

21. Others

Reference

Ichida K, Ye H, Ogura Y, et al. A comparison of full-body Anma and local Anma — Using skin temperature and deep temperature as indicators*. *Nihon Shugi Ryoho Gakkai Zasshi (The Journal of Japanese Association of Manual Therapy)*. 2004; 15(1): 13–7 (in Japanese). Ichushi Web ID 2006259812

1. Objectives

To evaluate the effects of full-body massage and unilateral upper-limb Anma on peripheral circulation.

2. Design

Crossover randomized controlled trial (RCT – cross over).

3. Setting

Acupuncture and Physical Therapy Teacher Training School, University of Tsukuba, Ibaraki, Japan.

4. Participants

Thirteen healthy adult males (mean age: 29.4±5.7 years).

5. Intervention

Anma included effleurage, petrissage, and pressure in the prone position.

Arm 1: Full-body Anma group (20 minutes, excluding upper limb on one side, n=13).

Arm 2: Unilateral upper limb Anma group (20 minutes, n=13).

Arm 3: Control group (resting in the prone position, 20 minutes, n=13)

6. Main outcome measures

Hand skin temperature and deep temperature, blood pressure, heart rate.

7. Main results

Skin temperature increased in both hands with full-body Anma and in only the hand on the side treated with unilateral upper-limb Anma. There were no significant changes in hand deep temperature, blood pressure, or heart rate.

8. Conclusions

Full-body Anma increases skin temperature in both hands, but unilateral upper-limb Anma increases skin temperature in only the hand on the treated side.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This is an interesting trial that compared the effectiveness of full-body and local Anma. However, the study failed to pay sufficient attention to reproducibility: the Anma techniques are described only as effleurage, petrissage, and pressure. While temperature data are used as an indicator of peripheral circulation, room temperature settings or records are not mentioned. The authors attribute the change in skin temperature to an effect on sympathetic nerve function, but they also have good grounds for attributing the lack of any significant difference in blood pressure or heart rate to data collection timing, something that should also be considered in terms of design.

11. Abstractor and date

Fujii R, 9 December 2011.