

The arthritis pain improvement effect of the body by B AND M SPINE STRAIN MANIPULATIVE METHOD

ABSTRACT

Objective

Chronic stress of neck, shoulder, low back is a major public health problem and the primary reason patients seek massage treatment. This trial is the evaluation of the effectiveness of relaxation massage for the above stress.

Methods

333 subjects enrolled this trial. According to the eligibility criterion, 15 subjects were selected. They took the same structured massage (B and M spine strain manipulative method). The muscle hardness and range of motion of neck, shoulder, and low back were measured on pretrial and post-trial. The subjective reporting was evaluated as well.

Result

Regarding the muscle hardness and range of motion of neck, shoulder, and low back, significant differences were observed compared to the baseline. The subjective reporting represented significant improvement as well

Conclusion

B and M spine strain manipulative method depicted the effectiveness of the muscle hardness and range of motion of neck, shoulder, and low back.