

Massage with kinesthetic stimulation improves weight gain in preterm infants

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OBJECTIVE: The aim of this study was to evaluate the effects of massage with or without kinesthetic stimulation on weight gain and length of hospital stay in the preterm infant. **STUDY DESIGN:** A prospective randomized clinical trial was conducted evaluating the effects of massage with or without kinesthetic stimulation (KS) on weight gain and length of stay (LOS) in medically stable premature (< 1000 g, average daily weight gain was increased in the intervention groups compared to control. This effect was mainly attributable to the M/KS group. **CONCLUSION:** Massage with KS is a relatively simple and inexpensive intervention that can improve weight gain in selected preterm infants. Length of hospital stay is not impacted by massage with or without KS. Further studies are needed to evaluate the effect of massage in the extremely low BW(J Perinatol. 2009 May;29(5):352-7. Massaro AN, Hammad TA, Jazzo B, Aly H. Department of Neonatology, Children's National Medical Center, Washington, DC 20010, USA. anguyenm@cnmc.org
