

Patient Resources

Magnet Therapy

Magnet therapy for use as a pain reliever dates to a mid-19th century theory called “metallotherapy,” or metal therapy. With magnets, it is thought that when the magnet is placed against your skin it will increase the circulation of iron in the blood, which helps deliver nutrients to the joints. However, iron in the blood is not attracted to magnets, thus debunking this method of therapy.



Who is it for?

Magnet therapy is not a recommended form of treatment for any individual as there is no evidence of magnets, copper, or metal working to relieve pain. *It is important that individuals with arthritis discuss their interest in magnet therapy with their rheumatologist to ensure that it is a safe option.*

Does it work?

The National Center for Complementary and Integrative Health (NCCIH), as well as many other institutions, have conducted extensive research on magnet therapy, copper therapy and metal therapy; none of which

have delivered desired outcomes. It is not advised that individuals use this form of therapy in place of conventional treatment.

Before you decide to try magnet therapy...

- Discuss your thoughts of magnet therapy with your rheumatologist to ensure that magnet therapy is a safe option for you.