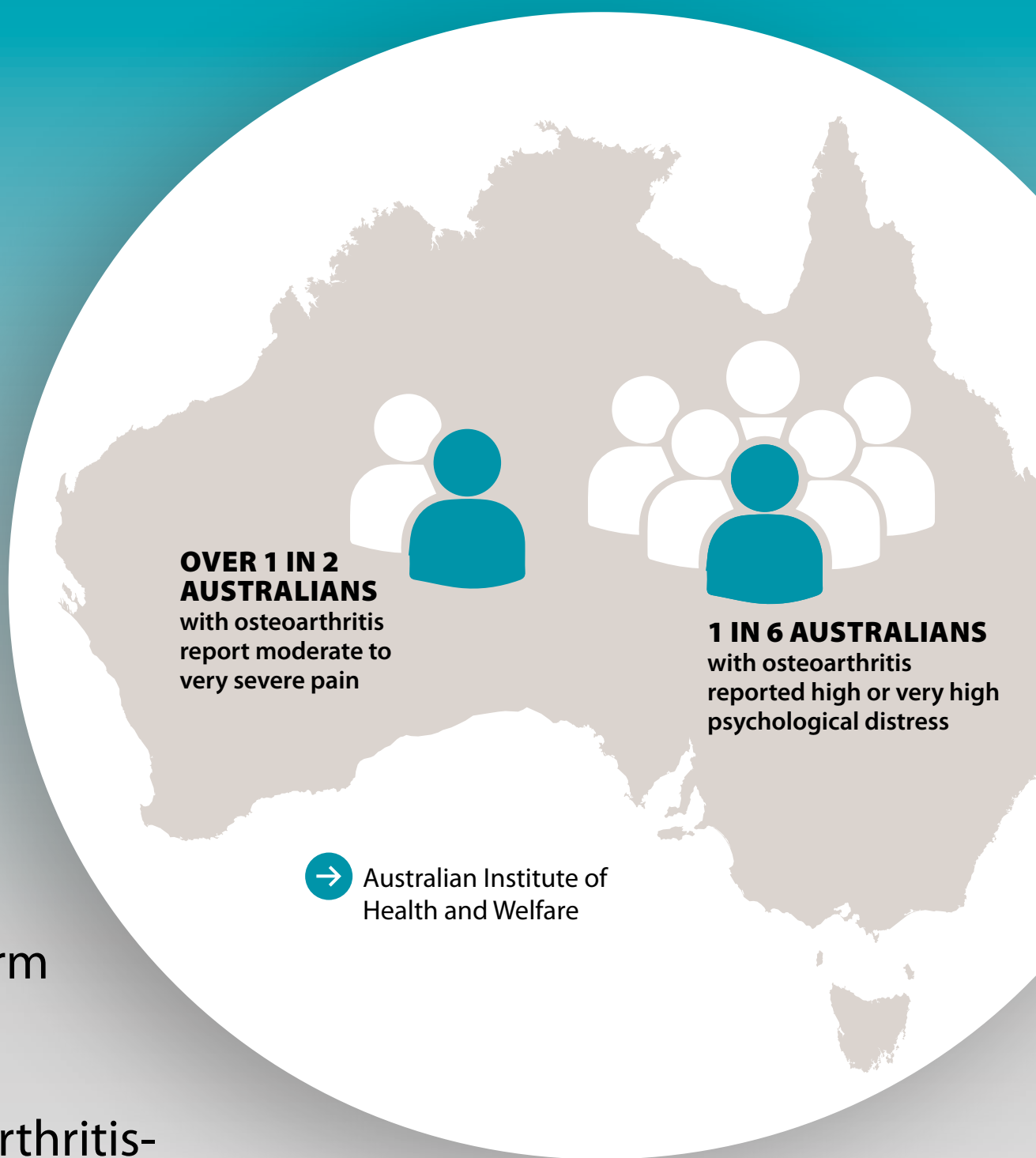


# Massage and Osteoarthritis

Osteoarthritis is a chronic and progressive condition that mostly affects the hands, spine and joints such as hips, knees and ankles. It is the most common form of arthritis.



Massage therapy may have short-term pain-relieving benefits for people with arthritis-related pain. It may also help to temporarily improve the mobility of joints and muscles affected by arthritis. There is evidence across a range of studies for the effectiveness of massage therapy in relieving pain and stiffness and improving physical function, including activities of daily living.

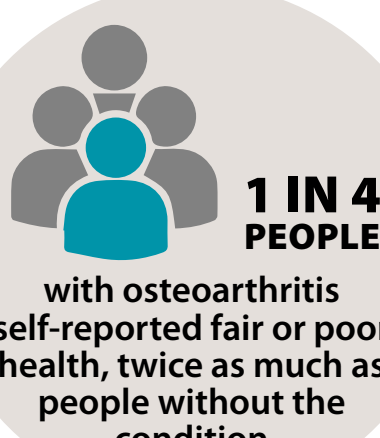
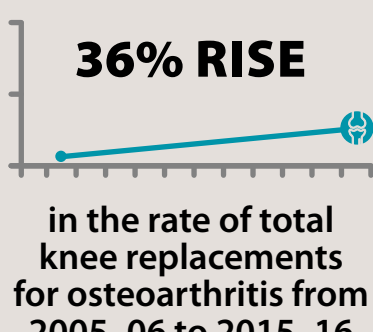
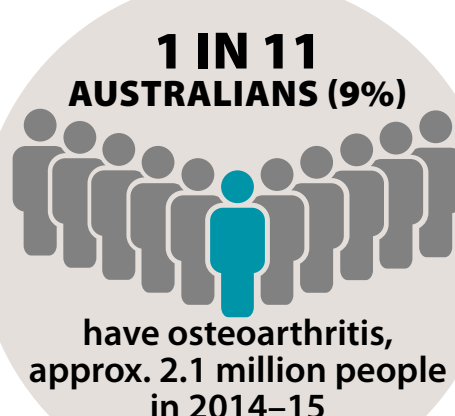
A systematic review involving 7 trials and 352 participants found low to moderate quality evidence that massage therapy is superior to non-active therapies in reducing pain and improving functional outcomes for arthritis.  
(*American Journal of Physical Medicine & Rehabilitation*, September 2017)

A multisite randomised controlled trial of massage therapy involving 222 subjects found massage therapy to be a safe and effective short-term treatment option for osteoarthritis of the knee. Massage improved pain, stiffness, and physical function.  
(*Journal of General Internal Medicine*, March 2019)

A randomised controlled pilot study of 68 adults with osteoarthritis of the knee found improvements in pain, stiffness and physical function from an 8-week course of Swedish massage.  
(*Archives of Internal Medicine*, December 2006)

A 2017 qualitative study conducted in two community hospitals in the U.S. explored patient experiences of massage therapy and found that it improved their ability to perform activities of daily living.  
(*Pain Medicine*, June 2017)

## According to the Australian Institute of Health and Welfare:



### Reference:

→ <https://www.aihw.gov.au/reports/chronic-musculoskeletal-conditions/osteoarthritis/contents/what-is-osteoarthritis>

To find your local AMT-accredited massage therapist please visit:  
**www.amt.org.au** or call **02 9211 2441**