

April 2019

MASSAGE THERAPY
FOUNDATION
Communicator

SCIENTIFIC RESEARCH • EDUCATIONAL RESOURCES • COMMUNITY SERVICE

IMTRC 2019: Registration Ends April 15!

Learn about the latest innovations in massage therapy research while connecting with colleagues and researchers.

IMTRC 2019 is just around the corner. Don't miss keynote speaker Helene Langevin, M.D., Director of the National Center for Complementary and Integrative Health (NCCIH), panel sessions on the **opioid epidemic** and **pain management**, and education sessions on **arthritis**, **lower back pain**, **anxiety**, and **breast cancer**. **Registration ends April 15!**

Register Today



#RunningForResearch 2019: Joyce Prahasky



Running 26.2 miles was not something I had thought would be on my bucket list in this lifetime! Three major reasons motivate me while I am training to give it my all in Boston on behalf of the Massage Therapy Foundation.

First is raising money and awareness for MT research, a cause extremely close to my heart. I feel blessed to be in an industry that helps so many people, and the evidence-based research that MTF funds builds bridges with healthcare providers.

My secondary motivation is personal; losing weight and getting into shape. I am currently overweight but have been an athlete all my life.

Third, I want to inspire others. Whether you are struggling with your weight or just need to get out of a rut, you are never too old to work towards accomplishing a new goal!

Click here to support me as I run the Boston Marathon on April 15th, 2019 to raise funds and awareness for the Massage Therapy Foundation

Team MTF—Running for Research will run in the Boston Marathon© on April 15, 2019.



Opportunity for Students



MTF's annual **Student Case Report Contest** is accepting case report submissions from current students through June 3!

Case reports play an important role in scientific and professional literature. Writing a case report helps develop communication skills, critical thinking skills, and could contribute to future research and clinical practice.

Visit our website for everything you need to get started, including a free 5-part webinar series on how to write a case report and other useful resources.

[Learn More](#)

Free Research Webinar Series

The Massage Therapy Foundation and the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) are excited to offer a free 3-part Research Webinar Series in 2019.

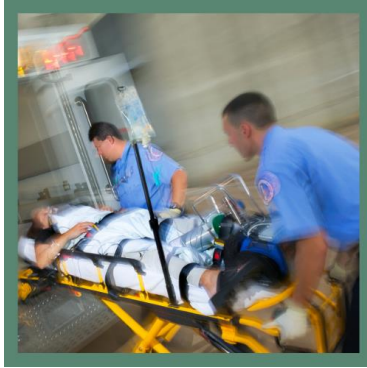
Learn more about the definition of research, its impact on the profession, and what resources are available to help you better engage.

The first MTF/NCBTMB Research Webinar has been released. **View the recording and complete a short quiz to receive 1 free CE credit!** Stay tuned for the dates of our summer and fall 2019 webinars.



[Watch Free Webinar #1, "Why Research?"](#)

International Journal of Therapeutic Massage and Bodywork



Can massage be used to decrease stress for emergency medical service staff? Read the results of a randomized controlled trial examining this question in the latest issue of our journal, *IJTM*B.

Check out this and other articles and be sure to share with your colleagues: [Vol 12, No 1 \(2019\)](#)

*IJTM*B 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](#).

Grants and Contest Deadline Reminders

- [Student Case Report Contest: Open Now](#)
Application deadline: June 3, 2019
- [AMTA Convention Poster Session Call: Open Now](#)

Your Support Makes a Difference



For 29 years MTF has provided countless resources to push the profession forward:

Over \$1 million in research grants

Over \$500k in Community Service Grants

- Downloadable #VisualAbstracts
- Student Case Report Contest
- *Research Perch* Podcast

- Research Conferences
- Peer-reviewed, Open-access Journal: *IJTM*B

Help MTF continue to fund research and deliver knowledge to therapists' fingertips. Now is the time to make research count !

[Donate Now](#)

Communicator Sponsorship Opportunities

Is your organization looking for a place to advertise while supporting massage therapy research, education, and community service initiatives? Consider sponsoring an issue of the *Communicator*. One sponsorship is available per issue. Only 12 available per year!

[Learn more about this offer](#)



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