# MASSAGE THERAPY & PAIN MANAGEMENT



### "Evidence supports the inclusion of massage therapy for many important patient health treatments."

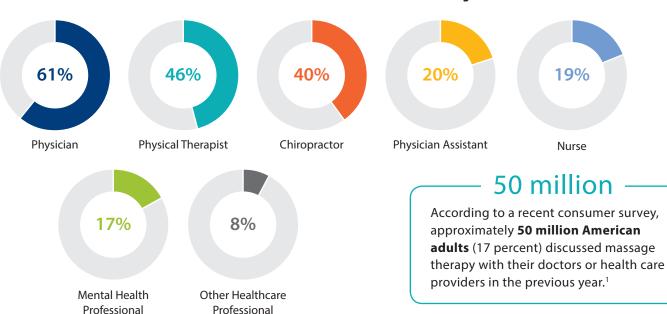
Massage therapy's role in integrative health care has become widely accepted in major hospitals and in daily medical practice. A wealth of research has also shown the impact of massage therapy for pain management and relief. To support these conversations, **American Massage Therapy Association (AMTA)** has published an educational tool: "Massage Therapy in Integrative Care & Pain Management" which explores new research demonstrating massage therapy's value and efficacy.

#### **Conditions and Treatment Approaches for Massage Therapy**

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

There is significant evidence supporting the inclusion of massage therapy for many important patient health treatments, including those for chronic pain management, behavioral health treatment, rehabilitation/physical training and acute medical conditions. Incorporating massage therapy into approaches to pain management, and as an integrated complement to some pharmacological approaches, can help many suffering both chronic and acute pain.

#### **Health Care Professionals Who Recommend Massage**





# Massage therapy is an effective and cost-efficient pain management approach

Encouraging medical practitioners to prescribe massage therapy in cases where it would be an effective pain management tool and insurance companies to cover massage therapy can help decrease the costs of opioid addiction.

As stated in a recent letter from the National Association of Attorney's General to the America's Health Insurers Plans (AHIP), massage therapy is not the only solution to this problem, but it is an important part of a comprehensive national approach to reducing addiction and its attendant costs.

The onset of the opioid epidemic has not only increased the costs of treating addiction, it has also impacted the overall health of the nation.

MASSAGE THERAPY IS RECOGNIZED BY:

NATIONAL INSTITUTES OF HEALTH

THE JOINT COMMISSION

AMERICAN COLLEGE OF PHYSICIANS (ACP)

FEDERATION OF STATE MEDICAL BOARDS

**DEPARTMENT OF DEFENSE** 

VETERANS HEALTH ADMINISTRATION

## **Benefits of Substituting Massage for Opioids in the United States**Estimates based on a massage therapy cost of \$80

Using Massage Therapy When Effective		Opioid Prescription Only		
	Patients	Medium Cost - \$80	Patients	Costs
Massage Therapy	5,015,499 <sup>2</sup>	\$4,814,879,290	-	\$0
Opioid Medication	22,110,187	\$552,754,664	27,125,686	\$678,142,146
Opioid Addiction	462,502	\$122,684,830,584	573,639	\$152,165,416,736
Total	27,125,686	\$128,052,464,538	27,125,686	\$152,843,558,882
Savings		\$24,791,094,344		

### Benefits of Substituting Massage for Opioids for Maryland

	Patients	Medium Cost - \$80
Massage Therapy	163,280	\$799,560,371

# Estimated Patients Who Can be Treated with Massage Therapy and Opioid Prescriptions

	Using Massage Therapy When Effective	Opioid Prescription Only	Difference
Massage Patients	5,015,499	-	5,015,499
Opioid Patients	22,110,187	27,125,686	-5,015,499
Addicts Within Patient Pool	462,502	573,639	-111,137
Total	27,125,686	27,125,686	

## 111,137 people

Simply using massage therapy instead of opioid medication for client conditions where massage is proven effective can reduce overall addiction rates in the United States by about 111,137 people. In this sense, the benefits of massage therapy are twofold: reducing the number of people who potentially struggle with opioid addiction and reducing the impact on the American economy by \$23 to \$25.99 billion annually, based on the cost of massage.

\$25.99 billion

<sup>&</sup>lt;sup>2</sup> Patient numbers were rounded from 5,015,499.2603



<sup>&</sup>lt;sup>1</sup> American Massage Therapy Association 2017 Consumer Survey, conducted by ORC International