

Qigong Massage Results Table

Author, Year, Country, Design, PEDro score, Rating	Sample Size	Intervention	Outcomes and significance: (+) significant (-) not significant
<p>Silva et al., 2012</p> <p>United States</p> <p>RCT (cross over study design)</p> <p>5/10</p> <p>Fair quality</p>	<p>N = 28 children with developmental delay and motor tone abnormalities (CP and Down syndrome)</p> <p>Age at enrollment: under 4 years old</p> <p>CP diagnosis: 16/25 (64%)</p> <p>(Intervention group n=14, waitlist group n=14, crossed over after waitlist n=11 as 3 dropped out after waitlist)</p> <p>CP Type: N/A</p> <p>GMFCS Level: N/A</p>	<p>Qigong massage (n=14)</p> <p>vs.</p> <p>Waitlist for Qigong massage (cross over study design) (n=14)</p> <p><u>Intervention details:</u></p> <ul style="list-style-type: none"> • Duration: 5 months • Trainer sessions (30 minutes per week) • Parent Sessions (15 minutes daily) • Parent training <ul style="list-style-type: none"> - 3 hrs. group session - With their assigned trainer - Given booklet and chart covering the didactic material given in the training - 20 weekly half-hour meetings provided ongoing support where trainers observed parent giving massage - Within 3 weeks all parents were giving the massage correctly • During weekly half hour meeting trainer also gave child massage (adapted version of the qigong massage protocol) • The trainer version is designed to advance the progress of the child from week to week. • Parent version is designed to maintain and support progress, and strengthen child on daily basis • The principal investigator gave the trainers additional training to allow them to address 	<p>At post-treatment (5 months):</p> <p><i>Sensory and self-regulatory difficulties:</i></p> <p>(-) The Sense and Self-Regulation Checklist</p> <p><i>Motor skills:</i></p> <p>(-) Peabody Gross Motor Scale (PGMS): Stationary body control</p> <p>(-) PGMS: Locomotion</p> <p>(-) PGMS: Object manipulation</p> <p>At follow-up (10 months):</p> <p><i>Sensory and self-regulatory difficulties:</i></p> <p>(-) The Sense and Self-Regulation Checklist</p> <p><i>Motor skills:</i></p> <p>(-) PGMS: Stationary</p> <p>(-) PGMS: Locomotion</p> <p>(-) PGMS: Object manipulation</p> <p>Note: Results are listed only for children with CP.</p>

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		<p>motor tone issues</p> <ul style="list-style-type: none"> • 12 parts of treatment (includes patting, pressing, gentle shaking) <ul style="list-style-type: none"> - Movement 1,2,3: open and clear the channels to the brain and give senses; open up the circulation to the skin of the back of the body - Movement 4: clear additional functional impediments to hearing - Movement 5,6,7: Promote social interaction, speech and self-soothing; improve circulation to the arms and hands - Movement 8 and 9: strengthen digestion and elimination, improve circulation to the legs, improve over all physical strength and vitality - Movement 10, 11, and 12: calm the child, improve sleep, and improve circulation to the brain • Techniques are based on principles of Chinese medicine and applied in the direction of the arterial circulation rather than lymphatic return (as in western massage) • Trainers were experienced OTs and PTs who graduated or were enrolled in Qigong Sensory Training (QST) skill based curriculum and training program • The manual techniques are modified according to each child's physical responses • Both groups were receiving early childhood special education services (standard care) throughout study 	