

MASSAGE THERAPY & PAIN MANAGEMENT



“Evidence supports the inclusion of massage therapy for many important patient health treatments.”

Massage therapy’s role in integrative health care has become widely accepted in major hospitals and in daily medical practice. A wealth of research has also shown the impact of massage therapy for pain management and relief. There is significant evidence supporting the inclusion of massage therapy for many important patient health treatments, including those for chronic pain management, behavioral health treatment, rehabilitation/physical training and acute medical conditions. Incorporating massage therapy into approaches to pain management, and as an integrated complement to some pharmacological approaches, can help many suffering both chronic and acute pain.

Conditions and Treatment Approaches for Massage Therapy

CHRONIC PAIN MANAGEMENT	BEHAVIORAL HEALTH TREATMENT	REHABILITATION/ PHYSICAL TRAINING	ACUTE MEDICAL TREATMENT
Back pain Neck and shoulder pain Headache Carpal tunnel syndrome Osteoarthritis Fibromyalgia	Anxiety and stress Depression PTSD Substance use disorder recovery	Performance training/injury treatment Ergonomics and job-related injuries Cardiac rehab Joint replacement surgery Scar management	Cancer management Post-operative pain Lifestyle diseases Maternity and newborn care

MASSAGE THERAPY IS RECOGNIZED BY:

NATIONAL INSTITUTES OF HEALTH

THE JOINT COMMISSION

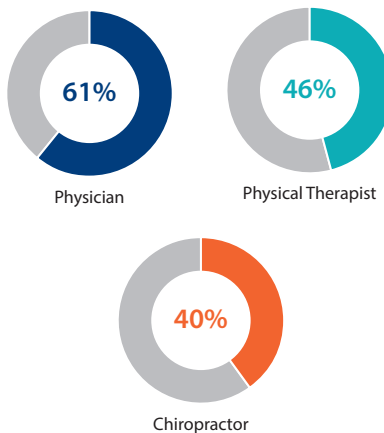
AMERICAN COLLEGE OF PHYSICIANS (ACP)

FEDERATION OF STATE MEDICAL BOARDS

DEPARTMENT OF DEFENSE

VETERANS HEALTH ADMINISTRATION

Health Care Professionals Who Recommend Massage



111,137 people

Simply using massage therapy instead of opioid medication for client conditions where massage is proven effective can **reduce overall addiction rates in the United States by about 111,137 people**. In this sense, the benefits of massage therapy are twofold: reducing the number of people who potentially struggle with opioid addiction and **reducing the impact on the American economy by \$23 to \$25.99 billion annually**, based on the cost of massage.

\$25.99 billion

As stated in a recent letter from the National Association of Attorney’s General to the America’s Health Insurers Plans (AHIP), **massage therapy is not the only solution to this problem, but it is an important part of a comprehensive national approach to reducing addiction and its attendant costs.**



Contact a Qualified AMTA Massage Therapist:

For more information, visit amtamassage.org/painmanagement