



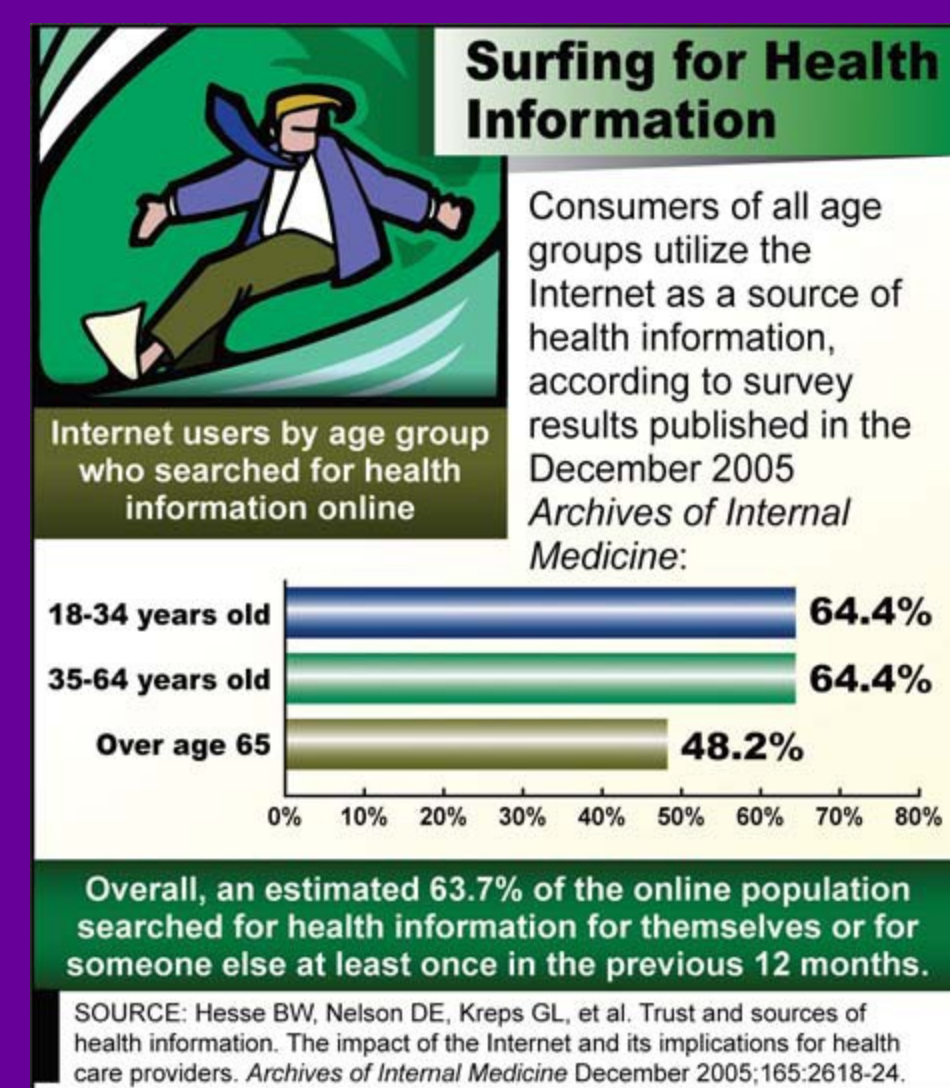
Weight Loss Trending: Does Deep Tissue Massage Work?



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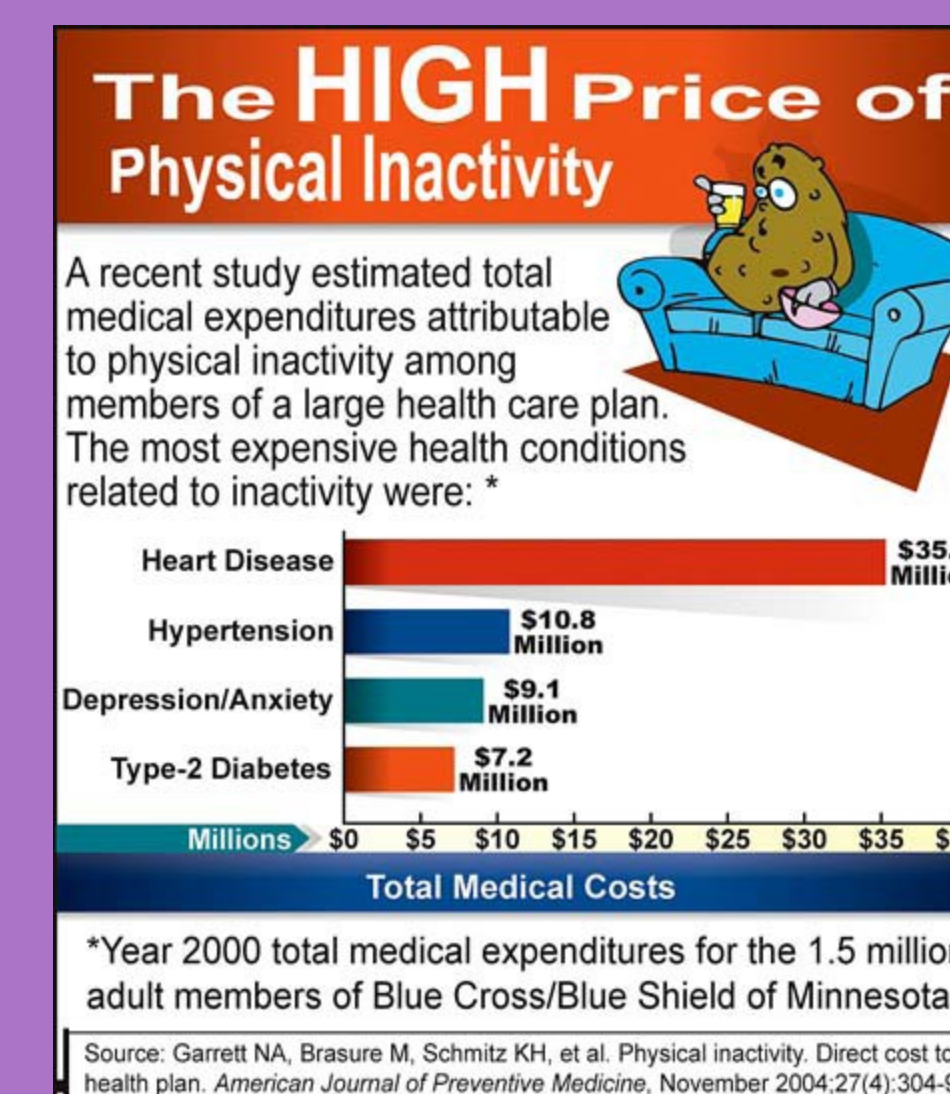
Problem

Massage therapy has been stated by doctors, spas and estheticians as a powerful and effective weight-loss tool. Few research studies have evaluated the effectiveness the benefits that massage therapy provides for weight loss. Many of the claims that are presented online are strictly anecdotal and its use as a weight loss tool is absent from the literature.



Requirement of Participants:

- ◆ Existing clients of Kenton Family Wellness Center
- ◆ Clients will be put in to category groups based on starting weight, age, and current weight loss activities based on the health history questionnaire they will fill out before beginning the study.
- ◆ Body mass index (BMI) which places the client in the overweight or obese category, which is a measure of body fat based on height and weight that applies to adult men and women
- ◆ Circumference of upper arms, thighs, and abdomen will be recorded.



Treatment Plan:

- ◆ Participants will come in once a week and receive a full body 60 minute massage therapy session with focus on the thighs, abdomen, and arms using traditional Swedish massage techniques.
- ◆ Once a month they will be asked to go through an interview and a physical assessment with weight and body circumference measurements.



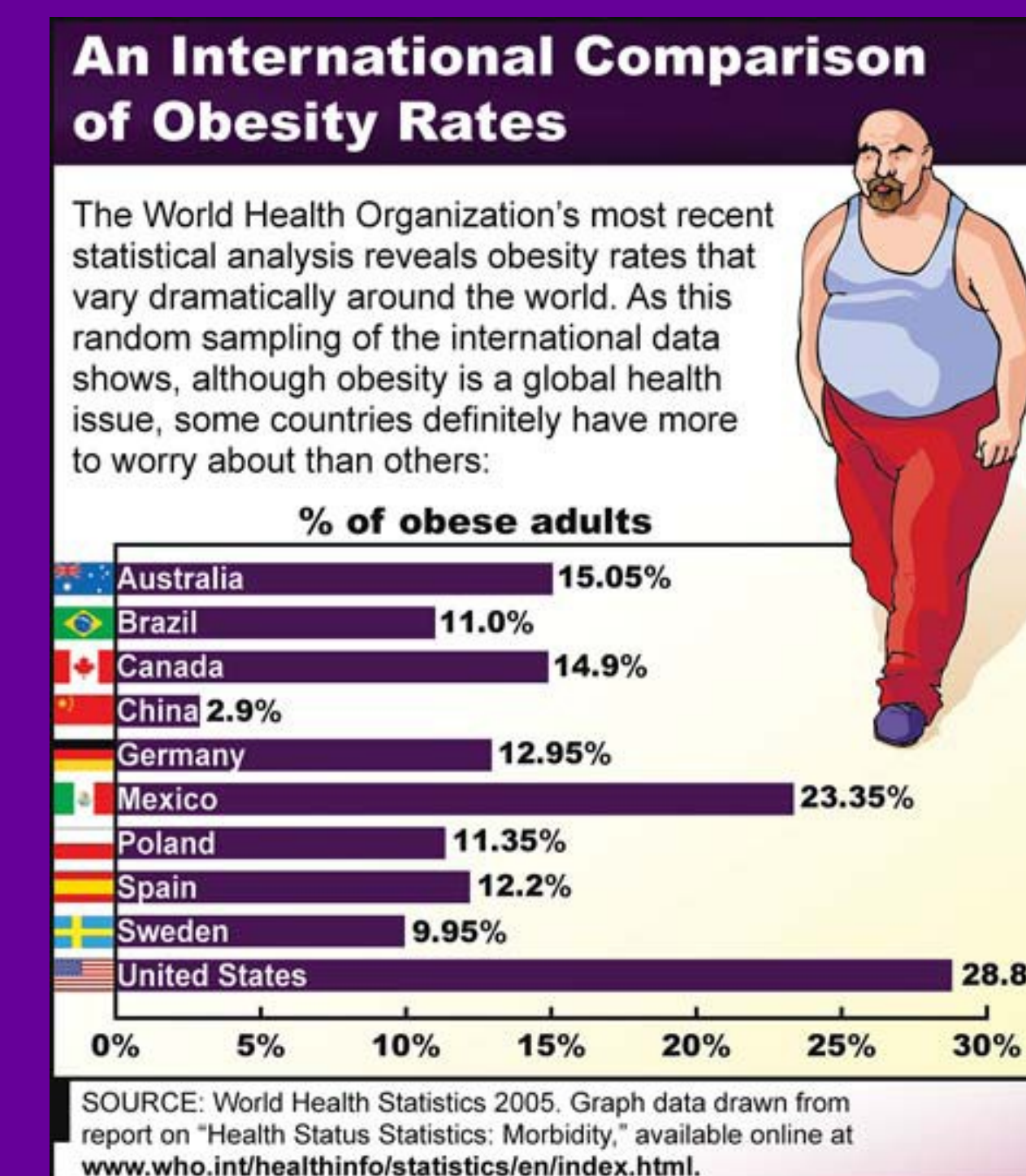
Purpose:

There has been evidence of the biological effects that massage therapy has on the human body. This study will evaluate the effects and outcomes that these biological effects have relating to the individual participants' weight loss and body circumference reduction.

Will a massage therapy treatment plan of one 60 minute massage therapy session once a week for one year which, focusing on areas of excess fat, reduce the body circumference? Will the same massage therapy treatment plan reduce the overall weight of the client at the end of one year?

Outcomes

Longitudinal data will obtain from interviews, physical assessments, and circumference measurements once a month for one year. Data from the beginning of the study will be compared to the data collected throughout the study to be compared for decreased circumference and overall weight loss.



Benefits

This project should be viewed as a study to enhance the knowledge of benefits massage therapy specific to using massage as a weight loss aid.

