

Research: hypnosis and bone fracture

The Harvard Medical School conducted research on the use of hypnosis to enhance physical healing. Twelve people with a recent bone fracture were divided into two groups. One group received hypnosis and the other group served as control. Both groups received standard orthopedic treatment. The hypnosis group had individual hypnotic sessions and listened to audio tapes designed to increase bone healing. Xray and orthopedic evaluations were made during the 12 weeks of the experiment.

The results showed a faster healing for the hypnosis group at week 9 of the experiment. Xrays revealed a notable difference at the edge of the fracture at week 6 of the experiment. The hypnosis group also had better mobility and used less pain killers. The researchers conclude by saying that "despite a small sample size.... these data suggest that hypnosis may be capable of enhancing both anatomical and functional fracture healing, and that further investigation of hypnosis to accelerate healing is warranted.

References:

Ginandes, CS, Rosenthal, DI. 1999, "Using hypnosis to accelerate the healing of bone fractures: a randomized controlled pilot study", Therapy Health Medicine, March, 5(2), pp.67-75.