

**Title:**

**Evidenced-based massage.  
Part 1**



**Abstract:**

This first part of a two-part article on evidence-based massage focuses on the current state of massage practice, its role in the treatment of soft-tissue injuries and the evidence for its use. Part 2 focuses on the role of massage in athletic enhancement. Massage is not without its critics. The lack of robust research on its benefits or otherwise leaves the discipline open to criticism. Research evidence is scarce and, when it does exist, produces equivocal findings. Regardless, massage must be safe, when possible, adopt best available contemporary research, sound clinical reasoning and embrace the scientific principles underlying tissue healing. The key to delivering safe and effective massage in the treatment of soft-tissue injuries and conditions is to understand what is happening in the body's soft tissues at each successive phase of healing.



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Graduate Sports Therapist Nick Dinsdale and his daughter Nicola run NJD Sports Injury Clinic in Clitheroe. The family clinic is recognised for its strong 'evidence-based' approach to the management of musculoskeletal conditions and ongoing personal professional development. This often involves research into topics and issues.

Nick specialises in researching lower limb biomechanics, particularly foot function with respect to cycle racing. In addition to advising professional cyclists, Nick often delivers private workshops and presents at Conferences. Nick has served on the Executive Committee of The Society of Sports Therapists and has worked with GB cycling teams, Manchester Wheelers, English Fell Running teams and assisting Nicola at Blackburn Rugby Union club.