

APROS M1000v1 Clinical Outcomes Report

Company Report: Rachel Massage MN, LLC

Outcome Analysis-All Organizations

Date: 3.22.2026

Dataset: Statistics derived directly from the APROS M1000 Master dataset

Total Area Records: 361

Overall Outcomes Summary

Total Pain Reduction: 59%

Total Relaxation Change: + 27%

Introduction: Massage therapy is widely utilized 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.

Company Contributor: The company contributing data to this analysis participated in the broader APROS M1000 Clinical Reporting dataset. Readers are referred to the full report for comprehensive dataset details located at www.apros.io

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	48%
Bursitis	Shoulder	0%
Chronic Fatigue	Arm	40%
Chronic Fatigue	Back of Neck	63%
Chronic Fatigue	Head	79%
Chronic Fatigue	Hip	30%
Chronic Fatigue	Mid Back	63%
Chronic Fatigue	Shoulder	45%
Chronic Fatigue	Upper Chest	75%
Exercise	Ankle	53%
Exercise	Arm	33%
Exercise	Back of Lower Leg Calf	49%
Exercise	Back of Neck	61%
Exercise	Back of Upper Thigh	45%
Exercise	Elbow	100%
Exercise	Front of Thigh	50%
Exercise	Hip	52%
Exercise	Knee	58%

Pain Cause	Area	Pain Reduction Average
Exercise	Lower Back	55%
Exercise	Mid Back	47%
Exercise	Sacrum/Tailbone	72%
Exercise	Shoulder	66%
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	Shoulder	50%
Injury - Motor Vehicle	Back of Neck	69%
Injury - Motor Vehicle	Hip	-40%
Injury - Motor Vehicle	Shoulder	100%
Injury - Motor Vehicle	Wrist	75%
Injury - Other Accident	Ankle	83%
Injury - Other Accident	Back of Neck	53%
Injury - Other Accident	Foot	63%
Injury - Other Accident	Hip	60%
Injury - Other Accident	Lower Back	41%
Injury - Other Accident	Mid Back	68%
Injury - Other Accident	Sacrum/Tailbone	17%

Pain Cause	Area	Pain Reduction Average
Injury - Other Accident	Shoulder	0%
Injury - Other Accident	Upper Chest	0%
Injury - Work	Arm	50%
Injury - Work	Back of Neck	61%
Injury - Work	Back of Upper Thigh	25%
Injury - Work	Forearm	40%
Injury - Work	Front of Thigh	60%
Injury - Work	Jaw	50%
Injury - Work	Lower Back	60%
Injury - Work	Shoulder	67%
Injury - Work	Wrist	40%
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%
Muscular Spasm	Shoulder	20%
Nerve Impingement	Back of Neck	100%
Nerve Impingement	Hand	40%
Osteo Arthritis	Knee	67%
Osteo Arthritis	Shoulder	58%

Pain Cause	Area	Pain Reduction Average
Plantar Fascitis	Foot	42%
Plantar Fascitis	Lower Back	100%
Post Surgical	Abdomen	75%
Post Surgical	Arm	50%
Post Surgical	Back of Lower Leg Calf	92%
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	50%
Posture	Back of Neck	66%
Posture	Front of Neck	33%
Posture	Front of Lower Leg Shin	13%
Posture	Hip	88%
Posture	Lower Back	64%
Posture	Mid Back	48%
Posture	Shoulder	70%
Pregnancy	Hip	60%
Repetitive Stress	Ankle	56%
Repetitive Stress	Back of Lower Leg Calf	33%

Pain Cause	Area	Pain Reduction Average
Repetitive Stress	Back of Neck	55%
Repetitive Stress	Foot	50%
Repetitive Stress	Forearm	40%
Repetitive Stress	Hip	58%
Repetitive Stress	Jaw	100%
Repetitive Stress	Knee	63%
Repetitive Stress	Lower Back	58%
Repetitive Stress	Mid Back	86%
Repetitive Stress	Sacrum/Tailbone	83%
Repetitive Stress	Shoulder	58%
Repetitive Stress	Wrist	40%
Rheumatoid Arthritis	Hip	75%
Rheumatoid Arthritis	Lower Back	100%
Scoliosis	Back of Neck	100%
Scoliosis	Lower Back	67%
Scoliosis	Mid Back	58%
Scoliosis	Shoulder	20%
Sleeping Position	Back of Neck	75%
Sleeping Position	Lower Back	63%
Sleeping Position	Shoulder	60%
Stress	Ankle	50%
Stress	Back of Lower Leg Calf	40%

Pain Cause	Area	Pain Reduction Average
Stress	Back of Neck	74%
Stress	Back of Upper Thigh	38%
Stress	Foot	22%
Stress	Forearm	67%
Stress	Head	60%
Stress	Hip	67%
Stress	Lower Back	53%
Stress	Mid Back	60%
Stress	Shoulder	45%
Tendonitis	Foot	75%
Tendonitis	Sacrum/Tailbone	50%
TMJ	Arm	75%
TMJ	Back of Neck	50%

AverageAnalysis — Pain Cause - Pain Reduction Average

Pain Cause	Pain Average Reduction
Autoimmune Disorder	50%
Bursitis	0%
Chronic Fatigue	59%
Exercise	58%
Fibromyalgia	46%
Frozen Shoulder syndrome	50%
Headache	55%
Injury - Motor Vehicle	52%
Injury - Other Accident	43%
Injury - Work	52%
Migraine	38%
Muscular Spasm	57%
Nerve Impingement	70%
Osteo Arthritis	63%
Plantar Fascitis	71%
Post Surgical	73%
Posture	48%
Pregnancy	60%
Repetitive Stress	63%
Rheumatoid Arthritis	88%
Scoliosis	61%

Pain Cause	Pain Average Reduction
Sleeping Position	66%
Stress	53%
Tendonitis	63%
TMJ	63%

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