#RunningForResearch 2020: Monika Hill

2020 will mark the Foundation's eighth consecutive year participating in the Boston Marathon through the John Hancock Non-Profit Marathon Program. **Learn more about each of MTF's four #RunningForResearch team members as we spotlight one runner each month**. This month: Monika Hill.

At Ironman Mont-Tremblant 2019 | Ironman BR 2018 | Eagleman 2019 | At Ironman Lake Placid 2019
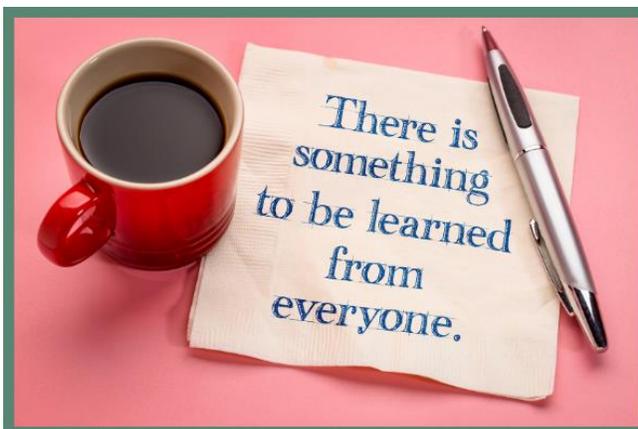
2020 Team MTF runner Monika Hill was a spectator at the 2013 Boston Marathon— a block and a half away when the bombs went off. She will return to Boston for the first time this April— **read her inspiring story and support her journey here:**

Read Monika's Story   **Donate: Show Your Support**

New MTF Case Report Hub

There is something to be learned from everyone.

Have you dreamed of sharing your research insights in order to help others?

Unless you are already working within a large research institution (not the average MT!) **the best way to begin sharing research insights with other therapists is through writing a case report.** Click below to find the resources you need to understand and undertake this endeavor.
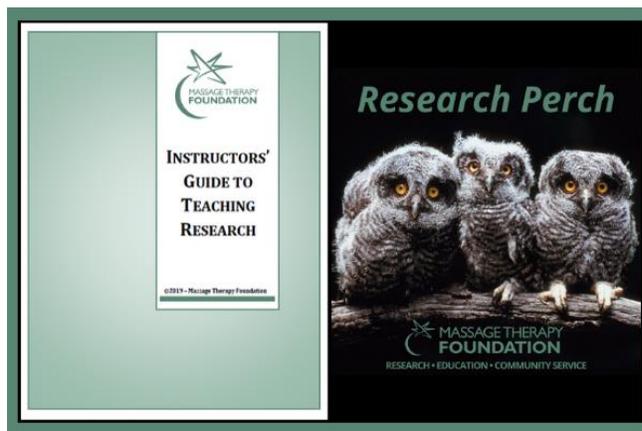
Visit MTF Case Report Hub

New *Research Perch*:
Intro to the MTF *Instructors' Guide to Teaching Research* eBook

New *Research Perch!* Host Doug Nelson welcomes educator and eBook collaborator Brent Jackson and new instructor Jordan Meyer to talk through how instructors can use the free MTF eBook, *Instructors' Guide to Teaching Research,* to teach research concepts to their students.

Listen in today and be sure download your free copy of the eBook— a useful resource for everyone who is curious about research!

View New *Research Perch*

2019 Research Grant Awarded

MTF has awarded one $30,000 2019 Research Support Grant to the University of Kentucky Research Foundation, Lexington, Ky., for its study, *Massage as an Intervention for Muscle Atrophy*.

The project examines whether massage therapy can decrease muscle atrophy and help subjects recover from muscle disuse. The results of the study have many applications as massage can be applied in situations where resistance exercise is not possible.

Watch the Video Intro

Grants and Contests

Have you ever had a great idea for a research project or community service initiative involving therapeutic massage? Have you been inspired by research that you wanted to share with your colleagues in the profession and allied medical fields? We can't wait to see your ideas!

Apply to the following Grants and Contests today:
• 2020 Community Service Grant Application
• 2020 Research Grant Application
• 2020 Poster Session Abstract Submission
• 2020 Student Case Report Contest

Learn More About MTF Grants and Contests

Make a Difference: Support MTF's Annual Giving Drive

Fiscal year ends February 29. Help us meet our goal!

RESEARCH
Help fund research that demonstrates the efficacy of massage therapy to allied health professionals in the shared language of science.

EDUCATION
Help improve the quality of care that therapists provide through resources that make knowledge accessible.

COMMUNITY SERVICE
Help bring the advantages of massage to those who need it desperately –but lack access– through our Community Service Grant program.

Donate Today

Donate Now

Communicator Sponsorship Opportunities

Is your organization looking for a place to advertise while supporting massage therapy research, education, and community service initiatives? Consider sponsoring an issue of the *Communicator*. One sponsorship is available per issue. Only 12 available per year!

Learn more about this offer

Did you miss our last *Communicator*?

View previous issues on our Communicator Archives page

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