

Classified Massage Therapy Research

January 2017

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Established 1966

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 2017

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

Cancer

Over the last five years, evidence for the positive effects of massage therapy in the management of cancer patients has continued to burgeon, with many 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 the Memorial Sloan-Kettering Cancer Centre, where 1290 patients were treated with massage therapy over a three-year period.²

The most recent systematic review and meta-analysis of massage and cancer pain populations concluded that massage therapy appears to be promising for reducing pain intensity/severity, fatigue and anxiety in cancer populations compared to the active comparators evaluated. The authors concluded that patients should consider massage therapy as a therapeutic option to help manage their cancer pain.³

A 2015 Cochrane review found manual lymphatic drainage (MLD) was well tolerated and safe for individuals with breast-cancer related lymphoedema. The authors concluded MLD may offer additional benefit to compression bandaging for swelling reduction, with those experiencing mild to moderate lymphoedema benefitting most from adding MLD to an intensive course of treatment with compression bandaging.⁴

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 2009.⁵ 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.⁶

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.⁷ A systematic review published by the Ottawa Panel in 2012 reached a similar conclusion.⁸

A 2013 meta-analysis and systematic review also showed massage therapy to be an effective intervention that may provide immediate relief of neck and shoulder pain.⁹

A 2014 systematic review found moderate evidence of massage therapy on improving pain in patients with neck pain compared with inactive therapies but no evidence of improvement in dysfunction.¹⁰

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.¹¹

A 2015 meta-analysis examined trial data to assess the effectiveness of various styles of massage therapy for relief of fibromyalgia symptoms. This review showed most styles of massage therapy consistently improved the quality of life of fibromyalgia patients, with some styles having superior effects.¹²

The most recent systematic review and meta-analysis of massage therapy for pain examined 67 articles published between 1999 – 2013, investigating the use of massage therapy on musculoskeletal pain, headache, visceral pain, chronic pain, including fibromyalgia, spinal cord pain, and venous insufficiency populations. The results demonstrate that massage therapy effectively treats pain compared to sham treatment, no treatment and active comparators. Compared to active comparators, massage therapy was also beneficial for treating anxiety and health-related quality of life.¹³

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.¹⁴ A number of studies also show massage therapy increases oxytocin, which may be one of the mechanisms by which it mediates anxiety.

A 2011 quantitative review debunked the hypothesis that massage therapy reduces cortisol. It found massage therapy's effect on cortisol is generally very small and, in most cases, not statistically distinguishable from zero. The authors concluded cortisol reduction cannot be the cause of the well-established and statistically larger beneficial effects of massage on anxiety, depression and pain.¹⁵

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 acupressure stimulation of the P6 acupoint significantly reduced post-operative nausea and vomiting and the need for antiemetics.¹⁶

A recent systematic review and meta-analysis found massage therapy as a non-pharmacological strategy applied in the early days of postoperative cardiac surgery in patients in the intensive care unit was associated with reduction in pain and anxiety.¹⁷ A 2015 systematic review of research studies published between 2000 and 2015 also found six studies reporting that massage therapy improves the post-operative outcomes in patients after cardiac surgery.¹⁸

Pregnancy/Labour/Post-natal

A significant body of evidence supports the efficacy of massage, particularly during labour. A 2012 Cochrane Systematic Review found evidence that massage improves the management of labour pain with few adverse side effects.¹⁹ Another 2012 Cochrane review found that massage may have a role in reducing pain and improving women's emotional experience of labour.²⁰

However, a 2016 systematic review of manual therapies for pregnancy-related back and pelvic pain found positive effects for manual therapy (mainly massage therapy and osteopathy) on pain intensity when compared to usual care and relaxation but not when compared to sham interventions. There is currently limited evidence to support the use of complementary manual therapies as an option for managing low back and pelvic pain during pregnancy.²¹

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.²² A 2006 Cochrane review also found evidence of benefits in connection with mother-infant interaction, sleeping and crying and on hormones influencing stress levels.²³ A 2013 meta-analysis concluded massage therapy may be a safe and cost-effective practice to improve weight gain and decrease the hospital stay of clinically stable pre-term infants.²⁴

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.²⁵

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 massage therapy may serve as an alternative or complement to other therapies for the management of behavioural, emotional and other conditions associated with dementia.²⁶

Athletes/Sports/Exercise

There is some evidence from systematic reviews that massage therapy is effective in reducing delayed onset muscle soreness and enhancing recovery after strenuous exercise.²⁷

A number of RCTs have also shown positive effects of massage on pain and recovery after strenuous exercise.

However, a recent systematic review found the effects of massage on performance recovery are rather small and partly unclear but can be relevant under appropriate circumstances (for example, short-term recovery after intensive mixed training). The review concluded it is questionable whether the limited effects justify the widespread use of massage as a recovery intervention in competitive athletes.²⁸

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

Headache and migraine

A 2011 systematic review of manual therapies for migraine found massage therapy, physiotherapy, relaxation and chiropractic spinal manipulative therapy might be as effective as propranolol and topiramate in the prophylactic management of migraine.²⁹ 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. A 2012 RCT of Swedish massage for osteoarthritis of the knee revealed significant improvements across a range of measures compared to usual care.³⁰

This dose-finding study built on an earlier study that produced similar results.³¹

A study released in 2013 found twice weekly, self-massage of the quadriceps muscle improved pain, stiffness, physical function and knee range of motion in adults with diagnosed knee osteoarthritis.³²

Hypertension

Some preliminary evidence, based principally on case series, indicates 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.³³

A 2015 meta-analysis demonstrated that massage combined with antihypertensive drugs may be more effective than antihypertensive drugs alone in lowering both systolic and diastolic blood pressure. The reviewers also concluded that massage appears beneficial for reducing systolic blood pressure for hypertensive patients as compared with antihypertensive drugs.³⁴

A 2015 scoping review summarises the current knowledge of the mechanisms of action of massage therapy on blood pressure. Six potential blood pressure mediating pathways were identified, with current theories suggesting massage therapy exerts sympatholytic effects through physiologic and psychological mechanisms, improves hypothalamus–pituitary–adrenocortical axis function, and increases in blood flow, which may improve endothelial function.³⁵

HIV

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.³⁶ A 2013 clinical trial showed massage therapy to be effective in the treatment of depression in HIV patients.³⁷

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Safety and cost effectiveness

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
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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

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
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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
Liu SL, Qi W, Li H, Wang YF, Yang XF, Li ZM, Lu Q & Cong DY.	(2015). Recent advances in massage therapy - a review. <i>Eur Rev Med Pharmacol Sci</i> . 2015 Oct;19(20):3843-9. http://www.europeanreview.org/article/9667	X						

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Sun F, Yuan QL & Zhang YG.	(2015). Large Buttocks Hematoma Caused by Deep Tissue Massage Therapy. <i>Pain Med</i> . 2015 Jul;16(7):1445-7. doi: 10.1111/pme.12726.					X		
Wei J, Jia Y & Liang B.	(2015). Myositis ossificans of the serratus anterior as a rare complication of massage: a case report. <i>J Med Case Rep</i> . 2015 Jun 16;9:143. doi: 10.1186/s13256-015-0628-2. http://www.ncbi.nlm.nih.gov/pubmed/?term=myositis+ossificans+of+the+serratus+anterior+as+a+rare					X		

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Wilson FA, Licciardone JC, Kearns CM & Akuoko M.	(2015). Analysis of provider specialties in the treatment of patients with clinically diagnosed back and joint problems. J Eval Clin Pract. 2015 Oct;21(5):952-7. doi: 10.1111/jep.12411. Epub 2015 Jul 7.			X				

Cancer

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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	
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
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AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
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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					

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	
Boyd C, Crawford C, Paat CF, Price A, Xenakis L & Zhang W.	(2016). The impact of massage therapy on function in pain populations: A systematic review and meta-analysis of randomized controlled trials: Part II, Cancer Pain Populations. Pain Medicine. Published FREE online. http://painmedicine.oxfordjournals.org/content/early/2016/05/06/pm.pnw100.full	X						
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
Buchrieser TB.	(2015). Massage therapy effects on pain and distress/anxiety in breast cancer patients. Walden university dissertation. 2015.							Dissertation
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					
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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 & 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		
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, & Büyükcavci 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					

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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	
Collinge W, Kahn J, Yarnold P, Bauer-Wu S, & McKorkle R.	(2007). Couples and cancer: Feasibility and brief instruction in massage and touch therapy to build caregiver efficacy. <i>J Soc Integ Onc</i> , 5(4), 147-154. https://www.researchgate.net/profile/William_Collinge/publication/23668716_Couples_and_cancer_feasibility_of_brief_instruction_in_massage_and_touch_therapy_to_build_caregiver_efficacy/links/541885130cf2218008bf3f4a.pdf		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						
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De Groef A, Van Kampen M, Dieltjens E, Christiaens MR, Neven P, Geraerts I & Devoogdt N.	(2015). Effectiveness of postoperative physical therapy for upper-limb impairments after breast cancer treatment: a systematic review. <i>Arch Phys Med Rehabil.</i> 2015 Jun;96(6):1140-53. doi: 10.1016/j.apmr.2015.01.006. Epub 2015 Jan 13.	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						
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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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Dion LJ, Engen DJ, Lemaine V, Lawson DK, Brock CG, Thomley BS, Cha SS, Sood A, Bauer BA & Wahner-Roedler DL.	(2015). Massage therapy alone and in combination with meditation for breast cancer patients undergoing autologous tissue reconstruction: A randomized pilot study. <i>Complement Ther Clin Pract</i> . 2015 May 12. pii: S1744-3881(15)00046-8. doi: 10.1016/j.ctcp.2015.04.005. [Epub ahead of print]			X				RCT pilot 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.							Preliminary study
Donoyama N, Satoh T, Hamano T, Ohkoshi N & Onuki M.	(2016). Physical effects of Anma therapy (Japanese massage) for gynecologic cancer survivors: A randomized controlled trial, <i>Gynecol Oncol</i> , 142(3), 531-538.		X					
Drackley NL, Degnim AC, Jakub JW, Cutshall SM, Thomley BS, Brodt JK, Vanderlei LK, Case JK, Bungum LD, Cha SS, Bauer BA, & Boughey JC.	(2012). Effect of massage therapy for postsurgical mastectomy recipients. <i>Clin J Oncol Nurs</i> , 16(2), 121-124.						X	
Ernst E.	(2009). Massage therapy for cancer palliation and supportive care: A systematic review of randomised clinical trials. <i>Support Care Cancer</i> , 17(4), 333-337.	X						

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Ezzo J, Manheimer E, McNeely ML, Howell DM, Weiss R, Johansson KI, Bao T, Bily L, Tuppo CM, Williams AF & Karadibak D.	(2015). Manual lymphatic drainage for lymphedema following breast cancer treatment. Cochrane Database Syst Rev. 2015 May 21;5:CD003475. doi: 10.1002/14651858.CD003475.pub2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4966288/	X						
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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						
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					

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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	
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		
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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	
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					

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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
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				
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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
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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					
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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

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Lopes-Junior LC, Bomfim EO, Nascimento LC, Nunes MD, Pereira-da-Silva G & Lima RA.	(2016). Non-pharmacological interventions to manage fatigue and psychological stress in children and adolescents with cancer: An integrative review, <i>Eur J Cancer Care (Engl)</i> , 25(6): 921-935.	X						
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Menendez AG, Cobb R, Carvajal AR, Healey K, D'Ambra D & Espat NJ.	(2016). Effectiveness of massage therapy (MT) as a treatment strategy and preventive modality for chemotherapy-induced peripheral neuropathy (CIPN) symptoms, <i>J Clin Oncol</i> 34, 2016 (suppl 26S; abstr 193).							Prospective Study
Miladinia M, Baraz S, Shariati A & Malehi AS.	(2016). Effects of Slow-Stroke Back Massage on Symptom Cluster in Adult Patients With Acute Leukemia: Supportive Care in Cancer Nursing, <i>Cancer Nurs</i> , 40(1): 31-38.		X					
Miladinia M, Baraz S, Zarea K & Nouri EM.	(2016). Massage Therapy in Patients with Cancer Pain: A review on palliative care, <i>Jundishapur J Chronic Dis Care</i> , Jundishapur Journal of Chronic Disease Care. In press(In press): e37356 , DOI: 10.17795/jjcdc-37356. http://jjchronic.com/?page=article&article_id=37356	X						
Moraska A, Pollini RA, Boulanger K, Brooks MZ, & Teitlebaum I.	(2010). Physiological adjustments to stress measures following massage therapy: A review of the literature. <i>Evid Based Complementary Altern Med</i> , 7, 409-18.	X						

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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
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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					
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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			
Rashvand F, Nayeri ND & Pashaki NJ.	(2016). Effect of massage therapy on postoperative nausea and vomiting in cancer patients receiving chemotherapy, <i>Int J Nurs</i> , (DRAFT). http://eprints.qums.ac.ir/5462/1/%D9%85%D8%B1%D9%88%D8%B1%20%D8%B3%DB%8C%D8%B3%D8%AA%D9%85%D8%A7%D8%AA%DB%8C%DA%A9%20%D8%AF%D8%B1%20%D9%85%D8%AC%D9%84%D9%87International%20Journal%20of%20Nursing.pdf	X						DRAFT Meta-Analysis
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						

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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						
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Smith MC, Kemp J, Hemphill L, & Vojir CP.	(2002). Outcomes of therapeutic massage for hospitalized cancer patients. <i>J Nurs Scholarsh</i> , 34(3), 257-262.				X			
Smith MC, Yamashita TE, Bryant LL, Hemphill L, & Kutner JS.	(2009). Providing massage therapy for people with advanced cancer: What to expect. <i>Jrnl Alt & Comp Med</i> , 15(4), 367-371. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3189000/						X	
Soden K, Vincent K, Craske S, Lucas C, & Ashley S.	(2004). A randomized controlled trial of aromatherapy massage in a hospice setting. <i>Palliat Med</i> , 18(2), 87-92.		X					
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

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	
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					
Stuiver MM, ten Tusscher MR, Agasi-Idenburg CS, Lucas C, Aaronson NK & Bossuyt PM.	(2015). Conservative interventions for preventing clinically detectable upper-limb lymphoedema in patients who are at risk of developing lymphoedema after breast cancer therapy. <i>Cochrane Database Syst Rev</i> . 2015 Feb 13;2:CD009765. doi: 10.1002/14651858.CD009765.pub2.	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	
Suzuki R, Eusebius S & Makled M.	(2016). Is Complementary and Alternative Medicine Use Associated with Cancer Screening Rates for Women with Functional Disabilities? <i>Complement ther Med</i> , 24:73-9. doi: 10.1016/j.ctim.2015.11.008. Epub 2015 Dec 18.			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	
Tacani PM, Franceschini JP, Tacani RE, Machado AF, Montezello D, Góes JC & Marx A.	(2015). Retrospective study of the physical therapy modalities applied in head and neck lymphedema treatment. <i>Head Neck</i> . 2014 Oct 21. doi: 10.1002/hed.23899. [Epub ahead of print]			X				
Toth M, Marcantonio ER, Davis RB, Walton T, Kahn JR, & Phillips RS.	(2013). Massage therapy for patients with metastatic cancer: A pilot randomized controlled trial [Electronic version]. <i>J Altern Complement Med</i> .		X					
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						
Wang TJ, Wang HM, Yang TS, Jane SW, Huang TH, Wang CH & Lin YH.	(2015). The effect of abdominal massage in reducing malignant ascites symptoms. <i>Res Nurs Health</i> . 2015 Feb;38(1):51-9. doi: 10.1002/nur.21637. Epub 2014 Dec 30.	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	

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	
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					

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. Age Ageing, 42 Suppl 1, 1-57. http://ageing.oxfordjournals.org/content/42/suppl_1/i1.long							Literature review
Aboodarda SJ, Spence AJ & Button DC.	(2015). Pain pressure threshold of a muscle tender spot increases following local and non-local rolling massage. BMC Musculoskelet Disord. 2015 Sep 28;16(1):265. doi: 10.1186/s12891-015-0729-5. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4587678/		X					
Crawford C, Boyd C, Paat CF, Price A, Xenakis L, Yang EM & Zhang W.	(2016). The impact of massage therapy on function in pain populations: A systematic review and meta-analysis of randomized controlled trials: Part I, Patients experiencing pain in the general population. Pain Medicine. Published FREE online. http://painmedicine.oxfordjournals.org/content/early/2016/05/06/pm.pnw099.abstract	X						
Dietz FR & Compton SP.	(2015). Outcomes of a Simple Treatment for Complex Regional Pain Syndrome Type I in Children. Iowa Orthop J. 2015;35:175-80. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4492150/				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	
Dreyer NE, Cutshall SM, Huebner M, Foss DM, Lovely JK, Bauer BA & Cima RR.	(2015). Effect of massage therapy on pain, anxiety, relaxation, and tension after colorectal surgery: A randomized study. <i>Complement Ther Clin Pract</i> . 2015 Aug;21(3):154-9. doi: 10.1016/j.ctcp.2015.06.004. Epub 2015 Jun 12.		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.	(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					
Glickman-Simon R, Lindsay T.	(2015). Cannabinoids for Chronic Pain, Mediterranean Diet, and Cognitive Function; Vitamin E and Selenium for Cataract Prevention; and Acupuncture and Moxibustion for Primary Dysmenorrhea, Massage Therapy, and In Vitro Fertilization. <i>Explore (NY)</i> . 2015 Aug 28. pii: S1550-8307(15)00157-3. doi: 10.1016/j.explore.2015.08.013. [Epub ahead of print]		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

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	
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
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					
Menard MB.	(2015). Immediate Effect of Therapeutic Massage on Pain Sensation and Unpleasantness: A Consecutive Case Series. <i>Glob Adv Health Med</i> . 2015 Sep;4(5):56-60. doi: 10.7453/gahmj.2015.059. Epub 2015 Sep 1.		X					
Miller J, Dunion A, Dunn N, Fitzmaurice C, Gamboa M, Myers S, Novak P, Poole J, Rice K, Riley C, Sandberg R, Taylor D & Gilmore L.	(2015). Effect of a Brief Massage on Pain, Anxiety, and Satisfaction With Pain Management in Postoperative Orthopaedic Patients. <i>Orthop Nurs</i> . 2015 Jul-Aug;34(4):227-34. doi: 10.1097/NOR.0000000000000163.		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

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	
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					
Patel KB.	(2014). Touching Pain: Massage therapy techniques to support adaptive body awareness for self-management of chronic pain related to Spondylolisthesis. http://myotracks.com/wp-content/uploads/2014/11/KPatel_Touching-Pain-Abstract.pdf						X	Case study
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					
Santoro A, Nori SL, Lorusso L, Secondulfo C, Monda M & Viggiano A.	(2015). Auricular Acupressure Can Modulate Pain Threshold. Evid Based Complement Alternat Med. 2015;2015:457390. doi: 10.1155/2015/457390. Epub 2015 Jul 7. http://www.ncbi.nlm.nih.gov/pubmed/26236378		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	
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			
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��thlin C, & K��nig 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
Bervoets DC, Luijsterburg PA, Alessie JJ, Buijs MJ & Verhagen AP.	(2015). Massage therapy has short-term benefits for people with common musculoskeletal disorders compared to no treatment: a systematic review, <i>J Physiother</i> , 61(3), 106-116. http://www.journalofphysiotherapy.com/article/S1836-9553(15)00058-2/abstract	X						
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					

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	
Bron C, Dommerholt J, Stegenga B, Wensing M, & Oostendorp RA.	(2011). High prevalence of shoulder girdle muscles with myofascial trigger points in patients with shoulder pain [Electronic version]. <i>BMC Musculoskelet Disord</i> , 28, 12:139. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3146907/							Observational study
Calandre EP, Hidalgo J, García-Leiva JM, & Rico-Villademoros F.	(2006). Trigger point evaluation in migraine patients: An indication of peripheral sensitization linked to migraine predisposition? <i>Eur J Neurol</i> , 13(3), 244-249.				X			
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	
Chan YC, Wang TJ, Chang CC, Chen LC, Chu HY, Lin SP & Chang ST.	(2015). Short-term effects of self-massage combined with home exercise on pain, daily activity, and autonomic function in patients with myofascial pain dysfunction syndrome. <i>J Phys Ther Sci</i> . 2015 Jan;27(1):217-21. doi: 10.1589/jpts.27.217. Epub 2015 Jan 9. http://www.ncbi.nlm.nih.gov/pubmed/?term=short-term+effects+of+self-massage+combined+with+myofascial+pain			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	
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>Cephalgia</i> , 18(7), 436-448.							Narrative review
Domingo AR, Diek M, Goble KM, Maluf KS, Goble DJ & Baweja HS.	(2016). Short-duration Therapeutic Massage Reduces Postural Upper Trapezius Muscle Activity, Neuroreport. [Epub ahead of print].			X				
Dommerholt J, Grieve R, Layton M & Hooks T.	(2015). An evidence-informed review of the current myofascial pain literature--January 2015. <i>J Bodyw Mov Ther</i> . 2015 Jan;19(1):126-37. doi: 10.1016/j.jbmt.2014.11.006. Epub 2014 Nov 13.	X						
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					
Eriksson Crommert M, Lacourpaille L, Heales LJ, Tucker K & Hug F.	(2015). Massage induces an immediate, albeit short-term, reduction in muscle stiffness. <i>Scand J Med Sci Sports</i> . 2015 Oct;25(5):e490-6. doi: 10.1111/sms.12341. Epub 2014 Dec 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	
Fernández-Carnero J, Fernández-de-Las-Peñas C, de la Llave-Rincón AI, Ge HY, & Arendt-Nielsen L.	(2007). Prevalence of and referred pain from myofascial trigger points in the forearm muscles in patients with lateral epicondylalgia. <i>Clin J Pain</i> , 23(4), 353-360.				X			
Fernández-Carnero J, La Touche R, Ortega-Santiago R, Galan-del-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	

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, & Pareja JA.	(2007). Myofascial trigger points, neck mobility, and forward head posture in episodic tension-type headache. <i>Headache</i> , 47(5), 662-672.				X			
Fernández-de-las-Peñas C, Cuadrado ML, Arendt-Nielsen L, Simons DG, & Pareja J.	(2007). Myofascial trigger points and sensitization: An updated pain model for tension-type headache. <i>Cephalalgia</i> , 27(5), 383-393.							Narrative review
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			

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, 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
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	

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	
Guler-Uysal F & Kozanoglu E.	(2004). Comparison of the early response to two methods of rehabilitation in adhesive capsulitis. <i>Swiss Med Wkly</i> , 134(23-24), 353-358. http://www.smw.ch/docs/pdf200x/2004/23/smw-10630.pdf				X			
Hains G, Descarreaux M, & Hains F.	(2010). Chronic shoulder pain of myofascial origin: A randomized clinical trial using ischemic compression therapy. <i>J Manipulative Physiol Ther</i> , 33(5), 362-369.		X					
Hodgson L & Fryer G.	(2005). The effect of manual pressure release on myofascial trigger points in the upper trapezius muscle. <i>Int J Osteopathic Med</i> , 9(1).		X					
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

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	
Mbada CE, Adeyemi TL, Adedoyin RA, Badmus HD, Awotidebe TO, Arije OO & Omotosho OS.	(2015). Prevalence and modes of complementary and alternative medicine use among peasant farmers with musculoskeletal pain in a rural community in South-Western Nigeria. <i>BMC Complement Altern Med</i> . 2015 Jun 6;15:164. doi: 10.1186/s12906-015-0695-3. http://www.ncbi.nlm.nih.gov/pubmed/26048157							Survey
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
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

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	
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
Wytrzązek M, Huber J, Lipiec J & Kulczyk A.	(2015). Evaluation of palpation, pressure algometry, and electromyography for monitoring trigger points in young participants. <i>J Manipulative Physiol Ther</i> . 2015 Mar-Apr;38(3):232-43. doi: 10.1016/j.jmpt.2014.12.005. Epub 2015 Jan 20.							

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						
Allen L.	(2016). Case Study: The use of massage therapy to relieve chronic low-back pain, <i>Int J Ther Massage Bodywork</i> , 9(3): 27-30. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5017818/						Case study	
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, Lalic 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
		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, 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, 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, Gnjiđić Z, Nemčić T, Grubišić 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 Al.	(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					
Kozinoga M, Majchrzycki M & Piotrowska S.	(2015). Low back pain in women before and after menopause. <i>Prz Menopauzalny</i> . 2015 Sep;14(3):203-7. doi: 10.5114/pm.2015.54347. Epub 2015 Sep 30. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4612559/			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

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	
Mackawan S, Eungpinichpong W, Pantumethakul R, Chatchawan U, Hunsawong T, & Arayawichanon P.	(2007). Effects of traditional Thai massage versus joint mobilization on substance P and pain perception in patients with non-specific low back pain. <i>Journal of bodywork and movement therapies</i> , 11(1), 9–16.		X					
McEwan S.	(2014). Social Work in Health Care When Conventional Meets Complementary: Nonspecific Back Pain and Massage Therapy. <i>Health & Social Work</i> . [Epub ahead of print].	X						
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					
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				

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	
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					
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			
Takamoto K, Bito I, Urakawa S, Sakai S, Kigawa M, Ono T & Nishijo H.	(2015). Effects of compression at myofascial trigger points in patients with acute low back pain: A randomized controlled trial. <i>Eur J Pain</i> . 2015 Sep;19(8):1186-96. doi: 10.1002/ejp.694. Epub 2015 Mar 24.		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						

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 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					
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		

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	
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	
Bussieres AE, Stewart G, Al-Zoubi F, Decina P, Descarreaux M, Hayden J, Hendrickson B, Hincapie C, Page I, Passmore S, Srbely J, Stupar M, Weisberg J & Ornelas J.	(2016) The Treatment of Neck Pain-Associated Disorders and Whiplash-Associated Disorders: A clinical practice guideline, <i>J Manipulative Physiol Ther</i> , 39(8): 523-564.							Clinical Guideline
Celenay ST, Kaya DO & Akbayrak T.	(2015). Cervical and scapulothoracic stabilization exercises with and without connective tissue massage for chronic mechanical neck pain: A prospective, randomized controlled trial. <i>Man Ther</i> . 2015 Jul 15. pii: S1356-689X(15)00142-3. doi: 10.1016/j.math.2015.07.003. [Epub ahead of print]			X				
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						
Cook AJ, Wellman RD, Cherkin DC, Kahn JR & Sherman KJ.	(2015). Randomized clinical trial assessing whether additional massage treatments for chronic neck pain improve 12- and 26-week outcomes. <i>Spine J</i> . 2015 Oct 1;15(10):2206-15. doi: 10.1016/j.spinee.2015.06.049. Epub 2015 Jun 19.		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					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Field T, Diego M, Gonzalez G & Funk CG.	(2015). Neck arthritis pain is reduced and range of motion is increased by massage therapy. <i>Complement Ther Clin Pract</i> . 2014 Nov;20(4):219-23. doi: 10.1016/j.ctcp.2014.09.001. Epub 2014 Sep 28.		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
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					

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	
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, & Rampp 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			
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	

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	
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. Cochrane Database of Systematic Reviews 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, Yazar 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
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					

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	
Skillgate E, Bill AS, Cote P, Viklund P, Peterson A, & Holm LW.	(2015) The effect of massage therapy and/or exercise therapy on subacute or long-lasting neck pain-the Stockholm neck trial (STONE): Study protocol for a randomized controlled trial. <i>Trials</i> , 16(1), 414. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4573492/pdf/13063_2015_Article_926.pdf							Study protocol for trial
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, Soborń 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.	(2015). Effectiveness of Soft Tissue Massage for Nonspecific Shoulder Pain: Randomized Controlled Trial. <i>Phys Ther.</i> 2015 Nov;95(11):1467-77. doi: 10.2522/ptj.20140350. Epub 2015 May 28.		X					
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. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD001878.pub2/full	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						
Ding HT & Tang XZ.	(2015.) [Study on the clinical effect of the massage method of micro-regulating with vertical cross pressing lying on one side in treating cervicogenic headache]. <i>Zhongguo Gu Shang</i> . 2015 Aug;28(8):722-6.				X			
Espi-Lopez GV, Zurriaga-Llorens R, Monzani L & Falla D.	(2016). The effect of manipulation plus massage therapy versus massage therapy alone in people with tension-type headache: A randomized controlled clinical trial. <i>European J Phys & Rehab Med</i> . [Epub ahead of print.] http://www.minervamedica.it/en/journals/europa-medicophysica/article.php?cod=R33Y9999N00A16031802		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	
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		
Ferracini GN, Florencio LL, Dach F, Chaves TC, Palacios-Cena M, Fernandez-de-Las-Penas C, Bevilacqua-Grossi D & Speciali JG.	(2016). Myofascial Trigger Points and Migraine-related Disability in Women with Episodic and Chronic Migraine, <i>Clin J Pain</i> . [Epub ahead of print.]		X					
Ferragut-Garcias A, Plaza-Manzano G, Rodriguez-Blanco C, Velasco-Roldan O, Pecos-Martin D, Oliva-Pascual-Vaca J, Llabres-Bennasar B & Oliva-Pascual-Vaca A.	(2016). Effectiveness of a Treatment Involving Soft Tissue Techniques and/ or Neural Mobilization Techniques in the Management of Tension-Type Headache: A Randomized Controlled Trial, <i>Arch Phys Med Rehabil</i> . [Epub ahead of print].			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	
Happe S, Peikert A, Siegert R & Evers S.	(2016). The efficacy of lymphatic drainage and traditional massage in the prophylaxis of migraine: a randomized, controlled parallel group study, <i>Neurol Sci</i> , 37(10): 1627-1632.				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	
Haque B, Rahman KM, Hoque A, Hasan AT, Chowdhury RN, Khan SU, Alam MB, Habib M, & Mohammad QD.	(2012). Precipitating and relieving factors of migraine versus tension type headache. <i>BMC Neurol</i> , 12, 82. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3503560/					X		
Hernandez-reif M, Diete 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	
Moraska AF, Stenerson L, Butryn N, Krutsch JP, Schmiede SJ & Mann JD.	(2015). Myofascial trigger point-focused head and neck massage for recurrent tension-type headache: a randomized, placebo-controlled clinical trial. <i>Clin J Pain</i> . 2015 Feb;31(2):159-68. doi: 10.1097/AJP.0000000000000091.			X				
Noudeh YJ, Vatankhah N, & Baradaran HR.	(2012). Reduction of current migraine headache pain following neck massage and spinal manipulation. <i>Int J Ther Massage Bodywork</i> , 5(1), 5-13. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312646/					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	

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	
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			
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

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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	
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		
Ekici G, Unal E, Akbayrak T, Vardar-Yagli N, Yakut Y & Karabulut E.	(2016). Effects of Active/Passive Interventions on Pain, Anxiety, and Quality of Life in Women with Fibromyalgia: Randomized controlled pilot trial. <i>Women Health</i> , 16:1-20.		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Field T, Diego M, Cullen C, Hernandez-Reif M, Sunshine W, & Douglas S.	(2002). Fibromyalgia pain and substance P decrease and sleep improves after massage therapy. <i>J Clin Rheumatol</i> , 8(2), 72-76.		X					
Gordon C, Emiliozzi C, & Zartarian M.	(2006). Use of a mechanical massage technique in the treatment of fibromyalgia: A preliminary study. <i>Arch Phys Med Rehabil</i> , 87(1), 145-147.						X	
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		

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	
Oliveira FR.	(2015). Evaluation of massage therapy program on cortisol, serotonin levels, pain, perceived stress and quality of life in fibromyalgia syndrome patients. WCPT Congress 2015 / Physiotherapy 2015; Volume 101, Supplement 1 eS1643–eS1721 http://www.researchgate.net/profile/Dora_Maria_Grassi_Kassisse/publication/279213133_Evaluation_of_massage_therapy_program_on_cortisol_serotonin_levels_pain_perceived_stress_and_quality_of_life_in_fibromyalgia_syndrome_patients/links/55dcd35608ae83e420ee533d.pdf							Research presentation
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
Yuan SL, Matsutani LA & Marques AP.	(2015). Effectiveness of different styles of massage therapy in fibromyalgia: a systematic review and meta-analysis. <i>Man Ther</i> . 2015 Apr;20(2):257-64. doi: 10.1016/j.math.2014.09.003. Epub 2014 Oct 5.	X						

Arthritis

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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	
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
Ali A, Rosenberger L, Weiss TR, Milak C & Perlman AI.	(2016). Massage Therapy and Quality of Life in Osteoarthritis of the Knee: A qualitative study. <i>Pain Med</i> . [Epub ahead of print].				X			
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

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	
Chaleshgar Kordasiabi M, Akhlaghi M, Baghianimoghadam MH, Morowatisharifabad MA, Askarishahi M, Enjezab B & Pajouhi Z.	(2015.) Self Management Behaviours in Rheumatoid Arthritis Patients and Associated Factors in Tehran 2013. <i>lob J Health Sci</i> . 2015 Jul 13;8(3):47500. doi: 10.5539/gjhs.v8n3p156.			X				
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					
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					
Field T, Diego M, Gonzales G & Funk CG.	(2015). Knee arthritis pain is reduced and range of motion is increased following moderate pressure massage therapy. <i>Complement Ther Clin Pract</i> . 2015 Nov;21(4):233-7. doi: 10.1016/j.ctcp.2015.08.002. Epub 2015 Aug 13.		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.	(2016). Knee osteoarthritis pain in the elderly can be reduced by massage therapy, yoga, and tai chi: A review. <i>Complement Ther Clin Pract</i> , 22:87-92. doi: 10.1016/j.ctcp.2016.01.001.	X						
Furlan AD, Imamura M, Dryden T, & Irvin E.	(2008). Massage for low-back pain. <i>Cochrane Database of Systematic Reviews</i> 2008, Issue 4. Art. No.: CD001929. DOI: 10.1002/14651858.CD001929.pub2. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD001929.pub2/full	X						
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					
Juberg M, Jerger KK, Allen KD, Dmitrieva NO, Keever T & Perlman AI.	(2015). Pilot study of massage in veterans with knee osteoarthritis. <i>J Altern Complement Med</i> . 2015 Jun;21(6):333-8. doi: 10.1089/acm.2014.0254. Epub 2015 May 12.		X					RCT pilot study
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	
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/							Massage Protocol
Anderson J.	(2015). A Case Study: The Effectiveness of Massage Therapy in reducing the symptoms of Thoracic Outlet Syndrome in a person presenting with Military Posture. Epub 2015 October 22. http://www.hiddenbriarwellness.com/uploads/1/2/0/7/12071172/jessica_anderson.pdf							Case study
Andrzejewski W, Kassolik K, Dziegiel P, Pula B, Ratajczak-Wielgomas K, Jablonska K, Kurpas D, Halski T, Kobierzycki C & Podhorska-Okolow M.	(2015). Massage may initiate tendon structural changes--a preliminary study. <i>In Vivo</i> . 2015 May-Jun;29(3):365-9.			X				RCT prelim study
Arthur K, Caldwell K, Forehand S & Davis K.	(2015). Pain control methods in use and perceived effectiveness by patients with Ehlers-Danlos syndrome: a descriptive study. <i>Disabil Rehabil</i> . 2015 Oct 24:1-12. [Epub ahead of print]							Descriptive study
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					

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	
Backus D, Manella C, Bender A & Sweatman M.	(2016). Impact of Massage Therapy on Fatigue, Pain and Spasticity in People with Multiple Sclerosis: A pilot study, <i>Int J Ther Massage & Bodywork</i> , 9(4). http://www.ijtmb.org/index.php/ijtmb/article/view/327/390							Pilot Study
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			
Bervoets DC, Luijsterburg PA, Alessie JJ, Buijs MJ & Verhagen AP.	(2015). Massage therapy has short-term benefits for people with common musculoskeletal disorders compared to no treatment: a systematic review. <i>J Physiother</i> . 2015 Jul;61(3):106-16. doi: 10.1016/j.jphys.2015.05.018. Epub 2015 Jun 17.	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						

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
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Boyd C, Crawford C, Paat CF, Price A, Xenakis L & Zhang W.	(2016). The Impact of Massage Therapy on Function in Pain Populations-A Systematic Review and Meta-Analysis of Randomized Controlled Trials: Part III, Surgical Pain Populations, Pain Med, 17(9): 175701772. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5013820/	X						
Calixtre LB, Moreira RF, Franchini GH, Albuquerque-Sendín F & Oliveira AB.	(2015). Manual therapy for the management of pain and limited range of motion in subjects with signs and symptoms of temporomandibular disorder: a systematic review of randomised controlled trials. J Oral Rehabil. 2015 Nov;42(11):847-61. doi: 10.1111/joor.12321. Epub 2015 Jun 7.	X						
Cao Y & Wang Y.	(2015). Acute lumbar sprain treated with massage combined with acupuncture at different distal acupoints: a randomized controlled trial. Zhongguo Zhen Jiu. 2015 May;35(5):453-7.		X					
Chang YP, Chiang H, Shih KS, Ma HL, Lin LC, Hsu WL, Huang YC & Wang HK.	(2015). Effects of Therapeutic Physical Agents on Achilles Tendon Microcirculation. J Orthop Sports Phys Ther. 2015 Jul;45(7):563-9. doi: 10.2519/jospt.2015.5681. Epub 2015 Jun 3.			X				
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, J Back Musculoskeletal Rehabil [epub ahead of print].		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
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de Permentier P.	(2015). An anatomical and physiological evaluation of the periosteal layer surrounding bone and its implication in massage therapy. <i>J Aust Trad Med Soc</i> , 20(4).			X				
De-la-Llave-Rincon AI, Ortega-Santiago R, Ambite-Quesada S, Gil-Crujera A, Puente-dura 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			

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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	
Fidelis de Paula Gomes CA, El Hage Y, Amaral AP, Politti F, & Biasotto-Gonzalez DA.	(2014). Effects of massage therapy and occlusal splint therapy on electromyographic activity and the intensity of signs and symptoms in individuals with temporomandibular disorder and sleep bruxism: A randomized clinical trial. <i>Chiropractic & Manual Therapies</i> , 22, 43. http://www.biomedcentral.com/content/pdf/s12998-014-0043-6.pdf		X					
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			

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
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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			
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 WL.	(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						

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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	
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					
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		
Imai K, Ikoma K, Chen Q, Zhao C, An KN & Gay RE.	(2015). Biomechanical and histological effects of augmented soft tissue mobilization therapy on achilles tendinopathy in a rabbit model. <i>J Manipulative Physiol Ther</i> . 2015 Feb;38(2):112-8. doi: 10.1016/j.jmpt.2014.12.003. Epub 2015 Jan 22.							Animal case study
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						

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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	
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
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					
Larson ER.	(2015). Massage therapy effects in a long-term prosthetic user with fibular hemimelia. <i>J Bodyw Mov Ther</i> . 2015 Apr;19(2):261-7. doi: 10.1016/j.jbmt.2014.04.005. Epub 2014 Apr 18.							Case study
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						

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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	
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		
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		
Nejad HS.	(2015). The efficacy of massage therapy and corrective exercise on indicators of postural scoliosis of girls 8-14 years old. <i>Biological Forum—An International Journal</i> . 2015, 7(1): 1894-1899. http://researchtrend.net/bf12/304%20YAHYA%20SOKHANGUEI.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	
No Authors Listed	(2013). The application of physical factors for the rehabilitative treatment of vertebrogenic cerebral dyscirculation. <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		
Olaussen M, Holmedal Ø, Mdala I, Brage S & Lindbæk M.	(2015). Corticosteroid or placebo injection combined with deep transverse friction massage, Mills manipulation, stretching and eccentric exercise for acute lateral epicondylitis: a randomised, controlled trial. <i>BMC Musculoskelet Disord</i> . 2015 May 20;16:122. doi: 10.1186/s12891-015-0582-6. http://www.ncbi.nlm.nih.gov/pubmed/25989985	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					

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	
Piper S, Shearer HM, Côté P, Wong JJ, Yu H, Varatharajan S, Southerst D, Randhawa KA, Sutton DA, Stupar M, Nordin MC, Mior SA, van der Velde GM & Taylor-Vaisey AL.	(2015). The effectiveness of soft-tissue therapy for the management of musculoskeletal disorders and injuries of the upper and lower extremities: A systematic review by the Ontario Protocol for Traffic Injury management (OPTiMa) collaboration. <i>Man Ther.</i> 2015 Aug 29. pii: S1356-689X(15)00174-5. doi: 10.1016/j.math.2015.08.011. [Epub ahead of print]	X						
Ratajczak K & Płomiński J.	(2015). The Effect of Isometric Massage on Global Grip Strength after Conservative Treatment of Distal Radial Fractures. Pilot Study. <i>Ortop Traumatol Rehabil.</i> 2015 Sep 7;17(4):359-70. doi: 10.5604/15093492.1173378.			X				RCT pilot study
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					
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				

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	
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				
Tahamasebi S.	(2014). Effect of eight weeks of massage therapy on quality of life in women with multiple sclerosis. <i>JRRS</i> , 10(5).				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
van de Water AT.	(2015). Lateral knee pain requires a thorough assessment and adequate, best - practice intervention. <i>Int J Ther Massage Bodywork</i> . 2015 Mar 1;8(1):31-2. eCollection 2015. http://www.ncbi.nlm.nih.gov/pubmed/25780473		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	
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				
Wakefield, ML.	(2014). Case Report: The effects of massage therapy on a woman with thoracic outlet syndrome. <i>Int J Ther Massage Bodywork</i> , 7(4), 7-14. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4240700/				X			
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					

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	
Zhang Q, Sun Z, & Yue J.	(2013). Massage therapy for preventing pressure ulcers (protocol). Cochrane Database of Systematic Reviews 2013, Issue 5. Art. No.: CD010518. DOI: 10.1002/14651858.CD010518. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD010518/full	X						

Spinal Cord injury

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
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
Kennedy AB & Trilk JL.	(2015). A standardized, evidence-based massage therapy program for decentralized elite paracyclists: Creating the model. <i>IJTM&B</i> . 2015, 8(3). http://www.ijtmb.org/index.php/ijtmb/article/view/269/340							Study protocol

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Lovas J, Tran Y, Middleton J, Bartrop R, Moore N & Craig A.	(2016). Managing pain and fatigue in people with spinal cord injury: a randomized controlled trial feasibility study examining the efficacy of massage therapy, Spinal Cord [Epub ahead of print].		X					
Lovas, J, Craig, A, Tran, Y, & Middleton, J.	(2008). The effects of relaxation on secondary conditions in spinal cord injury. In Craig A. & Tran Y. (Ed.), <i>Psychological aspects associated with spinal cord injury rehabilitation: New directions and best evidence</i> . New York: Nova Science Publishers, Inc.							Edited chapter in text book
Lovas, J, Tran, Y, & Middleton, J.	The role of massage therapy in managing secondary conditions associated with spinal cord injury: An integrative model; 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

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	
Raza S, Harker A, Richards S, Kolb B & Gibb R.	(2015). Tactile stimulation improves neuroanatomical pathology but not behavior in rats prenatally exposed to valproic acid. <i>Behav Brain Res. 2015 Apr 1;282:25-36.</i> doi: 10.1016/j.bbr.2014.12.055. Epub 2014 Dec 31.			X				
Sung DH, Yoon SD & Park GD.	(2015). The effect of complex rehabilitation training for 12 weeks on trunk muscle function and spine deformation of patients with SCI. <i>J Phys Ther Sci. 2015 Mar;27(3):951-4.</i> doi: 10.1589/jpts.27.951. Epub 2015 Mar 31. http://www.ncbi.nlm.nih.gov/pubmed/25931767				X			
Tran, Y, Lovas, J, & Middleton, J.	Spinal cord injury and its association with negative psychological states; <i>International Journal of Psychosocial Rehabilitation, (12), 115-121.</i>						X	
Wong JJ, Shearer HM, Mior S, Jacobs C, Cote P, Randhawa K, Yu H, Southerst D, Varatharajan S, Sutton D, van der Velde G, Carroll LJ, Ameis A, Ammendolia C, Brison R, Nordin M, Stupar M & Taylor-Vaisey A.	(2016). Are Manual Therapies, Passive Physical Modalities, or Acupuncture Effective for the Management of Patients with Whiplash-Associated Disorders or Neck Pain and Associated Disorders? <i>Spine J, 16(12): 1598-1630.</i>	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	
Sato T, Yamasaki Y & Maruyama R.	(2016). The Relaxation Effects Of Hand-Massage Therapy On Autonomic Nervous Function And Emotions Among Patients Receiving Palliative Care, <i>Amer J Resp Crit Car Med</i> , 193; A5554.		X		X			
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					
Adib-Hajbaghery M1, Rajabi-Beheshtabad R2, Ardjmand A3.	(2015). Comparing the effect of whole body massage by a specialist nurse and patients' relatives on blood cortisol level in coronary patients. <i>ARYA Atheroscler</i> . 2015 Mar;11(2):126-32. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4568197/		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				

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	
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
dos Santos Crisóstomo RS, Costa DS, de Luz Belo Martins C, Fernandes TI & Armada-da-Silva PA.	(2015). Influence of manual lymphatic drainage on health-related quality of life and symptoms of chronic venous insufficiency: a randomized controlled trial. <i>Arch Phys Med Rehabil</i> . 2015 Feb;96(2):283-91. doi: 10.1016/j.apmr.2014.09.020. Epub 2014 Oct 13.		X					
Fazeli MS, Pourrahmat MM, Liu M, Guan L & Collet JP.	(2015). The effect of head massage on the regulation of the cardiac autonomic nervous system: A pilot randomized crossover trial. <i>J Altern Complement Med</i> . 2015 Nov 12. [Epub ahead of print.]		X					
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					
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					

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	
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	
Jamali S, Ramezanli S, Jahromi MK, Zare A & Poorgholami F.	(2016). Effect of massage therapy on physiologic responses in patients with congestive heart failure. <i>Biosc Biotech Research Asia</i> , 13(1). http://www.biotech-asia.org/vol13no1/effect-of-massage-therapy-on-physiologic-responses-in-patients-with-congestive-heart-failure/			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	
Lamas K, Hager C, Lindgren L, Wester P & Brulin C.	(2016). Does touch massage facilitate recovery after stroke? A study protocol of a randomized controlled trial. <i>BMC Complement Altern Med</i> , 16(1), 50. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4743203/		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	
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				
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					
Nelson NL.	(2015). Massage therapy: understanding the mechanisms of action on blood pressure. A scoping review. <i>J Am Soc Hypertens</i> . 2015 Oct;9(10):785-93. doi: 10.1016/j.jash.2015.07.009. Epub 2015 Jul 30.	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					

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	
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					
Ramezanli S, Jahromi M . K, Talebizadeh M, Poorgholami F.	(2016). Measuring the Effect of Massage Therapy on Anxiety of Heart Failure Patients. <i>Biosci Biotechnol Res Asia</i> 2016;13(1). http://www.biotech-asia.org/vol13no1/measuring-the-effect-of-massage-therapy-on-anxiety-of-heart-failure-patients/			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
Spurgin KA.	(2016). A Calibrated Method of Massage Therapy Decreases Systolic Blood Pressure Concomitant With Changes in Heart Rate Variability in Male Rats, <i>J Manipulative & Physiological Therapeutics</i> . http://www.jmptonline.org/article/S0161-4754(16)30277-9/fulltext				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	
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					
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					
Walaszek R.	(2015). Impact of classic massage on blood pressure in patients with clinically diagnosed hypertension. <i>J Tradit Chin Med</i> . 2015 Aug;35(4):396-401. http://www.journaltcm.com/modules/Journal/contents/stories/154/5.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	
Xiong XJ, Li SJ & Zhang YQ.	(2015). Massage therapy for essential hypertension: a systematic review. <i>J Hum Hypertens</i> . 2015 Mar;29(3):143-51. doi: 10.1038/jhh.2014.52. Epub 2014 Jul 3.	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						
Yang YJ, Zhang J, Hou Y, Jiang BY, Pan HF, Wang J, Zhong DY, Guo HY, Zhu Y & Cheng J.	(2016). Effectiveness and safety of Chinese massage therapy (Tui Na) on post-stroke spasticity: A prospective multicenter randomized controlled trial, <i>Clin Rehabil</i> . [Epub ahead of print.]		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	
Cakici N, Fakkal TM, van Neck JW, Verhagen AP & Coert JH.	(2016). Systematic review of treatments for diabetic peripheral neuropathy, <i>Diabet Med</i> , 33(11): 1466-1476.	X						
Castro-Sanchez AM, Moreno-Lornzo C, Mataran-Penarrocha GA, Feriche-Fernandez-Castays B, Granados-Gamez G, & Rubio JM.	(2011). Connective tissue reflex massage for type 2 diabetic patients with peripheral arterial disease: Randomized controlled trial [Electronic version]. <i>Evidence Based Compliment Alternat Med</i> , 1-12. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3145465/		X					
Castro-Sanchez AM, Moreno-Lornzo C, Mataran-Penarrocha GA, Feriche-Fernandez-Castays B, Sanchez Labraca N, & Sanchez Joya Mdel M.	(2010). Efficacy of massage and exercise programme on the ankle-brachial index and blood pressure in patients with diabetes mellitus type 2 and peripheral arterial disease: A randomized clinical trial. <i>Med Clin (Barc)</i> , 134(3), 107-110.		X					
Ezzo J, Donner T, Nickols D, & Cox M.	(2001). Is massage useful in the management of diabetes: A systematic review. <i>Diabetes Spectrum</i> , 14(4), 218-225. http://spectrum.diabetesjournals.org/content/14/4/218.full.pdf+html	X						
Mars M, Desai Y, & Gregory MA.	(2008). Compressed air massage hastens healing of the diabetic foot. <i>Diabetic Technol Ther</i> , 10(1), 39-45.		X					
Sajedi F, Kashaninia Z, Hoseinzadeh S, & Abedinipoor A.	(2011). How effective is Swedish massage on blood glucose level in children with diabetes mellitus? <i>Acta Med Iran</i> , 49(9), 592-597.		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
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				
Wandell PE, Carlsson AC, Gafvels C, Andersson K, & Törnkvist 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	
Major B, Rattazzi L, Brod S, Pilipović I, Leposavić G & D'Acquisto F.	(2015). Massage-like stroking boosts the immune system in mice. <i>Sci Rep</i> . 2015 Jun 5;5:10913. doi: 10.1038/srep10913.			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.	(2015). Immunological effects of massage after exercise: A systematic review. <i>Phys Ther Sport</i> . 2015 May;16(2):187-92. doi: 10.1016/j.ptsp.2014.07.001. Epub 2014 Jul 21.	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>Psychiatry 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.
Cooke M, Emery H, Brimelow R & Wollin J.	(2016). The impact of therapeutic massage on adult residents living with complex and high level disabilities: A brief report, <i>Disabil Health J</i> , 9(4): 730-734.				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	
Domingos Tda S & Braga EM.	(2015). Massage with aromatherapy: effectiveness on anxiety of users with personality disorders in psychiatric hospitalization. <i>Rev Esc Enferm USP</i> . 2015 May-Jun;49(3):450-6. doi: 10.1590/S0080-623420150000300013. Epub 2015 Jun 1.		X					
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				
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

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	
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
Hatefi M, Jaafarpour M, Khani A, Khajavikhan J & Kokhazade T.	(2015). The Effect of Whole Body Massage on the Process and Physiological Outcome of Trauma ICU Patients: A Double-Blind Randomized Clinical Trial. <i>J Clin Diagn Res</i> . 2015 Jun;9(6):UC05-8. doi: 10.7860/JCDR/2015/12756.6096. Epub 2015 Jun 1. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4525581/			X				
Hill R & Baskwill A.	(2013). Positive effects of massage therapy on a patient with narcolepsy. <i>Int J Ther Massage Bodywork</i> , 6(2), 24-28. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3666598/							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						

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Hu RF, Jiang XY, Chen J, Zeng Z, Chen XY, Li Y, Huining X & Evans DJ.	(2015). Non-pharmacological interventions for sleep promotion in the intensive care unit. <i>Cochrane Database Syst Rev</i> . 2015 Oct 6;10:CD008808. doi: 10.1002/14651858.CD008808.pub2. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD008808.pub2/full	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, Bükür 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					
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

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	
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						
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			

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, 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	
Prichard C & Newcomb P.	(2015). Benefit to Family Members of Delivering Hand Massage With Essential Oils to Critically Ill Patients Am J Crit Care. 2015 Sep;24(5):446-9. doi: 10.4037/ajcc2015767.			X				
Rapaport MH, Schettler P, Larson ER, Edwards SA, Dunlop BW, Rakofsky JJ & Kinkead B.	(2016). Acute Swedish Massage Monotherapy Successfully Remediate Symptoms of Generalized Anxiety Disorder: A Proof-of-Concept, Randomized Controlled Study, <i>J Clin Psych</i> , 77(7), e883-e891.		X					
Richards K, Nagel C, Markie M, Elwell J, & Barone C.	(2003). Use of complementary and alternative therapies to promote sleep in critically ill patients. <i>Crit Care Nurs Clin North Am</i> , 15(3), 329-340.	X						
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		

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	
Sumpton B & Baskerwill A.	(2016). A series of case reports regarding the use of massage therapy to improve sleep quality in individuals with Post-Traumatic Stress Disorder (PTSD), ResearchGate. https://www.researchgate.net/profile/Amanda_Baskwill/publication/309312552_A_Series_of_Case_Reports_Regarding_the_Use_of_Massage_Therapy_to_Improve_Sleep_Quality_in_Individuals_with_Post-traumatic_Stress_Disorder_PTSD/links/5809086008ae993dc0509e36.pdf					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
Trivedi D.	(2015). Cochrane Review Summary: Massage for promoting mental and physical health in typically developing infants under the age of six months. <i>Prim Health Care Res Dev</i> . 2015 Jan;16(1):3-4. doi: 10.1017/S1463423614000462. Epub 2014 Oct 31.	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	
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, Adámková 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						
Walchli C, Saltzwedel G, Kruerke D, Kaufmann C, Schnorr B, Rist L, Eberhard J, Decker M, & Simoes-Wüst AP.	(2013). Physiologic effects of rhythmical massage: A prospective exploratory cohort [Electronic version]. <i>J Altern Complement Med</i> .			X				Prospective cohort study
Zadkhosh S, Ariaee E, Atri A, Rashidlamir A, & Saadatyar A.	(2015). The effect of massage therapy on depression, anxiety and stress in adolescent wrestlers. <i>IJSS</i> , 4. http://scholar.google.com/scholar_url?url=http://ijssjournal.com/wp-content/uploads/2015/01/The-effect-of-massage-therapy-on-depression-anxiety-and-stress-in-adolescent-wrestlers.docx&hl=en&sa=X&scisig=AAGBfm3thNCO0GctewaQvHqeStBIFHoocQ&nossl=1&oi=scholaralrt			X				

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					
Boitor M, Martorella G, Arbour C, Michaud C & Gélinas C.	(2015). Evaluation of the preliminary effectiveness of hand massage therapy on postoperative pain of adults in the intensive care unit after cardiac surgery: a pilot randomized controlled trial. <i>Pain Manag Nurs</i> . 2015 Jun;16(3):354-66. doi: 10.1016/j.pmn.2014.08.014.		X					
Boitor M, Martorella G, Laizner AM, Maheu C & Gelinac C.	(2016). The Effectiveness of Hand Massage on Pain in Critically Ill Patients After Cardiac Surgery: A randomized controlled trial protocol, <i>JMIR Res Protoc</i> , 5(4), e203.			X				Trial Protocol
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	

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	
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>Anaesthesist</i> , 42(4), 221-226.					X		
Halm MA.	(2015). East meets west: effects of massage on the experience of cardiac surgery patients. <i>Am J Crit Care</i> . 2015 Mar;24(2):176-80. doi: 10.4037/ajcc2015947.							
Hansen MM.	(2015). A feasibility pilot study on the use of complementary therapies delivered via mobile technologies on Icelandic surgical patients' reports of anxiety, pain, and self-efficacy in healing. <i>BMC Complement Altern Med</i> . 2015 Mar 28;15:92. doi: 10.1186/s12906-015-0613-8. http://www.ncbi.nlm.nih.gov/pubmed/25888344							Pilot study
Hulme J, Waterman H, & Hillier VF.	(1999). The effect of foot massage on patients' perception of care following laparoscopic sterilization as day case patients. <i>J Adv Nurs</i> , 30(2), 460-468.		X					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Kavei P, Ebadi A, Moradian S, & Rahimabadi M.	(2014). The Effect of Massage Therapy on Psychological Outcomes in Patients after Cardiac Surgery: A Mini Review. <i>Int J Med Rev</i> , 1(4), 175-179. http://journals.bmsu.ac.ir/ijmr/index.php/ijmr/article/view/76/107		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. Cochrane Database of Systematic Reviews 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	
Miozzo AP, Stein C, Bozzetto CB & Plentz RDM.	(2016). Massage therapy reduces pain and anxiety after cardiac surgery: A systematic review and meta-analysis of randomized clinical trials, <i>Clinic Trials & Reg Sci in Cardiology</i> , 23-24, 1-8. http://www.sciencedirect.com/science/article/pii/S2405587516300324	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					
Nelson NL.	(2015). Impact of massage therapy on post-operative outcomes after cardiac surgery: Narrative review. <i>Journal of Complementary and Alternative Medicine</i> . 2015, 3(7): 1-4.							Narrative review
Peng S, Ying B, Chen Y & Sun X.	(2015). Effects of massage on the anxiety of patients receiving percutaneous coronary intervention. <i>Psychiatr Danub</i> . 2015 Mar;27(1):44-9.			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					

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	
Ramesh C.	(2015). Effectiveness of massage therapy on post-operative outcomes among patients undergoing cardiac surgery: A systematic review. <i>Inter Journal of Nursing Sc.</i> 2015, 1-9. http://www.sciencedirect.com/science/article/pii/S235201321500068X	X						
Rosen J, Lawrence R, Bouchard M, Doros G, Gardiner P, & Saper R.	(2013). Massage for perioperative pain and anxiety in placement of vascular access devices. <i>Adv Mind Body Med</i> , 27(1), 12-23.		X					
Taylor AG, Galper DI, Taylor P, Rice LW, Andersen W, Irvin W, Wang XQ, & Harrell FE.	(2003). Effects of adjunctive Swedish massage and vibration therapy on short-term postoperative outcomes: A randomized, controlled trial. <i>J Altern Complement Med</i> , 9(1), 77-89.		X					
Tracy S, Dufault M, Kogut S, Martin V, Rossi S, & Willey Temkin C.	(2006). Translating best practices in nondrug postoperative pain management. <i>Nurs Res</i> , 55(2 Suppl), S57-67.	X						
Wang AT, Sundt TM 3rd, Cutshall SM, & Bauer BA.	(2010). Massage therapy after cardiac surgery. <i>Semin Thorac Cardiovasc Surg</i> , 22(3), 225-229.							Narrative review
Wang HL & Keck JF.	(2004). Foot and hand massage as an intervention for postoperative pain. <i>Pain Manag Nurs</i> , 5(2), 59-65.						X	

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Wentworth LJ, Briesse 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>Jrnl 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				
Drake AL, Wilson SK, Kinuthia J, Roxby AC, Matemo D, Farquhar C & Rao D.	(2015). Health care-seeking behaviour of HIV-infected mothers and male partners in Nairobi, Kenya. <i>Glob Public Health</i> . 2015 Dec;10(10):1215-26. doi: 10.1080/17441692.2014.1003573. Epub 2015 Feb 3.							Qualitative study
Hillier SL, Louw Q, Morris L, Uwimana J, & Statham S.	(2010). Massage therapy for people with HIV/AIDS. <i>Cochrane Database of Systematic Reviews</i> 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				

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	
Khondowe O.	(2015). A home-based physical activity programme in combination with massage therapy to improve motor and cognitive development in HIV positive children on antiretroviral therapy: A randomised controlled trial. Dissertation for University of the Western Cape, 2014.		X					
Perez EM, Carrara H, Bourne L, Berg A, Swanevelder S & Hendricks MK.	(2015). Massage therapy improves the development of HIV-exposed infants living in a low socio-economic, peri-urban community of South Africa. <i>Infant Behav Dev.</i> 2015 Feb;38:135-46. doi: 10.1016/j.infbeh.2014.12.011. Epub 2015 Jan 31.				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					
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. Cochrane Database Syst Rev. 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						
Gürsen C, Kerem Günel M, Kaya S, Kav T & Akbayrak T.	(2015). Effect of Connective Tissue Manipulation on Symptoms and Quality of Life in Patients With Chronic Constipation: A Randomized Controlled Trial. <i>J Manipulative Physiol Ther</i> . 2015 Jun;38(5):335-43. doi: 10.1016/j.jmpt.2015.06.003. Epub 2015 Jun 20.		X					
Kassolik K, Andrzejewski W, Wilk I, Brzozowski M, Voyce K, Jaworska-Krawiecka E, Nowak B & Kurpas D.	(2015). The effectiveness of massage based on the tensegrity principle compared with classical abdominal massage performed on patients with constipation. <i>Arch Gerontol Geriatr</i> . 2015 Sep-Oct;61(2):202-11. doi: 10.1016/j.archger.2015.05.011. Epub 2015 Jun 9.		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

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	
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						
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				
Ozisler Z, Koklu K, Ozel S & Unsal-Delialioglu S.	(2015). Outcomes of bowel program in spinal cord injury patients with neurogenic bowel dysfunction. <i>Neural Regen Res</i> . 2015 Jul;10(7):1153-8. doi: 10.4103/1673-5374.160112. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4541250/		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	
Sinclair M.	(2011). The use of abdominal massage to treat chronic constipation. <i>J Bodyw Mov Ther</i> , 15(4), 436-445.							Narrative review
Wang X & Yin J.	(2015). Complementary and Alternative Therapies for Chronic Constipation. Evid Based Complement Alternat Med. 2015;2015:396396. doi: 10.1155/2015/396396. Epub 2015 May 3. http://www.ncbi.nlm.nih.gov/pubmed/26064163	X						

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					
Khansa I, Harrison B & Janis JE.	(2016). Evidence-Based Scar Management: How to Improve Results with Technique and Technology, <i>Plast Reconstr Surg</i> , 138(3 Suppl): 165S-178S.		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	

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	
Roques C.	(2013). Burn scars. <i>Soins</i> , (772), 47-49.			X				
Schachner L, Field T, Hernandez-Reif M, Duarte AM, & Krasnegor J.	(1998). Atopic dermatitis symptoms decreased in children following massage therapy. <i>Pediatr Dermatol</i> , 15(5), 390-395.						X	
Tsiskarishvili NV, Eradze MSh, & Tsiskarishvili Tsl.	(2010). Psychophysical and physical methods in treatment of dermatoses accompanied by skin dryness and itching. <i>Georgian Med News</i> , (181), 28-32.							Clinical trial
Zhang Q, Sun Z & Yue J.	(2015). Massage therapy for preventing pressure ulcers. <i>Cochrane Database Syst Rev</i> . 2015 Jun 17;6:CD010518. doi: 10.1002/14651858.CD010518.pub2.	X						

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					
Adams J, Frawley J, Steel A, Broom A & Sibbritt D.	(2015). Use of pharmacological and non-pharmacological labour pain management techniques and their relationship to maternal and infant birth outcomes: examination of a nationally representative sample of 1835 pregnant women. <i>Midwifery</i> . 2015 Apr;31(4):458-63. doi: 10.1016/j.midw.2014.12.012. Epub 2015 Jan 8.							Survey
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					
Anarado A, Ali E, Nwonu E, Chinweuba A & Ogbolu Y.	(2015). Knowledge and willingness of prenatal women in Enugu Southeastern Nigeria to use in labour non-pharmacological pain reliefs. <i>Afr Health Sci</i> . 2015 Jun;15(2):568-75. doi: 10.4314/ahs.v15i2.32. http://www.ncbi.nlm.nih.gov/pubmed/26124804			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	
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					
Barcelona de Mendoza V, Harville E, Savage J & Giarratano G.	(2015.) Association of Complementary and Alternative Therapies With Mental Health Outcomes in Pregnant Women Living in a Postdisaster Recovery Environment. <i>J Holist Nurs</i> . 2015 Oct 26. pii: 0898010115609250. [Epub ahead of print]		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
Becker GE, Smith HA & Cooney F.	(2015). Methods of milk expression for lactating women. <i>Cochrane Database Syst Rev</i> . 2015 Feb 27;2:CD006170. doi: 10.1002/14651858.CD006170.pub4.	X						
Beckmann MM & Stock OM.	(2013). Antenatal perineal massage for reducing perineal trauma. <i>Cochrane Database of Systematic Reviews</i> 2013, Issue 4. Art. No.: CD005123. DOI: 10.1002/14651858.CD005123.pub3. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD005123.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	
Bolbol-Haghighi N, Masoumi SZ & Kazemi F.	(2016). Effect of massage therapy on duration of labour: A randomized controlled trial. JCDR, 10(4), QC12-QC15. http://jcdr.net/article_abstract.asp?issn=0973-709x&year=2016&volume=10&issue=4&page=QC12&issn=0973-709x&id=7688		X					
Can HO & Saruhan A.	(2015). Evaluation of the effects of ice massage applied to large intestine 4 (hegu) on postpartum pain during the active phase of labor. Iran J Nurs Midwifery Res. 2015 Jan-Feb;20(1):129-38. http://www.ncbi.nlm.nih.gov/pubmed/25709702			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			

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	
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			
Craig M, & Howard L.	(2009). Postnatal depression. Clin Evid (Online). http://www.ncbi.nlm.nih.gov/pubmed/19445768	X						
Davis J.	(2015). Effective non-pharmacological birth interventions. <i>Pract Midwife</i> . 2015 Feb;18(2):13-7.				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					

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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 M, Hernandez-Reif M, Medina L, Delgado J, & Hernandez A.	(2012). Yoga and massage therapy reduce prenatal depression and prematurity. <i>J Bodyw Mov Ther</i> , 16(2), 204-209. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3319349/				X			
Field T, Diego MA, Hernandez-Reif M, Schanberg S, & Kuhn C.	(2004). Massage therapy effects on depressed pregnant women. <i>J Psychosom Obstet Gynaecol</i> , 25(2), 115-122.		X					
Field T, Figueiredo B, Hernandez-Reif M, Diego M, Deeds O, & Ascencio A.	(2008). Massage therapy reduces pain in pregnant women, alleviates prenatal depression in both parents and improves their relationships. <i>J Bodyw Mov Ther</i> , 12(2), 146-150.		X					
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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

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	
Fisher C, Adams J, Hickman L & Sibbritt D.	(2016). The use of complementary and alternative medicine by 7427 Australian women with cyclic perimenstrual pain and discomfort: a cross-sectional study, BMC Complement Altern Med. [Epub ahead of print.] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4870787/				X			
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? Focus on Alternative and Comp Ther, 18(3), 155-156.		X					
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 H, Cramer H, Sundberg T, Ward L, Adams J, Moore C, Sibbritt D & Lauche R.	(2016). The effectiveness of complementary manual therapies for pregnancy-related back and pelvic pain: A systematic review with meta-analysis, <i>Medicine (Baltimore)</i> , 95(38). https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5044890/	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	
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					

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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	
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. Cochrane Database of Systematic Reviews 2012, Issue 3. Art. No.: CD009234. DOI: 10.1002/14651858.CD009234.pub2. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD009234.pub2/full	X						
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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				

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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	
Meng S, Deng Q, Feng C, Pan Y & Chang Q.	(2015). Effects of massage treatment combined with topical cactus and aloe on puerperal milk stasis. <i>Breast Dis.</i> 2015 Jul 31;35(3):173-8. doi: 10.3233/BD-150401.			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
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					
Nakakita Kenyon M.	(2015). Randomized controlled trial on the relaxation effects of back massages for puerperants on the first post-partum day. <i>Jpn J Nurs Sci</i> . 2015 Apr;12(2):87-98. doi: 10.1111/jjns.12053. Epub 2014 Jun 24.		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					
Okhowat J, Murtinger M, Schuff M, Wogatzky J, Spitzer D, Vanderzwalm P, Wirleitner B & Zech NH.	(2015). Massage therapy improves in vitro fertilization outcome in patients undergoing blastocyst transfer in a cryo-cycle. <i>Altern Ther Health Med</i> . 2015 Mar-Apr;21(2):16-22.			X				

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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
Pallivalapila AR, Stewart D, Shetty A, Pande B, Singh R & McLay JS.	(2015). Use of complementary and alternative medicines during the third trimester. <i>Obstet Gynecol</i> . 2015 Jan;125(1):204-11. doi: 10.1097/AOG.0000000000000596.	X						
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						
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Simkin PP & O'hara M.	(2002). Nonpharmacologic relief of pain during labor: Systematic reviews of five methods. <i>Am J Obstet Gynecol</i> , 186(5 Suppl Nature), S131-159.	X						
Smith CA, Levett KM, Collins CT, & Jones L.	(2012). Massage, reflexology and other manual methods for pain management in labour. Cochrane Database of Systematic Reviews 2012, Issue 2. Art. No.: CD009290. DOI: 10.1002/14651858.CD009290.pub2. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD009290.pub2/full	X						
Van Kampen M, Devoogdt N, De Groef A, Gielen A & Geraerts I.	(2015). The efficacy of physiotherapy for the prevention and treatment of prenatal symptoms: a systematic review. <i>Int Urogynecol J</i> . 2015 Nov;26(11):1575-86. doi: 10.1007/s00192-015-2684-y. Epub 2015 Mar 31.	X						
Vargens OM, Silva AC, & Progiante 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
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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					
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Basiri-Moghadam M, Basiri-Moghadam K, Kianmehr M & Jani S.	(2015). The effect of massage on neonatal jaundice in stable preterm newborn infants: a randomized controlled trial. <i>J Pak Med Assoc</i> . 2015 Jun;65(6):602-6.		X					
Badr LK, Abdallah B & Kahale L.	(2015). A Meta-Analysis of Preterm Infant Massage: An Ancient Practice With Contemporary Applications. <i>MCN Am J Matern Child Nurs</i> . 2015 Nov-Dec;40(6):344-58. doi: 10.1097/NMC.000000000000177.	X						

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Batalha LM & Mota AA.	(2013). Massage in children with cancer: Effectiveness of a protocol. J Pediatr (Rio J). [Epub ahead of print.] http://www.sciencedirect.com/science/article/pii/S0021755713001654		X					
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Beachy JM.	(2003). Premature infant massage in the NICU. <i>Neonatal Netw</i> , 22(3), 39-45.	X						
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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

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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	
Bennett C, Underdown A, & Barlow J.	(2013). Massage for promoting mental and physical health in typically developing infants under the age of 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						
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Catalá-López F, Hutton B, Núñez-Beltrán A, Mayhew AD, Page MJ, Ridao M, Tobías A, Catalá MA, Tabarés-Seisdedos R & Moher D.	(2015). The pharmacological and non-pharmacological treatment of attention deficit hyperactivity disorder in children and adolescents: protocol for a systematic review and network meta-analysis of randomized controlled trials. Syst Rev. 2015 Feb 27;4:19. doi: 10.1186/s13643-015-0005-7. http://www.ncbi.nlm.nih.gov/pubmed/25875125	X						
Chik YM, Ip WY & Choi KC.	(2016). The Effect of Upper Limb Massage on Infants' Venipuncture Pain, Pain Manag Nurs. [Epub ahead of print].			X				

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Choi H, Kim SJ, Oh J, Lee MN, Kim S & Kang KA.	(2015). The effects of massage therapy on physical growth and gastrointestinal function in premature infants: A pilot study. <i>J Child Health Care</i> . 2015 Aug 26. pii: 1367493515598647. [Epub ahead of print]							Pilot study
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
Cooke A, Cork MJ, Victor S, Campbell M, Danby S, Chittock J & Lavender T.	(2015). Olive Oil, Sunflower Oil or no Oil for Baby Dry Skin or Massage: A Pilot, Assessor-blinded, Randomized Controlled Trial (the Oil in Baby SkincaRE [OBSerVe] Study). <i>Acta Derm Venereol</i> . 2015 Nov 9. doi: 10.2340/00015555-2279. [Epub ahead of print]			X				
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	

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Demers SP.	(2016). "Child Massage Integrated Therapy: A Preliminary Intervention Manual for Psychological Trauma Treatment" (2016). Doctorate in Social Work (DSW) Dissertations. Paper 82.						X	Dissertation
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					

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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, Gonzalez G, Diego M & Mindell J.	(2016). Mothers Massaging Their Newborns with Lotion Versus No Lotion Enhances Mothers' and Newborns' Sleep, <i>Infant Behav Dev</i> , 45(Pt A): 31-37.				X			
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

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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	
Gnazzo A, Guerriero V, Di Folco S, Zavattini GC & de Campora G.	(2015). Skin to skin interactions. Does the infant massage improve the couple functioning? <i>Front Psychol</i> . 2015 Sep 25;6:1468. doi: 10.3389/fpsyg.2015.01468. eCollection 2015. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4585314/			X				
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				
Guan L, Collet J, Yuskiv N, Skippen P, Brant R, & Niranjana Kissoon N.	(2014). The effect of massage therapy on autonomic activity in critically ill children. <i>Evidence-Based Complementary and Alternative Medicine</i> , 2014. http://www.hindawi.com/journals/ecam/2014/656750/		X					
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					

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
Haley S, O'Grady S, Gulliver K, Bowman B, Baldassarre R, Miller S, Lane RH, & Moyer-Mileur LJ.	(2011). Mechanical-tactile stimulation (MTS) intervention in a neonatal stress model improves long-term outcomes on bone. <i>J Musculoskelet Neuronal Interact</i> , 11(3), 234-242. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3228307/		X					
Hanson, K.	(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
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					

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	
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					
Lai MM, D'Acunto G, Guzzetta A, Boyd RN, Rose SE, Fripp J, Finnigan S, Ngenda N, Love P, Whittingham K, Pannek K, Ware RS & Colditz PB.	(2016). Preterm early massage by the mother: Protocol of a randomized controlled trial of massage therapy in very preterm infants, <i>BMC Pediatrics</i> , 16(1): 146. http://bmcpediatr.biomedcentral.com/articles/10.1186/s12887-016-0678-7					X		Protocol with link to updates
Lee K, Chung E, Koh S & Lee BH.	(2015). Outcomes of asymmetry in infants with congenital muscular torticollis. <i>J Phys Ther Sci</i> . 2015 Feb;27(2):461-4. doi: 10.1589/jpts.27.461. Epub 2015 Feb 17. http://www.ncbi.nlm.nih.gov/pubmed/25729191			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	
Liu K, Wang J & Wang YG.	(2016). Acupoint Selection Laws for Massage Therapy of Infantile Anorexia: an Analysis Based on Data Mining, <i>Zhongguo Zhong Xi Yi Jie He Za Zhi</i> , 36(6), 753-756.		X					
Livingston K, Beider S, Kant AJ, Gallardo CC, Joseph MH, & Gold JL.	(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					
Mahmud HS, Dabash SAE, Ahmed EM, Kamel RM & Ismail SS.	(2016). Effects of Oil Massage Therapy on Anthropometric Parameters and Behavioural State of Stable Low Birth Weight Neonates, <i>IJRANSS</i> , 4(6), 33-42. http://oaji.net/articles/2016/491-1468406970.pdf			X				
Martina H, Beulah H & David A.	(2015). Effectiveness of massage therapy on respiratory status among toddlers with lower respiratory tract infection. <i>Nitte University Journal of Health Science</i> . 2015 5(2). http://nitte.edu.in/journal/june2015/10.pdf			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						

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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	
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. Cochrane Database of Systematic Reviews 2010, Issue 10. Art. No.: CD002053. DOI: 10.1002/14651858.CD002053.pub3. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD002053.pub3/full	X						
Pediatric Eye Disease Investigator Group.	(2012). Resolution of congenital nasolacrimal duct obstruction with nonsurgical management. <i>Arch Ophthalmol</i> , 130(6), 730-734. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3409462/		X					
Pepino VC, Ribeiro JD, Ribeiro MA, de Noronha M, Mezzacappa MA, & Schivinski CI.	(2013). Manual therapy for childhood respiratory disease: A systematic review. <i>J Manipulative Physiol Ther</i> , 36(1), 57-65.	X						
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					

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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	
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> , 25(3). http://www.hindawi.com/journals/ijpedi/2014/434060/			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				
Robertz AC & Rudolfsson G.	(2016). Tactile massage as a nursing intervention in child and adolescent psychiatry: nurses' experiences, <i>J Psychiatr Ment Health Nurs</i> , 23(8): 502-512.						Qualitative Study	
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
Rybczynski S, Katz E, Schultz S & Salorio C.	(2016). Survey of parental acceptance of massage therapy, energy therapy and acupuncture for their children in the acute pediatric inpatient rehabilitation setting, <i>Comp Ther Med</i> ; 27, 102-107.				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	
Saeadi R, Ghorbani Z & Shapouri Moghaddam A.	(2015). The effect of massage with medium-chain triglyceride oil on weight gain in premature neonates. <i>Acta Med Iran</i> . 2015;53(2):134-8.			X				
Sajedi F, Kashaninia Z, Hoseinzadeh S, & Abedinipoor A.	(2011). How effective is Swedish massage on blood glucose levels in children with diabetes mellitus? <i>Acta Medica Iranica</i> , 49(9), 592-597.			X				
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					

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 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					
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						

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	
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						
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				

Autism Spectrum Disorder and ADHD



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	
Brondino N, Fusar-Poli L, Rocchetti M, Provenzani U, Barale F & Politi P.	(2015). Complementary and Alternative Therapies for Autism Spectrum Disorder. Evid Based Complement Alternat Med. 2015;2015:258589. doi: 10.1155/2015/258589. Epub 2015 May 7. http://www.ncbi.nlm.nih.gov/pubmed/26064157			X				
Catalá-López F, Hutton B, Núñez-Beltrán A, Mayhew AD, Page MJ, Ridao M, Tobías A, Catalá MA, Tabarés-Seisdedos R & Moher D.	(2015). The pharmacological and non-pharmacological treatment of attention deficit hyperactivity disorder in children and adolescents: protocol for a systematic review and network meta-analysis of randomized controlled trials. Syst Rev. 2015 Feb 27;4:19. doi: 10.1186/s13643-015-0005-7. http://www.ncbi.nlm.nih.gov/pubmed/25875125	X						
Silva LM, Schalock M, Gabrielsen KR, Budden SS, Buenrostro M & Horton G.	(2015). Early Intervention with a Parent-Delivered Massage Protocol Directed at Tactile Abnormalities Decreases Severity of Autism and Improves Child-to-Parent Interactions: A Replication Study. Autism Res Treat. 2015;2015:904585. doi: 10.1155/2015/904585. Epub 2015 Mar 24. http://www.ncbi.nlm.nih.gov/pubmed/25878901		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	
Tsuji S, Yuhi T, Furuhashi K, Ohta K, Shimizu Y & Higashida H.	(2015). Salivary oxytocin concentrations in seven boys with autism spectrum disorder received massage from their mothers: a pilot study. Front Psychiatry. 2015 Apr 21;6:58. doi: 10.3389/fpsyt.2015.00058. eCollection 2015. http://www.ncbi.nlm.nih.gov/pubmed/?term=salivary+oxytocin+concentrations+in+seven+boys			X				
Wan Yunus F, Liu KP, Bissett M & Penkala S.	(2015). Sensory-Based Intervention for Children with Behavioral Problems: A Systematic Review. J Autism Dev Disord. 2015 Nov;45(11):3565-79. doi: 10.1007/s10803-015-2503-9.	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	
Attarian H, Hachul H, Guttuso T & Phillips B.	(2015). Treatment of chronic insomnia disorder in menopause: evaluation of literature. <i>Menopause</i> . 2015 Jun;22(6):674-84. doi: 10.1097/GME.0000000000000348.	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					
Choi N.	(2015). The Effects of Hand Massage Using Aroma Essential Oil and Music Therapy on Anxiety and Sleeping for Elderly Women in the Sanatorium. <i>Int J BioSc</i> , 7(5), 151-158 http://dx.doi.org/10.14257/ijbsbt.2015.7.5.14 http://www.sersc.org/journals/IJBSBT/vol7_no5/14.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	
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	
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	

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	
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					
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	
Kahraman BB & Ozdemir L.	(2015). The impact of abdominal massage administered to intubated and enterally fed patients on the development of ventilator-associated pneumonia: a randomized controlled study. <i>Int J Nurs Stud</i> . 2015 Feb;52(2):519-24. doi: 10.1016/j.ijnurstu.2014.11.001. Epub 2014 Nov 25.		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	
Kapoor Y & Orr R.	(2015). Effect of therapeutic massage on pain in patients with dementia. <i>Dementia</i> (London). 2015 Apr 23. pii: 1471301215583391. [Epub ahead of print]			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].							Quantative 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	
McFeeters S, Pront L, Cuthbertson L & King L.	(2016). Massage, a complementary therapy effectively promoting the health and well-being of older people in residential care settings: A review of the literature, <i>Int J Older People Nurs</i> , 11(4): 266-283.		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					

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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	
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				
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					
Opie J, Rosewarne R & O'Connor DW.	(2015). The efficacy of psychosocial approaches to behaviour disorders in dementia: a systematic literature review. <i>Aust N Z J Psychiatry</i> . 1999 Dec;33(6):789-99.	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	
Peng W, Adams J, Hickman L & Sibbritt DW.	(2015). Association between consultations with complementary/alternative medicine practitioners and menopause-related symptoms: a cross-sectional study. <i>Climacteric</i> . 2015;18(4):551-8. doi: 10.3109/13697137.2014.989828. Epub 2015 Feb 18.			X				
Rodríguez-Mansilla J, González López-Arza MV, Varela-Donoso E, Montanero-Fernández J, González Sánchez B & Garrido-Ardila EM.	(2015). The effects of ear acupressure, massage therapy and no therapy on symptoms of dementia: a randomized controlled trial. <i>Clin Rehabil</i> . 2015 Jul;29(7):683-93. doi: 10.1177/0269215514554240. Epub 2014 Oct 16.		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-Mansilla J, González López-Arza MV, Varela-Donoso E, Montanero-Fernández J, Jiménez-Palomares M, & Garrido-Ardila 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

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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	
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					
Satoh S, Kajiwaru 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					

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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	
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					
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					
Yang YP, Lee FP, Chao HC, Hsu FY & Wang JJ.	(2016). Comparing the Effects of Cognitive Stimulation, Reminiscence, and Aroma-Massage on Agitation and Depressive Mood in People With Dementia. <i>J Am Med Dir Assoc</i> . 2016 May 7. pii: S1525-8610(16)30061-5. doi: 10.1016/j.jamda.2016.03.021. [Epub ahead of print]			X				
Yoshiyama K, Arita H & Suzuki J.	(2015). The Effect of Aroma Hand Massage Therapy for People with Dementia. <i>J Altern Complement Med</i> . 2015 Sep 18. [Epub ahead of print]			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					
Andrzejewski W, Kassolik K, Kobierzycki C, Grzegorzolka J, Ratajczak-Wielgomas K, Jablonska K, Halski T, Dziegiel P, Gworys B & Podhorska-Okolow M.	(2015). Increased skeletal muscle expression of VEGF induced by massage and exercise. <i>Folia Histochem Cytobiol</i> . 2015;53(2):145-51. doi: 10.5603/FHC.a2015.0013. Epub 2015 Jul 7.		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					

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	
Arroyo-Morales M, Olea N, Ruiz C, del Castillo Jde D, Martínez M, Lorenzo C, & Díaz-Rodríguez L.	(2009). Massage after exercise--Responses of immunologic and endocrine markers: A randomized single-blind placebo-controlled study. <i>J Strength Cond Res</i> , 23(2), 638-644.		X					
Best TM & Crawford SK.	(2016). Massage and postexercise recovery: the science is emerging, Br J Sports Med. [Epub ahead of print].	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						
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		

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	
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 Geneesk</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			
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						

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	
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		
Feng, Y & Yang, H.	(2016). Rehabilitation effect of massage with thermal magnetic therapy in treating lumbar muscle strain of athletes. <i>Acta Medica Medit</i> , 32: 505. http://www.actamedicamediterranea.com/archive/2016/special-issue-1/rehabilitation-effect-of-massage-with-thermal-magnetic-therapy-in-treating-lumbar-muscle-strain-of-athletes/pdf			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, Geertsens 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					
Frey Law LA, Evans S, Knudtson J, Nus S, Scholl K, & Sluka K.	(2008). Massage reduces pain perception and hyperalgesia in experimental muscle pain: A randomized, controlled trial. <i>J Pain</i> , 9(8), 714-721.		X					

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		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	
Fuller JT, Thomson RL, Howe PR & Buckley JD.	(2015). Vibration Therapy Is No More Effective Than the Standard Practice of Massage and Stretching for Promoting Recovery From Muscle Damage After Eccentric Exercise. <i>Clin J Sport Med</i> . 2015 Jul;25(4):332-7. doi: 10.1097/JSM.0000000000000149.		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				

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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	
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			
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_massage_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			

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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	
Issurin VB.	(2005). Vibrations and their applications in sport. A review. <i>J Sports Med Phys Fitness</i> , 45(3), 324-336.	X						
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					
Kennedy AB & Trilk JL.	(2016). A Standardized, Evidence-Based Massage Therapy Program for Decentralized Elite Paracyclists: Creating the model. <i>Int J Ther Massage Bodywork</i> , 1, 8(3): 3-9. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4560532/		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	
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		
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		

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	
Mustafa K, Furmanek MP, Knapik A, Bacik B & Juras G.	(2015). The impact of the Swedish massage on the kinesthetic differentiation in healthy individuals. <i>Int J Ther Massage Bodywork</i> . 2015 Mar 1;8(1):2-11. eCollection 2015. http://www.ncbi.nlm.nih.gov/pubmed/?term=the+impact+of+the+swedish+massage+on+the+kinesthetic			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
Nunes GS, Bender PU, deMenezes FS, Yamashitafuji I, Vargas VZ & Wageck B.	(2016). Massage therapy decreases pain and perceived fatigue after long-distance Ironman triathlon: A randomised trial. <i>J Physiotherapy</i> , 62(2), 83-87. http://www.journalofphysiotherapy.com/article/S1836-9553(16)00018-7/pdf		X					
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, Bellafigliore 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			

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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	
Peterson AR, Smoot MK, Erickson JL, Mathiasen RE, Kregel KC & Hall M.	(2015). Basic recovery aids: what's the evidence? <i>Curr Sports Med Rep</i> . 2015 May-Jun;14(3):227-34. doi: 10.1249/JSR.0000000000000159.	X						
Poppendieck W, Wegmann M, Ferrauti A, Kellmann M, Pfeiffer M & Meyer T.	(2016) Massage and Performance Recovery: A Meta-Analytical Review, <i>Sports Medicine</i> , February 2016, Volume 46, Issue 2, pp 183–204	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/							

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	
Shin MS & Sung YH.	(2014). Effects of massage on muscular strength and proprioception after exercise-induced muscle damage. <i>J Strength Cond Res</i> . [Epub ahead of print].		X					
Shin MS & Sung YH.	(2015). Effects of Massage on Muscular Strength and Proprioception After Exercise-Induced Muscle Damage. <i>J Strength Cond Res</i> . 2015 Aug;29(8):2255-60. doi: 10.1519/JSC.0000000000000688.		X					
Škarabot J, Beardsley C & Štirn I.	(2015). Comparing the effects of self-myofascial release with static stretching on ankle range-of-motion in adolescent athletes. <i>Int J Sports Phys Ther</i> . 2015 Apr;10(2):203-12. http://www.ncbi.nlm.nih.gov/pubmed/?term=comparing+the+effects+of+self-myofascial			X				
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					
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	

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	
Tejero-Fernández V, Membrilla-Mesa M, Galiano-Castillo N & Arroyo-Morales M.	(2015). Immunological effects of massage after exercise: A systematic review. <i>Phys Ther Sport</i> . 2015 May;16(2):187-92.	X						
Tiidus PM.	(2015). Alternative treatments for muscle injury: massage, cryotherapy, and hyperbaric oxygen. <i>Curr Rev Musculoskelet Med</i> . 2015 Jun;8(2):162-7. doi: 10.1007/s12178-015-9261-3. http://www.ncbi.nlm.nih.gov/pubmed/25724774			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						
Urakawa S, Takamoto K, Nakamura T, Sakai S, Matsuda T, Taguchi T, Mizumura K, Ono T & Nishijo H.	(2015). Manual therapy ameliorates delayed-onset muscle soreness and alters muscle metabolites in rats. <i>Physiol Rep</i> . 2015 Feb 22;3(2). pii: e12279. doi: 10.14814/phy2.12279. Print 2015 Feb 1. http://www.ncbi.nlm.nih.gov/pubmed/?term=manual+therapy+ameliorates+delayed-onset+muscle		X					
Visconti L, Capra G, Carta G, Forni C & Janin D.	(2015). Effect of massage on DOMS in ultramarathon runners: A pilot study. <i>J Bodyw Mov Ther</i> . 2015 Jul;19(3):458-63. doi: 10.1016/j.jbmt.2014.11.008. Epub 2014 Nov 24.		X					RCT 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	
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

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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	
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					

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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	
Muller J, Handlin L, Harlen M, Lindmark U & Ekstrom A.	(2015). Mechanical massage and mental training programmes affect employees' anxiety, stress susceptibility and detachment-a randomised explorative pilot study. BMC Complement Altern Med. 2015 Sep 2;15:302. doi: 10.1186/s12906-015-0753-x. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4556221/pdf/12906_2015_Article_753.pdf			X	X			An RCT pilot study
Nazari R, Mirzamohamadi M & Hojatollah Y.	(2015). The effect of massage therapy on occupational stress of intensive care nurses. IJNMR. 2015, 20(4): 508-515. http://www.ijnmrjournal.net/text.asp?2015/20/4/508/161001			X				
Siško PK, Videmšek M, & Karpljuk D.	(2011). The effect of a corporate chair massage program on musculoskeletal discomfort and joint range of motion in office worker. <i>J Altern Complement Med</i> , 17(7), 617-622.						X	

Technology

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
		Systematic review of level II studies	Randomised controlled trial	Pseudo randomised controlled trial	Comparative study with concurrent controls	Comparative study without concurrent controls	Case series with either post test or pre test post test outcomes	
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 geneerator control system and virtual compliance calculator for maxillofacial massage robots. <i>Int J Comput Assist Radiol Surg</i> , 5(1), 77-84.					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	
Munk N, Mannheimer S, Piotrowski J & Lulgjuraj M.	(2015). Novel prototype device developed which combines massage therapy with components of mirror therapy to address phantom limb pain in lower limb amputees. http://www.researchgate.net/profile/Niki_Munk2/publication/277595868_545_Novel_prototype_device_combines_massage_therapy_with_components_of_mirror_therapy_to_address_phantom_limb_pain_in_lower-limb_amputees/links/55e9d59908aeb6516265854a.pdf							Report on prototype device
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
Ramirez-Fernandez C, Garcia-Canseco E, Moran AL, Pabloff O, Bonilla D, Green N & Meza-Kubo V.	(2016). GoodVybesConnect: A Real-Time Haptic Enhanced Tele-Rehabilitation System for Massage Therapy, Ubiquitous Computing and Ambient Intelligence, 10069, 487-496.						Design & Development of new tool	
Suryanarayanan Murali, S Vignesh Shanmugam, G Arun Prasaad, M Sarath Kumar, C Manoharan, S R Devadasan, & R. Murugesu.	(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		

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/pubmed/22506236			X				
Nishimura H, Okuda I, Kunizawa N, Inoue T, Nakajima Y & Amano S.	(2016). Analysis of morphological changes after facial massage by a novel approach using three-dimensional computed tomography, <i>Skin Res Technol</i> . [Epub ahead of print].				X			

Education and Practice

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	
Blasche G, Melchart H, Leitner D, & Marktl W.	(2007). Personality does not predict treatment preference, treatment experience does: A study of four complementary pain treatments. <i>Forsch Komplementmed</i> , 14(5), 274-280.							Survey
Braverman D & Schulman RA.	(1999). Massage techniques in rehabilitation medicine, <i>Phys Med Rehabil Clin N Am</i> , 10(3):631-649.							Narrative review
Dion LJ, Cutshall SM, Rodgers NJ, Hauschulz JL, Dreyer NE, Thomley BS & Bauer B.	(2015). Development of a Hospital-based Massage Therapy Course at an Academic Medical Center. <i>Int J Ther Massage Bodywork</i> . 2015 Mar 1;8(1):25-30. eCollection 2015. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4353210/pdf/ijtmb-8-25.pdf							
Dion LJ, Cutshall SM, Rodgers NJ, Hauschulz JL, Dreyer NE, Thomley BS & Bauer B.	(2015). Development of a Hospital-based Massage Therapy Course at an Academic Medical Center. <i>Int J Ther Massage Bodywork</i> . 2015 Mar 1;8(1):25-30. eCollection 2015. http://www.ncbi.nlm.nih.gov/pubmed/25780472							
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(3), 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	
Easthope G, Tranter B, & Gill G.	(2000). Normal medical practice of referring patients for complementary therapies among Australian general practitioners. <i>Complement Ther Med</i> , 8(4), 226-233.							Survey
Floden L, Howerter A, Matthews E, Nichter M, Cunningham JK, Ritenbaugh C, Gordon JS & Muramoto ML.	(2015). Considerations for practice-based research: a cross-sectional survey of chiropractic, acupuncture and massage practices. <i>BMC Complement Altern Med</i> . 2015 May 2;15:140. doi: 10.1186/s12906-015-0659-7. http://www.ncbi.nlm.nih.gov/pubmed/25933801		X					
Kennedy AB & Trilk J.	(2015). Facilitators and barriers to implementing an evidence based national massage therapy program for elite paracycling athletes. <i>American Public Health Assoc</i> . 2015 https://apha.confex.com/apha/143am/webprogram/Paper318557.html							
Moraska A.	(2007). Therapist education impacts the massage effect on postrace muscle recovery. <i>Med Sci Sports Exerc</i> , 39(1), 34-37.			X				
Munk N & Harrison A.	(2010). Integrating the international classification of functioning, disability, and health model into massage therapy research, education, and practice. <i>Int J Ther Massage Bodywork</i> , 3(4), 29-36. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3088523/							Review of current model

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	
Muramoto ML, Howerter A, Matthews E, Ford-Floden L, Gordon J, Nichter M, Cunningham J, & Ritenbaugh C.	(2014). Tobacco brief intervention training for chiropractic, acupuncture, and massage practitioners: Protocol for the CAM reach study. <i>BMC Comp & Alt Med</i> , 14:510. http://www.biomedcentral.com/1472-6882/14/510/abstract					X		Study protocol
Priscilla K & Jayavanth SN.	(2015). Massage therapy-complementary and alternative therapeutic approach. <i>Asian J Nurs Ed & Research</i> , 4(4), 514-517.							Educational protocol for nurses
Ruotsalainen JH, Verbeek JH, Mariné A & Serra C.	(2015). Preventing occupational stress in healthcare workers. <i>Cochrane Database Syst Rev</i> . 2015 Apr 7;4:CD002892. doi: 10.1002/14651858.CD002892.pub5.	X						
Schafer LM, Hsu C, Eaves ER, Ritenbaugh C, Turner J, Cherkin DC, Sims C, & Sherman KJ.	(2012). Complementary and alternative medicine (CAM) providers' views of chronic low back pain patients' expectations of CAM therapies: a qualitative study. <i>BMC Complement Altern Med</i> , 12, 234. http://www.biomedcentral.com/1472-6882/12/234							Qualitative Study
Smith DM, Smith JM, & Spronken-Smith R.	(2012). The drive for legitimization of massage therapy in New Zealand. <i>Int J Ther Massage Bodywork</i> , 5(4), 21-29. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3528188/							Discussion 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	
Smith DM, Smith JM, & Spronken-Smith R.	(2012). The drive for legitimization of massage therapy in New Zealand. <i>Int J Ther Massage Bodywork</i> , 5(4), 21-29. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3528188/							Discussion paper
Smith DM.	(2015). Perceptions and benefits of, and barriers to, degree based education for massage therapy. University of Otago doctoral thesis 2015.							Doctoral thesis
Sohn PM & Loveland Cook CA.	(2002). Nurse practitioner knowledge of complementary alternative health care: Foundation for practice. <i>J Adv Nurs</i> , 39(1), 9-16.							Survey
Vindigni DR, Parkinson L, Blunden S, Perkins J, Rivett DA, & Walker BF.	(2004). Aboriginal health in Aboriginal hands: development, delivery and evaluation of a training programme for Aboriginal health workers to promote the musculoskeletal health of Indigenous people living in a rural community. <i>Rural Remote Health</i> , 4(4), 281. http://www.rrh.org.au/articles/subviewnew.asp?ArticleID=281							Program development

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	
Fortune LD & Hymel GM.	(2015). Creating integrative work: a qualitative study of how massage therapists work with existing clients. J Bodyw Mov Ther. 2015 Jan;19(1):25-34. doi: 10.1016/j.jbmt.2014.01.005. Epub 2014 Feb 7.							Qualitative interviews
Kania-Richmond A, Reece BF, Suter E & Verhoef MJ.	(2015). The professional role of massage therapists in patient care in Canadian urban hospitals--a mixed methods study. BMC Complement Altern Med. 2015 Feb 7;15:20. doi: 10.1186/s12906-015-0536-4. http://www.ncbi.nlm.nih.gov/pubmed/25887029				X			
Keever T, Ali A, & Perlman A.	(2014). Perceptions of massage therapists serving in a randomized controlled trial. J Altern Complement Med, 20(5), A74.			X				
Kemp J.	Improving professionalism in massage therapy through continuing education in the development of successful therapeutic relationships, STATE UNIVERSITY OF NEW YORK EMPIRE STATE COLLEGE, 2016, 98 pages; 10156415. http://gradworks.umi.com/10/15/10156415.html							Dissertation
Kennedy AB, Cambron JA, Sharpe PA, Travillian RS & Saunders RP.	(2016). Clarifying Definitions for the Massage Therapy Profession: the Results of the Best Practices Symposium, Int J Ther Massage Bodywork, 9(3): 15-26. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC27648109/							Symposium

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 A, Dreusicke M, Keever T & Ali A.	(2015). Perceptions of Massage Therapists Participating in a Randomized Controlled Trial. <i>Int J Ther Massage Bodywork</i> . 2015 Sep 1;8(3):10-5. eCollection 2015. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4560530/pdf/ijtm-b-8-10.pdf		X					
Richmond AK, Menard MB & Barberree B.	(2016). Dancing on the Edge of Research: What is needed to build and sustain research capacity within the massage therapy industry, <i>JBMT</i> . [Epub ahead of print.]				X			
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>Chiropr Man Ther</i> , 21(1).							Survey
T Dryden, B Sumpton, S Shipwright, J Kahn, & BF Reece.	(2014). Massage Therapy and Canadians' Health Care Needs 2020: Proceedings of a National Research Priority Setting Summit. <i>Int J Ther Massage Bodywork</i> , 7(1), 3-10. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3934855/							Qualitative 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

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	
Wardle JL, Barnett R & Adams J.	(2015). Practice and research in Australian massage therapy: a national workforce survey. Int J Ther Massage Bodywork. 2015 Jun 9;8(2):2-11. eCollection 2015. http://www.ncbi.nlm.nih.gov/pubmed/26082824							Survey

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
Brennan MK, Healey DC, Tague MC & Rosenthal B.	(2016). Hospital Based Massage Therapy: A Call for Competencies, Massage Magazine https://www.massagemag.com/hospital-based-massage-therapy-call-competencies-37084/							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, Pflingsten 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		
Ciccarelli M, Fraser K & Vaz S.	(2016). Allied health management of technology-related musculoskeletal complaints among children and adolescents, <i>Aust Occup Ther J</i> , 63(6): 399-407.			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	
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						
Diaz-Rodriguez L, Fernandez-Perez AM, Glaiano-Castillo N, Cantarero-Villanueva I, Fernandez-Lao C, Martin-Martin& Arroyo-Morales M.	(2016). Do Patient Profiles Influence the Effects of Massage? A Controlled Clinical Trial, <i>Biol Res Nurs</i> , 18(5): 489-497.				x			
Dijkers MF, Westerman MJ, Rubinstein SM, van Tulder MW, Anema JR.	(2016). Why Neck Pain Patients Are Not Referred to Manual Therapy: A Qualitative Study among Dutch Primary Care Stakeholders, <i>PLoS ONE</i> 11(6): e0157465. doi:10.1371/journal.pone.0157465.		X					
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

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	
Fletcher CE, Mitchinson AR, Trumble EL, Hinshaw DB, & Dusek JA.	(2014). Perceptions of providers and administrators in the veterans health administration regarding complementary and alternative medicine. <i>Med Care</i> , 52 Suppl 5, S91-6.							Survey
Frawley J, Peng W, Sibbritt D, Ward L, Lauche R, Zhang Y & Adams J.	(2016). Is there an association between women's consultations with a massage therapist and health-related quality of life? Analyses of 1800 women aged 56-61 years, <i>J Bodw Mov Ther</i> , 20(4): 734-739.							Questionnaire
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
Geisler C, Cheung C, Johnson Steinhagen S, Neubeck P & Brueggeman AD.	(2015). Nurse practitioner knowledge, use, and referral of complementary/alternative therapies. <i>J Am Assoc Nurse Pract</i> . 2015 Jul;27(7):380-8. doi: 10.1002/2327-6924.12190. Epub 2014 Dec 1.							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 DV, Nguyen J, Liu MA, Nguyen AL & Kilgore DB.	(2015). Use of and interests in complementary and alternative medicine by Hispanic patients of a community health center. <i>J Am Board Fam Med.</i> 2015 Mar-Apr;28(2):175-83. doi: 10.3122/jabfm.2015.02.140210. http://www.ncbi.nlm.nih.gov/pubmed/25748757							Survey
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/current/							Patient survey
Jong M, Lundqvist V & Jong MC.	(2015). A cross-sectional study on Swedish licensed nurses' use, practice, perception and knowledge about complementary and alternative medicine. <i>Scand J Caring Sci.</i> 2015 Jan 27. doi: 10.1111/scs.12192. [Epub ahead of print]							Survey
Kadir AA, Hamid AH & Mohammad M.	(2015). Pattern of complementary and alternative medicine use among Malaysian stroke survivors: A hospital-based prospective study. <i>J Tradit Complement Med.</i> 2015 Jan 12;5(3):157-60. doi: 10.1016/j.jtcme.2014.11.010. eCollection 2015. http://www.ncbi.nlm.nih.gov/pubmed/26151028							Prospective 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	
Kavadar G, Demircioglu DT, Can H, Emre TY, Civelek E & Senyigit A.	(2016). The Clinical Factors Associated with Benefit Finding of Complementary Medicine Use in Patients with Back Pain: A cross-sectional study with cluster analysis. <i>J Back Musculoskelet Rehabil.</i> [Epub ahead of print].				x			
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
Liu R, Chang A, Reddy S, Hecht FM & Chao MT.	(2015.) Improving Patient-Centered Care: A Cross-Sectional Survey of Prior Use and Interest in Complementary and Integrative Health Approaches Among Hospitalized Oncology Patients. <i>J Altern Complement Med.</i> 2015 Oct 27. [Epub ahead of print]							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

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	
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
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 Bodyw Mov Ther</i> , 15(2), 177-185.				X			
Murthy V, Sibbritt DW & Adams J.	(2015). An integrative review of complementary and alternative medicine use for back pain: a focus on prevalence, reasons for use, influential factors, self-perceived effectiveness, and communication. <i>Spine J</i> . 2015 Aug 1;15(8):1870-83. doi: 10.1016/j.spinee.2015.04.049. Epub 2015 May 9.	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

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	
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
Oxelmark L, Lindberg A, Lofberg R, Sternby B, Eriksson A, Almer S, Befrits R, Fossum B, Karlen P, Brostrom O & Tysk C.	(2016). Use of complementary and alternative medicine in Swedish patients with inflammatory bowel disease: A controlled study, <i>Eur J Gastroenterol Hepatol</i> , 28(11): 1320-1328.					x		
Park CL, Finkelstein-Fox L, Barnes DM, Mazure CM & Hoff R.	(2016). CAM use in recently-retired OEF/OIF/OND US veterans: Demographic and psychosocial predictors, <i>Complement Ther Med</i> , 28, 50-56.						x	Survey
Peltzer K, Pengpid S, Puckpinyo A, Yi S & Vu Anh L.	(2016). The Utilization of Traditional, Complementary and Alternative Medicine for Non-communicable Diseases and Mental Disorders in Health Care Patients in Cambodia, Thailand and Vietnam. <i>BMC Complement Altern Med</i> , 16(1), 92. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4782577/			x				
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						
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Rodgers NJ, Cutshall SM, Dion LJ, Dreyer NE, Hauschulz JL, Ristau CR, Thomley BS, & Bauer BA.	(2014) A decade of building massage therapy services at an academic medical center as part of a healing enhancement program. <i>Comp Ther Clin Prac</i> , [Epub ahead of print].							Article
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

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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	
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						
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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
Shin JY, Pohlig RT & Habaermann B.	(2016). Use of Complementary Health Approaches in Individuals With Parkinson's Disease, <i>J Gerontol Nurs</i> , 15, 1-9.					x		
Smith JM, Sullivan SJ, & Baxter GD.	(2009). Massage therapy services for healthcare: A telephone focus group study of drivers for clients' continued use of services. <i>Complement Ther Med</i> , 17(5-6), 281-291.							Telephone focus group

AUTHORS	STUDY	HIERARCHY OF EVIDENCE						OTHER
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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				
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

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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	
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
Wolever RQ, Goel NS, Roberts RS, Caldwell K, Kligler B, Dusek JA, Perlman A, Dolor R & Abrams DI.	(2015). Integrative Medicine Patients Have High Stress, Pain, and Psychological Symptoms. <i>Explore</i> (NY). 2015 Jul-Aug;11(4):296-303. doi: 10.1016/j.explore.2015.04.003. Epub 2015 Apr 30.			X				
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/system/files/hkm0804p110.pdf							Survey

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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	
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</i> , 19(7), 627-632.							Survey
Zafar H, Oluseye K, Alghadir A & Iqbal ZA.	(2015). Perception about the importance and use of therapeutic massage as a treatment modality among physical therapists working in Saudi Arabia. <i>J Phys Ther Sci</i> . 2015 Jun;27(6):1827-31. doi: 10.1589/jpts.27.1827. Epub 2015 Jun 30. http://www.ncbi.nlm.nih.gov/pubmed/26180330		X					
Zeng Y, Zhou Y, Chen P, Luo T, & Huang M.	(2014). Use of complementary and alternative medicine across the childbirth spectrum in China. <i>Complement Ther Med</i> , 22(6), 1047-1052.							Survey

Miscellaneous

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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	
Airosa F, Falkenberg T, Öhlén G & Arman M.	(2015). Tactile Massage as Part of the Caring Act: A Qualitative Study in Short-Term Emergency Wards. <i>J Holist Nurs</i> . 2015 Apr 9. pii: 0898010115579769. [Epub ahead of print]				X			Study
Akazawa N, Okawa N, Kishi M, Nakatani K, Nishikawa K, Tokumura D, Matsui Y & Moriyama H.	(2016). Effects of long-term self-massage at the musculotendinous junction on hamstring extensibility, stiffness, stretch tolerance, and structural indices: A randomized controlled trial, <i>Phys Ther Sport</i> , 21, 38-45.				X			
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						
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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	
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.
Begovic H, Zhou GQ, Schuster S & Zheng YP.	(2016). The Neuromotor Effects of Transverse Friction Massage, <i>Man Ther</i> , 26: 70-76.			X				
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
Bervoets DC, Luijsterburg PA, Alessie JJ, Buijs MJ & Verhagen AP.	(2015). Massage therapy has short-term benefits for people with common musculoskeletal disorders compared to no treatment: a systematic review. <i>J Physiother</i> . 2015 Jul;61(3):106-16. doi: 10.1016/j.jphys.2015.05.018. Epub 2015 Jun 17. http://www.sciencedirect.com/science/article/pii/S1836955315000582	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, 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					
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		
Brondino N, Fusar-Poli L, Rocchetti M, Provenzani U, Barale F & Politi P.	(2015). Complementary and Alternative Therapies for Autism Spectrum Disorder. <i>Evid Based Complement Alternat Med</i> . 2015;2015:258589. doi: 10.1155/2015/258589. Epub 2015 May 7. http://www.ncbi.nlm.nih.gov/pubmed/26064157			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						
Burns SL.	(2015). Concussion Treatment Using Massage Techniques: a Case Study. <i>Int J Ther Massage Bodywork</i> . 2015 Jun 9;8(2):12-7. eCollection 2015. http://www.ncbi.nlm.nih.gov/pubmed/26082825					X		Case 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	
Catalino MP, Durón RM, Bailey JN & Holden KR.	(2015). The influence of traditional and complementary and alternative medicine on medication adherence in Honduras. <i>Altern Ther Health Med</i> . 2015 May-Jun;21(3):26-35.					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	
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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						
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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.	(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	
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Finseth TA, Hedeman JL, Brown RP, Johnson KI, Binder MS & Kluger BM.	(2015). Self-reported efficacy of cannabis and other complementary medicine modalities by Parkinson's disease patients in colorado. <i>Evid Based Complement Alternat Med</i> . 2015;2015:874849. doi: 10.1155/2015/874849. Epub 2015 Mar 2. http://www.ncbi.nlm.nih.gov/pubmed/25821504				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	
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					
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 <i>Staphylococcus aureus</i> : an overview for manual therapists. <i>J Chiropr Med</i> , 11(1), 64-76. http://www.ncbi.nlm.nih.gov/pubmed/22942844	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	
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			
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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			
Haun J, Patel N, Schwartz G & Ritenbaugh C.	(2015). Evaluating the use of gas discharge visualization to measure massage therapy outcomes. <i>J Complement Integr Med</i> . 2015 Sep 1;12(3):231-9. doi: 10.1515/jcim-2014-0014.			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	
He J, Zhang X, Qu Y, Huang H, Liu X, Du J & Guo S.	(2015). Effect of Combined Manual Acupuncture and Massage on Body Weight and Body Mass Index Reduction in Obese and Overweight Women: A Randomized, Short-term Clinical Trial. <i>J Acupunct Meridian Stud.</i> 2015 Apr;8(2):61-5. doi: 10.1016/j.jams.2014.08.001. Epub 2014 Sep 21.		X					
Hemmati L, Rojhani-Shirazi Z & Ebrahimi S.	(2016). Effects of Plantar Flexor Muscle Static Stretching Alone and Combined With Massage on Postural Balance, <i>Ann Rehabil Med</i> , 40(5): 845-850. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5108711/					X		Clinical Trial
Huang FY & Huang LM.	(1999). Effect of local massage on vaccination: DTP and DTPa. <i>Acta Paediatr Taiwan</i> , 40(3), 166-70.				X			
Iwamoto K, Mizukami M, Asakawa Y, Yoshio M, Ogaki R & Takemura M.	(2016). Effects of friction massage of the popliteal fossa on dynamic changes in muscle oxygenation and ankle flexibility, <i>J Phys Ther Sci</i> , 28(10): 2713-2716. https://www.ncbi.nlm.nih.gov/pmc/articles/pmid/27821920/				X			
Jones SM, Lange J, Turner J, Cherkin D, Ritenbugh C, Hsu C, Berthoud H & Sherman K.	(2016). Development and Validation of the EXPECT Questionnaire: Assessing Patient Expectations of Outcomes of Complementary and Alternative Medicine Treatments for Chronic Pain, <i>J Altern Complement Med</i> , 22(11): 936-946.				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	
Kanitz JL, Reif M, Rihs C, Krause I & Seifert G.	(2015). A randomised, controlled, single-blinded study on the impact of a single rhythmical massage (anthroposophic medicine) on well-being and salivary cortisol in healthy adults. <i>Complement Ther Med</i> . 2015 Oct;23(5):685-92. doi: 10.1016/j.ctim.2015.07.008. Epub 2015 Jul 31.			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						
Kim IH, Kim TY & Ko YW.	(2016). The effect of a scalp massage on stress hormone, blood pressure, and heart rate of healthy female, <i>J Phys Ther Sci</i> , 28(10): 2703-2707. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5088109/				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	
Kompoliti K1, Fan W & Leurgans S.	(2015). Complementary and alternative medicine use in Gilles de la Tourette syndrome. <i>Mov Disord.</i> 2009 Oct 15;24(13):2015-9. doi: 10.1002/mds.22724.							Questionnaire
Kowalik S, Janczarek I, Kedzierski W, Stachurska A & Wilk I.	(2016). The effect of relaxing massage on heart rate and heart rate variability in purebred Arabian racehorses, <i>Anim Sci J.</i> [Epub ahead of print].							Case Study
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Lindgren L, Gouveia-Figueira F, Nording ML & Fowler CJ.	(2015). Endocannabinoids and related lipids in blood plasma following touch massage: a randomised, crossover study. <i>BMC Res Notes.</i> 2015 Sep 29;8:504. doi: 10.1186/s13104-015-1450-z. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4589181/		X					
Lojek J, Lojek A, & Soborska J.	(2013). Effect of classic massage therapy on the heart rate of horses working in hippotherapy: Case study. Dept of Animal Breeding, Annals of Warsaw University of Life Sciences. Retrieved 17 February 2014 from http://scholar.google.com/scholar_url?hl=en&q=http://annals-wuls.sggw.pl/files/files/animal/asc2013no52p105-111.pdf&sa=X&scisig=AAGBfm3ExwgVYJB4dRxf5X-htiDxr-RnJA&oi=scholaralrt					X		Comparative case 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	
Longacre M, Silver-Highfield E, Lama P, & Grodin M.	(2012). Complementary and alternative medicine in the treatment of refugees and survivors of torture: a review and proposal for action. <i>Torture</i> , 22(1), 38-57. http://www.ircct.org/Files/Filer/TortureJournal/22_1_2012/Complementary-alternative-1-2012.pdf	X						
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Mustafa K, Furmanek MP, Knapik A, Bacik B & Juras G.	(2015). The impact of the Swedish massage on the kinesthetic differentiation in healthy individuals. <i>Int J Ther Massage Bodywork</i> . 2015 Mar 1;8(1):2-11. eCollection 2015. http://www.ncbi.nlm.nih.gov/pubmed/?term=the+impact+of+the+swedish+massage+on+the+kinesthetic							
Negahban H, Rezale S, & Goharpey S.	(2013). Massage therapy and exercise therapy in patients with multiple sclerosis: a randomized controlled pilot study. <i>Clin Rehab</i> , 27(8).		X					
Nishizaka, A.	(2016). Syntactical constructions and tactile orientations: Procedural utterances and procedures in massage therapy. <i>J Prag</i> , 98, 18-35.				X			

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Phuong C & Maibach HI.	(2015). Effect of massage on percutaneous penetration and skin decontamination: man and animal. <i>Cutan Ocul Toxicol.</i> 2015 Jul 15:1-4. [Epub ahead of print]			X				
Prichard C & Newcomb P.	(2015). Benefit to Family Members of Delivering Hand Massage With Essential Oils to Critically Ill Patients. <i>Am J Crit Care.</i> 2015 Sep;24(5):446-9. doi: 10.4037/ajcc2015767.			X				
Reader, M, Young R, & Connor JP.	(2005). Massage therapy improves the management of alcohol withdrawal syndrome. <i>Jrnl Alt & Comp Med</i> , 11(2), 311-313.		X					
Roberts L.	(2011). Effects of patterns of pressure application on resting electromyography during massage. <i>Int J Ther Massage Bodywork</i> , 4(1), 4-11. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3088531/					X		
Ryu J, Son J, Ahn S, Shin I, Kim Y.	(2015). Biomechanical analysis of the circular friction hand massage. <i>Technol Health Care.</i> 2015 Jun 17;23 Suppl 2:S529-34. doi: 10.3233/THC-150990.			X				
Shakeel M, Trinidad A, & Ah-See KW.	(2010). Complementary and alternative medicine use by otolaryngology patients: A paradigm for practitioners in all surgical specialties. <i>Eur Arch Otorhinolaryngol</i> , 267(6), 961-971.				X			

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	
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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Thomason MJ & Moyer CA.	(2012). Massage therapy for lyme disease symptoms: A prospective case study. <i>Int J Ther Massage Bodywork</i> , 5(4), 9-14. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3528190/							Case study
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Tsuji S, Yuhi T, Furuhashi K, Ohta K, Shimizu Y & Higashida H.	(2015). Salivary oxytocin concentrations in seven boys with autism spectrum disorder received massage from their mothers: a pilot study. <i>Front Psychiatry</i> . 2015 Apr 21;6:58. doi: 10.3389/fpsyt.2015.00058. eCollection 2015. http://www.ncbi.nlm.nih.gov/pubmed/?term=salivary+oxytocin+concentrations+in+seven+boys			X				
Wan Yunus F, Liu KP, Bissett M & Penkala S.	(2015). Sensory-Based Intervention for Children with Behavioral Problems: A Systematic Review. <i>J Autism Dev Disord</i> . 2015 Nov;45(11):3565-79. doi: 10.1007/s10803-015-2503-9.	X						

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