



# Massage Therapy Safety

When performed by a trained professional, massage therapy is a relatively safe intervention with minimal adverse events.

## Understanding Adverse Events and Effects



**Rare Occurrence:** While adverse events (any undesirable or harmful outcomes that occur as a result of treatment or intervention) are infrequent, some studies suggest that massage therapy may occasionally lead to moderately severe adverse events. Although the majority of these events require medical attention, they result in little or no lasting damage.



**Risk Factors:** The adverse events noted were most often related to vigorous or forceful massage techniques, especially deep tissue massage or neck massage.



**Minor Adverse Effects:** While adverse effects are more common than adverse events, they are generally minor and temporary, such as slight discomfort, increased pain, muscle soreness, stiffness, bruising, nausea, or allergic reactions to massage oil or lotion.

## Considerations for Treatment

Some populations require tailored massage treatment. Special care should be taken with vulnerable populations, including the elderly, individuals with serious medical conditions like cancer, and infants.