**Supplemental Table 7. Characterization of massage interventions between evaluated studies**

|  |  |  |  |
| --- | --- | --- | --- |
| **Study** | **Massage duration** | **Massage frequency** | **Body area** |
| Asadizaker et al., 2011 [(1)](https://paperpile.com/c/ghTMWK/SJeR) | 20 minutes | Only once | Feet and hands |
| Boitor et al., 2015 [(2)](https://paperpile.com/c/ghTMWK/apoBO) | 15 minutes | 2 to 3 massage sessions over 24 hours | Hands |
| Kshettry [(3)](https://paperpile.com/c/ghTMWK/thi2S) | 30 minutes | Once or twice | Not specified |
| Mitchinson et al., 2007 [(4)](https://paperpile.com/c/ghTMWK/YZZQG) | 20 minutes | Once daily up to day 5 | Back |
| Piotrowski et al, 2003 [(5)](https://paperpile.com/c/ghTMWK/23RfU) | 10 minutes | Twice daily up to day 7 | Back |

**References**

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3. [Kshettry VR, Carole LF, Henly SJ, et al.: Complementary alternative medical therapies for heart surgery patients: feasibility, safety, and impact. *Ann Thorac Surg* 2006; 81:201–205](http://paperpile.com/b/ghTMWK/thi2S)

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