

*** Post surgical pain**

A ten-minute foot massage significantly reduced the agony in post-surgical patients over patients on pain killers alone. Scientists studied sixty women admitted for surgery at the Stepping Hill Hospital in Stockton, England. Half of the women were given a pain-killing drug regime and half were given the drug regime and foot massage by “a skilled acute pain nurse.” Researchers found that those receiving the foot massage reported ‘significantly less’ agony than those on painkillers alone. ... “The massage is thought to work by relaxing the patients and thus raising their pain threshold.” “Foot Rubs Easing Pain (post-sur-