



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

Dear Friend,

Have you been wondering how Massage Therapy Foundation has used your donations in the past year? Here is the 2021 MTF Annual Report to inform you.

Your generous donations go to efforts that make our collective communities stronger, kinder, and more resilient. It is because of your individual donations that MTF has been able to;

- provide funding to projects that serve those who can benefit from massage but otherwise wouldn't have access, positively impacting the dignity of our neighbors;
- fund research to help massage therapists stay current on the information available to make the most informed treatment choices for the most effective outcomes for their clients and patients;
- provide educational resources, empowering massage therapists and the communities they serve beyond the treatment room for sustainable, whole-person wellness.

**Research Update:**

One 2021 Research Support Grant of \$30,000 was awarded to Vanderbilt University Medical Center, Nashville, Tenn., for its project, Mindful Awareness in Body-Oriented Therapy (MABT) for Chronic Pain: An Implementation Science Pilot Study. This study has implications for demonstrating 'real life' evidence of mind-body treatments for chronic pain.

**Education Update:**

MTF's successful educational webinar series continued in FY 21/22, featuring Lymphatic Massage for Recovery, Sports Massage, and Hospital-Based Massage. 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.

**Community Service Update:**

Four 2021 MTF Community Service Grants were awarded. Grantee organizations include those providing massage to hospice patients, survivors of human trafficking, domestic violence, and addiction, low-income adults experiencing chronic pain, and climate disaster survivors, essential workers affected by climate disasters, and first responders. All 2019-current Community Service Grant programs which went on hold during the height of the pandemic were able to resume operations, bringing the benefits of massage to those who need them the most.

All of these Massage Therapy Foundation initiatives together make our collective communities stronger. Your generosity truly has a positive impact far beyond our organization.

Thank you from the bottom of my heart,

Adrienne F. Asta, BA, LMT  
Massage Therapy Foundation President