CALIFORNIA STATE SCIENCE FAIR
2003 PROJECT SUMMARY

Name(s)
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Project Number
J0329

Project Title
The Effect of Massage Therapy on Blood Pressure

Abstract

Objectives/Goals
I was very interested in mom's work as licensed massage therapist and I wanted to find out whether massage therapy could help to reduce blood pressure for her clients. My goal was to see if there is a significant impact on massage therapy on blood pressure.

Methods/Materials
1. Control Group-
A. Take the blood pressure of the client.
B. Wait for ten minutes so, the client can rest.
C. Then take the blood pressure of the client again.

2. Experimental Group-
A. Take the blood pressure of the client.
B. The massage therapist will massage the client for ten minutes.
C. Then take the blood pressure of the client again.

Materials: Paper, ruler, pen knife, scissor, computer, massage table, moisture cream, pen/pencil, digital blood pressure monitor, construction paper, glue stick, books and towels.

Results
Between the systolic control and experiment and the diastolic control and experiment, the student T-test was 0.48. The student T-test is one way of doing a statistical analysis. This number, 0.48 is very close to zero, which means that the experiment might have happen by chance. The actual number to be proved not by chance is less than 0.05. The number 0.48 is way above 0.05 and is very close to zero which concludes that this experiment happened by chance.

Conclusions/Discussion
Although in this study, massage therapy reduces the blood pressure of a client, the result was not found to be statistically significant both years. The cause of this is because most clients were first time clients and they feel tense and nervous to touch of the masseuse.

Summary Statement
Although in the study of massage therapy, massage therapy reduces blood pressure but, in the experiment the massage therapy did not reduce blood pressure.

Help Received
Mother-massaged clients, Mrs Sniffen-loan the digital blood pressure monitor to me, and Mr Whitaker helped me with my statistical analysis.