

SHIATSU AND MUSCULOSKELETAL PROBLEMS

RESEARCH:

Harris P. Pooley N. What do Shiatsu Practitioners Treat? A nationwide survey. Complementary Therapies in Medicine. 6 (1):30-35, 1998.

The purpose of the study aimed to survey the illness-conditions presenting for Shiatsu treatment.

Results: 73% responded. Musculoskeletal and psychological problems were the most common conditions treated.

Conclusion: Efficacy research in Shiatsu should focus on the most common conditions treated.

Vega RH. Shiatsu, a pressure technique. Physical Therapy. 55(4):381-382, 1975.

This is an early account of Shiatsu by the Chief Physical Therapist of a medical centre in New Mexico, USA. It includes four very brief vignettes and suggests that Shiatsu may be useful in helping to alleviate a range of symptoms including muscle spasms, headaches, low back pain, painful shoulder and limitation of movement.