

December 2020



# Communicator

SCIENTIFIC RESEARCH • EDUCATIONAL RESOURCES • COMMUNITY SERVICE



## New MTF Research Agenda Released



The Massage Therapy Foundation is excited to announce the release of a new **MTF Research Agenda**, published in the latest edition of our journal, the *International Journal of Therapeutic Massage and Bodywork (IJTMB)*.

MTF serves as a primary steward of massage therapy research, working to fund and advance the science and art of massage therapy for the professional massage community.

**The development of an updated research agenda is an essential part of furthering MTF's responsibility to help**

**grow the massage therapy knowledge base and increase support for the practical application of quality research.**

[Explore the Agenda](#)

## Ergonomics Project Phase One Completed

**MTF has just completed a self-funded, 18-month ergonomics study to aid in the creation of a best-practices model for workplace safety and techniques for massage therapists.**

MTF's inquiry, investigation, data collection, and research garnered from this study will make a significant contribution to the health and longevity of massage therapy professionals and benefit practitioners, practice settings, and schools.



[Read the Press Release](#)

## 2020 MTF Community Service Grants Awarded



The Massage Therapy Foundation is pleased to award four Community Service Grants for the 2020 granting cycle, bringing the benefits of massage therapy to people who would otherwise not have access.

Our four 2020 Community Service Grant projects will provide therapeutic massage to survivors of abuse and addiction, formerly incarcerated persons, older adults experiencing chronic pain, and caregivers of those who suffer from dementia, respectively.

[Learn More](#)

## Continue Your Education



Whether you need CEs to renew your massage therapy license or simply love to keep up with the latest research, MTF has the webinar for you! Our NCBTMB-approved educational webinars are fun, informative, and engaging. Complete a short quiz after each presentation to **earn one free CE**.

[Browse Free MTF Webinars](#)

## *International Journal of Therapeutic Massage & Bodywork*



A new issue of *IJTM* has been released! Vol 13 No 4 (2020) includes the publication of 2018 MTF Student Case Report Contest Silver Award winner, "Effects of Massage Therapy on Multiple Sclerosis," by Amy Frost-Hunt, RMT.

*IJTM* is open-access, peer-reviewed, and indexed in PubMed. It is the official journal of the Massage Therapy Foundation and our partner, the Registered Massage Therapists' Association of British Columbia.

Visit IJTMB

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## Contribute to Research

We encourage massage therapists to help build the body of research knowledge by being a part of the following two surveys.

**Project COPE is an ongoing study chronicling the experiences of healthcare and wellness providers during the COVID-19 pandemic.** Help capture unique moments in history by sharing your experiences with study investigators.

Take the Project COPE Survey

**Indiana University is seeking massage therapy clients for the current, ongoing research project, *Assessing Affective Measures in the 2020 Pandemic*.** This project aims to describe the affective characteristics (emotions and mood) of all types of massage therapy clients during the 2020 pandemic. **We encourage massage therapists to use the survey as an opportunity to reach out to clients and be a part of research!**

Download the Client Survey Flier

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## Grant and Contest Deadlines

- **2021 Community Service Grant Process Now Open: Deadline is May 3, 2021**
- **Student Case Report Contest Open: 2021 Submissions due June 1, 2021**
- **Research Grant Process to Reopen January 1, 2021**

Apply Now

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## Donate to MTF: Make a Difference Today

**If you are in a position to make a charitable gift, please donate.** If you are a Foundation champion who is unable to give at this time, please share this [donation link](#) with your colleagues.



*We deeply appreciate every gift to the MTF 2020 Annual Giving Donation Drive. Make a difference in the lives and health of others!*



