



NOTES

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Randomized, controlled studies have documented greater weight gain in preterm newborns receiving moderate pressure massage therapy (see Field, Hernandez-Reif & Freedman, 2004; Vickers, Ohlsson, Lacy & Horsley, 2004 for reviews). These include our studies on preterm newborns who received 5–10 days of massage therapy and showed a 21–48% greater increase in weight gain and hospital stays of 3–6 days less than control infants (Diego, Field & Hernandez-Reif, 2005; Dieter, Field, Hernandez-Reif, Emory & Redzepi, 2003; Field, Schanberg, Scafidi, Bauer & Vega-lahr, 1986; Scafidi, Field, Schanberg, Bauer & Vega-Lahr, 1990; Wheeden, Scafidi, Field, Ironson & Valdeon, 1993) . . . These weight-gain findings have been replicated by at least 4 independent groups (Cifra & Sancho, 2004; De-Roiste & Bushnell, 1996; Goldstein-Ferber, Kuint, Weller, Feldman, Dollberg, Arbel & Kohelet, 2002; Mathai, Fernandez, Modkar & Kanbur, 2001).

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