



Classified Massage Therapy Research

January 2015

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Established 1966

association of massage therapists

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

January 2015

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, Muckenheimer 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, Muckenheimer 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/ExcerptFromEHBMassageTherapyinWAState.pdf							Evidence summary
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
Carlesso LC, Macdermid JC, Santaguida PL, & Thabane L.	(2013). Determining adverse events in patients with neck pain receiving orthopaedic manual physiotherapy: A pilot and feasibility study. <i>Physiother Can</i> , 65(3), 255-265.					X		Feasibility study with low recruitment
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
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
Leach MJ.	(2013). Profile of the complementary and alternative medicine workforce across Australia, New Zealand, Canada, United States and United Kingdom. <i>Complement Ther Med</i> , 21(4), 364-78.							

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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	
Majnemer A, Shikako-Thomas K, Shevell MI, Poulin C, Lach L, Schmitz N, Law M, & Group TQ.	(2013). Pursuit of Complementary and Alternative Medicine Treatments in Adolescents With Cerebral Palsy. <i>J Child Neurol.</i>							Survey
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, 50</i> (12), 1029-1036.							Analysis
Moyer CA, Rounds J, & Hannum JW.	(2004). A meta-analysis of massage therapy research. <i>Psychol Bull, 130</i> (1), 3-18.	X						

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
Agency for Healthcare Research and Quality.	(2013). Guideline Summary: 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. [American College of Chest Physicians]. http://www.guideline.gov/content.aspx?f=rss&id=46177#Section396							Practice guidelines
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
Avrahami R & Haddad M.	(2013). Lymphedema--Update. <i>Harefuah</i> , 152(3), 149-151.							Clinical update

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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	
Batalha LM & Mota AA.	(2013). Massage in children with cancer: Effectiveness of a protocol. <i>J Pediatr (Rio J)</i> . [Epub ahead of print.] http://www.sciencedirect.com/science/article/pii/S0021755713001654		X					
Bernstein BJ & Grasso T.	(2001). Prevalence of complementary and alternative medicine use in cancer patients. <i>Oncology</i> , 15(10), 1267-1272.							
Billhult A, & Dahlberg K.	(2001). A meaningful relief from suffering experiences of massage in cancer care. <i>Cancer Nurs</i> , 24, 180-184.							Phenomenological study
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					
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
Bosak S, Dashtbozorgi B, Hoseini M, Laifi M, & Rezaei AR.	(2012). The effect of massage therapy on nausea in patients who undergo chemotherapy for breast cancer. <i>Jundishapur Journal of Chronic Disease Care</i> , 1(1), 63-70.		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	
Brauer JA, El Sehamy A, Metz JM, & Mao JJ.	(2010). Complementary and alternative medicine and supportive care at leading cancer centers: A systematic analysis of websites. <i>J Altern Complement Med</i> , 16, 183-186.							Analysis of websites
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		

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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	
Cassileth BR, Deng GE, Gomez JE, Johnstone PA, Kumar N, Vickers AJ; & American College of Chest Physicians.	(2007). Complementary therapies and integrative oncology in lung cancer: ACCP evidence-based clinical practice guidelines (2nd edition). <i>Chest</i> , 132(3 Suppl), 340S-354S. http://journal.publications.chestnet.org/article.aspx?articleid=1211624							Clinical practice guidelines
Celebioğlu A1, Gürol A, Yildirim ZK, & Büyükavci M.	(2014). Effects of massage therapy on pain and anxiety arising from intrathecal therapy or bone marrow aspiration in children with cancer. <i>Int J Nurs Pract</i> . [Epub ahead of print]		X					
Collinge W, Kahn J, Walton T, Kozak L, Bauer-Wu S, Fletcher K, Yarnold P, & Soltysik R.	(2013). Touch, Caring, and Cancer: randomized controlled trial of a multimedia caregiver education program. <i>Support Care Cancer</i> , 21(5), 1405-1414. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3612588/		X					
Collinge W, MacDonald G, & Walton T.	(2012). Massage in supportive cancer care. <i>Semin Oncol Nurs</i> , 28(1), 45-54.							Narrative Review
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	X						
Curran J & Meister EA.	(2008). A hospital-based intervention using massage to reduce distress among oncology patients. <i>Cancer Nurs</i> , 31(3), 214-221.						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	
Dayes IS, Whelan TJ, Julian JA, Parpia S, Pritchard KI, D'Souza DP, Kligman L, Reise D, Leblanc L, McNeely ML, Manchul L, Wiernikowski J, & Levine MN.	(2013). Randomized trial of decongestive lymphatic therapy for the treatment of lymphedema in women with breast cancer. <i>J Clin Oncol</i> , 31(30):3758-3763.		X					
Deng GE, Cassileth BR, Cohen L, Gubili J, Johnstone PAS, & Kumar N.	(2007). Integrative Oncology Practice Guidelines. <i>J Soc Integ Oncol</i> , 5(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</i> , 143(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</i> , 27(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</i> , 34(4), 813-820.		X					
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	

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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	
Donoyama N, Ohkoshi N, & Satoh T.	(2011). Preliminary study on the physical and psychological effects of traditional Japanese massage therapy in cancer survivors. <i>J Jpn Assoc Phys Med Baln Clim</i> , 74, 155-168.							Preliminary study
Donoyama N, Ohkoshi N, & Satoh T.	(2011). Preliminary study on the physical and psychological effects of traditional Japanese massage therapy in cancer survivors. <i>J Jpn Assoc Phys Med Baln Clim</i> , 74, 155-168.					X		Preliminary study
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

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-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					
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						
Finnegan-John J, Molassiotis A, Richardson A, & Ream E.	(2013). A systematic review of complementary and alternative medicine interventions for the management of cancer-related fatigue. <i>Integr Cancer Ther</i> , 12(4), 276-290.	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	
Furzer BJ, Wright KE, Petterson AS, Wallman KE, Ackland TR, & Joske DJ.	(2013). Characteristics and quality of life of patients presenting to cancer support centres: Patient rated outcomes and use of complementary therapies. <i>BMC Complement & Alt Therap</i> , 13(1), 169. http://www.biomedcentral.com/1472-6882/13/169							Patient rated outcomes survey
Garland SN, Valentine D, Desai K, Li S, Langer C, Evans T, & Mao JJ.	(2013). Complementary and Alternative Medicine (CAM) Use and Benefit Finding Among Cancer Patients [Electronic version]. <i>J Complement Altern Med</i> .							Cross sectional survey
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	

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 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			
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
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Karagozoglu S & Kahve E.	(2013). Effects of back massage on chemotherapy-related fatigue and anxiety: Supportive care and therapeutic touch in cancer nursing. <i>Appl Nurs Res</i> . [Epub ahead of print].			X				
Kashani F & Kashani P.	(2014). The effects of massage therapy on the quality of sleep in breast cancer patients. <i>Iran J Nurs Midwifery Res</i> , 19(2), 113-118. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4020018/		X					
Keir ST.	(2011). Effect of massage therapy on stress levels and quality of life in brain tumor patients: Observations from a pilot study. <i>Support Care Cancer</i> , 19, 711-715.							Pilot study
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						

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	
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, Tjahono 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
López-Sendín N, Alburquerque-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					
Mazlum S, Chaharsoughi NT, Banihashem A, & Vashani HB.	(2013). The effect of massage therapy on chemotherapy-induced nausea and vomiting in pediatric cancer. <i>Iran J Nurs Midwifery Res</i> , 18(4), 280-284. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3872861/		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					

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	
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	
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

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. <i>J Altern Complement Med</i> , 16, 1079-1088. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3107905/pdf/nihms273207.pdf				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). Cochrane Database of Systematic Reviews 2012, Issue 6. Art. No.: CD009873. DOI: 10.1002/14651858.CD009873. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD009873/full	X						
Sims S.	(1986). Slow stroke back massage for cancer patients. <i>Nursing Times</i> , 82(47), 47-50.					X		
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			

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, 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					
Somani S, Merchant S, & Lalani S.	(2013). A literature review about effectiveness of massage therapy for cancer pain. <i>J Pak Med Assoc</i> , 63(11), 1418-1421. http://jpma.org.pk/PdfDownload/5194.pdf							Literature review
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	

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	
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					
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					

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	
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	
Abdulla A, Adams N, Bone M, Elliott AM, Gaffin J, Jones D, Knaggs R, Martin D, Sampson L, Schofield P & British Geriatric Society.	(2013). Guidance on the management of pain in older people. <i>Age Ageing</i> , 42 Suppl 1, 1-57. http://ageing.oxfordjournals.org/content/42/suppl_1/i1.long							Literature review
Fitzgerald MP, Anderson RU, Potts J, Payne CK, Peters KM, Clemens JQ, Kotarinos R, Fraser L, Cosby A, Fortman C, Neville C, Badillo S, Odabachian L, Sanfield A, O'Dougherty B, Halle-Podell R, Cen L, Chuai S, Landis JR, Mickelberg K, Barrell T, Kusek JW, Nyberg LM, & Urological Pelvic Pain Collaborative Research Network.	(2013). Randomized multicenter feasibility trial of myofascial physical therapy for the treatment of urological chronic pelvic pain syndromes. <i>J Urol</i> , 189(1 Suppl), S75-85. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2872169/		X					
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					
Hooten WM, Timming R, Belgrade M, Gaul J, Goertz M, Haake B, Myers C, Noonan MP, Owens J, Saeger L, Schweim K, Shteyman G, & Walker N.	(2014). Institute for Clinical Systems Improvement. Assessment and Management of Chronic Pain. https://www.icsi.org/_asset/bw798b/Chronic							Clinical guidelines

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	
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					
Musial F, Michalsen A, & Dobos G.	(2008). Functional chronic pain syndromes and naturopathic treatments: Neurobiological foundations. <i>Forsch Komplementmed</i> , 15(2), 97-103.							Physiological explanation
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				
Townsend CS, Bonham E, Chase L, Dunscomb J, & McAlister S.	(2014). A comparison of still point induction to massage therapy in reducing pain and increasing comfort in chronic pain. <i>Holist Nurs Pract</i> , 28(2), 78-84.				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				
Young L & Kemper KJ.	(2013). Integrative care for pediatric patients with pain. <i>J Altern Complement Med</i> , 19(7), 627-632.							Survey

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	
Ajimsha MS, Binsu D, & Chithra S.	(2014). Effectiveness of myofascial release in the management of plantar heel pain: A randomized controlled trial. <i>Foot</i> , 24(2), 66-71.		X					
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

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, 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			
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			

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-Carnero J, La Touche R, Ortega-Santiago R, Galan-del-Rio 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	
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			

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, 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
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

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	
Gay CW, Alappattu MJ, Coronado RA, Horn ME, & Bishop MD.	(2013). Effect of a single session of muscle-biased therapy on pain sensitivity: A systematic review of meta-analysis of randomized controlled trials. <i>J Pain Res</i> , 6, 7-22. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3569047/	X						
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			
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			

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	
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					
Li X, Zhou K, Zhang E, Qi Z, Sun W, Xu L, Xu J, Cai Y, & Wang R.	(2014). Therapeutic effect of electroacupuncture, massage, and blocking therapy on external humeral epicondylitis. <i>J Tradit Chin Med</i> , 34(3), 261-266. http://www.journaltcm.com/modules/Journal/contents/stories/143/3.pdf		X					
Malanga GA & Cruz Colon EJ.	(2010). Myofascial low back pain: A review. <i>Phys Med Rehabil Clin N Am</i> , 21(4), 711-724.							Narrative review
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
Moraska AF, Hickner RC, Kohrt WM, & Brewer A.	(2012). Changes in blood flow and cellular metabolism at a myofascial trigger point with trigger point release (ischemic compression): a proof-of-principle pilot study. <i>Arch Phys Med Rehabil</i> , 94(1), 196-200.							Pilot study

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			
Riley JL 3rd, Myers CD, Currie TP, Mayoral O, Harris RG, Fisher JA, Gremillion HA, & Robinson ME.	(2007). Self-care behaviors associated with myofascial temporomandibular disorder pain. <i>J Orofac Pain</i> , 21(3), 194-202.							Survey
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					
Trampas A, Kitsios A, Sykaras E, Symeonidis S, & Lazarou L.	(2010). Clinical massage and modified Proprioceptive Neuromuscular Facilitation stretching in males with latent myofascial trigger points. <i>Phys Ther Sport</i> , 11(3), 91-98.		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.							Pilot study

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	
Ajimsha MS, Daniel B, & Chithra S.	(2014). Effectiveness of myofascial release in the management of chronic low back pain in nursing professionals. <i>J Bodyw Mov Ther</i> 18(2), 273-281.	X						
Artner J, Kurz S, Cakir B, Reichel H, & Lattig F.	(2012). Intensive interdisciplinary outpatient pain management program for chronic back pain: A pilot study. <i>J Pain Res</i> , 5, 209-216.							Pilot study
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, Latic 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						

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	
Calvo-Munoz I, Gomez-Conesa A, & Sanchez-Meca J.	(2013). Physical therapy treatments for low back pain in children and adolescents: A meta-analysis. BMC Musculoskeletal Disord [Epub ahead of print]. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3568715/	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, Thinkhamropb 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			
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					

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	
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
Chou R.	(2010). Low back pain (chronic). Clin Evid (Online). Retrieved November 25, 2013 from http://www.ncbi.nlm.nih.gov/pubmed/21418678							Evidence based treatment guidelines
Dishman JD & Bulbulian R.	(2001). Comparison of effects of spinal manipulation and massage on motoneuron excitability. <i>Electromyogr Clin Neurophysiol</i> , 41(2), 97-106.				X			
Ernst E.	(1999). Massage therapy for low back pain: A systematic review. <i>J Pain Symptom Manage</i> , 17(1), 65-69.	X						
Farasyn A & Meeusen R.	(2007). Effect of roptrotherapy on pressure- pain thresholds in patients with subacute nonspecific low back pain. <i>Journal of Musculoskeletal Pain</i> , 15(1), 41-53.			X				
Farasyn A, Meeusen R, & Nijs J.	(2006). A pilot randomized placebo-controlled trial of roptrotherapy in patients with subacute non-specific low back pain. <i>Journal of back and musculoskeletal rehabilitation</i> , 19, 111-117.			X				
Ferrell BA, Josephson KR, Pollan AM, Loy S, & Ferrell BR.	(1997). A randomized trial of walking versus physical methods for chronic pain management. <i>Aging (Milano)</i> , 9, 99-105.		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
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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					
Franke A, Gebauer S, Franke K, & Brockow T.	(2000). Acupuncture massage vs Swedish massage and individual exercise vs group exercise in low back pain sufferers- -A randomized controlled clinical trial in a 2 x 2 factorial design. <i>Forsch Komplementarmed Klass Naturheilkd</i> , 7(6), 286–293.		X					
Fraser J & Kerr JR.	(1993). Psychophysiological effects of back massage on elderly Psychophysiological effects of back massage on elderly. <i>Journal of Advanced Nursing</i> , 18(2), 238–45.			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						
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						
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						

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.	(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						
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						
Geisser ME, Wiggert EA, Haig AJ, & Colwell MO.	(2005). A randomized controlled trial of manual therapy and specific adjuvant exercise for chronic low back pain. <i>Clinical Journal of Pain</i> , 21(6), 463–470.		X					
Ginsberg F & Famaey JP.	(1987). A double-blind study of topical massage with Rado-Salil ointment in mechanical low-back pain. <i>Journal of International Medical Research</i> , 15(3), 148–53.		X					
Grazio S, Curković B, Vlak T, Kes VB, Jelić M, Buljan D, Gnjidić Z, Nemčić T, Grubisić F, Borić I, Kauzlarić N, Mustapić M, Demarin V; Croatian Vertebrologic Society.	(2012). Diagnosis and conservative treatment of low back pain: Review and guidelines of the Croatian Vertebrologic Society. <i>Acta Med Croatica</i> , 66(4), 259-294.							Guideline 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	
Hall H & McIntosh G.	(2008). Low back pain (chronic). Clin Evid (Online). Retrieved November 25, 2013 from http://www.ncbi.nlm.nih.gov/pubmed/19445791	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					
Hsieh LLC, Kuo CH, Yen MF, Chen THH.	(2004). A randomized controlled clinical trial for low back pain treated by acupressure and physical therapy. <i>Preventive Medicine</i> , 39, 168–176.		X					
Hsieh LLC, Kuo CHK, Lee LH, Yen AMFY, Chien KL, & Chen THH.	(2006). Treatment of low back pain by acupressure and physical therapy: randomised controlled trial. <i>BMJ</i> , 332(7543), 1–5.		X					
Kalaoukalani D, Cherkin DC, Sherman KJ, Koepsell TD, & Deyo RA.	(2001). Lessons from a trial of acupuncture and massage for low back pain. <i>Spine</i> , 26(13), 1418–1424.			X				
Kamali F, Panahi F, Ebrahimi S, & Abbasi L.	(2014). Comparison between massage and routine physical therapy in women with sub acute and chronic nonspecific low back pain, <i>J Back Musculoskeletal Rehabil</i> , [epub ahead of print].			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
Kolich M, Taboun SM, & Mohamed AI.	(2000). Low back muscle activity in an automobile seat with a lumbar massage system. <i>Int J Occup Saf Ergon</i> , 6(1), 113-128.		X					
Kumar S, Beaton K, & Hughes T.	(2013). The effectiveness of massage therapy for the treatment of nonspecific low back pain: A systematic review of systematic reviews. <i>International Journal of General Medicine</i> , 6, 733–741. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3772691/	X						
Last AR & Hulbert K.	(2009). Chronic low back pain: Evaluation and management. <i>Am Fam Physician</i> , 79(12), 1067-1074. http://www.aafp.org/afp/2009/0615/p1067.html							Evidence based treatment guidelines
Melzack R, Jeans ME, Stratford JG, & Monks RC.	(1980). Ice massage and transcutaneous electrical stimulation: comparison of treatment for low-back pain. <i>Pain</i> , 9(2), 209-217.		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	
Murthy V, Sibbritt D, Adams J, Broom A, Kirby E & Refshauge K M.	(2014). Self-prescribed complementary and alternative medicine use for back pain amongst a range of care options: Results from a nationally representative sample of 1310 women aged 60-65 years. <i>Complementary Therapies in Medicine</i> , 22(1), 133-140				X			
Murthy V, Sibbritt D, Adams J, Broom A, Kirby E & Refshauge K.	(2014). Consultations with complementary and alternative medicine practitioners amongst wider care options for back pain: A study of a nationally representative sample of 1,310 Australian women aged 60–65 years. <i>Clinical Rheumatology</i> , 33(2), 253-262			X				
Nazzal ME, Saadah MA, Saadah LM, Al-Omari MA, Al-Oudat ZA, Nazzal MS, El-Beshari MY, Al-Zaabi AA, & Alnuaimi YI.	(2013). Management options of chronic low back pain. A randomized blinded clinical trial. <i>Neurosciences (Riyadh)</i> , 18(2), 152-159.	X						
Netchanok S, Wendy M, Marie C, & Siobhan O.	(2012). The effectiveness of Swedish massage and traditional Thai massage in treating chronic low back pain: A review of the literature. <i>Complement Ther Clin Pract</i> , 18(4), 227-234.		X					
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					

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	
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						
van Tulder M.	(2008). Conservative non-pharmacological treatment for chronic low back pain. <i>BMJ</i> , 19, 337.		X					
Werners R, Pynsent PB, & Bulstrode CJ.	(1999). Randomized trial comparing interferential therapy with motorized lumbar traction and massage in the management of low back pain in a primary care setting. <i>Spine (Phila Pa 1976)</i> , 24(15), 1579-1584.		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		X					
Yip YB & Tse SHM.	(2004). The effectiveness of relaxation acupoint stimulation and acupressure with aromatic lavender essential oil for non-specific low back pain in Hong Kong: a randomised controlled trial. <i>Complementary Therapies in Medicine</i> , 12, 28-37.		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	
Yoon YS, Yu KP, Lee KJ, Kwak SH, & Kim JY.	(2012). Development and application of a newly designed massage instrument for deep cross-friction massage in chronic non-specific low back pain. <i>Ann Rehabil Med</i> , 36(1), 55-65. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3309331/					X		
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	
Bakar Y, Sertel M, Oztürk A, Yümin ET, Tatarli N, & Ankarali H.	(2014). Short term effects of classic massage compared to connective tissue massage on pressure pain threshold and muscle relaxation response in women with chronic neck pain: A preliminary study. <i>J Manipulative Physiol Ther</i> , 37(6):415-421.		X					
Boissonnault WG & Badke MB.	(2008). Influence of acuity on physical therapy outcomes for patients with cervical disorders. <i>Arch Phys Med Rehabil</i> , 89(1), 81-86.						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						

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	
Cheng YH & Huang GC.	(2014). Efficacy of massage therapy on pain and dysfunction in patients with neck pain: A systematic review and meta-analysis. <i>Evid Based Complement Alternat Med</i> . [Electronic version only]. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3950594/	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.							Narrative review
Hakkinen A, Salo P, Tarvainen U, Wiren K, & Ylinen J.	(2007). Effect of manual therapy and stretching on neck muscle strength and mobility in chronic neck pain. <i>J Rehabil Med</i> , 39(7), 575-579. http://www.medicaljournals.se/jrm/content/?doi=10.2340/16501977-0094		X					
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						
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

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	
Itoh K, Saito S, Sahara S, Naitoh Y, Imai K, & Kitakoji H.	(2014). Randomized trial of trigger point acupuncture treatment for chronic shoulder pain: A preliminary study. <i>J Acupunct Meridian Stud</i> , 7(2), 59-64.		X					
Jensen OK, Nielsen FF, & Vosmar L.	(1990). An open study comparing manual therapy with the use of cold packs in the treatment of post-traumatic headache. <i>Cephalalgia</i> , 10(5), 241-250.					X		
Kassolik K, Andrzejewski W, Brzozowski M, Wilk I, Górecka-Midura L, Ostrowska B, Krzyżanowski D, & Kurpas D.	(2013). Comparison of massage based on the tensegrity principle and classic massage in treating chronic shoulder pain. <i>J Manipulative Physiol Ther</i> , 36(7), 418-427.					X		
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						
Lauche R, Materdey S, Cramer H, Haller H, Stange R, Dobos G, & Rapp T.	(2013). Effectiveness of home-based cupping massage compared to progressive muscle relaxation in patients with chronic neck pain-a randomized controlled trial. <i>PLoS One</i> , 8(6).		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			

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	
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	
Oliveira-Campelo NM, de Melo CA, Albuquerque-Sendín F, & Machado JP.	(2013). Short- and medium-term effects of manual therapy on cervical active range of motion and pressure pain sensitivity in latent myofascial pain of the upper trapezius muscle: A randomized controlled trial. <i>J Manipulative Physiol Ther</i> , 36(5), 300-309.		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						
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						
Sefton JM, Yarar C, Carpenter DM, & Berry JW.	(2011). Physiological and clinical changes after therapeutic massage of the neck and shoulders. <i>Man Ther</i> , 16(5), 487-494.							Study of physiological mechanism of massage

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	
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					
Sherman KJ, Cook AJ, Kahn JR, Hawkes RJ, Wellman RD, & Cherkin DC.	(2012). Dosing study of massage for chronic neck pain: protocol for the dose response evaluation and analysis of massage [DREAM] trial. <i>BMC Complement Altern Med</i> , 12, 158. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3546891/							Dose response evaluation
Sherman KJ, Cook AJ, Wellman RD, Hawkes RJ, Kahn JR, Deyo RA, & Cherkin DC.	(2014). Five-week outcomes from a dosing trial of therapeutic massage for chronic neck pain. <i>Ann Fam Med</i> , 12(2), 112-120.			X				
Thompson WR, Carter R, Rohe B, Duncan RL, & Cooper CR.	(2011). A novel massage therapy technique for management of chronic cervical pain: A case series. <i>Int J Ther Massage Bodywork</i> , 4(3), 1-7. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3184474/						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		

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	
van den Dolder PA, Ferreira PH, & Refshauge KM.	(2012). Effectiveness of soft tissue massage and exercise for the treatment of non-specific shoulder pain: a systematic review with meta-analysis. <i>Br J Sports Med.</i> [Epub ahead of print]	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					
Bronfort G, Nilsson N, Haas M, Evans R, Goldsmith CH, Assendelft WJ, & Bouter LM.	(2004). Non-invasive physical treatments for chronic/recurrent headache. <i>Cochrane Database Syst Rev</i> , (3):CD001878.	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 Blanca 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.				X			
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		

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	
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					
Hopper D, Bajaj Y, Kei Choi C, Jan O, Hall T, Robinson K, & Briffa K.	(2013). A pilot study to investigate the short-term effects of specific soft tissue massage on upper cervical movement impairment in patients with cervicogenic headache. <i>J Man Manip Ther</i> , 21(1), 18-23. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3578191/		X					
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	

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	
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/					X		
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	
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	
Racicki S, Gerwin S, Diclaudio S, Reinmann S, & Donaldson M.	(2013). Conservative physical therapy management for the treatment of cervicogenic headache: A systematic review. <i>J Man Manip Ther</i> , 21(2), 113-124.	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			

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 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.							Pilot study

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		
Casanueva-Fernández B, Llorca J, Rubió JB, Rodero-Fernández B, & González-Gay MA.	(2012). Efficacy of a multidisciplinary treatment program in patients with severe fibromyalgia. <i>Rheumatol Int</i> , 32(8), 2497-2502.				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					

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	
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	
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					
Liptan G, Mist S, Wright C, Arzt A, & Jones KD.	(2013). A pilot study of myofascial release therapy compared to Swedish massage in Fibromyalgia. <i>J Bodyw Mov Ther</i> , 17(3), 365-370.					X		
Perrot S & Russell IJ.	(2014). More ubiquitous effects from non-pharmacologic than from pharmacologic treatments for fibromyalgia syndrome: a meta-analysis examining six core symptoms. <i>Eur J Pain</i> , 18(8), 1067-1080.	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					
Terry R, Perry R, & Ernst E.	(2012). An overview of systematic reviews of complementary and alternative medicine for fibromyalgia. <i>Clin Rheumatol</i> , 31(1), 55-66.	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	
Y Li, F Wang, C Feng, X Yang, & Y Sun.	(2014). Massage therapy for fibromyalgia: A systematic review and meta-analysis of randomized controlled trials, PLoS ONE 9(2). doi:10.1371/journal.pone.0089304 http://www.ncbi.nlm.nih.gov/pubmed/24586677	X						
Yuan SL, Berssaneti AA, & Marques AP.	(2013). Effects of Shiatsu in the management of fibromyalgia symptoms: A controlled pilot study. <i>J Manipulative Physiol Ther</i> , 36(7), 436-43.							Pilot study

Arthritis

www.amt.org.au

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
Chen MY, Pu QQ, Liu SY, & Jiang ZY.	(2013). Efficacy comparison of different stimulation therapies for periarthritis of shoulder. <i>Zhongguo Zhen Jiu</i> , 33(2), 109-112.		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	
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	
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				

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, 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					
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					

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					
Avrahami R & Haddad M.	(2013). Lymphedema--Update. <i>Harefuah</i> , 152(3), 149-151.							Clinical update
Behm DG, Peach A, Maddigan M, Aboodarda SJ, Disanto MC, Button DC, & Maffiuletti NA.	(2013). Massage and stretching reduce spinal reflex excitability without affecting twitch contractile properties. <i>J Electromyogr Kinesiol</i> , 23(5), 1215-1221.				X			
Bisht B, Darling WG, Grossmann RE, Shivapour ET, Lutgendorf SK, Snetselaar LG, Hall MJ, Zimmerman MB, & Wahls TL.	(2014). A multimodal intervention for patients with secondary progressive multiple sclerosis: feasibility and effect on fatigue. <i>J Altern Complement Med</i> , 20(5), 347-355.							Survey
Bisset L, Paungmali A, Vicenzino B, & Beller E.	(2005). A systematic review and meta-analysis of clinical trials on physical interventions for lateral epicondylalgia. <i>Br J Sports Med</i> , 39(7), 411-422. http://www.ncbi.nlm.nih.gov/pubmed/15976161	X						
Colorado Division of Workers' Compensation	(2010). Cumulative trauma conditions medical treatment guidelines. Agency for Healthcare Research and Quality. Retrieved 9 July 2013 from http://www.guideline.gov/content.aspx?f=rss&id=39407							Guideline

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	
Colorado Division of Workers' Compensation	(2009). Lower extremity injury medical treatment guidelines. Agency for Healthcare Research and Quality. Retrieved 9 July 2013 from http://www.guideline.gov/content.aspx?f=rss&id=43786							Guideline
Cortés VG, Izquierdo TG, Navas IL, & Mart N DP.	(2014). Effectiveness of massage therapy as co-adjuvant treatment to exercise in osteoarthritis of the knee: A randomized control trial, <i>J Back Musculoskeletal Rehabil</i> [epub ahead of print].		X					
De-la-Llave-Rincon AI, Ortega-Santiago R, Ambite-Quesada S, Gil-Crujera A, Puñtedura EJ, Valenza MC, & Fernández-de-las-Peñas C.	(2012). Response of pain intensity to soft tissue mobilization and neurodynamic technique: a series of 18 patients with chronic carpal tunnel syndrome. <i>J Manipulative Physiol Ther</i> , 35(6):420-427.						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
Ebert JR, Joss B, Jardine B, & Wood DJ.	(2013). Randomized trial investigating the efficacy of manual lymphatic drainage to improve early outcome after total knee arthroplasty. <i>Arch Phys Med Rehabil</i> , 94(11):2103-2111.		X					
Elliott R & Burkett B.	(2013). Massage therapy as an effective treatment for carpal tunnel syndrome. <i>J Bodyw Mov Ther</i> , 17(3), 332-338.				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	
Finch P & Bessonnette S.	(2014). A pragmatic investigation into the effects of massage therapy on the self efficacy of multiple sclerosis clients. <i>J Bodyw Mov Ther</i> , 18(1), 11-16.		X					
Ghaffari BD & Kluger B.	(2014). Mechanisms for alternative treatments in Parkinson's disease: acupuncture, tai chi, and other treatments. <i>Curr Neurol Neurosci Rep</i> , 14(6), 451.	X						
Gomes CA, Politti F, Andrade DV, de Sousa DF, Herpich CM, Dibai-Filho AV, Gonzalez TD, & Biasotto-Gonzalez DA.	(2014). Effects of massage therapy and occlusal splint therapy on mandibular range of motion in individuals with temporomandibular disorder: A randomized clinical trial. <i>J Manipulative Physiol Ther</i> , 37(3), 164-169.		X					
Garrido N, Oliveira G, Mendes R, Sousa N, & Sousa M.	(2013). Acute effects of muscle massage previous to strength training on biochemical markers of delayed onset muscle soreness. <i>Br J Sports Med</i> , 47(10).				X			
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					
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(23-22), 353-358. http://www.smw.ch/docs/pdf200x/2004/23/smw-10630.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	
Halperin I, Aboodarda SJ, Button DC, Anderson LL & Behm DG.	(2014). Roller massager improves range of motion of plantar flexor muscles without subsequent decreases in force parameters. <i>Int J Sports Phys Ther</i> , 9(1), 92-102. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3924613/		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						
Hopper D, Deacon S, Das S, Jain A, Riddell D, Hall T, & Briffa K.	(2005). Dynamic soft tissue mobilisation increases hamstring flexibility in healthy male subjects. <i>Br J Sports Med</i> , 39(9), 594-598. http://www.ncbi.nlm.nih.gov/pubmed/16118294		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	
Hunter AM, Watt JM, Watt V, Galloway SD.	(2006). Effect of lower limb massage on electromyography and force production of the knee extensors. <i>Br J Sports Med</i> , 40(2), 114-118. http://www.ncbi.nlm.nih.gov/pubmed/16431996					X		
Janssen TW, Prakken ES, Hendriks JM, Lourens C, van der Vlist J, & Smit CA.	(2014). Electromechanical abdominal massage and colonic function in individuals with a spinal cord injury and chronic bowel problems. <i>Spinal Cord</i> , 52(9), 693-696.		X					
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						
Kassolik K, Andrzejewski W, Dziegiel P, Jelen M, Fulawka L, Brzozowski M, Kurpas D, Gworys B, & Podhorska-Okolow M.	(2013). Massage-induced morphological changes of dense connective tissue in rat's tendon. <i>Folia Histochem Cytobiol</i> , 51(1), 103-106. http://www.ncbi.nlm.nih.gov/pubmed/23690224				X			
Kassolik K, Kurpas D, Wilk I, Uchmanowicz I, Hyży J, & Andrzejewski W.	(2013). The effectiveness of massage therapy for obturator nerve dysfunction as complication of hip joint alloplasty-Case report. <i>Rehabil Nurs</i> [Epub ahead of print].							Case report

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	
Kedia M, Williams M, Jain L, Barron M, Bird N, Blackwell B, Richardson DR, Ishikawa S, & Murphy GA.	(2014). The effects of conventional physical therapy and eccentric strengthening for insertional achilles tendinopathy. <i>Int J Sports Phys Ther</i> , 9(4), 488-497. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4127511/		X					
Lin YC, Lai CH, Chang WH, Tu LW, Lin JC, & Chou SW.	(2012). Immediate effects of ischemic compression on neck function in patients with cervicogenic cephalic syndrome. <i>J Manipulative Physiol Ther</i> , 35(4), 301-307.				X			
Loew LM, Brosseau L, Tugwell P, Wells GA, Welch V, Shea B, Poitras S, De Angelis G, & Rahman P.	(2014). Deep transverse friction massage for treating lateral elbow or lateral knee tendinitis. <i>Cochrane Database Syst Rev</i> , 8;11:CD003528.	X						
Loghmani MT & Warden SJ.	(2009). Instrument-assisted cross-fiber massage accelerates knee ligament healing. <i>J Orthop Sports Phys Ther</i> , 39(7), 506-514.		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					
Mooventhan A & Nivethitha L.	(2014). Effects of acupuncture and massage on pain, quality of sleep and health related quality of life in patient with systemic lupus erythematosus. <i>J Ayurveda Integr Med</i> , 5(3), 186-189. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4204291/					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	
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		
No Authors Listed	(2013). The application of physical factors for the rehabilitative treatment of vertebrogenic cerebral discirculation. <i>Vopr Kurortol Fizioter Lech Fiz Kult</i> , 3, 11-5.		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		
Peungsuwan P, Sermcheep P, Hammontree P, Eungpinichpong W, Puntumetakul R, Chatchawan U & Tamauchi J.	(2014). The Effectiveness of Thai Exercise with Traditional Massage on the Pain, Walking Ability and QOL of Older People with Knee Osteoarthritis: A Randomized Controlled Trial in the Community. <i>J Phys Ther Sci</i> , 26(1), 139-144. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3927027/		X					
Schroeder B, Doig J & Premkumar K.	(2014). The effects of massage therapy on multiple sclerosis patients' quality of life and leg function. <i>Evid Based Complement Alternat Med</i> . [Epub ahead of print]. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4034721/		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	
Stasinopoulos D & Johnson MI.	(2004). Cyriax physiotherapy for tennis elbow/lateral epicondylitis. <i>Br J Sports Med</i> , 38(6), 675-677. http://www.ncbi.nlm.nih.gov/pubmed/15562158			X				
Taghian F, Ghasemi B, & Rezaei S.	(2014). Effects of pilates training, massage therapy, and combinational exercises on joint pain reduction and quality of life among menopausal women. <i>AMIEMT</i> , 2(4), 528-534.			X				
Taylor AG, Galper DI, Taylor P, Rice LW, Andersen W, Irvin W, Wang XQ, & Harrell FE Jr.	(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				
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
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				

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	
Wilson E.	(2008). Loosening the limbic grip on pain and disability. <i>J Bodyw Mov Ther</i> , 12(4), 299-304.							Case study
Wu X.	(2013). Massage therapy in the treatment of 32 cases of facet joint disorder of the thoracic vertebra. <i>Intern J of Clinic Acupuncture</i> , 22(1), 22-23.				X			
Xu JR, Lin Y, Zhang CY, Li WM, Guo CJ, & Ye L.	(2013). Effects of comprehensive therapy on serum SPARC levels in ankylosing spondylitis patients accompanied with osteoporosis. <i>Zhongguo Zhong Xi Yi Jie He Za Zhi</i> , 33(4), 466-70.		X					
Zhang Q, Sun Z, & Yue J.	(2013). Massage therapy for preventing pressure ulcers (protocol). <i>Cochrane Database of Systematic Reviews</i> 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	
Cardenas DD & Felix ER.	(2009). Pain after spinal cord injury: A review of classification, treatment approaches, and treatment assessment. <i>PM R</i> , 1(12), 1077-1090.							Narrative review
Chase T, Jha A, Brooks CA, & Allshouse A.	(2013). A pilot feasibility study of massage to reduce pain in people with spinal cord injury during acute rehabilitation. <i>Spinal Cord</i> . [Epub ahead of print]							Pilot study
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.	X						
Heutink M, Post MW, Wollaars MM, & van Asbeck FW.	(2011). Chronic spinal cord injury pain: pharmacological and non-pharmacological treatments and treatment effectiveness. <i>Disabil Rehabil</i> , 33(5), 433-440.							Postal survey
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/pubmed/23429839							Case study
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

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	
Lovas, J, Tran, Y, & Middleton, J.	The role of massage therapy in managing secondary conditions associated with spinal cord injury: An integrative model; Topics in Spinal Cord Injury Rehabilitation, 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
Nayak S, Matheis RJ, Agostinelli S, & Shifleft SC.	(2001). The use of complementary and alternative therapies for chronic pain following spinal cord injury: A pilot study. Journal of Spinal Cord Medicine, 24(1), 54-62.							Pilot study
Tran, Y, Lovas, J, & Middleton, J.	Spinal cord injury and its association with negative psychological states; International Journal of Psychosocial Rehabilitation, (12), 115-121.						X	

Hypertension & Circulation

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	
Adib-Hajbaghery M, Abasi A, & Rajabi-Beheshtabad R.	(2014). Whole body massage for reducing anxiety and stabilizing vital signs of patients in cardiac care unit. <i>Med J Islam Repub Iran</i> . [Online only.] http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4219878/		X					
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				
Dicks K & Rizek P.	(2010). Massage therapy techniques as pain management for erythromelalgia: A case report. <i>Int J Ther Massage Bodywork</i> , 3(4), 5-9. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3088525/							Case report
Givi M.	(2013). Durability of effect of massage therapy on blood pressure. <i>Int J Prev Med</i> , 4(5), 511-516. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3733180/		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	
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				
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	
Larson, ER.	(2014). Massage therapy effects in a long term prosthetic user with fibular hemimelia. <i>J Bodyw & Mov Ther</i> . [Epub ahead of print]							Case report
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				

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	
Nakao F, Furutani A, Yoshimura K, Hamano K, Kinoshita Y, Kawamoto R, Nakao H, & Suzuki S.	(2009). The outcomes of a program based on complex decongestive physiotherapy for a patient with secondary lymphedema caused by infection on the leg. <i>Fukuoka Igaku Zasshi</i> , 100(6), 235-241.							Case report
NC Franklin, MM Ali, AT Robinson, & E Norkeviciute.	(2014). Massage therapy restores peripheral vascular function following exertion. <i>Arch Phys Med & Rehab</i> , 95(6), 1127-1134.		X					
Okvat HA, Oz MC, Ting W, & Namerow PB.	(2002). Massage therapy for patients undergoing cardiac catheterization. <i>Altern Ther Hlth Med</i> , 8(3), 68-70, 72, 74-75.		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	
Oshvandi K.	(2012). Massage therapy and vital signs of patients in coronary care units. <i>Nurs Midwifery Stud</i> , 1(2).		X					
Soto P & Andrea M.	(2014) Comparison of blood flow changes with soft tissue mobilization and massage therapy. Retrieved May 17, 2014 from http://gradworks.umi.com/15/55/1555127.html							Dissertation
Supa'at I, Zakaria Z, Maskon O, Aminuddin A, & Nordin NAMM.	(2013). Effects of Swedish massage therapy on blood pressure, heart rate, and inflammatory markers in hypertensive women. <i>Evid Based Comp & Altern Med</i> , 2013, 1-8.		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	
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		
Vahedian-Azimi A, Ebadi A, Asghari Jafarabadi M, Saadat S, & Ahmadi F.	(2014). Effect of Massage Therapy on Vital Signs and GCS Scores of ICU Patients: A Randomized Controlled Clinical Trial. <i>Trauma Mon</i> , 19(3). http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4199295/		X					
Xiong XJ, Li SJ, & Zhang YQ.	(2014) Massage therapy for essential hypertension: A systematic review. <i>J Hum Hypertension</i> . [Epub ahead of print].	X						
Yang X, Zhao H, & Wang J.	(2014). Chinese massage (Tuina) for the treatment of essential hypertension: A systematic review and meta-analysis, <i>Complement Ther Med</i> , 22(3), 541-548.	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					
Wändell PE, Arnlöv J, Nixon Andreasson A, Andersson K, Törnkvist L, & Carlsson AC.	(2013). Effects of tactile massage on metabolic biomarkers in patients with type 2 diabetes. <i>Diabetes Metab</i> [Epub ahead of print].			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			
Tejero-Fernández V, Membrilla-Mesa M, Galiano-Castillo N, & Arroyo-Morales M.	(2014). Immunological effects of massage after exercise: A systematic review. <i>Phys Ther Sport</i> . [Epub ahead of print].	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	
Bagheri-Nesami M, Shorofi SA, Zargar N, Sohrabi M, Gholipour-Baradari A, Kahlilian A.	(2014). The effects of foot reflexology massage on anxiety in patients following coronary artery bypass graft surgery: A randomized controlled trial. <i>Complement Ther Clin Pract</i> , 20(1), 42-47.		X					
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, 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
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.
Donoyama N, & Shibasaki M.	(2010). Differences in practitioners' proficiency affect the effectiveness of massage therapy on physical and psychological states. <i>J Bodyw Mov Ther</i> , 14, 239-244.			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	
Donoyama N, Munakata T, & Shibasaki M.	(2010). Effects of Anma therapy (traditional Japanese massage) on body and mind. <i>J Bodyw Mov Ther</i> , 14, 55-64.				X			
Engen DJ, Wahner-Roedler DL, Vincent A, Chon TY, Cha SS, Luedtke CA, Loehrer LL, Dion LJ, Rodgers NJ, & Bauer BA.	(2012). Feasibility and effect of chair massage offered to nurses during work hours on stress-related symptoms: A pilot study. <i>Complement Ther Clin Pract</i> , 18(4), 212-215.							Pilot 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
Frank DS.	(2013) The well-embodied professional: Attitudes around Integrating massage therapy & psychotherapy when treating trauma. Master of Social Work Clinical Research Papers. Paper 177. http://sophia.stkate.edu/msw_papers/177							Masters Paper
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			
Hamre HJ, Witt CM, Glckmann A, Ziegler R, & Willich SN.	(2006). Anthroposophic therapy for chronic depression: A four-year prospective cohort study. <i>BMC Psychiatry</i> , 6(57). http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1764730/				X			Prospective cohort study

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	
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/							Case study
Hollenbach D, Broker R, Herlehy S, & Stuber K.	(2013). Non-pharmacological interventions for sleep quality and insomnia during pregnancy: A systematic review. <i>J Can Chiropr Assoc</i> , 57(3), 260-270. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3743652/	X						
Hymel GM & Rich GJ.	(2013). Health psychology as a context for massage therapy: A conceptual model with CAM as mediator. <i>J Bodywork & Mov Ther</i> [Epub ahead of print].		X					
Kashani F & Kashani P.	(2014). The effect of massage therapy on the quality of sleep in breast cancer patients. <i>Iran J Nurs Midwifery Res</i> , 19(2), 113-118. http://www.ncbi.nlm.nih.gov/pubmed/24834078		X					
Kavlak E, Bükler N, Altug F, & Kitis A.	(2014). Investigation of the effects of connective tissue mobilisation on quality of life and emotional status in healthy subjects. <i>Afr J Tradit Complement Altern Med</i> , 11(3), 160-165.		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/							Narrative review
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]. Midwifery.		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/							Narrative review
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					
Okamoto A, Kuriyama H, Watanabe S, Aihara Y, Tadai T, Imanishi J, & Fukui K.	(2005). The effect of aromatherapy massage on mild depression: A pilot study. <i>Psychiatry and Clinical Neurosciences</i> , 59, 363.							Pilot study
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					

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	
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						
Simon GE, Cherkin DC, Sherman KJ, Eisenberg DM, Deyo RA, & Davis RB.	(2004). Mental health visits to complementary and alternative medicine providers. <i>General Hospital Psychiatry</i> , 26, 171-177.					X		
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
Vancampfort D, Probst M, Knapen J, Demunter H, Peuskens J, & de Hert M.	(2011). Body-directed techniques on psychomotor therapy for people with schizophrenia: A review of the literature. <i>Tijdschrift voor Psychiatrie</i> , 53(8), 531-541. http://www.ncbi.nlm.nih.gov/pubmed/?term=Body-directed+techniques+on+psychomotor+therapy+for+people+with+schizophrenia%3A+A	X						
Vancampfort D, Vanderlinden J, De Hert M, Soundy A, Adámkova M, Skjaerven LH, Catalán-Matamoros D, Lundvik Gyllensten A, Gómez-Conesa A, & Probst M.	(2013). A systematic review of physical therapy interventions for patients with anorexia and bulimia nervosa. <i>Disabil Rehabil</i> [Epub ahead of print].	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	
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					
Brand LR, Munroe DJ, & Gavin J.	(2013). The effect of hand massage on preoperative anxiety in ambulatory surgery patients. <i>AORN J</i> , 97(6), 708-717.						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, & Ayranci 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		

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	
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					
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						

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	
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	
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

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	
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	
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	
Coggrave M, Norton C, & Cody JD.	(2014). Management of faecal incontinence and constipation in adults with central neurological diseases. <i>Cochrane Database Syst Rev</i> . 2014 Jan 13;1:CD002115. doi: 10.1002/14651858.CD002115.pub5.	X						
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						

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	
Nam MJ, Bang Yle, & Kim TI.	(2013). Effects of abdominal meridian massage with aroma oils on relief of constipation among hospitalized children with brain related disabilities. <i>J Korean Acad Nurs</i> , 43(2), 247-255. http://www.ncbi.nlm.nih.gov/pubmed/23703602			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					
Masanovic MG.	(2013). Physical therapy for scars. <i>Soins</i> , (772), 41-43.			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	
Parry I, Sen S, Palmieri T, & Greenhalgh D.	(2013). Nonsurgical scar management of the face: Does early vs late intervention affect outcome? <i>J Burn Care Res</i> .						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	
Roques C.	(2013). Burn scars. <i>Soins</i> , (772), 47-49.			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	
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.							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	
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						
Chaillet N, Belaid L, Crochetière C, Roy L, Gagné GP, Moutquin JM, Rossignol M, Dugas M, Wassef M, & Bonapace J.	(2014). Nonpharmacologic approaches for pain management during labor compared with usual care: a meta-analysis. <i>Birth</i> , 41(2), 122-137.	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			
Cho J & Ahn S.	(2014). Development and evaluation of breastfeeding promotion program for mothers with breast engorgement following cesarean birth. <i>J Korean Acad Nurs</i> , 44(2), 170-178. [Article in Korean].		X		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	
Craig M, & Howard L.	(2009). Postnatal depression. Clin Evid (Online). http://www.ncbi.nlm.nih.gov/pubmed/19445768	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					
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					

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, 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					
Field T.	(2010). Postpartum depression effects on early interactions, parenting, and safety practices: a review. <i>Infant Behav Dev</i> , 33(1), 1-6. http://www.ncbi.nlm.nih.gov/pubmed/19962196							Narrative review
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/							Narrative review
Geddes D, Hartmann P, & Jones E.	(2013). Preterm birth: Strategies for establishing adequate milk production and successful lactation. <i>Semin Fetal Neonatal Med</i> [Epub ahead of print].							Strategy to improve
Gilbey A.	(2013). Does massage therapy or the presence of an attendant affect pain, anxiety and satisfaction during labour? <i>Focus on Alternative and Comp Ther</i> , 18(3), 155-156.		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	
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						
Hall HR & Jolly K.	(2013) Women's use of complementary and alternative medicines during pregnancy: A cross-sectional study. <i>Midwifery</i> [Epub ahead of print].							Cross sectional survey
Hofmeyr GJ, Abdel-Aleem H, Abdel-Aleem MA.	(2013). Uterine massage for preventing postpartum haemorrhage. Cochrane Database of Systematic Reviews 2013, Issue 7. Art. No.: CD006431. DOI: 10.1002/14651858.CD006431.pub3. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD006431.pub3/full	X						
Hollenbach D, Broker R, Herlehy S, & Stuber K.	(2013). Non-pharmacological interventions for sleep quality and insomnia during pregnancy: A systematic review. <i>J Can Chiropr Assoc</i> , 57(3), 260-270. http://www.ncbi.nlm.nih.gov/pubmed/23997252	X						
Hosseini SE, Asadi N, & Zareei F.	(2014). Investigating the effects of massage therapy on labor in the active stage of first labor. <i>Iran J Nurs Res</i> , 9(1), 25-32.		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	
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					
Marzouk TM, El-Nemer AM, & Baraka HN.	(2013). The effect of aromatherapy abdominal massage on alleviating menstrual pain in nursing students: A prospective randomized cross-over study. <i>Evid Based Complement Alternat Med</i> [Epub ahead of print]. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3638625/			X				
Münstedt K, Dütemeyer V, & Hübner J.	(2013). Patients' considerations behind the use of methods from complementary and alternative medicine in the field of obstetrics in Germany. <i>Arch Gynecol Obstet</i> , 288(3), 527-530.							Questionnaire

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	
Nakakita Kenyon M.	(2014). Randomized controlled trial on the relaxation effects of back massages for puerperants on the first post-partum day. <i>Jpn J Nurs Sci</i> . [Epub ahead of print].		X					
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					
Oswald C, Higgins CC, & Assimakopoulos D.	(2013). Optimizing pain relief during pregnancy using manual therapy. <i>Can Fam Physician</i> , 59(8), 841-842. http://www.ncbi.nlm.nih.gov/pubmed/23946024							Opinion
Previti G, Pawlby S, Chowdhury S, Aguglia E, & Pariante CM.	(2014). Neurodevelopmental outcome for offspring of women treated for antenatal depression: A systematic review. <i>Arch Womens Ment Health</i> , 17(6), 471-483. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4237905/	X						
Silva Gallo RB, Santana LS, Jorge Ferreira CH, Marcolin AC, Polineto OB, Duarte G, & Quintana SM.	(2013). Massage reduced severity of pain during labour: a randomised trial. <i>J Physiother</i> , 59(2), 109-116.		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						

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 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/paediatric

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	
Aliabadi F & Askary RK.	(2013). Effects of tactile-kinesthetic stimulation on low birth weight neonates. <i>Iran J Pediatr</i> , 23(3), 289-294.		X					
Aly FF & Murtaza G.	(2013). Massage therapy in preterm infants. <i>Pediat Therapeut</i> , 3(2), 155. http://www.omicsonline.org/massage-therapy-in-preterm-infants-2161-0665.1000155.pdf							Case study
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					
Batalha LM & Mota AA.	(2013). Massage in children with cancer: Effectiveness of a protocol. <i>J Pediatr (Rio J)</i> . [Epub ahead of print.] http://www.sciencedirect.com/science/article/pii/S0021755713001654		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 JL.	(2007). Pediatric massage therapy: An overview for clinicians. <i>Pediatr Clin North Am</i> , 54(6), 1025-1041.							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	
Bennett C, Underdown A, & Barlow J.	(2013). Massage for promoting mental and physical health in typically developing infants under the age of six months. <i>Cochrane Database of Systematic Reviews</i> 2013, Issue 4. Art. No.: CD005038. DOI: 10.1002/14651858.CD005038.pub3. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD005038.pub3/full	X						
Calvo-Munoz I, Gomez-Conesa A, & Sanchez-Meca J.	(2013). Physical therapy treatments for low back pain in children and adolescents: A meta-analysis. <i>BMC Musculoskeletal Disord</i> [Epub ahead of print]. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3568715/	X						
Cook C, Pfeister N, Ronquillo K, Tran C, & Schultz-Krohn W.	(2013) Effects of infant massage as an occupational therapy approach on decreasing stress among homeless mothers. <i>In AOTA 2013 Annual Conference San Jose State University Occupational Therapy</i> . San Jose, CA: San Jose State University. http://www.sjsu.edu/occupationaltherapy/docs/The_Effects_Of_Infant_Massage_On_Homeless_Mothers_A_Quantitative_And_Qualitative_Approach.pdf							Mixed method study

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	
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.	(2014). Preterm infant weight gain is increased by massage therapy and exercise via different underlying mechanisms. <i>Early Human Devel</i> , 90(3), 137-140.		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					
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					

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	
Esfahani MS, Sheykhi S, Abdeyazdan Z, Jodakee M, & Boroumandfar K.	(2013). A comparative study on vaccination pain in the methods of massage therapy and mothers' breast feeding during injection of infants referring to Navabsafavi Health Care Center in Isfahan. <i>Iran J Nurs Midwifery Res</i> , 18(6):494-8. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3917134/				X			
Fallah R, Akhavan Karbasi S, Golestan M, Fromandi M	(2013). Sunflower oil versus no oil moderate pressure massage leads to greater increases in weight in preterm neonates who are low birth weight. <i>Early Hum Dev</i> , 89(9), 769-772.		X					
Fatima FA & Murtaza G.	(2013). Massage therapy for pre-term infants. <i>Pediat Therapeut</i> , 3(2),155. http://www.omicsonline.org/2161-0665/2161-0665-3-155.php?aid=15692							Case study
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					

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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	
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					
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				

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	
Guzzetta A, Baldini S, Bancale A, Baroncelli L, Ciucci F, Ghirri P, Putignano E, Sale A, Viegli 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, Bancale 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					
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.	(2013). 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

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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	
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					
Honda N, Ohgi S, Wada N, Loo KK, Higashimoto Y, & Fukuda K.	(2013). Effect of therapeutic touch on brain activation of preterm infants in response to sensory punctate stimulus: A near infrared spectroscopy-based study. <i>Arch Dis Child Fetal Neonatal Ed</i> , 98(3), F244-248.		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
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					
Li N, Kang LM, Wang Q, Yu T, Ma D, & Luo R.	(2013). Effects of early neurodevelopmental treatment on motor and cognitive development of critically ill premature infants. <i>Sichuan Da Xue Xue Bao Yi Xue Ban</i> , 44(2), 287-290.				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	
Livingston K, Beider S, Kant AJ, Gallardo CC, Joseph MH, & Gold JI.	(2009). Touch and massage for medically fragile infants. <i>Evid Based Complement Alternat Med</i> , 6(4), 473-482. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2781772/		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						
No Authors Listed	(2013). The influence of classical back and neck massage on the functional state of the cardiovascular system and the frequency-time characteristics of its variability in the adolescents. <i>Vopr Kurortol Fizioter Lech Fiz Kult</i> , 3, 31-35.						X	
Osborn, DA, Jeffery HE, & Cole MJ.	(2010). Sedatives for opiate withdrawal in newborn infants. <i>Cochrane Database of Systematic Reviews</i> 2010, Issue 10. Art. No.: CD002053. DOI: 10.1002/14651858.CD002053.pub3. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD002053.pub3/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	
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						
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					
Rangey PS & Sheth M.	(2014). Comparative Effect of Massage Therapy versus Kangaroo Mother Care on Body Weight and Length of Hospital Stay in Low Birth Weight Preterm Infants. <i>Int J Ped</i> . [Electronic version]. http://www.hindawi.com/journals/ijpedi/2014/434060/			X				
Rudnicki J, Boberski M, Butrymowicz E, Niedbalski P, Ogniewski P, Niedbalski M, Niedbalski Z, Podraza W, Podraza H.	(2012). Recording of amplitude-integrated electroencephalography, oxygen saturation, pulse rate, and cerebral blood flow during massage of premature infants. <i>Am J Perinatol</i> , 29(7), 561-566.							Analysis of physiological effects

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	
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				
Saleem M, Bhatti J, & Azam M.	(2013). Effectiveness of massage therapy for treatment of infantile colic. <i>JRMC</i> , 17(2), 178-180. http://www.journalrmc.com/volumes/1395217614.pdf		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			
Seyyedrasooli A, Valizadeh L, Hosseini MB, Asgari Jafarabadi M, & Mohammadzad M.	(2014). Effect of vimala massage on physiological jaundice in infants: a randomized controlled trial. <i>J Caring Sci</i> , 3(3), 165-173. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4171815/		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						
Ahsberg E & Carlsson M.	(2013). Practical care work and existential issues in palliative care: experiences of nursing assistants. <i>Int J Older People Nurs</i> [Epub ahead of print].						X	
Baccetti S, Da Frè M, Becorpi A, Faedda M, Guerrera A, Monechi MV, Munizzi RM, & Parazzini F.	(2014). Acupuncture and Traditional Chinese Medicine for Hot Flushes in Menopause: A Randomized Trial. <i>J Altern Complement Med</i> , 20(7),550-557.		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
Donoyama N, Suoh S, & Ohkoshi N.	(2014). Effectiveness of Anma massage therapy in alleviating physical symptoms in outpatients with Parkinson's disease: A before-after study. <i>Complement Ther Clin Pract</i> . [Epub ahead of print].						X	
Fraser J, & Kerr JR.	(1993). Psychophysiological effects of back massage on elderly institutionalized patients. <i>J Adv Nurs</i> , 18(2), 238-245.						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	
Fu CY, Moyle W, Cooke M.	(2013). A randomised controlled trial of the use of aromatherapy and hand massage to reduce disruptive behaviour in people with dementia. <i>BMC Complement Altern Med</i> , 13(1), 165. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3737022/		X					
Groër M, Mozingo J, Droppleman 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						
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					

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	
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	
Koç Z, Saglam Z, & Topatan S.	(2013). Determination of the use of complementary and alternative medicine by women in the climacteric period in the Turkish city of Samsun. <i>Contemp Nurse</i> [Epub ahead of print].							Quantitative survey
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, Cooke ML, Beattie E, Shum DH, O'Dwyer ST, Barrett S, & Sung B.	(2013). Foot massage and physiological stress in people with dementia: A randomized controlled trial. <i>J Altern Complement Med</i> . [Epub ahead of print.]		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				

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	
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						
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
Ogawa N, Kuroda K, Ogawara S, Miyake N, & Machida K.	(2014). Psychophysiological effects of hand massage in geriatric facility residents. <i>Nihon Eiseigaku Zasshi</i> , 69(1), 24-30. [Article in Japanese].		X					
Rodríguez-Mansilla J, González López-Arza MV, Varela-Donoso E, Montanero-Fernández J, González Sánchez B, & Garrido-Ardila EM.	(2014). The effects of ear acupressure, massage therapy and no therapy on symptoms of dementia: A randomized controlled trial. <i>Clin Rehabil</i> . [Epub ahead of print.]		X					
Rodríguez-Mansillaa J, González-López-Arzaa MV, Varela-Donosob E, Montanero-Fernándezc J, Jiménez-Palomaresa M, & Garrido-Ardilaa EM.	(2013). Ear therapy and massage therapy in elderly people with dementia a pilot study. <i>Journal of Traditional Chinese Med</i> , 33(4), 461-467.							Pilot study
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					

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	
Satoh S, Kajiwara M, Kiyokawa E, Toukairin Y, Fujii M, & Sasaki H.	(2013). Rivastigmine patch and massage for Alzheimer's disease patients. <i>Geriatr Gerontol Int</i> , 13(2), 515-516.					X		
Sefton, JM, Yarar 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					
Taavoni S, Darsareh F, & Haghani H.	(2013). Effect of massage therapy on menopausal symptoms: A randomized clinical trial study. <i>European Psych</i> , 28,(Supp 1), 1.		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, Joolaee 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.				X			
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					
Arroyo-Morales M, Fernández-Lao C, Ariza-García A, Toro-Velasco C, Winters M, Díaz-Rodríguez L, Cantarero-Villanueva I, Huijbregts P, & Fernández-De-las-Peñas C.	(2011). Psychophysiological effects of preperformance massage before isokinetic exercise. <i>J Strength Cond Res</i> , 25(2), 481-488.			X				
Arroyo-Morales M, Olea N, Martínez M, Moreno-Lorenzo C, Díaz-Rodríguez L, & Hidalgo-Lozano A.	(2008). Effects of myofascial release after high-intensity exercise: A randomized clinical trial. <i>J Manipulative Physiol Ther</i> , 31(3),217-223.		X					
Arroyo-Morales M, Olea N, Martínez MM, Hidalgo-Lozano A, Ruiz-Rodríguez C, & Díaz-Rodríguez L.	(2008). Psychophysiological effects of massage-myofascial release after exercise: a randomized sham-control study. <i>J Altern Complement Med</i> , 14(10), 1223-1229.		X					
Arroyo-Morales M, Olea N, Ruíz 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
		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	
Brooks CP, Woodruff LD, Wright LL, & Donatelli R.	(2005). The immediate effects of manual massage on power-grip performance after maximal exercise in healthy adults. <i>J Altern Complement Med</i> , 11(6), 1093-1101.			X				
Bykov AT, Iakimenko SN, Khodasevich LS, & Poliakova AV.	(2012). The influence of various technologies of sports massage on biochemical parameters of the blood. <i>Vopr Kurortol Fizioter Lech Fiz Kult</i> , 2011(5), 49-51.							Study of physiological mechanisms
Caruso JF & Coday MA.	(2008). The combined acute effects of massage, rest periods, and body part elevation on resistance exercise performance. <i>J Strength Cond Res</i> , 22(2), 575-582.					X		
Cè E, Limonta E, Maggioni MA, Rampichini S, Veicsteinas A, & Esposito F.	(2013). Stretching and deep and superficial massage do not influence blood lactate levels after heavy-intensity cycle exercise. <i>J Sports Sci</i> , 31(8), 856-66.					X		
Christiaans I, Stapper G, & Backx FJ.	(2004). A long-distance runner with a painful sesamoid bone in the forefoot. <i>Ned Tijdschr Geneeskde</i> , 148(32), 1594-1598.							Case study
Crane JD, Ogborn DI, Cupido C, Melov S, Hubbard A, Bourgeois JM, Tarnopolsky MA.	(2012). Massage therapy attenuates inflammatory signaling after exercise-induced muscle damage. <i>Sci Transl Med</i> , 4, 119. http://stm.sciencemag.org/content/4/119/119ra13.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	
Crawford SK, Haas C, Butterfield TA, Wang Q, Zhang X, Zhao Y, & Best TM.	(2014). Effects of immediate vs. delayed massage-like loading on skeletal muscle viscoelastic properties following eccentric exercise. <i>Clin Biomech</i> (Bristol, Avon), 29(6), 671-678.		X					
Dawson KA, Dawson L, Thomas A, & Tiidus PM.	(2011). Effectiveness of regular proactive massage therapy for novice recreational runners. <i>Phys Ther Sport</i> , 12(4), 182-187.						X	
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						
Farr T, Nottle C, Nosaka K, & Sacco P.	(2002). The effects of therapeutic massage on delayed onset muscle soreness and muscle function following downhill walking. <i>J Sci Med Sport</i> , 5(4):297-306.					X		
Fletcher IM.	(2010). The effects of precompetition massage on the kinematic parameters of 20-m sprint performance. <i>J Strength Cond Res</i> , 24(5), 1179-1183.		X					
Forman J, Geertsen L, & Rogers ME.	(2014). Effect of deep stripping massage alone or with eccentric resistance on hamstring length and strength. <i>J Bodyw Mov Ther</i> , 18(1), 139-144.		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	
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					
Garrido N, Oliveira G, Mendes R, Sousa N, & Sousa M.	(2013). Acute effects of muscle massage previous to strength training on biochemical markers of delayed onset muscle soreness. <i>Br J Sports Med</i> , 47(10).			X				
Goodwin JE, Glaister M, Howatson G, Lockey RA, & McInnes G.	(2007). Effect of pre-performance lower-limb massage on thirty-meter sprint running. <i>J Strength Cond Res</i> , 21(4), 1028-1031.					X		
Haas C, Butterfield TA, Zhao Y, Zhang X, Jarjoura D, & Best TM.	(2013). Dose-dependency of massage-like compressive loading on recovery of active muscle properties following eccentric exercise: rabbit study with clinical relevance. <i>Br J Sports Med</i> , 47(2), 83-8. http://bjsm.bmj.com/content/47/2/83.long		X					
Han JH, Kim M, Yang H, Lee YJ, & Sung YH.	(2014) Effects of therapeutic massage on gait and pain after delayed onset muscle soreness. <i>J Exer Reh</i> , 10(2), 136-140.			X				
Hart JM, Swanik CB, & Tierney RT.	(2005). Effects of sport massage on limb girth and discomfort associated with eccentric exercise. <i>J Athl Train</i> , 40(3), 181-185. http://www.ncbi.nlm.nih.gov/pubmed/16284638				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	
Hinds T, McEwan I, Perkes J, Dawson E, Ball D, & George K.	(2004). Effects of massage on limb and skin blood flow after quadriceps exercise. <i>J Amer College Spts Med</i> , 36(8), 1308-1313. http://physioblackrock.com.au/wp-content/uploads/2011/05/TessaHinds_message_bloodflow_post-exercise1.pdf					X		
Howatson G & Van Someren KA.	(2003). Ice massage. Effects on exercise-induced muscle damage. <i>J Sports Med Phys Fitness</i> , 43(4), 500-505.		X					
Huang SY, Di Santo M, Wadden KP, Cappa DF, Alkanani T, & Behm DG.	(2010). Short-duration massage at the hamstrings musculotendinous junction induces greater range of motion. <i>J Strength Cond Res</i> , 24(7), 1917-1924.					X		
Imtiyaz S, Veqar Z, & Shareef MY.	(2014). To compare the effect of vibration therapy and massage in prevention of delayed onset muscle soreness (DOMS). <i>J Clin Diagn Res</i> , 8(1), 133-136. http://www.ncbi.nlm.nih.gov/pubmed/?term=To+Compare+the+Effect+of+Vibration+Therapy+and+Massage+in+Prevention+of+Delayed+Onset+Muscle+Soreness+(DOMS) .				X			
Issurin VB.	(2005). Vibrations and their applications in sport. A review. <i>J Sports Med Phys Fitness</i> , 45(3), 324-336.	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	
Jakeman JR, Byrne C, & Eston RG.	(2010). Efficacy of lower limb compression and combined treatment of manual massage and lower limb compression on symptoms of exercise-induced muscle damage in women. <i>J Strength Cond Res</i> , 24(11), 3157-3165.			X				
Jay K, Sundstrup E, Søndergaard SD, Behm D, Brandt M, Særvoll CA, & Andersen LL.	(2014). Specific and cross over effects of massage for muscle soreness: Randomized controlled trial. <i>Int J Sports Phys Ther</i> , 9(1), 82-91. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3924612/		X					
Justin D, Crane JD, Ogborn D, Cupido CC, Melov SS, Hubbard AA, Bourgeois J, & Tarnopolsky M.	(2012). Massage therapy attenuates inflammatory signaling after exercise-induced muscle damage. <i>Sci Transl Med</i> 4(119).		X					
Karabulut AB, Kafkas ME, Kafkas AS, Onal Y, & Kiran TR.	(2014). The effect of regular exercise and massage on oxidant and antioxidant parameters. <i>Indian J Physiol Pharmacol</i> , 57(4), 378-383.		X					
Lane KN & Wenger HA.	(2004). Effect of selected recovery conditions on performance of repeated bouts of intermittent cycling separated by 24 hours. <i>J Strength Cond Res</i> , 18(4), 855-860.					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	
Jakeman JR, Byrne C, & Eston RG.	(2010). Efficacy of lower limb compression and combined treatment of manual massage and lower limb compression on symptoms of exercise-induced muscle damage in women. <i>J Strength Cond Res</i> , 24(11), 3157-3165.			X				
Jay K, Sundstrup E, Søndergaard SD, Behm D, Brandt M, Særvoll CA, & Andersen LL.	(2014). Specific and cross over effects of massage for muscle soreness: Randomized controlled trial. <i>Int J Sports Phys Ther</i> , 9(1), 82-91. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3924612/		X					
Justin D, Crane JD, Ogborn D, Cupido CC, Melov SS, Hubbard AA, Bourgeois J, & Tarnopolsky M.	(2012). Massage therapy attenuates inflammatory signaling after exercise-induced muscle damage. <i>Sci Transl Med</i> 4(119).		X					
Karabulut AB, Kafkas ME, Kafkas AS, Onal Y, & Kiran TR.	(2014). The effect of regular exercise and massage on oxidant and antioxidant parameters. <i>Indian J Physiol Pharmacol</i> , 57(4), 378-383.		X					
Lane KN & Wenger HA.	(2004). Effect of selected recovery conditions on performance of repeated bouts of intermittent cycling separated by 24 hours. <i>J Strength Cond Res</i> , 18(4), 855-860.					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	
Martin NA, Zoeller RF, Robertson RJ, & Lephart SM.	(1998). The comparative effects of sports massage, active recovery, and rest in promoting blood lactate clearance after supramaximal leg exercise. <i>J Athl Train</i> , 33(1), 30-35. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1320372/					X		
Moraska A.	(2005). Sports massage: A comprehensive review. <i>J Sports Med Phys Fitness</i> , 45(3), 370-380.							Narrative review
Moraska A.	(2013). Massage efficacy beliefs for muscle recovery from a running race. <i>Int J Ther Massage Bodywork</i> , 6(2), 3-8. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3666599/							Survey
Moraska A.	(2007). Therapist education impacts the massage effect on postrace muscle recovery. <i>Med Sci Sports Exerc</i> , 39(1), 34-37.				X			
Mori H, Ohsawa H, Tanaka TH, Taniwaki E, Leisman G, & Nishijo K.	(2004). Effect of massage on blood flow and muscle fatigue following isometric lumbar exercise. <i>Med Sci Monit</i> , 10(5):CR173-8. http://www.medscimonit.com/download/index/idArt/11648					X		
Nomikos NN, Nomikos GN, & Kores DS.	(2010). The use of deep friction massage with olive oil as a means of prevention and treatment of sports injuries in ancient times. <i>Arch Med Sci</i> , 6(5), 642-645. http://www.ncbi.nlm.nih.gov/pubmed/22419918							Review of historical literature

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	
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	
Paoli A, Bianco A, Battaglia G, Bellafiore M, Grainer A, Marcolin G, Cardoso CC, Dall'aglio R, & Palma A.	(2013). Sports massage with ozonised oil or non-ozonised oil: Comparative effects on recovery parameters after maximal effort in cyclists. <i>Phys Ther Sport</i> .				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	
Scott A, Docking S, Vicenzino B, Alfredson H, Zwerver J, Lundgreen K, Finlay O, Pollock N, Cook JL, Fearon A, Purdam CR, Hoens A, Rees JD, & Goetz TJ,	(2012). Sports and exercise-related tendinopathies: a review of selected topical issues by participants of the second International Scientific Tendinopathy Symposium (ISTS) Vancouver 2012. <i>Br J Sports Med</i> , 47(9), 536-544. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3664390/							Narrative review
Shah N.	(2008). Increasing knee range of motion using a unique sustained method. <i>N Am J Sports Phys Ther</i> , 3(2), 110-3. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2953321/		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	
Torres R, Ribeiro F, Alberto Duarte J, & Cabri JM.	(2012). Evidence of the physiotherapeutic interventions used currently after exercise-induced muscle damage: systematic review and meta-analysis. <i>Phys Ther Sport</i> , 13(2), 101-114.	X						
Weerapong P, Hume PA, & Kolt GS.	(2005). The mechanisms of massage and effects on performance, muscle recovery and injury prevention. <i>Sports Med</i> , 35(3):235-56.							Hypothesis on physiological mechanisms
Wiltshire EV, Poitras V, Pak M, Hong T, Rayner J, & Tschakovsky ME.	(2010). Massage impairs postexercise muscle blood flow and "lactic acid" removal. <i>Med Sci Sports Exerc</i> , 42(6), 1062-1071.					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					
Back C, Tam H, Lee E, & Haraldsson B.	(2009). The effects of employer-provided massage therapy on job satisfaction, workplace stress, and pain and discomfort. <i>Holist Nurs Pract</i> , 23(1), 19-31.						X	
Chuang CY, Tsai CN, Kao MT, & Huang SH.	(2013). Effects of massage therapy intervention on autonomic nervous system promotion in integrated circuit design company employees. The 15th International Conference on Biomedical Engineering IFMBE Proceeding, 43, 562-564.					X		
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					
Engen DJ, Wahner-Roedler DL, Vincent A, Chon TY, Cha SS, Luedtke CA, Loehrer LL, Dion LJ, Rodgers NJ, & Bauer BA.	(2012). Feasibility and effect of chair massage offered to nurses during work hours on stress-related symptoms: A pilot study. <i>Complement Ther Clin Pract</i> , 18(4), 212-215.							Pilot study

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	
Engen DJ, Wahner-Roedler DL, Vincent A, Chon TY, Cha SS, Luedtke CA, Loehrer LL, Dion LJ, Rodgers NJ, & Bauer BA.	(2012). Feasibility and effect of chair massage offered to nurses during work hours on stress-related symptoms: A pilot study. <i>Complement Ther Clin Pract</i> , 18(4), 212-215.					X		
Katz J, Wowk A, Culp D, & Wakeling H.	(1999). Pain and tension are reduced among hospital nurses after on-site massage treatments: A pilot study. <i>J Perianesth Nurs</i> , 14(3), 128-133.						X	
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					
Moyle W, Cooke M, O'Dwyer ST, Murfield J, Johnston A, & Sung B.	(2013). The effect of foot massage on long-term care staff working with older people with dementia: A pilot, parallel group, randomized controlled trial. <i>BMC Nurs</i> , 12, 15. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3598869/		X					
Šiško 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	
Buselli P, Bosoni R, Busè G, Fasoli P, La Scala E, Mazzolari R, Zanetti F, & Messina S.	(2011). Effectiveness evaluation of an integrated automatic thermomechanic massage system (SMATH® system) in non-specific sub-acute and chronic low back pain - A randomized double-blinded controlled trial, comparing SMATH therapy versus sham therapy: Study protocol for a randomized controlled trial. <i>Trials</i> , 4;12, 216. http://www.ncbi.nlm.nih.gov/pubmed/21967800							Trial
Button C, Anderson N, Bradford C, Cotter JD, & Ainslie PN.	(2007). The effect of multidirectional mechanical vibration on peripheral circulation of humans. <i>Clin Physiol Funct Imaging</i> , 27(4), 211-216.		X					
Cramer H, Lauche R, Hohmann C, Choi KE, Rampp T, Musial F, Langhorst J, & Dobos G.	(2011). Randomized controlled trial of pulsating cupping (pneumatic pulsation therapy) for chronic neck pain. <i>Forsch Komplementmed</i> , 18(6), 327-334.		X					
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
Ishii H, Koga H, Obokawa Y, Solis J, Takanishi A, & Katsumata A.	(2010). Path generator control system and virtual compliance calculator for maxillofacial massage robots. <i>Int J Comput Assist Radiol Surg</i> , 5(1), 77-84.					X		
Parashin VB, Golovin VF, Snegirev AN, Arkhipov MV, & Zhuravlev VV.	(2013). A robot for capillary massage of the head surface. <i>Med Tekh</i> , (1), 10-11.							Research paper

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	
Suryanarayanan Murali, S Vignesh Shanmugam, G Arun Prasaad, M Sarath Kumar, C Manoharan, S R Devadasan, & R. Muruges.	(2013). Fatigue mitigation through the optimization of ergonomic positional parameters in massage therapy using virtual instrumentation [Electronic version]. <i>Int J Adv Manuf Technol</i> . Retrieved August 30, 2013 from http://link.springer.com/article/10.1007/s00170-013-5259-4#page-1					X		
Yoon YS, Yu KP, Lee KJ, Kwak SH, & Kim JY.	(2012). Development and application of a newly designed massage instrument for deep cross-friction massage in chronic non-specific low back pain. <i>Ann Rehabil Med</i> , 36(1), 55-65. http://www.ncbi.nlm.nih.gov/pubmed/22506236			X				

Workforce development

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	
Shroff FM, & Sahota IS.	(2013). The perspectives of educators, regulators and funders of massage therapy on the state of the profession in British Columbia, Canada. <i>Chirop Man Ther</i> , 21(1).							Survey
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

Usage

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, Schiffgen M, Kundu A, Dagenais S, Clifford T, Baydala L, King WJ, & Vohra S.	(2014). Patterns of utilization of complementary and alternative medicine in 2 pediatric gastroenterology clinics. <i>J Pediatr Gastroenterol Nutr</i> , 59(3), 334-339.							Survey
Canaway R, Manderson L, & Oldenburg B.	(2014). Perceptions of benefit of complementary therapy use among people with diabetes and cardiovascular disease. <i>Forsch Komplementmed</i> , 21(1), 25-33.							Survey
Carinci AJ, Pathak R, Young M, & Christo PJ.	(2012). Complementary and alternative treatments for chronic pelvic pain. <i>Curr Pain Headache Rep</i> , 17(2), 316.	X						
Chenot JF, Becker A, Leonhardt C, Keller S, Donner-Banzhoff N, Baum E, Pfingsten M, Hildebrandt J, Basler HD, & Kochen MM.	(2007). Use of complementary alternative medicine for low back pain consulting in general practice: a cohort study. <i>BMC Complement Altern Med</i> , 7, 42. http://www.ncbi.nlm.nih.gov/pubmed/18088435					X		
Cotton S, Luberto CM, Bogenschutz LH, Pelley TJ, & Dusek J.	(2013). Integrative care therapies and pain in hospitalized children and adolescents: A retrospective database review. <i>J Altern Complement Med</i> . [Epub ahead of print].	X						
Denneson LM, Corson K, Dobscha SK.	(2012). Complementary and alternative medicine use among veterans with chronic noncancer pain. <i>J Rehabil Res Dev</i> , 48(9), 1119-1128. http://www.ncbi.nlm.nih.gov/pubmed/22234716	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	
Downey L, Engelberg RA, Curtis JR, Lafferty WE, & Patrick DL.	(2009). Shared priorities for the end-of-life period. <i>J Pain Symptom Manage</i> , 37(2), 175-188. http://www.ncbi.nlm.nih.gov/pubmed/18722084	X						
Feinglass J, Lee C, Rogers M, Temple LM, Nelson C, & Chang RW.	(2007). Complementary and alternative medicine use for arthritis pain in two Chicago community areas. <i>Clin J Pain</i> , 23(9), 744-749.							Survey
Galloway SD & Watt JM.	(2004). Massage provision by physiotherapists at major athletics events between 1987 and 1998. <i>Br J Sports Med</i> , 38(2), 235-236. http://www.ncbi.nlm.nih.gov/pubmed/15039270	X						
Garland SN, Valentine D, Desai K, Li S, Langer C, Evans T, & Mao JJ.	(2013). Complementary and Alternative Medicine (CAM) Use and Benefit Finding Among Cancer Patients [Electronic version]. <i>J Complement Altern Med</i> .							Cross sectional survey
Goode AP, Freburger J, & Carey T.	(2010). Prevalence, practice patterns, and evidence for chronic neck pain. <i>Arthritis Care Res (Hoboken)</i> , 62(11), 1594-1601. http://www.ncbi.nlm.nih.gov/pubmed/20521306							Survey

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	
Ho KY, Jones L, & Gan Tj.	(2009). The effect of cultural background on the usage of complementary and alternative medicine for chronic pain management. <i>Pain Phys</i> , 12, 685-688. http://www.painphysicianjournal.com/~painphys/2009/may/2009;12;685-688.pdf							Patient survey
Knauer SR, Freburger JK, & Carey TS.	(2010). Chronic low back pain among older adults: A population-based perspective. <i>J Aging Health</i> , 22(8), 1213-1234.							Study
Konvicka JJ, Meyer TA, McDavid AJ, & Roberson CR.	(2008). Complementary/alternative medicine use among chronic pain clinic patients. <i>J Perianesth Nurs</i> , 23(1), 17-23.							Survey
Latina R, Mastroianni C, Sansoni J, Piredda M, Casale G, D'Angelo D, Tarsitani G, & De Marinis MG.	(2012). The use of complementary therapies for chronic pain in Italian hospices. <i>Prof Inferm</i> , 65(4), 244-250.							Survey
Maiers MJ, Westrom KK, Legendre CG, & Bronfort G.	(2010). Integrative care for the management of low back pain: Use of a clinical care pathway. <i>BMC Health Serv Res</i> , 10, 298. http://www.ncbi.nlm.nih.gov/pubmed/21034483							Study
Majnemer A, Shikako-Thomas K, Shevell MI, Poulin C, Lach L, Schmitz N, Law M, & Group TQ.	(2013). Pursuit of Complementary and Alternative Medicine Treatments in Adolescents With Cerebral Palsy. <i>J Child Neurol</i> .							Survey

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	
Majumdar S, Thompson W, Ahmad N, Gordon C, & Addison C.	(2013). The use and effectiveness of complementary and alternative medicine for pain in sickle cell anaemia. <i>Complement Ther Clin Pract</i> , 19(4), 184-187.	X						
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			
Nichols AW & Harrigan R.	(2006). Complementary and alternative medicine usage by intercollegiate athletes. <i>Clin J Sport Med</i> , 16(3), 232-237.				X			
Obalum DC & Ogo CN.	(2011). Usage of Complementary and Alternative Medicine (CAM) among osteoarthritis patients attending an urban multi-specialist hospital in Lagos, Nigeria. <i>Niger Postgrad Med J</i> , 18(1), 44-47.							Survey
Olsen SA.	(2009). A review of complementary and alternative medicine (CAM) by people with multiple sclerosis. <i>Occup Ther Int</i> , 16(1), 57-70.							Survey
Posadzki P, Watson LK, Alotaibi A, & Ernst E.	(2013). Prevalence of use of complementary and alternative medicine (CAM) by patients/consumers in the UK: Systematic review of surveys. <i>Clin Med</i> , 13(2), 126-131.	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	
Reid MC, Papaleontiou M, Ong A, Breckman R, Wethington E, & Pillemer K.	(2008). Self-management strategies to reduce pain and improve function among older adults in community settings: A review of the evidence. <i>Pain Med</i> , 9(4), 409-424. http://www.ncbi.nlm.nih.gov/pubmed/18346056	X						
Rose G.	(2006). Why do patients with rheumatoid arthritis use complementary therapies? <i>Musculoskeletal Care</i> , 4(2), 101-115.							Qualitative study
Rouster-Stevens K, Nageswaran S, Arcury TA, & Kemper KJ.	(2008). How do parents of children with juvenile idiopathic arthritis (JIA) perceive their therapies? <i>BMC Complement Altern Med</i> , 8, 25. http://www.ncbi.nlm.nih.gov/pubmed/18518962							Survey
Sanders KA, Labott SM, Molokie R, Shelby SR, & Desimone J.	(2010). Pain, coping and health care utilization in younger and older adults with sickle cell disease. <i>J Health Psychol</i> , 15(1), 131-137.	X						
Schwarz S, Messerschmidt H, Völzke H, Hoffmann W, Lucht M, & Dören M.	(2008). Use of complementary medicinal therapies in West Pomerania: A population-based study. <i>Climacteric</i> , 11(2), 124-134.							Survey
Sherman KJ, Cherkin DC, Connelly MT, Erro J, Savetsky JB, Davis RB, & Eisenberg DM.	(2004). Complementary and alternative medical therapies for chronic low back pain: What treatments are patients willing to try? <i>BMC Complement Altern Med</i> , 19(4), 9. http://www.ncbi.nlm.nih.gov/pubmed/15260884						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	
Sherman KJ, Eaves ER, Ritenbaugh C, Hsu C, Cherkin DC, & Turner JA.	(2014). Cognitive interviews guide design of a new CAM patient expectations questionnaire. <i>BMC Complement Altern Med</i> . [Electronic version only]. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3906834/							Survey
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
Stewart D, Pallivalappila A, Shetty A, Pande B, & McLay J.	(2014). Healthcare professional views and experiences of complementary and alternative therapies in obstetric practice in North East Scotland: A prospective questionnaire survey. <i>BJOG</i> , 121(8), 1015-1019.							Survey
Tan MG, Win MT, & Khan SA.	(2013). The use of complementary and alternative medicine in chronic pain patients in Singapore: A single-centre study. <i>Ann Acad Med Singapore</i> , 42(3), 133-137. http://www.ncbi.nlm.nih.gov/pubmed/23604502							Case study
Tsao JC, Meldrum M, Kim SC, Jacob MC, & Zeltzer LK.	(2007). Treatment preferences for CAM in children with chronic pain. <i>Evid Based Complement Alternat Med</i> , 4(3), 367-374. http://www.ncbi.nlm.nih.gov/pubmed/17965769			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	
van Tilburg MA, Palsson OS, Levy RL, Feld AD, Turner MJ, Drossman DA, & Whitehead WE.	(2008). Complementary and alternative medicine use and cost in functional bowel disorders: a six month prospective study in a large HMO. <i>BMC Complement Altern Med</i> , 8, 46. http://www.ncbi.nlm.nih.gov/pubmed/18652682							Survey
Wardle JL, Sibbritt DW, & Adams J.	(2013). Referral to massage therapy in primary health care: A survey of medical general practitioners in rural and regional New South Wales, Australia. <i>J of Manipulative & Physiological Ther</i> (ahead of print). http://www.sciencedirect.com/science/article/pii/S0161475413002327							Survey
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. <i>Spine (Phila Pa 1976)</i> , 28(3), 292-297.							Random telephone survey
Xue CC, Zhang AL, Holroyd E, & Suen LK.	(2008). Personal use and professional recommendations of complementary and alternative medicine by Hong Kong registered nurses. <i>Hong Kong Med J</i> , 14(2), 110-115. http://www.hkmj.org/abstracts/v14n2/110.htm							Survey

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	
Yang S, Dubé CE, Eaton CB, McAlindon TE, & Lapane KL.	(2013). Longitudinal Use of Complementary and Alternative Medicine Among Older Adults With Radiographic Knee Osteoarthritis. <i>Clin Ther.</i> [Epub ahead of print.]							Survey
Young L & Kemper KJ.	(2013). Integrative care for pediatric patients with pain. <i>J Altern Complement Med, 19(7)</i> , 627-632.							Survey

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	
Andrzejewski W, Kassolik K, Dziegiel P, Pula B, Ratajczak-Wielgomas K, Jablonska K, Kurpas D, Halski T, & Podhorska-Okolow M.	(2014). Effects of synergistic massage and physical exercise on the expression of angiogenic markers in rat tendons. <i>Biomed Res Int</i> . [Epub ahead of print]. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4037120/		X					
Arnold LE.	(2001). Alternative treatments for adults with attention-deficit hyperactivity disorder. <i>Annals of the New York Academy of Sciences</i> , 931, 310-341.	X						
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.
Beider S, Boulanger KT, Joshi M, Pan YP, & Chang RK.	(2010). Measuring the effects of massage on exercise performance and cardiopulmonary response in children with and without heart disease: a pilot study. <i>Int J Ther Massage Bodywork</i> , 28(3), 12-16. http://www.ncbi.nlm.nih.gov/pubmed/21589710							Pilot study
Best TM, Crawford SK, Haas C, Charles L, & Zhao Y.	(2014). Transverse forces in skeletal muscle with massage-like loading in a rabbit model. <i>BMC Complement Altern Med</i> , 14, 393. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4200125/		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	
Best TM, Gharaibeh B, & Huard J.	(2013). Stem cells, angiogenesis and muscle healing: a potential role in massage therapies? <i>Br J Sports Med</i> , 47(10), 656.							Opinion
Blackie CA, McMonnies CW, & Korb DR.	(2013). Warm compresses and the risks of elevated corneal temperature with massage. <i>Cornea</i> , 32(7), e146-149.					X		
Bronfort G, Haas M, Evans R, Leininger B, & Triano J.	(2010). Effectiveness of manual therapies: The UK evidence report. <i>Chiropr Osteopat</i> , 18, 3.	X						
Cherian K, Cherian N, Cook C, & Kaltenbach JA.	(2013). Improving tinnitus with mechanical treatment of the cervical spine and jaw. <i>J Am Acad Audiol</i> , 24(7), 544-555. http://www.chiromt.com/content/18/1/3						X	
Chiarioni G, Asteria C, & Whitehead WE.	(2011). Chronic proctalgia and chronic pelvic pain syndromes: New etiologic insights and treatment options. <i>World J Gastroenterol</i> , 17(40), 4447-4455. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3218134/	X						
Cohen MH.	(2005). Legal issues in caring for patients with kidney diseases by selectively integrating complementary therapies. <i>Adv Chronic Kidney Dis</i> , 12(3), 200-211.	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	
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	
Elder W, & Munk N.	(2014). A Pragmatic-Explanatory Continuum Indicator Summary (PRECIS) Examination of a Recent Study of Massage and Relaxation Therapy Effectiveness. <i>J Altern Complement Med</i> . [Epub ahead of print].	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						
FitzGerald MP, Anderson RU, Potts J, Payne CK, Peters KM, Clemens JQ, Kotarinos R, Fraser L, Cosby A, Fortman C, Neville C, Badillo S, Odabachian L, Sanfield A, O'Dougherty B, Halle-Podell R, Cen L, Chuai S, Landis JR, Mickelberg K, Barrell T, Kusek JW, Nyberg LM; & Urological Pelvic Pain Collaborative Research Network.	(2009). Randomized multicenter feasibility trial of myofascial physical therapy for the treatment of urological chronic pelvic pain syndromes. <i>J Urol</i> , 182(2), 570-580. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2872169/		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	
FitzGerald MP, Payne CK, Lukacz ES, Yang CC, Peters KM, Chai TC, Nickel JC, Hanno PM, Kreder KJ, Burks DA, Mayer R, Kotarinos R, Fortman C, Allen TM, Fraser L, Mason-Cover M, Furey C, Odabachian L, Sanfield A, Chu J, Huestis K, Tata GE, Dugan N, Sheth H, Bewyer K, Anaeme A, Newton K, Featherstone W, Halle-Podell R, Cen L, Landis JR, Propert KJ, Foster HE Jr, Kusek JW, Nyberg LM; & Interstitial Cystitis Collaborative Research Network.	(2012). Randomized multicenter clinical trial of myofascial physical therapy in women with interstitial cystitis/painful bladder syndrome and pelvic floor tenderness. <i>J Urol</i> , 187(6), 2113-2118. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3351550/		X					
Green BN, Johnson CD, Egan JT, Rosenthal M, Griffith EA, & Evans MW.	(2012). Methicillin-resistant Staphylococcus aureus: an overview for manual therapists. <i>J Chiropr Med</i> , 11(1), 64-76. http://www.ncbi.nlm.nih.gov/pubmed/22942844	X						
Hamre HJ, Kiene H, Glockmann A, Ziegler R, & Kienle GS.	(2013). Long-term outcomes of anthroposophic treatment for chronic disease: a four-year follow-up analysis of 1510 patients from a prospective observational study in routine outpatient settings. <i>BMC Res Notes</i> , 6(1), 269. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3711832/				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	
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>J Altern Complement Med</i> , 13(6), 635-642.					X		
Hamre HJ, Kiene H, Glockmann A, Ziegler R, & Kienle GS.	(2013). Long-term outcomes of anthroposophic treatment for chronic disease: a four-year follow-up analysis of 1510 patients from a prospective observational study in routine outpatient settings. <i>BMC Res Notes</i> , 6(1), 269. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3711832/				X			
Huang FY & Huang LM.	(1999). Effect of local massage on vaccination: DTP and DTPa. <i>Acta Paediatr Taiwan</i> , 40(3), 166-70.				X			
Kassolik K, Kurpas D, Andrzejewski W, Wilk I, & Swiatek M.	(2013). The Effectiveness of Massage in Stress Urinary Incontinence-Case Study. <i>Rehabil Nurs</i> [Epub ahead of print].							Case study
Kastner C.	(2008). Update on minimally invasive therapy for chronic prostatitis/chronic pelvic pain syndrome. <i>Curr Urol Rep</i> , 9(4), 333-338.	X						
Klingler W, Jurkat-Rott K, Lehmann-Horn F, & Schleip R.	(2013). The role of fibrosis in Duchenne muscular dystrophy. <i>Acta Myol</i> , 31(3), 184-195. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3631802/		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	
Leach MJ.	(2013). Profile of the complementary and alternative medicine workforce across Australia, New Zealand, Canada, United States and United Kingdom. <i>Complement Ther Med</i> , 21(4), 364-78.							Analysis of census and population data
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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	
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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

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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	
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Wrynn A.	(2014). On the margins: Therapeutic massage, physical education and physical therapy defining a profession. <i>The Intern J Hist Sport</i> [Epub ahead of print].						History of massage	