

NEWS RELEASE
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**Diana L. Thompson Receives the Massage Therapy Foundation /
Performance Health 2013 Humanitarian Award**

Akron, Ohio – October 10, 2013 – Ms. Diana L. Thompson, LMP, was presented the 2013 Performance Health / Massage Therapy Foundation Humanitarian Award at this year’s American Massage Therapy Association (AMTA) National Convention held in Fort Worth, Texas.

Performance Health, manufacturer and marketer of Biofreeze®, Prossage®, TheraBand™ and Pedigenix® health and wellness products, annually partners with the Massage Therapy Foundation to present this award. Ms. Thompson, a massage therapist, author, educator, researcher and volunteer, was honored for her ‘pioneering’ efforts in embracing the power of massage and the mission of the Massage Therapy Foundation to promote education and research while serving others.

In the early 1990’s, Ms. Thompson self-published her first book, which has become an industry standard for charting client intake and progress. For many years, she has championed the importance of bringing massage mainstream in health care, including reimbursement. Largely due to her efforts to educate her state’s insurance commission, every insurance provider in Washington State must offer a plan that covers massage therapy services. Under her leadership as president of the Massage Therapy Foundation, the organization hosted two international research meetings and launched the profession’s first academic, peer-reviewed research journal. In 2012, Ms. Thompson assembled a team and in less than a week created a document that referenced over 900 citations to demonstrate the Essential Health Benefits of massage therapy. This influential document was used by the Washington State insurance commission to include massage coverage as part of the state’s Affordable Care Act.

“I am grateful to the Foundation for their work and for allowing us to jointly honor individuals who give so much to this profession,” stated Marshall Dahneke, President and CEO of Performance Health. “Massage is truly a blessed profession because of the service-minded people it attracts. Without a doubt, Diana is a poster child of generosity and leadership. It is sincerely an honor to both thank and recognize Diana with this award. She is a modern day pioneer and a leader who has been consistently ahead of the curve.”

“I am deeply honored to receive this award,” commented Ms. Thompson. “My parents modeled service as an essential part of being human. Therefore, my sights were set on what was needed, not what

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was possible. That's how the seemingly impossible gets done. Every challenge is an opportunity for self-discovery. The outcome is its own reward.”

In addition to presenting Ms. Thompson with an award plaque, Performance Health donated \$2,500 to the Massage Therapy Foundation in her name.

Ruth Werner, President of the Massage Therapy Foundation stated, “Diana has been my teacher and mentor in my current position, and I’ve learned more than I can share from her guidance and friendship. Her ability to lead has made amazing things happen, such as the collaborative and effective relationship we now have with the AMTA. I believe her work in changing the role of massage therapy in Washington State has the potential to change the role of massage therapy for the entire country. Congratulations and thank you, Diana.”

About Diana L. Thompson

With over 30 years of experience, Ms. Thompson offers skilled massage therapy for relief of pain, injuries, medical conditions, and provides comfort and ease of movement for older adults, pregnant women, athletes, and anyone with complications of stress. Using a technique called manual lymphatic drainage (MLD), she specializes in addressing acute and chronic inflammatory conditions. Pre and post surgical needs, detoxification and immune issues, and trauma can be positively affected using MLD in combination with other styles of massage therapy. Ms. Thompson is the author of *Hands Heal: Communication, Documentation and Insurance Billing for Manual Therapists*. The 4th edition was released in July, 2011. www.handsheal.com

About The Massage Therapy Foundation

The Massage Therapy Foundation is a 501(c)3 public charity, with a mission to advance the knowledge and practice of massage by supporting scientific research, education and community service. www.massagetherapyfoundation.org

About Performance Health

Featuring leading brands like Biofreeze[®], TheraBand[™], Cramer[®], Prossage[®] and Pedigenix[®], Performance Health offers a broad portfolio of products for the therapy, rehabilitation, wellness, massage, sports medicine, performance and podiatric markets. In addition to market-leading products, Performance Health provides practice building support, evidence-based protocols, clinical and product education, turn-key dispensing and pain management solutions. www.performancehealth.com

Photo Caption – Left to right – Diana Thompson; Lynda Solien-Wolfe, Executive Director, Massage & Spa, Performance Health; Ruth Werner; Marshall Dahneke