



Fast Facts:

Massage In The Workplace

- The Society for Human Resource Management reported in 2007 that 13 percent of its 210,000 member companies offer workplace massage. An earlier Working Mother article found 77 percent of the top 100 U.S. companies offered massage at work.
- Consumers in 2006 had an overwhelmingly positive response to a massage, with 85 percent reporting very favorable feelings about their most recent experience.

Touch Therapy Institute at the University of Miami studies indicate less stress and improved performance for employees receiving work-site massage.

Pain Relief

- Massage therapy is a safe and effective way to reduce pain and improve function in adults with osteoarthritis of the knee, reports a 2006 study in the Archives of Internal Medicine.
- The Annals of Internal Medicine reported in 2003 that massage therapy was effective for treating persistent back pain, as did a 2000 report by the Canadian Medical Association Journal.
- Research has shown massage reduces carpal tunnel syndrome symptoms. The Journal of Bodywork and Movement Therapies, 2004.

Work/Life Balance

- * Reducing mothers' risk for premature delivery and postpartum depression; improved sleep for babies.
- * Reduced pain from migraines and arthritis.
- * Reduced aggression in adolescents and less hyperactivity in adolescents with ADHD.
 - * Greater alertness in autistic children.
 - * Better lung function in asthmatic children.
- * Decreased glucose levels in diabetic children.

Massage Therapy Fights Illness

- Massage therapy has been shown to strengthen the immune system, according to research published in the Journal of Neuroscience, 1996, and Psychosomatic Medicine, 2000.
 - In 2005, Cancer Control reported massage therapy effectively reduced stress and anxiety in cancer patients, with a promising outlook for pain control and management of other symptoms.
 - Oncology patients show less pain, fatigue, nausea, anxiety and depression following massage therapy, according to a study by Sloan-Kettering Cancer Center, 2004, and a report in the Journal of Nursing Scholarship, 2002.



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