

SHIATSU AND CARERS

RESEARCH:

The purpose was to explore the benefits of Shiatsu for carers in the community.

Results: At the second interview 96% of carers said they thought the course of Shiatsu had been beneficial. The findings suggested that Shiatsu benefited elderly carers.

Formby J. Shiatsu massage for Carers. Complementary Therapies in Medicine.

5(1):47-48, 1997.