

APROS M1000 Clinical Outcomes Report

Outcome Analysis | All Organizations

Date: March 22, 2026

Dataset Source: APROS M1000 Master dataset

Date Range: 9/24-1/26

Overall Outcomes Summary

Total Pain Reduction: 60%

Total Relaxation Improvement: 30%

Total Satisfaction: 98%

Participating Massage Businesses

Rachel Massage MN- Minneapolis, MN

Balancing Touch- Redwing, MN

Agility Massage- Eagan, MN

Eagan Massage Center- Eagan, MN

Hybrid Health-Boise, ID

StJohnClarke PTC- Tampa, FL

Data Collection

The data reflected in this report is from 415 survey records.

Final reporting and statistical analysis will be provided when 1000 survey records are completed and verified.

Introduction: Massage therapy is widely used for pain and wellness management; however, large-scale practice-based outcome data remain limited.

Purpose: To evaluate massage therapy outcomes by body area and contributing cause using aggregated real world clinical data.

Methods: A retrospective observational analysis was conducted using de-identified data collected through the Applied Practice Results Operating System (APROS). Outcomes included pain reduction, relaxation change, and satisfaction. Data was analyzed using RFOS ProofEngine v1.0 and stratified by body area and reported cause.

Participants and Data Source: Data was derived from massage therapy sessions recorded through APROS-enabled workflows. Each record represents a single session with matched pre- and post-session responses. The dataset reflects a heterogeneous population without demographic restrictions.

Inclusion and Exclusion Criteria

Inclusion: Completed pre- and post-session surveys, valid responses for at least one primary outcome

Exclusion: Incomplete or unmatched data, invalid or out-of-range responses, duplicate or anomalous records

Data Collection

Standardized digital surveys were administered immediately before and after each session. Responses were automatically paired at the session level. Optional practitioner metadata were included when available.

Outcome Measures

Pain Reduction: Measured on a 0–10 numeric rating scale and expressed as percentage change from baseline. Defence and Veterans Pain Rating Scale DVPRS

Relaxation Change: Measured on a 0–10 scale; calculated as pre–post difference Linkert scale

Satisfaction: Measured post-session using a 5-point Likert scale.

Variable Stratification: Outcomes were categorized by body area and client-reported cause of discomfort.

Data Analysis: Descriptive statistics were calculated using RFOS ProofEngine v1.0. Analyses included mean values, percentage changes, and stratified aggregation. No inferential statistical testing was performed.

Ethics: All data were de-identified. Data collection occurred as part of routine clinical workflows. This study is observational and does not constitute a clinical trial.

Results: Massage therapy was associated with consistent improvements across all primary outcome measures. Pain reduction was observed across multiple body areas and causes, with clinically meaningful percentage decreases from baseline. Relaxation scores demonstrated substantial increases following treatment, and satisfaction ratings were consistently high.

Analysis Pain Cause- Area- Pain Reduction Average

Pain Cause	Area	Pain Reduction Average
Autoimmune Disorder	Abdomen	25%
Autoimmune Disorder	Lower Back	100%
Autoimmune Disorder	Mid Back	25%
Autoimmune Disorder	Shoulder	41%
Bursitis	Shoulder	0%
Chronic Fatigue	Arm	40%
Chronic Fatigue	Back of Neck	65%
Chronic Fatigue	Head	79%
Chronic Fatigue	Hip	30%
Chronic Fatigue	Mid Back	63%
Chronic Fatigue	Shoulder	45%
Chronic Fatigue	Upper Chest	75%
Exercise	Ankle	56%
Exercise	Arm	67%
Exercise	Back of Lower Leg Calf	39%
Exercise	Back of Neck	63%
Exercise	Back of Upper Thigh	63%
Exercise	Elbow	100%
Exercise	Front of Thigh	50%
Exercise	Hip	52%
Exercise	Knee	72%

Pain Cause	Area	Pain Reduction Average
Exercise	Lower Back	63%
Exercise	Mid Back	42%
Exercise	Sacrum/Tailbone	72%
Exercise	Shoulder	71%
Exercise	Upper Chest	67%
Fibromyalgia	Arm	50%
Fibromyalgia	Back of Neck	47%
Fibromyalgia	Upper Chest	40%
Frozen Shoulder syndrome	Shoulder	50%
Headache	Back of Neck	60%
Headache	Head	75%
Headache	Shoulder	42%
Injury - Motor Vehicle	Back of Neck	73%
Injury - Motor Vehicle	Hip	-40%
Injury - Motor Vehicle	Lower Back	67%
Injury - Motor Vehicle	Shoulder	100%
Injury - Motor Vehicle	Wrist	75%
Injury - Other Accident	Ankle	83%
Injury - Other Accident	Back of Neck	60%
Injury - Other Accident	Foot	63%
Injury - Other Accident	Hip	60%
Injury - Other Accident	Lower Back	58%

Pain Cause	Area	Pain Reduction Average
Injury - Other Accident	Mid Back	69%
Injury - Other Accident	Sacrum/Tailbone	17%
Injury - Other Accident	Shoulder	0%
Injury - Other Accident	Upper Chest	0%
Injury - Work	Arm	50%
Injury - Work	Back of Neck	58%
Injury - Work	Back of Upper Thigh	25%
Injury - Work	Forearm	40%
Injury - Work	Front of Thigh	60%
Injury - Work	Hand	50%
Injury - Work	Head	60%
Injury - Work	Jaw	50%
Injury - Work	Lower Back	60%
Injury - Work	Shoulder	67%
Injury - Work	Wrist	40%
IT Band Syndrome	Back of Upper Thigh	100%
Migraine	Head	38%
Muscular Spasm	Arm	100%
Muscular Spasm	Back of Neck	63%
Muscular Spasm	Hip	43%
Muscular Spasm	Lower Back	64%
Muscular Spasm	Mid Back	50%

Pain Cause	Area	Pain Reduction Average
Muscular Spasm	Shoulder	20%
Nerve Impingement	Back of Neck	100%
Nerve Impingement	Elbow	100%
Nerve Impingement	Hand	40%
Nerve Impingement	Knee	100%
Nerve Impingement	Shoulder	100%
Osteo Arthritis	Knee	67%
Osteo Arthritis	Shoulder	58%
Plantar Fasciitis	Foot	42%
Plantar Fasciitis	Lower Back	100%
Post Surgical	Abdomen	75%
Post Surgical	Arm	50%
Post Surgical	Back of Lower Leg Calf	94%
Post Surgical	Foot	52%
Post Surgical	Front of Lower Leg Shin	67%
Post Surgical	Lower Back	48%
Post Surgical	Mid Back	71%
Post Surgical	Shoulder	100%
Posture	Abdomen	0%
Posture	Ankle	48%
Posture	Back of Neck	65%
Posture	Front of Lower Leg Shin	13%

Pain Cause	Area	Pain Reduction Average
Posture	Front of Neck	33%
Posture	Hip	88%
Posture	Lower Back	65%
Posture	Mid Back	48%
Posture	Shoulder	70%
Pregnancy	Hip	60%
Pregnancy	Lower Back	80%
Repetitive Stress	Ankle	56%
Repetitive Stress	Back of Lower Leg Calf	33%
Repetitive Stress	Back of Neck	51%
Repetitive Stress	Foot	50%
Repetitive Stress	Forearm	70%
Repetitive Stress	Hip	58%
Repetitive Stress	Jaw	100%
Repetitive Stress	Knee	56%
Repetitive Stress	Lower Back	69%
Repetitive Stress	Mid Back	83%
Repetitive Stress	Sacrum/Tailbone	83%
Repetitive Stress	Shoulder	61%
Repetitive Stress	Wrist	40%
Rheumatoid Arthritis	Hip	75%
Rheumatoid Arthritis	Lower Back	100%

Pain Cause	Area	Pain Reduction Average
Scoliosis	Back of Neck	100%
Scoliosis	Back of Upper Thigh	67%
Scoliosis	Hip	100%
Scoliosis	Lower Back	83%
Scoliosis	Mid Back	59%
Scoliosis	Shoulder	20%
Sleeping Position	Back of Neck	75%
Sleeping Position	Lower Back	58%
Sleeping Position	Mid Back	100%
Sleeping Position	Shoulder	60%
Stress	Ankle	50%
Stress	Back of Lower Leg Calf	70%
Stress	Back of Neck	64%
Stress	Back of Upper Thigh	38%
Stress	Foot	22%
Stress	Forearm	67%
Stress	Head	80%
Stress	Hip	67%
Stress	Lower Back	53%
Stress	Mid Back	66%
Stress	Shoulder	58%
Tendonitis	Foot	75%

Pain Cause	Area	Pain Reduction Average
Tendonitis	Sacrum/Tailbone	50%
TMJ	Arm	75%
TMJ	Back of Neck	50%

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