

Migraine headaches are reduced by massage therapy

Conclusion

The massage therapy subjects reported fewer distress symptoms, less pain, more headache free days, fewer sleep disturbances, and they showed an increase in serotonin levels.

Hernandez-Reif, M., Dieter J., Field, T., Swerdlow, B., & Diego, M. (1998). Migraine headaches are reduced by massage therapy. International Journal of Neuroscience, 96, 1-11.

Method:

Twenty-six adults with migraine headaches were randomly assigned to a wait-list control group or to a massage therapy group, who received two 30-minute massages per week for five consecutive weeks.

Source URL:

<http://oldsite.elementscentre.ca/resources/research/migraine-headaches-are-reduced-massage-therapy>