [Electronic version]. <i>J Strength Cond Res</i> .		X					
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Arroyo-Morales M, Olea N, Ruiz C, del Castillo Jde D, Martínez M, Lorenzo C, & Díaz-Rodríguez L.	(2009). Massage after exercise--Responses of immunologic and endocrine markers: A randomized single-blind placebo-controlled study. <i>J Strength Cond Res</i> , 23(2), 638-644.		X					
Best TM, Hunter R, Wilcox A, & Haq F.	(2008). Effectiveness of sports massage for recovery of skeletal muscle from strenuous exercise. <i>Clin J Sport Med</i> , 18(5), 446-460.	X						

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
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Ernst E.	(1998). Does post-exercise massage treatment reduce delayed onset muscle soreness? A systematic review. <i>Br J Sports Med</i> , 32(3), 212-214. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1756095/pdf/v032p00212.pdf	X						
Frey Law LA, Evans S, Knudtson J, Nus S, Scholl K, & Sluka K.	(2008). Massage reduces pain perception and hyperalgesia in experimental muscle pain: A randomized, controlled trial. <i>J Pain</i> , 9(8), 714-721.		X					
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Moraska A.	(2005). Sports massage: A comprehensive review. <i>J Sports Med Phys Fitness</i> , 45(3), 370-380.							Narrative review
Ogai R, Yamane M, Matsumoto T, & Kosaka M.	(2008). Effects of petrissage massage on fatigue and exercise performance following intensive cycle pedalling. <i>Br J Sports Med</i> , 42(10), 834-838.						X	
Robertson A, Watt JM, & Galloway SD.	(2004). Effects of leg massage on recovery from high intensity cycling exercise. <i>Br J Sports Med</i> , 38(2), 173-176. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1724761/pdf/v038p00173.pdf						X	

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Smith LL, Keating MN, Holbert D, Spratt DJ, McCammon MR, Smith SS, & Israel RG.	(1994). The effects of athletic massage on delayed onset muscle soreness, creatine kinase, and neutrophil count: A preliminary report. <i>J Orthop Sports Phys Ther</i> , 19(2), 93-99.						X	

Workers

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Ajimsha MS, Chithra S, & Thulasyammal RP.	(2012). Effectiveness of myofascial release in the management of lateral epicondylitis in computer professionals. <i>Arch Phys Med Rehabil</i> , 93(4), 604-609.		X					
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Day AL, Gillan L, Francis L, Kelloway EK, & Natarajan M.	(2009). Massage therapy in the workplace: Reducing employee strain and blood pressure. <i>G Ital Med Lav Ergon</i> , 31(3 Suppl B), B25-30.			X				
Engen DJ, Wahner-Roedler DL, Nadolny AM, Persinger CM, Oh JK, Spittell PC, Loehrer LL, Cha SS, & Bauer BA.	(2010). The effect of chair massage on muscular discomfort in cardiac sonographers: A pilot study [Electronic version]. <i>BMC Complement Altern Med</i> . http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2949737/		X					
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		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Keller SR, Engen DJ, Bauer BA, Holmes DR Jr, Rihal CS, Lennon RJ, Loehrer LL, & Wahner-Roedler DL.	(2012). Feasibility and effectiveness of massage therapy for symptom relief in cardiac catheter laboratory staff: A pilot study. <i>Complement Ther Clin Pract</i> , 18(1), 4-9.		X					
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Siško PK, Videmšek M, & Karpljuk D.	(2011). The effect of a corporate chair massage program on musculoskeletal discomfort and joint range of motion in office worker. <i>J Altern Complement Med</i> , 17(7), 617-622.						X	

Technology

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Hu L, Wang Y, Zhang J, Zhang J, Cui Y, Ma L, Jiang J, Fang L, & Zhang B.	(2013). A massage robot based on Chinese massage therapy. <i>Industrial Robot: An international journal</i> , 40(2), 158-172							Research paper

Miscellaneous

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Baskwill A.	(2013). Facilitating case studies in massage therapy clinical education. <i>Int J Ther Massage Bodywork</i> , 6(2), 20-23. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3666597/							Explanatory how to.
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Donoyama N & Ohkoshi N.	(2012). Effects of traditional Japanese massage therapy on various symptoms in patients with Parkinson's Disease: A case-series study. <i>Jrnl Alt & Comp Med</i> , 18(3), 294-299.						X	
Finch P & Bessonette S.	(2013). A pragmatic investigation into the effects of massage therapy on the self efficacy of multiple sclerosis clients [Electronic version]. <i>Jrn Bodywork & Mov Ther.</i>	X						
Huang FY & Huang LM.	(1999). Effect of local massage on vaccination: DTP and DTPa. <i>Acta Peadiatr Taiwan</i> , 40(3), 166-70.				X			
Reader, M, Young R, & Connor JP.	(2005). Massage therapy improves the management of alcohol withdrawal syndrome. <i>Jrnl Alt & Comp Med</i> , 11(2), 311-313.		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
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Shakeel M, Trinidad A, & Ah-See KW.	(2010). Complementary and alternative medicine use by otolaryngology patients: A paradigm for practitioners in all surgical specialties. <i>Eur Arch Otorhinolaryngol</i> , 267(6), 961-971.				X			
Sibbritt D, van der Riet P, Dedkhard S, & Srithong K.	(2012). Rehabilitation of stroke patients using traditional Thai massage, herbal treatments and physical therapies. <i>Zhong Xi Yi Jie He Xue Bao</i> , 10(7), 743-750. http://www.jcimjournal.com/en/showAbstrPage.aspx?articleid=jcim20120704							Prospective cohort study
Thomason MJ & Moyer CA.	(2012). Massage therapy for lyme disease symptoms: A prospective case study. <i>Int J Ther Massage Bodywork</i> , 5(4), 9-14. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3528190/							Case study