

The Effect of Massage Therapy on Children's Learning Process: A Review

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Abstract

Background: Massage therapy is the scientific manipulation of the soft tissues of the body for normalizing those tissues and consists of manual techniques that include applying fixed or movable pressure, holding, and/or causing movement of or to the body. There are more than 1500 massage training centers or schools in the United States. Several studies evaluated the effect of massage on elevating child health and to treat various disorders.

Methods: In this review, keywords related to the subject were searched in ScienceDirect, Google, Google Scholar, PubMed, and Cochrane library. The data were classified, analyzed, and interpreted.

Results: Studies showed massage in pupils could increase blood circulation in the body, make breathing better, better growth, increased concentration and IQ, improved immune system, reduction in stress, pain, anger, and aggressiveness as well as allowing restful sleep. All these together would elevate their learning ability. In addition, massage therapy is studied on a variety of disorders such as blood pressure, rheumatoid arthritis, autism, cystic fibrosis, back pain, nervous pain, muscle and joints pain and headache.

Conclusion: To promote health in pupils, it is proposed to introduce the concept of "classmates massage during break" program. Such groups massage therapy, next to its health benefits, would contribute to their peace, tranquility, and teamwork. A similar program is running in Australia as well as few other countries under the codename "massage in schools program (MISP)". This program has had a tangible effect on children's capabilities.

Keywords • Massage • Child • Learning • Health • Therapeutics