

Table 1: Conditions and Treatment Approaches for Massage Therapy

CHRONIC PAIN MANAGEMENT (pages 9–11)	BEHAVIORAL HEALTH TREATMENT (pages 12–13)	CARE FOR REHABILITATION/ PHYSICAL TRAINING (pages 13–16)	ACUTE MEDICAL TREATMENT (pages 16–20)
Back pain	Anxiety and stress	Performance training/ injury treatment	Cancer management
Neck and shoulder pain	Depression	Ergonomics and job-related injuries	Post-operative pain
Headache	PTSD	Cardiac rehab	Lifestyle diseases
Carpal tunnel syndrome	Substance use disorder recovery	Joint replacement surgery	Maternity and newborn care
Osteoarthritis		Scar management	
Fibromyalgia			
Hospice			

portant members of care teams.⁸ A first step in the process is to understand and clearly articulate the clinical benefits of massage therapy for specific patient needs. This section details evidence supporting the inclusion of massage therapists to treat many important patient health conditions (listed in Table 1). Case examples of health systems in which massage therapists are important and active members of integrative teams are included later in this document.

Of particular relevance, massage therapy may offer some mitigation of overuse of opioids. Massage therapy is an accepted nonpharmacological therapy option for managing pain, including a variety of specific chronic pain issues. It can be an important alternative to opioids or as a means to mitigate the overuse of opioids. It is recognized by the Na-

tional Institutes of Health (NIH), and included in nonpharmacological pain guidelines issued by The Joint Commission, as well as the American College of Physicians (ACP). It is specifically mentioned in guidelines for opioids alternatives issued by the Attorney General of West Virginia in 2017; and it is referenced in a September 18, 2017 letter from 37 State Attorneys General to the President and CEO of America’s Health Insurance Plans, which encourages insurance coverage of alternatives to opioids.

The following section lists sample conditions for which massage therapy has been demonstrated to be effective in managing pain or other health issues. These are listed with citations in the areas of chronic pain management, behavioral health (including stress reduction), rehabilitation/physical therapy, and issues associated with acute medical treatment.

⁸ Mallory MJ, Hauschulz JL, Do A, Dreyer NE, Bauer BA. Case Reports of Acupuncturists and Massage Therapists at Mayo Clinic: New Allies in Expediting Patient Diagnoses. *Explore (NY)*. 2018 Mar - Apr;14(2):149-151. doi: 10.1016/j.explore.2017.02.008. Epub 2017 Dec 21.