

## **Massage for the Pre Term Baby. Medically Stable,-( Rich P.139), Tiffany Field et al 1986**

### Method

Babies were massaged while still in the incubators through the portholes. Sessions of Tactile/Kinesthetic stimulation (K/S) are provided for 3 x 15 minute periods per day five days per week for 10 days – no intervention weekends.

- ✓ The first, about one hour after the morning feeding,
- ✓ 2<sup>nd</sup> about ½ hour after mid-day feed and;
- ✓ 3<sup>rd</sup> about 45 minutes after the 2<sup>nd</sup> session.

Each treatment consists of 5 mins of tactile stimulation ie (six 10 second strokes to the head, shoulders and back (no contact with the spine, arms and legs), followed by 5 mins of Kinesthetic stimulation (ie six 10-seconds. Passive extensions/flexions of each arm and leg, followed by six extensions/flexions for both legs simultaneously) and concluding with another five minute period of tactile stimulation.

### Results

The treated infants compared with control infants gained 47% more weight and were hospitalised for six days less at a hospital cost saving of \$10,000 per infant. Norepinephrine and epinephrine levels increased in the massaged infants relative to the control infants. At one year they were still showing a weight advantage and they also performed better on the Bayley scales of infant development.

Studies have been replicated in Israel 1998 (Goldstein and Ferber) and Phillipines 1996 (Jinon). 45% weight gain. In Israel they used the mothers as the therapist - 31% weight gain . In addition the mothers experienced a decrease in depression.