

18. Symptoms and Signs

Reference

Nagata H, Tanaka E, Takefu M, et al. Effects of Lower Limb and Dorsolumbar Massages on Edema in Postpartum Women, *Biomedical Soft Computing and Human Sciences* 2009; 14(1): 109–15. Ichushi Web ID 2010097338

1. Objectives

To compare the effects of dorsolumbar and lower-limb massage on edema in postpartum women.

2. Design

Crossover randomized controlled trial (RCT-cross over).

3. Setting

Obstetrics clinics in Kumamoto City, Japan.

4. Participants

Women who had given birth 2–5 days previously.

5. Intervention

Arm 1: lower limb massage (n=9).

Arm 2: dorsolumbar massage (n=10).

6. Main outcome measures

Circumference (lower limb, big toe), cutaneous blood flow (tibialis anterior muscle), lower limb volume.

7. Main results

Both groups showed reduction in the lower limb volume as well as the circumference of the lower leg and big toe, and an increase in the cutaneous blood flow in the tibialis anterior muscle.

8. Conclusions

Lower limb and dorsolumbar massage with elevation of the lower limbs both reduce lower limb edema.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

The evaluation used objective measures, which compensates for the weakness in the study design that the patients were not masked to the group or treatment assignment. Regrettably, the evaluator was also not masked to the group or treatment assignment, which would have given the data even greater reliability. In both groups, lower limb edema was effectively reduced. However, both groups also employed 30-minute lower limb elevation, so it is difficult to determine whether the improvement was due to the massage or the lower limb elevation. Overcoming these difficulties and masking the evaluator could be expected to achieve results of even higher reliability.

11. Abstractor and date

Tsukayama H, 27 December 2010, 18 March 2011.