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[Randomized Controlled Trial](#) [Complement Ther Med.](#) 2017 Jun;32:41-48.

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Effect of light pressure stroking massage with sesame (*Sesamum indicum* L.) oil on alleviating acute traumatic limbs pain: A triple-blind controlled trial in emergency department

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Abstract

Objectives: Due to adverse effects of common medications used for traumatic pain management, it is crucial to use complementary methods to alleviate this pain. Present study aimed to assess the effect of light pressure stroking massage with topical sesame oil on pain severity of patients with limbs trauma.

Methods: This triple-blinded randomized trial was conducted on 40 patients with upper or lower extremities trauma in emergency department of Busheher Amir Al-Momenian Hospital, Busheher, Iran, in 2015–2016. Patients received a 5min massage with either liquid paraffin (placebo) or sesame oil on trauma site twice a day for 9days duration. Pain severity was assessed by visual analogue scale in first day (baseline), 3th, 6th and 9th days of intervention in the both groups.

Results: Mean changes of pain severity between two groups was significant in the 6th (-0.20 ± 1.36 ; $P=0.036$) and 9th (-0.36 ± 1.12 ; $P<0.001$) days of intervention. Regarding to intake of diclofenac, no significant difference was seen between sesame oil and placebo groups during 9days of intervention (575.23 ± 3.11 and 625.13 ± 4.23 respectively, $P=0.601$). There were no adverse effects during the study in the both groups.

Conclusion: Massage with topical sesame oil was associated with significant reduction in pain severity of patients with limbs trauma. Therefore, it is suggested to use this oil on complementary medicine for pain relief due to low cost, easy usage and lack of adverse effects.

Keywords: Emergency department; Massage; Pain; Sesame oil; Trauma.

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