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```
function initSelector(element){ $('.skiptocontent').removeAttr("href"); $( element ).parent().before( "" );  
window.location.hash = '#top'; $(window).scrollTop($("#top").offset().top-100);  
window.location.hash=''; } $('#skiptocontent').keydown(function (e) { var code; try { code =  
(window.event) ? window.event.keyCode : event.which; } catch(err) { code = e.keyCode || e.which; }  
//click Enter if(code == 13){ var mainPagId=$("#main-page-content").text(); if(mainPagId){  
initSelector('#main-page-content'); }else{ var firstH1=$('#h1:first').text(); if(firstH1){  
initSelector('h1:first'); }else{ $('#skiptocontent').css('display','none'); } } }});
```

showDfpAd(0)

```
$(document).on("ready", sageQuickSearch.init('chpb'));
```

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```
$(document).on("ready", sageQuickSearch.init('chpb'));
```

[Advanced](#)

Sign In

National Science Library

Society

```
addClass('enhancedLoginPanel', 'doNotShow'); function initLoginBox() { if (hasPersonIdentity())  
$('.profileContainerMobile img.loggedInArrow').show(); else { $('.profileContainerMobile  
img.loggedInArrow').hide(); //$('.myprofile-label').text("Sign In"); }; $('#portalLoginBar .sage-login-  
widget').attr('tabindex', '0'); $('.sage-login-widget img.user-logo').each(function(){  
//console.log($(this).attr('src')); if($(this).attr('src').indexOf('templates')==-1)
```

```
$(this).addClass('bannerImage'); else $(this).removeClass('bannerImage');}); initMyProfileInfo();  
initInstitutionInfo(); initSocietyInfo(); if (inPbEditorMode()) $('.sage-login-widget').attr('onclick',  
'toggleLoginPopup(true);return false;'); if (isIE()) { $("img.user-logo").each(function () { let imgUrl =  
$(this).prop("src"); if (imgUrl) { $(this).css("backgroundImage", 'url(' + imgUrl + ')').addClass("ie-object-  
fit"); $(this).prop("src","");
}); } ); } }
```

Access Options

You can be signed in via any or all of the methods shown below at the same time.

My Profile

Sign in here to access free tools such as favourites and alerts, or to access personal subscriptions

Email (required)

Password (required)

Remember me

[Forgotten your password?](#)

I don't have a profile

[Create Profile](#)

I am signed in as:

[View My Account](#)

[Logout](#)

```
function initMyProfileInfo() { $('.id-person-activated>img.user-logo').attr('title', 'You are signed in via your profile'); $('.id-person-deactivated>img.user-logo').attr('title', 'You are not signed in via your profile'); $('#frmLogin br').hide(); $('#user-login-form #passwordReminder').insertBefore('#user-login-form #frmLogin tr:last-child'); $('
Set new password
').appendTo('#user-login-form #passwordReminder'); $('#ru-user').attr('href', '/action/doLogout?redirectUri=' + window.location.href); $('#user-login-form .loginForm label[for="password"]').append(':'); if (hasPersonIdentity()) { $('#user-info').show(); $('#user-login-form').hide(); } else { $('#user-info').hide(); $('#user-login-form').show(); } let $user=$('#portalLoginBar .my-profile-col.id-person-activated'); if ($user && $user.attr('name') && $user.attr('name').length>0) { $('
'+$user.attr('name')+'
').appendTo('#user-name'); } }
```

With my free profile I can:

- Set up [favourite journals](#) and register for [email alerts](#)
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Institution

If you have access to journal content via a university, library or employer, sign in here

[Shibboleth](#)

[Open Athens](#)

I am signed in via:

National Science Library

```
function setInstitutionLoginStatus() { let samlExists=($('.access-via-samel').length)>0; let  
appendTag=""; if (samlExists) { appendTag+='  
';  
}; } else { appendTag+='  
';
```

Signed in via: **a federated identity**

Sign in via: [Shibboleth](#)

Sign in via: [Open Athens](#)

```
'; } $('#inst-login-status').append(appendTag); } function setRedirectUrl() { let currentUrl =  
window.location.pathname; $('.Shibboleth').attr("href", $('.Shibboleth').attr('href') + currentUrl);  
$('.OpenAthens').attr("href", $('.OpenAthens').attr('href') + currentUrl); } function initInstitutionInfo() {  
setInstitutionLoginStatus(); setRedirectUrl(); if ($('.id-institution-activated>img.user-  
logo').attr('title')===undefined) $('.id-institution-activated>img.user-logo').attr('title', 'You are signed in
```

```
via your institution'); $('.id-institution-deactivated>img.user-logo').attr('title', 'You are not signed in via  
an institution'); $('#institution-info .portallNsitutionalButton').after('
```

my institutional subscription

```
'); //if ($('#institution-info .portallNsitutionalButton a').length) $('#institution-info .portallNsitutionalButton  
a').text(); if (hasInstitutionIdentity()) { $('#institution-info').show(); $('#institution-login-form').hide(); }  
else { $('#institution-info').hide(); $('#institution-login-form').show(); } }
```

With institutional access I can:

- View or download all content the institution has subscribed to.

Society

If you have access to journal via a society or associations, read the instructions below

Members of _ can log in with their society credentials below

Username (required)

Password (required)

Society (required)

Access to society journal content varies across our titles.

If you have access to a journal via a society or association membership, please browse to your society journal, select an article to view, and follow the instructions in this box.

Contact us if you experience any difficulty logging in.

Some society journals require you to create a personal profile, then activate your society account

[Activate my Society Account](#)

I am signed in via:

[Institution](#)

[Logout](#)

```
function getYmCount() { let rv=0; try{ rv=Number("0"); if (isNaN(rv)) rv=0; } catch (e) {} return rv; }
function getSocietyJournals(index) { let rv=""; try { switch (index) { case 1:rv=""; break; case 2:rv=""; break; case 3:rv=""; break; case 4:rv=""; break; case 5:rv=""; break; default:break; } } catch (e) {}
return rv; }
```

```
$('#ru-society').attr('href', '/action/doLogout?redirectUri=' + window.location.href); function
restyleJournalAd(){ if ($('#society-login-form .literatumAd').length!==0) { $('#society-login-form
#society-info-text, #society-login-form .topSeparator').hide(); } } function initSocietyInfo() { if ($('.id-
society-activated>img.user-logo').attr('title')===undefined) $('.id-society-activated>img.user-
logo').attr('alt', 'You are signed in via your society'); $('.id-society-deactivated>img.user-
logo').attr('title', 'You are not signed in via a society'); $('#society-info .portallnsitutionalButton').after('
```

my society or association

```
'); if (hasSocietyIdentity()){ $('#society-info').show(); $('#society-login-form').hide(); } else {
restyleJournalAd(); $('#society-info').hide(); $('#society-login-form').show(); } } function
getYmSocietyIndex(){ let count = getYmCount() || 0; let currentJournal = "chp"; if
(currentJournal.length!==0 && count>0) { console.log("Looking through "+count+" societies for journal
code: "+currentJournal); for (i=0; i
```

—

[Journal of Evidence-Based Integrative Medicine](#)

[Journal Indexing & Metrics](#)

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```
if ('0.4822.7201.098CiteScoreSCImago Journal Rank (SJR)151563'.trim().length>0)
$('.impactFactorContainer').removeClass('not-show-important'); if ($( ".impact-factor-container" ) &&
$( ".impact-factor-container" ).size()>0) $("#showAllSocietiesBtn").addClass("ifBorder"); switch
($("#showNoFoldedSocietyLogos .societyImageLink").size()) { case 2:
$("#showNoFoldedSocietyLogos").addClass('two-logos'); break; case 1:
$("#showNoFoldedSocietyLogos").addClass('one-logo'); break; case 0: default: break; } function
resizeHeaderFont() { var headerTitleElement = document.getElementById('headerTitle'); if
(headerTitleElement) { var fontsize = 32; if ("'" && "FALSE" === "TRUE") fontsize=28;
$("#headerTitle").css('font-size', fontsize+"px"); /*Max font size, then reduce from there*/
$("#headerTitle h1").css('font-size', fontsize+"px"); /*Max font size, then reduce from there - journal
home only*/ var headerTitleSize = headerTitleElement.getBoundingClientRect(); var textHeight =
headerTitleSize.height; var textWidth = headerTitleSize.width; var containerElement =
document.getElementById('headerTitleContainer'); var containerSize =
containerElement.getBoundingClientRect(); var containerHeight = containerSize.height; var
containerWidth = containerSize.width; var fontstring = ""; while (textHeight > containerHeight) {
fontsize--; fontstring = fontsize.toString(); fontstring = fontstring + "px"; $('#headerTitle').css('font-size',
fontstring); $('#headerTitle h1').css('font-size', fontstring); headerTitleSize =
headerTitleElement.getBoundingClientRect(); textHeight = headerTitleSize.height; textWidth =
headerTitleSize.width; } } }; resizeHeaderFont(); $(window).resize(function() { resizeHeaderFont(); });
```

-
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 - [Feedback](#)
 - [Recommend to Library](#)
 - [Advertise](#)
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 - [RSS](#)

Search in:

```
function offset(el) { let rect = el.getBoundingClientRect(), scrollLeft = window.pageXOffset ||
document.documentElement.scrollLeft, scrollTop = window.pageYOffset ||
document.documentElement.scrollTop; return { top: rect.top + scrollTop, left: rect.left + scrollLeft,
bottom: rect.bottom + scrollTop , right: rect.right + scrollLeft } } window.addEventListener("scroll",
function() { let y = window.pageYOffset; let $quickSearchId = $("#journalQuickSearch").parent(); if (y
>= offset(document.getElementById("portalQuickSearch")).bottom) {
$quickSearchId.removeClass("doNotShow"); } else { $quickSearchId.addClass("doNotShow"); } } );
```

```
$(document).on("ready", sageQuickSearch.init('chpb'));
```

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This site uses cookies. By continuing to browse the site you are agreeing to our use of cookies. [Find out more.](#)

```
$("#accept-cookie-policy").click(function() { $.get('/action/cookiePolicy?response=accept',  
function(data) { $(".cookiePolicy").remove(); }});});
```

Add Email Alerts

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You are adding the following journals to your email alerts

Journal	New Content	Announcements
Journal of Evidence-Based Integrative Medicine		

[Contents](#)

```
_ $(document).ready(function() { if( ($('#openAccessSideMenu .showFullText').size() == 0) ||  
    (isDesktop() && $('#openAccessSideMenu').find('.noAccess').size() !=0 ) ) {  
    $('#mobileContents').closest('.general-html-asset').addClass('hide');  
    $('.mobileToolLink').addClass('double-button'); } } );
```

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B.G. Edwards, PhD, ATC, CES (ASCM), RKT and J. Palmer, MS, CMT, LAT, RKT
Complementary health practice review 2010 15:3, 149-155

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Complementary health practice review 2010 15:3, 149-155

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```
var script = document.createElement('script'); script.type='text/javascript';
script.src='//s7.addthis.com/js/250/addthis_widget.js#pubid=xa-4faab26f2cff13a7'; script.async = true;
$('head').append(script)
```

Via Email

All fields are required

Recipient's Email Address:

Your Email:

Your Name:

Subject:

Send me a copy

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```
$(document).ready(function () { if ($.articleTools .rightsLink").length) {  
    $(".permissionsToolContainer").css("display", "inherit"); } });
```

```
$('div.articleToolsLinks').insertBefore('li.RelatedArticles'); $('div.pdf-no-access a').removeAttr('href'); $('#copyToClipBoard').attr('data-item-name', 'copy-citation'); $('#articleCitationDownloadContainer, #articleShareContainer, #articlePermissionsContainer').click(function () { articleToolsToggle(); }); $(".popup-dialog").on("click", function(event){ event.stopPropagation();}); $('').insertAfter('#copyToClipBoard'); trapKeys('.popup-dialog', '.articleToolPanelClose');
```

—

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```
function addFlashMovie(id, flv) { var flashvars = {file: flv ,type: 'flv'}; var params = {allowfullscreen :true}; var attributes = {};  
swfobject.embedSWF('/flvplayer.swf', id, "352", "288", "7.0.0", false,  
flashvars, params, attributes); } function addFlashMovie(id, flv, image) { var flashvars = {file: flv ,type:  
'flv', image: image}; var params = {allowfullscreen :true}; var attributes = {};  
swfobject.embedSWF('/flvplayer.swf', id, "352", "288", "7.0.0", false, flashvars, params, attributes); }
```

Effects of Massage Therapy on African Americans with Type 2 Diabetes Mellitus: A Pilot Study

Show all authors

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[J. Palmer](#)

Department of Allied Health Professions, Shaw University, Raleigh, NC, USA

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/* * Check the number of Author's * if less than '3' we not display expandable-author * */ var
numItems = \$('.contribDegrees').length; if(numItems

Keywords [diabetes](#), [massage](#), [acupressure](#), [African Americans](#)

Acolet, D. , Modi, N. , Giannakoulopoulos, X. ,
Bond, C. , Weg, W. , Clow, A. , & Glover, V. (1993, January). Changes in plasma cortisol and catecholamine concentrations in response to massage in preterm infants. Archives of Disease in Childhood, 68, 29-31.

[Google Scholar](#) | [Medline](#)

Barnes, P.M. , Bloom, B. , & Nahin, R.L. (2008). Complementary and alternative medicine use among adults and children: United States, 2007. CDC National Health Statistics Report #12.

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Bradley, C. (1994). The well-being

questionnaire. In C. Bradley (Ed.), *Handbook of Psychology: A guide to psychological measurement in diabetes research and practice*. Chur, Switzerland: Harwood Academic Publishers.

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Cady, S.H. , & Jones, G.E. (1997). Massage therapy as a workplace intervention for reduction of stress. *Perceptual and Motor Skills*, 4, 157-158.

[Google Scholar](#)

Delaney, J.P.A. , Leong, K.S. , Watkins, A. , & Brodie, D. (2002). The short term effects of myofacial trigger point massage therapy on cardiac autonomic tone in healthy subjects. *Journal of Advanced Nursing*, 37, 364-371.

[Google Scholar](#) | [Medline](#)

Dillon, R.S. (1983). Improved insulin profiles in diabetic individuals who massage their insulin injection sites. *Diabetes Care*, 6, 399-401.

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Eisenberg, D.M. , Davis, R.B. , Ettner, S.L. , Appel, S. , Wilkey, S. , Van Romppay, M. , & Kessler, R.C. (1998). Trends in alternative medicine use in the United States, 1990-1997: Results of a follow up national survey. *The Journal of the American Medical Association*, 280, 1569-1575.

[Google Scholar](#) | [Medline](#)

Ezzo, J. , Donner, T. , Nickols, D. , & Cox, M. (2001). Is massage useful in the management of diabetes? A systematic review. *Diabetes Spectrum*, 14, 218-224.

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Field, T. , Hernandez-Reif, M. , LaGreca, A. , Shaw, K. , Schlanberg, S. , & Kuhn, C. (1997). Massage therapy lowers blood glucose levels in children with diabetes mellitus. *Diabetes Spectrum*, 10, 237-239.

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Hayes, J. , & Cox, C. (1999). Immediate effects of foot massage on patients in critical care. *Intensive and Critical Care Nursing*, 15, 77-82.

[Google Scholar](#) | [Medline](#)

Labyak, S.E. , & Metzger, B.L. (1997). The effects of effleurage backrub on the physiological components of relaxation: A meta-analysis. Nursing Research , 46, 59-62.
[Google Scholar](#) | [Medline](#)

National Center for Complementary and Alternative Medicine. (2010). Retrieved September 23, 2010, from <http://nccam.nih.gov/>
[Google Scholar](#)

National Institute of Diabetes and Digestive Kidney Diseases. (2010). The diabetes epidemic among African Americans. Retrieved September 23, 2010, from
<http://diabetes.niddk.nih.gov/dm/pubs/africanamerican/>
[Google Scholar](#)

Pi-Sunyer, F.X. (1990). Obesity and diabetes in blacks. Diabetes Care, 13, 1144-1149.
[Google Scholar](#) | [Medline](#)

Shoemaker, J.K. , Tiidus, P.M. , & Mader, R. (1997). Failure of manual massage to alter limb blood flow: Measures by Doppler ultrasound. Medicine and Science in Sports and Exercise, 29, 610-614.
[Google Scholar](#) | [Medline](#)

Valtonen, E.J. , & Lilius, H.G. (1973). Syncardial massage in diabetic and other neuropathies in lower extremities. Diseases of the Nervous System, 34, 192-194.
[Google Scholar](#) | [Medline](#)

Vest, G. (2000). Acupressure, breath awareness help diabetes patients . Massage Magazine, 64, 86.
[Google Scholar](#)

Wu, W. , & Li, C. (1998). Diabetes mellitus treated by massage. Journal of Traditional Chinese Medicine, 18, 64-65.
[Google Scholar](#)

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My Account

Welcome

You do not have access to this content.

[Sign Out](#)

```
var href = window.location; if (window.location.href.indexOf('verifyEmail')!=-1)
href=window.location.origin;
//document.getElementById('returnLink').href="/action/doLogout?redirectUri="+href;
$('.logOut').attr("href", "/action/doLogout?redirectUri="+href);
```

```
let $user=$('#portalLoginBar .my-profile-col.id-person-activated'); if ($user && $user.attr('name') &&
$user.attr('name').length>0) $("+$user.attr('name')+").appendTo('#denial-welcome
span.individualUser');
```

Email (required)

Password (required)

Remember me

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```
document.getElementById("denial-2-cn").style.display = "block";
document.getElementById("denial-2").style.display = "none";
```

Institutional Access

does not have access to this content.

```
if($('span.institutionBannerText').length==0) { if($('img#accessLogo').length==0) { $('#denial-institution').hide(); } else { var altText = $('.welcome span.institutionBannerLogo img').attr("alt"); var hrefText = $('.welcome span.institutionBannerLogo a').attr("href"); console.log(altText+'-'+hrefText); if(!altText || altText.length==0) $('.welcome span.institutionBannerLogo').clone().prependTo('#denial-institution div.error:first'); else { if (!hrefText || hrefText.length==0) $('#denial-institution div.error:first').prepend("+altText+"); else $('#denial-institution div.error:first').prepend("Ã¢â€šâ€±altTextÃ¢â€šâ€±"); } } }
```

[Shibboleth](#)

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Members of _ can log in with their society credentials below

Username (required)

Password (required)

Society (required)

Purchase Content

24 hours online access to download content

```
$('.addOffer input[name="backUri"]').val(window.location.pathname); $(document).ready(function() {  
var ppvOffers=0; var articleTitle="Effects of Massage Therapy on African Americans with Type 2  
Diabetes Mellitus: A Pilot Study"; $('.ecommDenial #ecommerceForm>div').each(function(){ try{ let  
offerText=$(this).find('b')[0]).text().trim().toLowerCase(); let  
offerId=$(this).find('input[name="offerId"]')[0].val(); let offerValue=" for "; if (offerText.length // Here  
we keep the JS functions that use context sensitive parameters, since these are not working outside  
of HTML assets (e.g. in js files) function removeTlaFromTaxonomyFacet() { //SAGE-2005  
$('li.ConceptID.parentFacets').each(function(){ let $link = $(this).find(".facet-link-container a"); if  
($link.length) { if ($link[0].innerHTML.toLowerCase().trim() === "chp".toLowerCase()) {  
$(this).css("display", "none"); // hide this //console.log("Removed TLA code from taxonomy filter"); if  
($(this).parents(".hiddenChildrenFacets").length) { // If TLA code found in hidden facets, change the  
More(n) text to More(n-1) $(this).parents("div.facetContainer").find("div.toggleMoreFacets a.facet-  
link").each(function(){ if (this.innerHTML.toLowerCase().indexOf("more (") !== -1) { let moreNumber =  
this.innerHTML.match(/\d+/)[0]; if (moreNumber > 1) $(this).text($(this).text().replace(moreNumber,  
moreNumber - 1)); else // if only one was hidden, no need to expand $(this).parent().css("display",  
"none"); } } } } ); } function cpTitlesDates() { if ('cpv'==='cp' || 'cpv'==='cpv') { $('.pubDate-  
left').addClass('not-show-important'); } } function deniedPdfAccess() { if  
($('#accessOptionsTop').length > 0) { // clicked on page with access denial bar toggleDenialBar();  
$('#accessOptionsTop input#login').focus(); } else { // no access denial bar window.location =  
'/doi/pdf/10.1177/1533210110390024'; } } function accesibilityImageAltText() {  
$('.moreFromThisJournalModules img').each(function(){ if ($(this).attr('alt')===undefined)  
$(this).attr('alt', ""); }); $('.portalResourcesContainer img, .tellUsImage img').attr('alt', "");  
$('.relatedJournalsTextContainer').each(function(){ let $journalText = $(this);  
$journalText.closest('.relatedJournalsColumn>a').append($journalText.text()); $journalText.remove();  
}); $('.relatedJournalsImageContainer img').each(function(){ let $coverImage = $(this); let $parent =  
$(this).parent(); $coverImage.addClass('relatedJournalsImageContainer');  
$coverImage.prependTo($coverImage.closest('.relatedJournalsColumn>a')); $parent.remove(); });  
$('td.savedSearch.savedResult:nth-child(4) img').attr('alt', function() { return  
$(this).attr('alt').replace('alert type', 'saved date'); }) $('td.savedSearch.savedResult:nth-child(5)  
img').attr('alt', function() { return $(this).attr('alt').replace('alert type', 'last run date'); }) } //run these  
before document finished loading // //SAGE-1878 //if($('.more-than').offset().left > 0) $('.pb-ui  
.accessOptionsBar').css('display', 'block'); else $('.pb-ui .accessOptionsBar').hide(); if($('.span.related-  
Article-wrapper span').length==0) $('.span.related-Article-wrapper').hide(); cpTitlesDates(); // Add  
data module attributes in related journals HTML widget $(".otherSociety").attr("data-module-name",  
"related-journals"); $(".otherSocietyButton #viewMoreText").attr("data-item-name", "view-more");
```

```
$(".otherSocietyButton #viewLessText").attr("data-item-name", "view-fewer"); $(".otherSocietyButton #viewFewerText").attr("data-item-name", "view-fewer"); // Add a separator before issue
//$('.mostReadCited .contentItemIssue').text(function () { // if ($(this).text().trim().length > 0 &&
$(this).text().trim().indexOf('-')!=0) // return '- +'$(this).text(); //}); //Move related articles indication into
proper place: $('span.related-Article-wrapper').insertAfter('div.articleInformation'); $('.related-article-
title').text(function() { return $(this).text().replace(/\s*/:, ':'); }); $('.online-pub-date').text(function() {
return $(this).text().replace(/-/g, ' '); }); $('.contentItemVol').text(function() { return
$(this).text().replace('Vol 0,', '').replace('Vol.', 'Vol ').replace(/\s*//, ','); });
$('.issueFormat').text(function() { return $(this).text().replace('issue', 'Issue').replace('vol.',
'Vol').replace(/\s*/, ','); }); //Remove trailing dot from a.deleteAccountLink
$('a.deleteAccountLink').text('Delete your account'); //Remove trailing dot from a.deleteAccountLink
$('#copyToClipBoard').text('Copy to Clipboard'); // Rename "Views" to "Views and downloads"
$('.view-count').text(function() { if (inJournalScope()) return $(this).text().replace('Views:', 'Views &
downloads:'); else return $(this).text(); }); // Keep only anchor element if already in citedBy page if
($('.view-all-citedBy a').attr('href') === window.location.pathname) $('.view-all-citedBy a').attr('href', '');
// Add #top-content-scroll on 'View All' citedBy link $('.view-all-citedBy a').attr('href', $('.view-all-
citedBy a').attr('href') + '#top-content-scroll'); // Change MR/MC panel text $('#mostReadCitedPage
.online-pub-date').text(function() { return $(this).text().replace("Online publication date", "First
published"); }); //Wait for images to load, before deciding whether to move the related journals
$('.journalHomeFourRight').imagesLoaded().always(function(){ moveRelatedJournals();
//console.log('Ad(right) image is loaded'); }); // Fix for 'more...' label falling into 2nd line if ($('.authors
.more-than').length && $('.authors .more-than').offset().left 1)
$('input[name=AllField]').autocomplete('close'); } catch(e) {}}); //console.log('Journal: Journal of
Evidence-Based Integrative Medicine, Issue: , Article: Effects of Massage Therapy on African
Americans with Type 2 Diabetes Mellitus: A Pilot Study');
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