

## Massage with kinesthetic stimulation improves weight gain in preterm infants

### Conclusion:

Massage with KS is a relatively simple and inexpensive intervention that can improve weight gain in selected preterm infants.

**Source:** *Journal of Perinatology* (2009) 29, 352-357; doi:10.1038/jp.2008.230; published online 15 January 2009. A N Massaro<sup>1,2</sup>, T A Hammad<sup>3</sup>, B Jazzo<sup>2</sup> and H Aly<sup>1,2</sup>.

### Method:

The aim of this study was to evaluate the effects of massage with or without kinesthetic stimulation on weight gain and length of hospital stay in the preterm infant. A prospective randomized clinical trial was conducted evaluating the effects of massage with or without kinesthetic stimulation (KS) on weight gain and length of stay (LOS) in medically stable premature (<1500 g and/or 32 weeks gestational age) neonates. Infants were randomized either to receive no intervention (control), massage therapy alone (massage), or massage therapy with KS (M/KS). Linear regression analysis was performed to evaluate differences in the primary outcomes between the groups after controlling for covariates. Post hoc analysis with stratification by birthweight (BW> and <1000 g) was also performed.

### Result:

A total of 60 premature infants were recruited for this study; 20 infants in each group. Average daily weight gain and LOS were similar between the groups after controlling for covariates. For infants with BW>1000 g, average daily weight gain was increased in the intervention groups compared to control. This effect was mainly attributable to the M/KS group.

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