

POSTER PRESENTATIONS

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The Effect of Massage Therapy on Spasticity in Children with Cerebral Palsy: A Systematic Review

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ABSTRACT

Background and Objectives: Cerebral palsy (CP) is a neurodevelopmental disorder that affects children muscle function as well as motor tone. Massage therapy has been proven to be effective in improving motor function, muscle tone and stiffness, sensory deficit and pain. This study is conducted to critically analyse the published literature on the benefit and effect of massage therapy as a treatment for spastic cerebral palsy. **Methods:** Three databases were searched from August 2023 until September 2023 (MEDLINE via PubMed, Cochrane Library, Scopus) for randomized trials study with keyword; massage, massage therapy, spastic, and cerebral palsy. Final selection was made by the authors, who independently checked the titles, abstracts, inclusion and exclusion criteria and the full text. The articles were assessed for its quality using PEDro scale and relevant data were extracted. **Results:** Out of 242 articles which were reviewed, only 30 articles met the inclusion criteria. Four out of 30 articles were selected (range of PEDro scale is 7 to 9 over 11). The results showed that massage therapy with different techniques have a beneficial effect on spastic cerebral palsy patients. The combination of massage with physiotherapy treatment produces a significant improvement in spasticity reduction. **Conclusion:** The quality of the studies was mixed, ranging from higher-quality experimental to lower-quality of studies. Overall, the studies reported positive outcomes of massage therapy. This review findings may serve as a good foundation for future randomized controlled trials to understand the long-term effects and optimize treatment approaches for children with cerebral palsy.

Keywords: Cerebral Palsy; Massage; Massage therapy; PEDro; Spastic

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