



# Massage + Migraine, Tension-type Headaches



**NARROWING DOWN THE EXACT CAUSE OF HEADACHE PAIN ISN'T ALWAYS EASY.** Research suggests that massage therapy can help you better deal with the pain while you work through the mitigating factors—whether lifestyle, environment or hereditary—at the root of the problem.

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## RESEARCH ON THAI MASSAGE

### THE RESEARCH.

Investigating what, if any, benefit Thai massage may provide on the pressure pain threshold (PPT) of people suffering from headache pain, this randomized-controlled trial compared the effects of Thai massage to a sham ultrasound treatment during nine sessions over a three-week period. The 72 participants had a headache diagnosis for at least three months prior to the start of the study.

### THE RESULTS.

**The Thai massage group showed a significant increase in PPT after the treatment and at three and nine weeks follow-up when compared to the sham ultrasound group.** Both groups, however, saw a significant decrease in headache intensity.



## RESEARCH ON HEAD & NECK MASSAGE

### THE RESEARCH.

Researchers looking to better understand the effects of head and neck massage on heart rate variability, mood states and pressure pain thresholds in patients with chronic tension-type headaches recruited 11 patients between the ages of 20 and 68 with chronic tension-type headaches for a crossover study. Participants either received the massage protocol or a placebo intervention of detuned ultrasound.

### THE RESULTS.

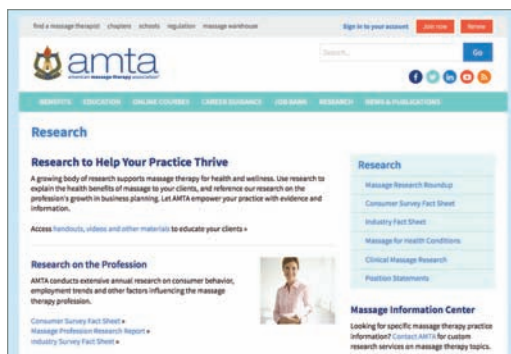
The study authors reported receiving a single 30-minute massage on cervical trigger points may improve autonomic nervous system regulation in chronic tension headache patients. **Participants who received the massage therapy protocol also experienced a decrease in tension, anger status and perceived pain.**



### REFERENCES

*J Altern Complement Med.* 2014 Jun;20(6):486-92. **"Effects of Thai traditional massage on pressure pain threshold and headache intensity in patients with chronic tension-type and migraine headaches."** Chatchawan U, Eungpinichpong W, Sooktho S, Tiamkao S, Yamauchi J.

*J Manipulative Physiol Ther.* 2009 Sep;32(7):527-35. **"Short-term effects of manual therapy on heart rate variability, mood state, and pressure pain sensitivity in patients with chronic tension-type headache: a pilot study."** Toro-Velasco C1, Arroyo-Morales M, Fernández-de-Las-Peñas C, Cleland JA, Barrero-Hernández FJ.



Learn more about how massage therapy can be incorporated into your personal wellness regimen.

IN THE RESEARCH SECTION OF AMTA'S WEBSITE, you'll find a whole host of information about the benefits of regular massage.

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