

# Massage Therapy

*Integrating Research  
and Practice*

Critical thinking,  
best practices, and  
future directions to  
advance the profession

Trish Dryden • Christopher A. Moyer  
Editors

# **MASSAGE THERAPY**

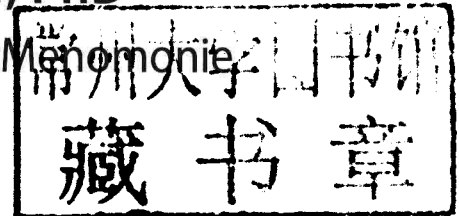
## **INTEGRATING RESEARCH AND PRACTICE**

**Trish Dryden, MEd, RMT**  
Centennial College, Toronto

**Christopher A. Moyer, PhD**  
University of Wisconsin–Stout, Menomonie

---

Editors



Human Kinetics

## Library of Congress Cataloging-in-Publication Data

Massage therapy : integrating research and practice / Trish Dryden, Christopher A. Moyer, editors.

p. ; cm.

Includes bibliographical references and index.

ISBN 978-0-7360-8565-6 (hard cover) -- ISBN 0-7360-8565-3 (hard cover)

I. Dryden, Trish, 1954- II. Moyer, Christopher A., 1970-

[DNLM: 1. Massage. 2. Evidence-Based Practice. WB 537]

615.8'22--dc23

2011047784

ISBN-10: 0-7360-8565-3 (print)

ISBN-13: 978-0-7360-8565-6 (print)

Copyright © 2012 by Trish Dryden and Christopher A. Moyer

All rights reserved. Except for use in a review, the reproduction or utilization of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including xerography, photocopying, and recording, and in any information storage and retrieval system, is forbidden without the written permission of the publisher.

The web addresses cited in this text were current as of November 9, 2011, unless otherwise noted.

**Acquisitions Editor:** Myles Schrag; **Developmental Editor:** Kevin Matz; **Assistant Editors:** Steven Calderwood, Anne Cole, and Melissa J. Zavala; **Copyeditor:** Joy Wotherspoon; **Indexer:** Michael Ferreira; **Permissions Manager:** Dalene Reeder; **Graphic Designer:** Fred Starbird; **Graphic Artist:** Denise Lowry; **Cover Designer:** Keith Blomberg; **Photographs (interior):** © Human Kinetics, unless otherwise noted; **Photo Asset Manager:** Laura Fitch; **Photo Production Manager:** Jason Allen; **Art Manager:** Kelly Hendren; **Associate Art Manager:** Alan L. Wilborn; **Illustrations:** © Human Kinetics; **Printer:** Thomson-Shore, Inc.

Printed in the United States of America 10 9 8 7 6 5 4 3 2 1

The paper in this book is certified under a sustainable forestry program.

### Human Kinetics

Website: [www.HumanKinetics.com](http://www.HumanKinetics.com)

*United States:* Human Kinetics, P.O. Box 5076, Champaign, IL 61825-5076

800-747-4457

e-mail: [humank@hkusa.com](mailto:humank@hkusa.com)

*Canada:* Human Kinetics, 475 Devonshire Road Unit 100, Windsor, ON N8Y 2L5

800-465-7301 (in Canada only)

e-mail: [info@hkcanada.com](mailto:info@hkcanada.com)

*Europe:* Human Kinetics, 107 Bradford Road, Stanningley, Leeds LS28 6AT, United Kingdom

+44 (0) 113 255 5665

e-mail: [hk@hkeurope.com](mailto:hk@hkeurope.com)

*Australia:* Human Kinetics, 57A Price Avenue, Lower Mitcham, South Australia 5062

08 8372 0999

e-mail: [info@hkaustralia.com](mailto:info@hkaustralia.com)

*New Zealand:* Human Kinetics, P.O. Box 80, Torrens Park, South Australia 5062

0800 222 062

e-mail: [info@hknewzealand.com](mailto:info@hknewzealand.com)

E4900

# Foreword

**T**he future of the massage therapy profession depends on the ability of massage therapists—not just professional researchers—to understand the importance of high-quality research and to embrace how it can influence their work. This will allow our profession to grow in effectiveness and allow us to create stronger connections with other health care providers. But research has always seemed hopelessly abstract and disconnected from the daily needs of a massage practice. Further, research literacy has never been a standard part of core curriculum in massage therapy education. One reason for this vacuum is that we have lacked resources that demonstrate how to weave research findings and clinical practice together.

Here is a book that begins to fill that vacuum. I believe it has the potential to change our whole profession.

My work with the Massage Therapy Foundation has made me a spokesperson for massage therapy research, but I never hide the fact that my background is not in the sciences. My education in research methodology and statistical analysis has been . . . let's call it haphazard. I reluctantly entered this world only because it became clear that the massage therapy profession would hit an intractable and unpleasant dead end without the ability to communicate in a research-based, evidence-informed context. Slowly, slowly, I have learned to speak this language and to appreciate all that this way of thinking has to offer. For this, I owe a debt of gratitude to many people, several of whom are contributors to this text.

Imagine my delight, then, to be invited to write the foreword for *Massage Therapy: Integrating Research and Practice*. This groundbreaking work would have made my entrance into the world of evidence-informed practice so much easier. The chapters on qualitative and quantitative research alone explained several years' worth of confusions that I have accumulated since I began trying to sort out research language. This is a technical manual that will be useful to those who are comfortable in the research world. The text will also be inviting to people who may be hesitant or nervous about climbing this learning curve.

This book does five crucial things:

1. It makes the compelling case that research literacy is a necessary skill even among entry-level massage therapists.
2. It introduces key concepts in a way that is both simple and accurate. As a teacher of a complex topic, I know how often the tipping point between simplicity and accuracy is narrow indeed.
3. It emphasizes the application of research by giving clear examples of tying published findings to everyday practice scenarios.
4. By emphasizing the practical application of research findings, it acknowledges the importance of the feedback loop that must exist between clinicians and researchers.
5. It lays the groundwork for its own future development as the mass of evidence about massage therapy continues to grow.

I am thrilled to welcome *Massage Therapy: Integrating Research and Practice* to the resources that are available for students and practitioners of massage. And I am jealous of the newest generation of massage therapists who will have this guide into a part of their education that defines the future of our profession.

Ruth Werner, President  
Massage Therapy Foundation

# Preface

**M**assage therapy is a rapidly growing profession. The United States Department of Labor (2011) predicts that employment of massage therapists is expected to increase by 19% from 2008 (122,400) to 2018 (145,600), faster than the average for all occupations. Similar growth can be expected in Canada and other nations.

Paralleling this growth is a substantial increase in the number of research studies that examine its value for promoting human health and well-being. Increasingly, health care practitioners, educators, and researchers are faced with a dilemma: How does one keep up? Massage therapy research tends to be scattered across a range of journals in the medical and behavioral sciences, making merely finding the latest articles challenging and time consuming. Once they are found, making sense of those articles—for example, determining which ones are sound and which ones are flawed—usually requires a background in scientific research that may not have been part of a practitioner's training.

Despite these obstacles, every professional therapist working today needs to have some understanding of the research process and knowledge of the latest findings, which confirm (and, occasionally, disconfirm) current practices, promote innovation and progress, and help ensure that therapy is delivered in ways that are optimally safe and effective. The research process is slowly transforming the massage therapy profession from one that has been largely based on tradition to one that is increasingly based on evidence. In the future, the profession's answer to questions that take the form of "Why do massage therapists do X?" will less frequently be "Because that's what we've always done." Increasingly, the answer will need to be "Because we have evidence that X works." This is a profound change.

*Massage Therapy: Integrating Research and Practice* was produced in recognition of this change and as a tool for advancing the development of evidence-informed practice. With this in mind, our goal was straightforward: to produce the best single source of the latest research with relevance to the practice of massage therapy. By compiling this information in a single book, we present readers with a synthesis of information from diverse fields, including kinesiology, medicine, nursing, physical therapy, and psychology. We strived to do this in a way that is clear and concise, without resorting to oversimplification.

Note that this book does not require you to begin on the first page and end with the last page (though there would be no harm in doing so). Rather, we have organized the book into 23 topic-specific chapters that can be read either individually or in any order, depending on your interests and current needs. Feel free to skip around. Without knowing what order you will choose for yourself, we can confidently say this: The reader who takes in all of these chapters will cover a lot of ground and will learn the most up-to-date information available on these topics. This is because each chapter has been authored by experts carefully selected for their specific knowledge, experience, and ability to synthesize the best evidence with implications for clinical practice and future research. For example, the chapters in part III represent those populations and conditions for which there is now enough substantive evidence to warrant a full discussion in this book. In future editions, it is our intention to not only update and expand those chapters as new evidence becomes available but also to add chapters covering other populations and conditions as scientific examination of massage therapy expands.

We expect this book to be indispensable to both students and current practitioners of massage therapy. For both of these groups, knowledge of the information contained in these pages will ensure that they bring to their practice the most accurate information currently available. It will also allow them to ground their practice in the latest research findings. Just as important, this knowledge also will greatly assist aspiring and practicing massage therapists to work collaboratively with other health care practitioners. This trend toward interprofessionalism is already well underway, and it is likely to become increasingly important as the profession continues to progress. For that reason, we also expect this book to be a valuable resource to other health care practitioners, educators, and researchers who are interested in learning more about massage therapy and the development of patient-centered, evidence-informed, integrative health care.

Whether you are a veteran massage therapist, an aspiring student of massage therapy, or the practitioner of another health modality who wishes to learn more about massage therapy, the following chapters will present you with the best evidence for this safe and effective health intervention.

## INSTRUCTOR RESOURCES

*Massage Therapy: Integrating Research and Practice* includes an ancillary test package as an aid for instructors. The test package includes more than 200 questions, including multiple choice, true or false, and short answer/essay questions. Instructors can access the test package at

[www.HumanKinetics.com/MassageTherapy](http://www.HumanKinetics.com/MassageTherapy)

## REFERENCE

United States Department of Labor, Bureau of Labor Statistics. 2011. Occupational Outlook Handbook, 2010-11. [www.bls.gov/oco/ocos295.htm](http://www.bls.gov/oco/ocos295.htm).

# Acknowledgments

Working with Christopher Moyer is an adventure and joy. Meticulous and caring, Chris is a wonderful colleague and friend and I look forward to our continued work together. I am also hugely indebted to Stacey Shipwright, Research Analyst at Centennial College, for her unwavering faith in the project, administrative support, and also for her wonderful chapter contribution. A huge thank you also goes to our principal editor from Human Kinetics, Kevin Metz, whose careful reading of the text, respectful questions, and helpful additions were invaluable, and to my many colleagues and friends at Centennial College, especially President Ann Buller and the executive team, for their mentorship and support.

I am deeply grateful to the chapter authors for their scholarship and contribution to increasing safe and effective client care and respectful, interprofessional practice. To my many clients over thirty years of practice, whose sharing of their healing journeys teaches me about the true value of compassionate touch and human connection; and to my many students, colleagues, dear friends and mentors who continue to ask the tough questions and challenge the answers.

Finally, and most importantly, I am grateful to my beloved family—my husband Lee, our children Bryn and Jesse, and my sister Diane—for their laughter and their love, and to my parents Betty and George, and my brother Derek—whose many gifts in life and in death—continue to inspire me.

**Trish Dryden**

There are many folks who supported me in the completion of this project. The love and support of my parents, Jack and Elaine, and my siblings, Stephen and Tatiana, is the foundation that makes any of my projects possible. I never could have completed this project without my friend and colleague Trish Dryden, whose intelligence, wit, and motivation make working with her a pleasure, and I feel lucky that the two of us both arrived at the idea for this book independently. Stacey Shipwright deserves thanks for providing Trish and myself with outstanding organization, planning, and coordination that helped us to make our idea a reality. I also want to thank each of the authors who contributed to this book's individual chapters; there is no way this book could have been created without your tremendous knowledge and dedication. I am also grateful to the Psychology Department at University of Wisconsin-Stout for granting me a course release that made completing this book a little easier, to the Massage Therapy Foundation who have been a terrific resource to me in many ways, and to Rosemary Chunto for being a good friend and an enthusiastic supporter of this book's mission.

Above all, thanks go to my wife, Jessica, who gives me love, support, and motivation. I never would have thought to undertake this project had I not first seen her complete three books of her own, and her advice was invaluable. Finally, I also want to acknowledge all the members, both past and present, of our pet family. Their love and companionship fills our lives with joy and meaning.

**Christopher A. Moyer**



# Contributors

**Carla-Krystin Andrade, PhD, PT**  
University of California

**Amanda Baskwill, BEd, RMT**  
Humber College

**Patricia J. Benjamin, PhD**

**Karen T. Boulanger, MS, CMT**  
The University of Iowa

**Paul Clifford, BSc, RMT**  
Sir Sandford Fleming College

**Trish Dryden, MEd, RMT**  
Centennial College

**Paul Finch, PhD, DpodM**  
Conestoga College Institute of Technology  
and Advanced Learning

**Andrea D. Furlan, MD, PhD**  
Institute for Work and Health, University of  
Toronto, Toronto Rehabilitation Institute

**Stuart Galloway, PhD**  
University of Stirling

**Kimberly Goral, MS, NCTMB**  
Boston University

**Michael D. Hamm, LMP CCST**  
Cortiva Institute at Seattle

**Bodhi G. Haraldsson, RMT**  
Massage Therapists Association of British  
Columbia

**Angus Hunter, PhD**  
University of Stirling

**Marta Imamura, MD, PhD**  
University of São Paulo School of Medicine

**Emma L. Irvin, BA**  
Institute for Work and Health, University of  
Toronto, Toronto Rehabilitation Institute

**Janet R. Kahn, PhD, LMT**  
University of Vermont, Integrated Healthcare  
Integrative Consulting

**Ania Kania, BSc, RMT**  
University of Calgary

**Albert Moraska, PhD**  
University of Colorado at Denver

**Christopher A. Moyer, PhD**  
University of Wisconsin–Stout

**Douglas Nelson, LMT, NMT**  
MMT MidWest, Inc.

**Janice E. Post-White, PhD, RN, FAAN**  
University of Minnesota School of Nursing

**Cynthia J. Price, PhD, LMT**  
University of Washington

**Stacey Shipwright, BA, RMT**  
Centennial College

**Diana L. Thompson, LMP**  
Hands Heal

**Marja Verhoef, PhD**  
University of Calgary

**Joan M. Watt, MA, MCSP, MSMA**  
University of Stirling

# Contents

Foreword ix  
Preface xi

Acknowledgments xiii  
Contributors xv

## **PART I** HISTORICAL DEVELOPMENT AND BACKGROUND

### **Chapter 1** Historical Overview 1

Patricia J. Benjamin, PhD

Empirics	3
Cycles of Boom and Bust	4
Early Champions of Massage	4
Early Massage Studies	5
Two Paths for Massage	7
Physiotherapy and Massage	7
Latest Cycle of Massage Research	9
Momentum for the Future	11
Summary	12
Critical Thinking Questions	12
References	12

### **Chapter 2** Evidence-Based and Outcome-Based Approaches in Massage 15

Carla-Krystin Andrade, PhD, PT

Paul Clifford, BSc, RMT

Why We Need Evidence, Outcomes, and Clinical Decision Making	15
Evidence-Based Practice	15
Outcome-Based Massage	17
Integrating Clinical Decision Making, Outcome-Based Massage, and Evidence-Based Practice	22
Practical Issues in Adopting Evidence-Based and Outcome-Based Approaches in Massage	26
Directions for Future Research	26
Summary	27
Critical Thinking Questions	27
References	27

## **PART II** RESEARCH METHODS 29

### **Chapter 3** Quantitative Research Methods 31

Christopher A. Moyer, PhD

Kimberly Goral, MS, NCTMB

Why Use Quantitative Methods?	31
Common Forms of Quantification Encountered in MT Research	33

Common Quantitative Research Designs to Examine MT . . . . .	36
Summary . . . . .	42
Critical Thinking Questions . . . . .	42
References . . . . .	43

## **Chapter 4 Qualitative Research Methods . . . . . 45**

Carla-Krystin Andrade, PhD, PT

Paul Clifford, BSc, RMT

Why Do We Need Qualitative Research? . . . . .	45
Understanding Qualitative Research . . . . .	46
Qualitative Research Methodologies . . . . .	47
Qualitative Data Collection Methods . . . . .	49
Evaluating the Trustworthiness of Qualitative Research . . . . .	51
Reading Qualitative Research Articles . . . . .	51
Using Qualitative Research Methods in Massage Therapy . . . . .	53
Implications for Massage Therapy . . . . .	54
Summary . . . . .	56
Critical Thinking Questions . . . . .	56
References . . . . .	56

## **Chapter 5 Mixed Methods Research . . . . . 59**

Marja Verhoef, PhD

Reasons for Using a Mixed Methods Research Design . . . . .	60
Mixed Methods Designs . . . . .	60
Conducting Mixed Methods Research . . . . .	61
Applications of Mixed Methods Research . . . . .	64
Whole Systems Research . . . . .	66
Summary . . . . .	66
Critical Thinking Questions . . . . .	67
References . . . . .	67

## **PART III POPULATIONS AND CONDITIONS . . . . . 71**

### **Chapter 6 Pediatrics . . . . . 73**

Stacey Shipwright, BA, RMT

Effects of Massage Therapy on Pediatric Populations . . . . .	73
Explaining Massage Therapy Effects . . . . .	77
Recommendations for Massage Therapy Practice . . . . .	78
Directions for Future Research . . . . .	79
Case Study . . . . .	79
Summary . . . . .	80
References . . . . .	80

### **Chapter 7 Pregnancy and Labor . . . . . 85**

Amanda Baskwill, BEd, RMT

Effects of Massage Therapy on Pregnancy . . . . .	85
Effects of Massage Therapy on Labor . . . . .	86
Explaining Massage Therapy Effects . . . . .	86
Recommendations for Massage Therapy Practice . . . . .	87

Directions for Future Research . . . . .	88
Case Study . . . . .	88
Summary . . . . .	89
References . . . . .	89
<b>Chapter 8    Athletes . . . . .</b>	<b>91</b>
Stuart Galloway, PhD	
Angus Hunter, PhD	
Joan M. Watt, MA, MCSP, MSMA	
The Varied Nature of Sport Massage . . . . .	91
Effects of Massage Therapy on Athletes . . . . .	92
Explaining Massage Therapy Effects . . . . .	95
Recommendations for Massage Therapy Practice . . . . .	96
Directions for Future Research . . . . .	97
Case Study . . . . .	98
Summary . . . . .	99
References . . . . .	99
<b>Chapter 9    Massage and Older Adults . . . . .</b>	<b>103</b>
Diana L. Thompson, LMP	
Effects of Massage Therapy on Older Adult Populations . . . . .	103
Explaining Massage Therapy Effects . . . . .	107
Recommendations for Massage Therapy Practice . . . . .	108
Directions for Future Research . . . . .	109
Case Study . . . . .	110
Summary . . . . .	110
References . . . . .	111
<b>Chapter 10    Headache . . . . .</b>	<b>115</b>
Albert Moraska, PhD	
Headache Types . . . . .	115
Secondary Issues for Headache Sufferers . . . . .	118
Causes of Headache . . . . .	118
Effects of Massage Therapy on Headache . . . . .	120
Explaining Massage Therapy Effects . . . . .	121
Recommendations for Massage Therapy Practice . . . . .	122
Directions for Future Research . . . . .	122
Case Study . . . . .	122
Summary . . . . .	123
References . . . . .	124
<b>Chapter 11    Neck and Shoulder Pain . . . . .</b>	<b>129</b>
Bodhi G. Haraldsson, RMT	
Classification of Neck Pain . . . . .	129
Epidemiology of Neck and Shoulder Pain . . . . .	130
Effects of Massage Therapy on Neck and Shoulder Pain . . . . .	130
Explaining Massage Therapy Effects . . . . .	131
Recommendations for Massage Therapy Practice . . . . .	131
Directions for Future Research . . . . .	133

Case Study . . . . .	133
Summary . . . . .	134
References . . . . .	134
<b>Chapter 12 Low Back Pain . . . . .</b>	<b>139</b>
Trish Dryden, MEd, RMT	
Andrea D. Furlan, MD, PhD	
Marta Imamura, MD, PhD	
Emma L. Irvin, BA	
Effects and Safety of Massage Therapy for Low Back Pain . . . . .	139
Explaining Massage Therapy Effects . . . . .	142
Recommendations for Massage Therapy Practice . . . . .	143
Directions for Future Research . . . . .	144
Case Study . . . . .	145
Summary . . . . .	146
References . . . . .	147
<b>Chapter 13 Anxiety and Depression . . . . .</b>	<b>151</b>
Christopher A. Moyer, PhD	
Anxiety and Depression: Overview . . . . .	151
Effects of Massage Therapy on Anxiety and Depression . . . . .	155
Explaining Massage Therapy Effects . . . . .	156
Recommendations for Massage Therapy Practice . . . . .	158
Directions for Future Research . . . . .	160
Case Study . . . . .	161
Summary . . . . .	161
References . . . . .	162
<b>Chapter 14 Massage for Adults With a History of Sexual Trauma . . . . .</b>	<b>165</b>
Cynthia J. Price, PhD, LMT	
Overview of Sexual Trauma . . . . .	165
Healing From Trauma and Its Relationship to the Body . . . . .	166
Effects of Massage Therapy for Women With a History of Sexual Trauma . . . . .	166
Explaining Massage Therapy Effects . . . . .	167
Recommendations for Massage Therapy Practice . . . . .	168
Directions for Future Research . . . . .	169
Case Study . . . . .	169
Summary . . . . .	170
References . . . . .	170
<b>Chapter 15 Scars . . . . .</b>	<b>173</b>
Ania Kania, BSc, RMT	
Overview of the Condition: Scar Tissue . . . . .	173
Effects of Massage Therapy in the Treatment of Scar Tissue . . . . .	175
Explaining Massage Therapy Effects . . . . .	177
Recommendations for Massage Therapy Practice . . . . .	177
Directions for Future Research . . . . .	181
Case Study . . . . .	181
Summary . . . . .	182
References . . . . .	183

**Chapter 16 Fibromyalgia . . . . . 185****Douglas Nelson, LMT, NMT**

Theorized Causes of FMS . . . . .	187
Effects of Massage Therapy for Fibromyalgia . . . . .	188
Explaining Massage Therapy Effects . . . . .	189
Recommendations for Massage Therapy Practice . . . . .	189
Directions for Future Research . . . . .	190
Case Study . . . . .	190
Summary . . . . .	191
References . . . . .	191

**Chapter 17 Cancer . . . . . 195****Janice E. Post-White, PhD, RN, FAAN**

Effects and Safety of Massage Therapy in Cancer Care . . . . .	195
Explaining Massage Therapy Effects . . . . .	200
Recommendations for Massage Therapy Practice . . . . .	201
Directions for Future Research . . . . .	202
Case Study . . . . .	202
Summary . . . . .	203
References . . . . .	203

**PART IV CONNECTING RESEARCH AND PRACTICE . . 209****Chapter 18 Integrating Massage Therapy Research and Education . . . . . 211****Trish Dryden, MEd, RMT**

Ensuring Safety, Building Capacity . . . . .	211
Teaching Research Literacy and Evidence-Based Practice (EBP) . . . . .	214
Interprofessional Education for an Integrated Health Care System . . . . .	217
Conducting Research in Massage Therapy Educational Institutions . . . . .	217
Summary . . . . .	218
Critical Thinking Questions . . . . .	218
References . . . . .	218

**Chapter 19 Integrating Research in Clinical Practice . . . . . 223****Janet R. Kahn, PhD, LMT**

Evidence-Based Practice Versus Humanistic Client Care . . . . .	223
What Is Best Evidence? . . . . .	224
Accessing and Using Research to Help Your Clients . . . . .	225
Comparative Research . . . . .	228
Recommendations for Massage Therapists . . . . .	229
Summary . . . . .	229
Critical Thinking Questions . . . . .	230
References . . . . .	230

**Chapter 20 Clinical Case Reports . . . . . 233****Michael D. Hamm, LMP, CCST**

The Value of Case Reports . . . . .	233
What Is a Case Report? . . . . .	234

Preparing a Case Report . . . . .	235
Telling a Story: The Content of a Case Report . . . . .	237
MT and Hypochondroplasia: An Example . . . . .	240
Future Directions . . . . .	241
Summary . . . . .	241
Critical Thinking Questions . . . . .	241
References . . . . .	242

## **Chapter 21 Writing Journal Articles . . . . . 255**

Paul Finch, PhD, DPodM

Types of Journal Article . . . . .	255
Choice of Journal . . . . .	256
Writing the Paper . . . . .	257
Writing Style . . . . .	260
Summary . . . . .	260
Critical Thinking Questions . . . . .	261
References . . . . .	261

## **PART V FUTURE DIRECTIONS . . . . . 263**

### **Chapter 22 Attitudes, Beliefs, and Expectations in Massage Therapy . . . . . 265**

Karen T. Boulanger, MS, CMT

Christopher A. Moyer, PhD

Attitudes, Beliefs, and Expectations Defined and Differentiated . . . . .	265
Influential Models Not Yet Applied to Massage Therapy . . . . .	266
Existing Research . . . . .	267
Directions for Future Research . . . . .	270
Summary . . . . .	270
Critical Thinking Questions . . . . .	270
References . . . . .	271

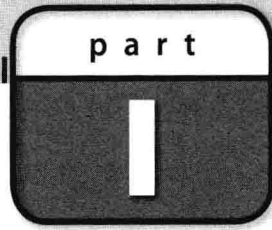
### **Chapter 23 Directions and Dilemmas in Massage Therapy Research: A Workshop Report From the 2009 North American Research Conference on Complementary and Integrative Medicine . . . . . 273**

Christopher A. Moyer, PhD

Trish Dryden, MEd, RMT

Stacey Shipwright, BA, RMT

Method . . . . .	274
Results . . . . .	279
Summary . . . . .	287
Critical Thinking Questions . . . . .	288
References . . . . .	288
Appendix . . . . .	292



# **HISTORICAL DEVELOPMENT AND BACKGROUND**

**T**o understand the current state of massage therapy research and practice, and where they are headed, we must first put their origins in context. The chapters presented here illustrate the long and interesting history of massage therapy, and connect it with the modern shift toward evidence-based and outcome-based approaches in healthcare.

The chapters in Part I begin with an overview of the history and development of research in massage over the past 150 years and conclude by outlining a step by step clinical decision-making process on integrating research and practice.



