



*Supporting scientific research,
educational resources, and
community service for the
massage therapy profession*

Dear Friend,

As President of the Massage Therapy Foundation (MTF), it is my privilege to present the Foundation's 2018 Annual Report. MTF is deeply committed to its mission of research, education, and community service. We believe in the power and promise of massage therapy and the potential this profession has to impact the health and well-being of society.

The numbers in this report are only part of the story. Our goal is to have a significant impact on the profession and society at large through advancing and deepening the scientific understanding of the work. Through our many events and connections with therapists, allied professions, and the public, we have had many insights into how deep that impact really is. Therapists have told us how important our journal, the *International Journal of Therapeutic Massage and Bodywork* is to their continued understanding of the work. Many more have told us how valuable the *Research Perch* Webinar series is by providing deeper insights into journal articles and other areas of interest. Hearing how our initiatives have impacted lives motivates us to double down on our efforts to serve the massage therapy profession, our health-care colleagues, and the public at large.

Research Update: 2018 has been a very special year. In the history of the MTF, we have never had so many concurrent research studies. They are as follows:

- ***Massage Service Integration in a Military Primary Care Clinic: Implementation and Impact Study***— Henry M. Jackson Foundation*
- ***Effect of Massage Therapy on Opiate Use in the Hospital-based Pediatric Population***— Nationwide Children's Hospital
- ***Massage Therapy as an Adjunct Intervention to Decrease Tobacco Use in Pregnancy***—Yale University
- ***Pilot Study of Massage Therapy to Improve Self-Efficacy in Patients with Left-Ventricular Device***— MedStar Health Research Institute *
- ***Massage Therapy Work-Related Musculoskeletal Disorders (WRMSDs)***— National University of Health Sciences *
- ***Massage as an Intervention for Muscle Atrophy***— University of Kentucky
- **Ergonomics Project: Phase One**— Massage Therapy Foundation

A profound thank you to the American Massage Therapy Association (AMTA) for funding the three studies marked with an asterisk. The Ergonomics Project is self-funded by the MTF and has the potential for a deep impact in the massage profession. It is one of the first and most data-intense examinations of the ergonomics of massage. Findings from this study have the potential to be used for creating some initial guidelines for practice and will possibly lead to longer more injury-free careers for

therapists. Our hope is that this project is also a springboard for further research. Plans are already underway for the Phase Two.

Education Update: We continue to support our Student Case Report contest and each year we recognize students for their winning submissions. We continue the publication of the *International Journal of Therapeutic Massage and Bodywork* (IJTMB), and continue to deepen our partnership with the Registered Massage Therapists of British Columbia (RMTBC). New initiatives in the education aspect of the Foundation have been undertaken as well, especially our new E-book for massage therapy educators which helps them bring research findings and research literacy into the classroom.

Community Service Update: The Massage Therapy Foundation provides grants to community organizations that would like to include massage as a treatment for individuals, particularly underserved populations. In 2018, four organizations were funded serving needs such as

- ***Disability-Competent Massage Therapy for Individuals with Spinal Cord Injury & Related Disabilities***— Chanda Plan Foundation
- ***Mom and Baby Healthy Touch Project***— Mary's Center
- ***Combatting the Opioid Epidemic by Providing Massage Therapy to People with Chronic Pain***— US Pain Foundation, Inc.
- ***Massage Therapy for Survivors of Domestic Violence***— Womankind

All of us at the Massage Therapy Foundation extend to you profound and deep gratitude for your support. Your donations make it possible for us to continue these programs that have an impact on research, education, and community service in the massage therapy profession. In the end, your donations matter to the massage therapists we serve, colleagues in other health care disciplines who learn about massage therapy and its benefits, and the clients who discover the power and promise of evidence-informed massage therapy. Thank you for making it possible for the MTF to serve the profession in this way. It is our privilege to do so.

With deep appreciation,



Douglas Nelson, LMT, BCTMB
President; Massage Therapy Foundation