

Massage

Studies of massage in MS included

- Reflexology
- Swedish massage
- Mixed or individualized massage therapies

Benefits in RCTs (control = sham treatment or routine care)

- ↓**Fatigue**: Swedish massage most effective, for both physical and psychological fatigue
- ↓**Pain**: Swedish massage (reflexology had no significant effect)
- ↓**Spasticity**: reflexology and Swedish massage
- ↓**Depression**: reflexology and therapeutic massage
- ↓**Anxiety**: reflexology and therapeutic massage

Mindfulness-based Interventions

In RCTs, mindfulness-based interventions were associated with:

- ↓Anxiety¹
- ↓Depression¹
- ↓Stress¹
- ↓Fatigue²
- ↑Cognitive processing speed³
- ↑Working memory³
- ↓Pain⁴

RCT, randomized controlled trial.

1. Simpson R et al. *J Neurol Neurosurg Psychiatry*. 2019;90:1051-1058; 2. Simpson R et al. *Mult Scler Relat Disord*. 2020;38:101493;
3. Manghani HR et al. *Neuropsychology*. 2020;34:591-604; 4. Hadoush H et al. *NeuroRehabilitation*. 2022;50:347-365.

Acupuncture

No data available from large-scale clinical trials

- Most small-scale trials found significant benefits of acupuncture

Benefits in RCTs (control = sham treatment)

- ↓ EDSS score
- ↓ Time to relapse and annual relapse rate
- ↓ Pain
- ↓ Depression
- ↑ Walking speed
- ↑ Quality of life