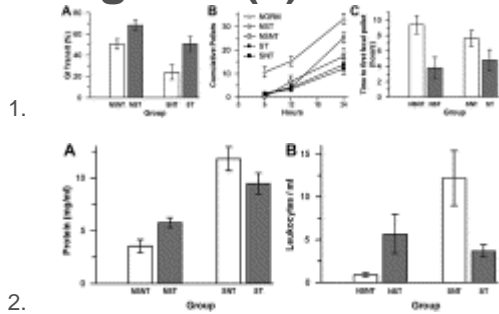


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Fascia science and clinical applications – post-surgical visceral massage: animal study

Visceral massage reduces postoperative ileus in a rat model

Summary

Objective

Abdominal [surgery](#) invariably causes a temporary reduction of normal [intestinal motility](#), called [postoperative ileus](#). Postoperative ileus extends [hospital stays](#), increases the [costs](#) of hospitalization, and may contribute to the formation of [postoperative adhesions](#). We designed experiments to determine if visceral [massage affects postoperative ileus](#) in a rat model.

Material and methods

Forty female Long Evans rats were assigned to 4 groups in a 2 (surgery) × 2 (treatment) [factorial design](#). Twenty rats were subjected to a small intestinal manipulation designed to emulate “running of the bowel.” Transabdominal [massage](#) was performed upon 10 operated and 10 [control](#) rats in the first 12 h following [surgery](#). [Ileus](#) was assayed after 24 h using fecal pellet discharge and [gastrointestinal transit](#). Intraperitoneal [inflammation](#) was assayed using total intraperitoneal [protein](#) and [inflammatory cell](#) concentrations.

Results

The surgery consistently caused ileus. Compared to the operated group with no treatment, the operated with [treatment group](#) showed increased gastrointestinal transit and reduced time to first fecal pellet discharge. Similar group comparisons revealed that the treatment decreased total intraperitoneal [protein](#) and numbers of intraperitoneal inflammatory cells.

Conclusions

In this rat model, visceral massage reduced experimental postoperative ileus. The data suggest that the effect was through the attenuation of [inflammation](#). A similar study could be designed and performed in a [hospital setting](#) to assess the [potential role](#) of visceral massage as part of the integrated care for postoperative ileus.

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