



amta
american massage therapy association™

Massage is good medicine

Massage Therapy Can Help Lower Blood Pressure & Control Stress

In a recent study in the **International Journal of Preventive Medicine**, researchers concluded massage therapy could serve as an effective intervention in controlling blood pressure in pre-hypertensive women. The study showed that the immediate results of lowered blood pressure lasted up to 72 hours after massage.¹

A separate study in the same publication had similar findings; those that received regular Swedish massage therapy over a period of four weeks had significantly lower blood pressure than those who did not have a massage.²

How to Find a Professional Massage Therapist

Find the right massage therapist for you at FindaMassageTherapist.org

Massage Therapy Research Roundup: Heart Health

Many already view massage as an important approach to relieving muscle pain or as a means to relax. However, working with a qualified massage therapist can also play a significant role in improving cardiovascular health as evidenced by a growing body of research, according to the **American Massage Therapy Association**.

The American Heart Association warns against the risks of high blood pressure which can lead to cardiovascular issues including stroke, heart disease and kidney failure. With proactive management of high blood pressure, individuals can lower their chance of developing these conditions.¹

A multitude of recent research shows a direct correlation between massage therapy and improved cardiovascular health.



Massage Therapy for Reduced Pain, Anxiety and Muscular Tension in Cardiac Surgery Patients

Research published in **The Journal of Thoracic and Cardiovascular Surgery** indicates that massage therapy can significantly reduce pain, anxiety and muscular tension, as well as enhance relaxation and satisfaction after cardiac surgery.⁴

REFERENCES

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- ² Supa'At, Izreen, Zaiton Zakaria, Oteh Maskon, Amilia Aminuddin, and Nor Anita Megat Mohd Nordin. "Effects of Swedish Massage Therapy on Blood Pressure, Heart Rate, and Inflammatory Markers in Hypertensive Women." *International Journal of Preventative Medicine*. (2013): 1-8. Web.
- ³ "My Life Check - Life's Simple 7™." *My Life Check - Life's Simple 7™*. American Heart Association, n.d. Web. 02 Oct. 2014
- ⁴ Bauer BA, Cutshall SM, Wentworth LJ, Engen D, Messner PK, Wood CM, Brekke KM, Kelly RF, Sundt TM 3rd. Effect of massage therapy on pain, anxiety, and tension after cardiac surgery: a randomized study. *Complement Ther Clin Pract*. 2010 May;16(2)