

The Back & Neck Relief Center MASSAGE REVOLUTION

New Research Shows Massage Therapy Can Be Effective in Treating Cancer Pain



Proof Massage Relieves Pain, Reduces Stress, and Improves Health

LOS ANGELES & MANHATTAN BEACH, Calif. - Aug. 30, 2023 - [PRLog](#) -- [Massage](#) relieves pain, reduces stress, and improves health outcomes. A July 2023 review establishes that it can also reduce cancer pain. It can lower anxiety related to the disease.

"Cumulative research shows massage decreases pain in cancer patients. Practitioners such as I believe this research could be key in improving quality of life among these individuals," says Michael Greenspan, clinic director/owner at [Massage Revolution](#).

The review considered nine Chinese and English databases searched from inception of databases to November 2022. It assessed the risk of bias and extracted data from included studies. Thirteen randomized controlled trials were included in the meta-analysis of 1000 patients.

Findings revealed massage effective in relieving pain among cancer patients, especially those in chemotherapy and perioperative stages and those with hematological (blood tissue) malignancies. Foot reflexology and hand acupressure offered moderate pain relief with hand acupressure being more effective. Massage durations of 10 to 30 and program lengths of over a week were shown to significantly relieve pain.

The review concluded that massage as a complementary [pain relief therapy](#) for people suffering with hematological malignancies, breast cancer, and digestive system disorders.

[Massage](#) offers several benefits over other cancer pain relief methods. It doesn't cause unwanted side effects. It is also less expensive than most treatments.

There are myths that massage can spread cancer, but they have been proven untrue.

Practitioners who wish to treat cancer patients must be sensitive to inflammation. Cancer patients may have pockets of inflammation due to the disease or treatments. Therapists should use a light touch so as not to

aggravate sensitive areas.

Survivors can be treated with firm or medium pressure that can affect the muscles without causing inflammation. Therapists should monitor how the skin reacts to touch. If the skin turns pink or red, the therapist should ease pressure, even if the client is asking for more pressure.

If the individual has fair skin that changes color easily, the practitioner should pay attention to the heat on the skin's surface.

[Massage Revolution](#) has a long history of helping patients overcome various types of pain. We can treat neck pain, back pain, headaches, knee pain and more. We will help you manage your pain issues and improve your quality of life.

Contact us to schedule your appointment today.

Massage Revolution's Back & Neck Relief Center located in Manhattan Beach has the largest medical massage team in Los Angeles and world, specializing in [neuromuscular trigger point massage therapy](#).

Member savings plans available. [PPO insurance](#) accepted.

YOU MAY BE A CANDIDATE FOR NEUROMUSCULAR MASSAGE OR TRIGGER POINT THERAPY!

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www.MassageRevolution.com

<https://youtu.be/CtQNeWz0Co?si=WSRNTMaf9Nx6Zu20>

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