

SHIATSU AND PSYCHOLOGICAL PROBLEMS

RESEARCH:

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.

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