primary studies - published RCT

Improving Clinical Outcomes and Quality of Life with Massage Therapy in Youth and Young Adults with Cystic Fibrosis: a Pilot Study.

Code: PM30854150 **Year:** 2019 **Date:** 2019 **Author:** Zink KK

Study design (if review, criteria of inclusion for studies)

RCT. Prospective two-group controlled pre/post pilot study

Participants

Setting: A 622-bed nonprofit pediatric hospital in Ohio in the United States. Participants: Convenience sample of 24 patients 8 to 21 years old with CF

Interventions

Massage therapy (MT) 12 patients randomly assigned to treatment and control groups, respectively.

Outcome measures

Pediatric Quality of Life Inventory (Peds QL 4.0); Cystic Fibrosis Questionnaire-Revised (CFQ-R); numeric rating scales (NRS) for pain, muscle tightness, ease of breathing, relaxation; pulmonary function (PFT); single breath count; thoracic excursion (TE).

Main results

All participants were Caucasian; mean age 15.7 (SD = 3.5) years; 16 (66.6%) female. No significant differences were found in terms of age, gender, baseline pain between MT and control groups. At the final visit, compared to the control group, the children in MT group showed statistically significantly reduced muscle tightness (p = .048) with a large effect size (omega(2) =0.163) and marginally statistically significantly higher levels of relaxation (p = .052), less pain (p = .076), and improved upper TE (p = .078) and lower TE (p = .056) scores with large and moderate effect sizes (omega(2) = 0.156, omega(2) = 0.095, omega(2) = 0.083, and omega(2) = 0.073). No statistically significant differences in children's and caregivers' QOL scores between the two groups were found.

Authors' conclusions

Massage therapy was found to significantly reduce muscle tightness, marginally significantly help pain, relaxation, and thoracic excursion in participants with CF.

https://www.ncbi.nlm.nih.gov/pubmed/?term=30854150

See also

Int J Ther Massage Bodywork. 2019 Mar 4;12(1):4-15. eCollection 2019 Mar.

Keywords

Adolescent; Child; non pharmacological intervention - psyco-soc-edu-org; non pharmacological intervention - devices OR physiotherapy; massage;