



# A pain management partner you may not have considered

A growing body of research proves that massage is an effective, non-pharmacological form of pain relief. The latest research concludes:

- ✓ Massage is more effective for chronic back pain than other complementary therapies.<sup>1</sup>
- ✓ Therapeutic massage promotes relaxation and alleviates the perception of pain and anxiety in cancer patients.<sup>2</sup>
- ✓ Massage stimulates the brain to produce endorphins.<sup>3</sup>
- ✓ Therapeutic massage reduces post-traumatic headaches better than cold pack treatments.<sup>4</sup>

The Joint Commission on Accreditation of Healthcare Organizations has suggested massage as a non-pharmacological therapy that can be used successfully in pain management.



To find a massage therapist partner in patient pain management, call **888-THE-AMTA** or visit AMTA's Web site, **[www.amtamassage.org](http://www.amtamassage.org)**.

"Massage has offered many of my patients much-needed relief from severe and chronic pain," said Patrick Massey, M.D., Ph.D., Medical Director of Complementary and Alternative Medicine at Alexian Brothers Hospital Network. "Enough data exists to consider recommending massage as a form of pain relief for all pain patients."

As a pain specialist, how do you connect your patients with a qualified massage therapist?

Since only 30 states regulate the profession of massage therapy, finding a trained and qualified massage therapist is paramount. The American Massage Therapy Association (AMTA), the premier professional association representing the field of massage therapy, can help you locate an AMTA member massage therapist in your area via its free Find a Massage Therapist® national locator service online ([www.amtamassage.org](http://www.amtamassage.org)) or by calling 888-THE-AMTA.

<sup>1</sup> Cherkin, D.C., Eisenberg, D., et.al. Randomized Trial Comparing Traditional Chinese Medical Acupuncture, Therapeutic Massage, and Self-care Education for Chronic Low Back Pain. Arch Intern Med. 161(8):1081-8; Apr 23, 2001.

<sup>2</sup> Ferrell-Torry, A.T. and Glick, O.J. The Use of Therapeutic Massage as a Nursing Intervention to Modify Anxiety and the Perception of Cancer Pain. Cancer Nurse. 16(2): 93-101; Apr 1993.

<sup>3</sup> Kaard, B., Tostinbo, O. Increase of Plasma Beta Endorphins in a Connective Tissue Massage. Gen. Pharm. 20(4): 487-89; 1989.

<sup>4</sup> Jensen, O.K., Neilsen, F.F., Vosmar, L. An Open Study Comparing Manual Therapy with the Use of Cold Packs in the Treatment of Post-traumatic Headache. Cephalalgia (Norway). 10(5): 241-50; Oct 1990.

**massage: an effective part of pain management**