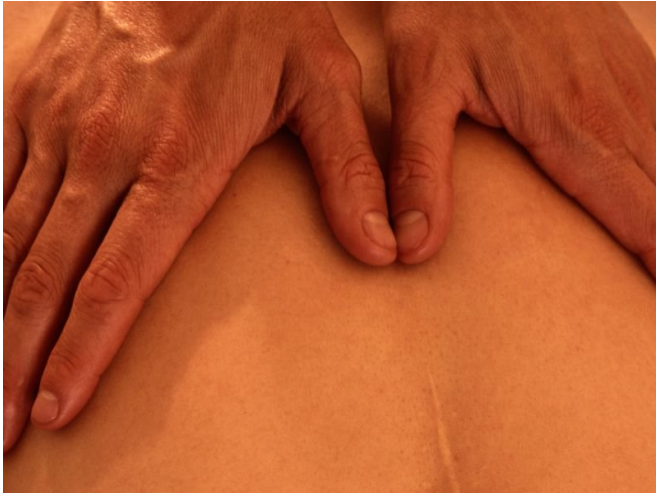


# Swedish massage may reduce cancer-related fatigue

25 October 2017



-0.06 points for WLC. These results were not accounted for by the higher credibility, expectancy, and preference for SMT versus LT.

"This finding suggests that 6 weeks of a safe, widely accepted manual intervention causes a significant reduction in [fatigue](#), a debilitating sequela for [cancer](#) survivors," conclude the authors.

Several co-authors are employed by the Atlanta School of Massage, and others disclosed financial ties to medical device and pharmaceutical companies.

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

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(HealthDay)—Swedish massage therapy (SMT) is associated with clinically significant relief from cancer-related fatigue (CRF) in breast cancer survivors, according to a study published online Oct. 17 in *Cancer*.

Becky Kinkead, Ph.D., from Emory University in Atlanta, and colleagues evaluated the efficacy of weekly SMT compared with an active control condition (light touch [LT]) and waitlist control (WLC) in an early-phase, randomized, single-masked, six-week investigation. They enrolled 66 female stage 0-III [breast cancer survivors](#) (age range, 32-72 years) who had received surgery plus radiation and/or chemotherapy/chemoprevention with CRF (Brief Fatigue Inventory >25).

The researchers found that SMT resulted in a mean six-week reduction in Multidimensional Fatigue Inventory total scores of -16.5 versus -8.06 for LT and an increase of 5.88 points for WLC. The mean reduction in PROMIS Fatigue scores was -5.49 points for SMT versus -3.24 points for LT and

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