
Abstract

Purpose: Headache is one of the most common signs in Sinusitis which may reduce the quality of life and increase the sleep problems. The aim of this study was to assess the effect of massage therapy on the pain severity of sinus headache in women.

Methods: The present study was a single group, pre and post test study which was conducted on 35 women with sinus headache in Esfahan. Purposive sampling method was used for this study. For each sample, 15 minutes facial and head massage was performed.

Results: Before an intervention, the mean score severity of the pain was 6.17 and after that was reduced to 3.34. The statistical analysis indicated that there was a significant difference in the pain severity before and after the intervention (p<0.0001). Conclusion: Applying massage therapy can lead to reducing the pain severity of sinus headache; thus, using this technique as an effective method is recommended for this group of patients.

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