

## **Massage for Knee Osteoarthritis**

According to a December 2006 study in the *Archives of Internal Medicine*, massage therapy is effective in reducing pain in patients with knee osteoarthritis (OA). In a controlled trial, 68 adults received Swedish massage for one hour, twice a week for 4 weeks, then once a week for an additional month. Others were placed on an 8 week waiting list. All continued with medications and treatments they were already using,

The massage group had significant improvements in their WOMAC (pain and function tests) scores. They had reduced pain, better circulation, better range of motion and more flexibility after 8 wks. The waiting list group had no improvement until they began receiving massage treatment. Significant improvement in symptoms lasted for two months after the last massage.

Given the limitations and potential adverse effects of pharmacologic and surgical treatments of OA, massage therapy seems to be a viable option as an adjunct to more conventional treatments. If you are experiencing knee pains or problems, certainly consult your doctor.

If you are interested in scheduling a massage treatment for Knee Osteoarthritis at the club, or in your home, please give us a call.