

Massage Research Proves the Efficacy of Infant Massage

Study Chief	Year	Application	Results
R. Rice	1976	Premature babies were massaged; control group was not	Massaged babies ahead in weight gain and neurological development.
R. Hansen G. Ulrey	80's	Mothers massage infants with motor problems	Parents and their babies had more positive interactions. Parents' expectations and behavior toward their children changed, enhancing parent-infant interactions.
T. Field F. Scafidi S. Schanberg	1986	Studied effects of stroking and passively manipulating premature newborns for 15 minutes, three times daily for a ten day period.	Massaged infants gained 47 percent more weight than average, scored better on the Brazelton Neonatal Assessment Scale, were more alert and active, stayed six fewer days in the hospital, continued into their first year with higher scores on testing.
Unvas-Mosberg	1989	Stimulation of inside of the mouth of newborns with gastrointestinal problems.	Increased release of gastrointestinal food absorption hormones (gastrin and insulin).
T. Field F. Scafidi S. Schanberg	1990	Added physiological and biochemical measures to their 1986 study.	Confirmed earlier study: premature infants had a 21 percent greater daily weight gain, were discharged five days earlier, had superior performances on the Brazelton Neonatal Assessment Scale, showed less stress behaviors, and catecholamines (norepinephrine, epinephrine) increased - which is desirable for the neonatal period.
T. Field F. Scafidi S. Schanberg	1990	Touch Therapy to infants exposed to cocaine in utero.	Massaged babies gained weight and scored better on the Brazelton Neonatal Assessment Scale.

--Compiled by Elaine Fogel-Schneider, P.H.D., C.I.M.I.
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