



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

Dear Friend,

I am pleased to be providing my first Annual Report to you as Massage Therapy Foundation (MTF) President. It is my absolute honor to be elected to this position as MTF has been a part of my massage therapy career from the beginning when I was awarded a Bronze Level Student Case Report winner.

While the pandemic over the last year has certainly impacted all of us in ways we could never have fathomed, we see a bright future ahead as MTF takes a creative approach to the new “normal” we are experiencing today. MTF rung in our 30th Anniversary virtually, celebrating 30 years of accomplishments, honoring our donors, and enjoying video toasts from Foundation friends. We held our first Virtual Run/Walk which engaged supporters while raising funds to support MTF programs. We have also rolled out a new virtual gathering event, “Fireside Chat,” where our strongest supporters can meet with MTF’s President, Board, and volunteers to get updates on MTF’s latest initiatives and discuss their questions and ideas.

Community Service Update:

Four 2020 Community Service Grants were awarded. Our grantee organizations include those providing massage to those in chronic pain, survivors of human trafficking, domestic violence, and addiction, caregivers of loved ones with dementia, and formerly incarcerated individuals. Four of the eight 2019-2020 Community Service Grant programs which went on hold during the height of the pandemic have either partially or fully opened with the other four service projects still on hold for safety reasons. We hope to have all programs open and running by Fall 2021.

Research Grant Update:

We are pleased to announce the completion of Phase One of MTF’s self-funded Ergonomics Project. Our workgroup is now in the process of developing an e-book with ergonomic recommendations for minimizing risk in the workplace gleaned from the project. We are hopeful to continue the project and progress to Phase Two, using wearable sensor technology to measure actual fatigue and risk factors.

Like our Community Service Grants, our Research Grants which were underway when COVID-19 struck in March 2019 have also been put on temporary hiatus. Please stay tuned for updates as the situation evolves.

Education Update:

2020 saw the release of a new MTF Research Agenda to help guide research in the profession for many years to come. We were excited to offer three free CE Research Webinars in collaboration with NCBTMB, and are on track to present three more additional collaborative webinars in 2021. Our *Research Perch* Podcasts continue to be a source of information and learning for continuing education. We are developing quizzes and other collateral materials to open a route so viewers may earn CE credit for tuning in. We are also developing the structure for a journal club, where examination and discussion of current research is shared amongst colleagues.

As we look to the future, we remain positive in seeing our profession begin to open doors and feel humanly connected again. We are hopeful that this year of transition to a new normal will provide new opportunities and elevate the services we provide. We are extremely grateful for the unyielding support of our donors, volunteers, and the profession as a whole. A fervent THANK YOU from all of the Board of Trustees, staff, and leadership of the MTF. We are grateful for your support.

Kind regards,

A handwritten signature in black ink, reading "Robin B. Anderson". The signature is fluid and cursive, with a long horizontal flourish extending to the right.

Robin B. Anderson, Med, LMT, BCTMB, CEAS
President
Massage Therapy Foundation