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A massage is proven to relieve psychophysiological state of patients with chronic headache

July 8, 2010

Spanish researchers at the University of Granada -in collaboration with the Clinical Hospital San Cecilio and the University Rey Juan Carlos- have proven that the psychological and physiological state of patients with tension headache improves within 24 hours after receiving a 30-minute massage.

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As researchers explained, tension headaches have an increasing incidence in the population. This type of disorder is usually treated with analgesics, that relieve [symptoms](#) temporarily. One of the main causes of this type of headache is the presence of trigger points. Recently, new strategies for controlling this disabling pain are being studied.

The researcher **Cristina Toro Velasco**, leader of the study, under Professor **Manuel Arroyo Morales** supervision- has proven that a 30-minute massage on cervical trigger points improves [autonomic nervous system](#) regulation in these patients. Additionally, patients exhibit a better [psychological state](#) and "reduce the stress and anxiety associated to such a disturbing disorder".

Similarly, patients report a perceived relief from symptoms within 24 hours after the [massage](#). This might mean that massages may reduce the pain caused by trigger points, which would involve an improvement in the general state of patients.

More information: The results of this study were published in American Journal of Manipulative Physiological and Therapeutics.

Provided by University of Granada

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