



## **AAMT Literature Review Commences**

There is evidence of widespread and increasing public interest in the use of complementary therapies, both medicines and physical therapies, for the treatment of medical conditions. Authoritative information about these therapies and their possible benefits or adverse effects on individuals is required to enable health professionals to respond to the needs of clients. This information is also required to generate an increased understanding with medical professionals and allied health in reference to remedial and therapeutic massage.

AAMT is pleased to announce that a Literature Review is underway conducted by Dr Ken Ng, AAMT member, and supervised under the auspice of RMIT University. Dr Ng has a Bachelor of Medicine and Surgery, a Level IV Fitness Instructor and holds a Diploma of Remedial Massage. In research Dr Ng has worked with the University of Melbourne Department of Physiotherapy, Sports Science Institute of South Africa and the Centre for Health, Exercise and Sports Medicine. With a Diploma of Remedial Massage from the South School of Natural Therapies in 2005, Dr Ng also has a history of both spa and sport massage. Professor Marc Cohen, Professor of Complementary Medicine School of Health is the supervisor for this project. The Review will obtain summaries from current information from published clinical trials, systematic reviews and observational studies about the effectiveness and safety of remedial and therapeutic massage therapies for improving symptoms and musculoskeletal function.

The review is primarily, but is not limited to targeting treatment of acute, sub acute and chronic musculoskeletal conditions. The review is to explore the evidence, safety and effectiveness of functional conditions and disorders resulting from pathophysiological conditions such as cancer, diabetes and cardio vascular disease. The aim of the review is;

- To develop a Body of Knowledge (BOK) in abstract that is accessible to members, students and massage therapy colleges from the AAMT website with relevant links to research data from credible sources.
- To integrate information from the AAMT to the Australian Massage Research Foundation for further advancement of massage.
- To develop a BOK that massage therapists can use for the purpose of self education in assessment and treatment plans with clients receiving therapeutic and remedial massage.
- To develop a BOK that can be used as a basis for further research and available through the Australian Massage Research Foundation website
- To develop a BOK to be used as a basis for AAMT literature, marketing collateral and editorial
- A document of the BOK in a summarised and cross tabled document as an AAMT resource
- An article that summarises the BOK, identifying key and is suitable for publication in AAMT journal and a peer reviewed publication in health.
- A presentation of the BOK and significant outcomes at the 2009 AAMT Conference May 22-24