

DID YOU KNOW?

The risk of being diagnosed with cancer by the age of 85 is 1 in 2.

**Evidence shows that
massage therapy
is effective in the
management of
symptom distress and
palliation, including the
stress and depression
associated with a
cancer diagnosis.**

<http://www.amt.org.au/downloads/practice-resources/AMT-Classified-Research-January-2015.pdf#page=12>

DID YOU KNOW?

In 2010, low back pain was the second highest cause of Disability-Adjusted Life Years (DALY) in Australia (Global Burden of Disease report).

**Systematic reviews
have shown that
massage therapy
is an effective
intervention for low
back pain.**

<http://www.amt.org.au/downloads/practice-resources/AMT-Classified-Research-January-2015.pdf#page=43>

DID YOU KNOW?

28% of Australians have arthritis and other musculoskeletal conditions. (Australian Institute of Health and Welfare data)

**Studies show that
massage therapy
can help with
a range of
musculoskeletal
conditions,
including arthritis.**

<http://www.amt.org.au/downloads/practice-resources/AMT-Classified-Research-January-2015.pdf>

DID YOU KNOW?

High blood pressure is the most common of all the circulatory conditions. (ABS, Australian Health Survey 2012)

**Massage therapy
can reduce the
heart rate and lower
blood pressure.**

<http://www.amt.org.au/downloads/practice-resources/AMT-Classified-Research-January-2015.pdf#page=87>

DID YOU KNOW?

Fourteen percent of Australians experience anxiety disorders (2007 National Survey of Mental Health and Wellbeing).

Anxiety reduction is one of the most well-established effects of massage therapy.

<http://www.amt.org.au/downloads/practice-resources/AMT-Classified-Research-January-2015.pdf#page=97>

DID YOU KNOW?

The nerve signals for touch travel to the brain at 76 metres per second, allowing us to experience the sensation in an instant. It's not as fast as the speed of light but we reckon effleurage = mmmc².

DID YOU KNOW?

Members of the Association of Massage Therapists are bound by the AMT Code of Practice, a benchmark set of professional standards for the safe and ethical practice of massage therapy in Australia.

<http://www.amt.org.au/downloads/practice-resources/AMT-code-of-practice-final.pdf>

#NMTAW

#InGoodHands