

December 2018

MASSAGE THERAPY
FOUNDATION
Communicator

SCIENTIFIC RESEARCH • EDUCATIONAL RESOURCES • COMMUNITY SERVICE

IMTRC 2019 Presenters



The graphic features a blue background with a white star logo and the text 'MASSAGE THERAPY FOUNDATION' on the left. Below this is a photograph of the Virginia State Capitol building. To the right, the text reads 'International Massage Therapy Research Conference' and 'Pain Management and Massage Therapy Panel Session'. Three circular portraits of presenters are shown: Hunter Groninger, MD, W. Clay Jackson, MD, and Nancy Cotter, MD. At the bottom, the AMTA 75th anniversary logo is displayed along with the text 'The American Massage Therapy Association is honored to be the presenting sponsor for IMTRC 2019.'

International
Massage
Therapy
Research
Conference

**Pain Management and Massage Therapy
Panel Session**

Hunter Groninger,
MD, Georgetown
University

W. Clay Jackson,
MD, University of
Tennessee

Nancy Cotter, MD,
Rutgers New Jersey
Medical School

75 YEARS
amta
american massage therapy association

The American Massage Therapy
Association is honored to be the
presenting sponsor for IMTRC 2019.

Pain is a major public health concern, affecting approximately 100 million Americans daily. **Attend this session at the International Massage Therapy Research Conference to hear from leading researchers** as they discuss the latest pain management science and the role massage therapy plays in an integrated approach to care. [Register to secure your spot today!](#)

[View IMTRC 2019 Presenters](#)

IMTRC 2019 will be held May 9-10, 2019, in Alexandria, Virginia (just outside of Washington, D.C.).

#RunningForResearch 2019: Elizabeth Cain



I am so excited to run the Boston Marathon next April as a member of Team MTF— #Running for Research. As a certified Massage Therapist in Carmel, IN, I help anyone from those with auto-immune disorders to athletes and everyone in between. I am passionately certified in Advanced Cupping, The Graston Technique, and Bamboo-Fusion. Running is also a passion.

Two weeks after my first mini run in May of 2015, I was hospitalized for a week and diagnosed with Multiple Sclerosis (MS). After a long six-month recovery, I started running again and trained for the Indy Mini Run as my one-year celebration of overcoming my first relapse.

Since then, my husband and I still run. **We run for individuals who can't, including other MS warriors** and most importantly, my Grandmother Waterman who has Parkinson's disease. Often my MS symptoms occur during my runs; but it's nothing compared to those who can't walk. Gladly taking my struggles and turning them into battles, I am an overcoming MS Warrior.

Running the Boston Marathon is an honor. I am running for the Massage Therapy Foundation and for all of those who can't run. MTF, MS Warriors, and Grandma ... this is for you!



[Click here to support me as I run 26.2 for the Massage Therapy Foundation!](#)

Watch for features on our other Team MTF runners in your upcoming *Communicator* newsletters.

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

Spread the Cheer with MTF Gear

"Hand Tested— Backed by Research"

Our clever, stylish shirts make great gifts for friends, family, or your massage therapy clinic staff. **Wearing our shirt is a wonderful way to start the conversation about massage therapy research and education.**

100% of proceeds benefit MTF; support your favorite foundation this holiday season by ordering a shirt today!

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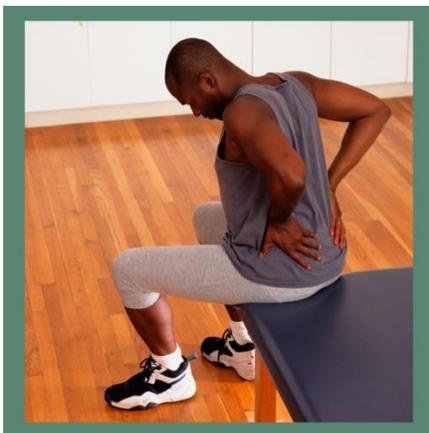


#handtestedbackedbyresearch @TheMTFoundation

Boston Bodyworker
Feel Better

Thank you to Drew Freedman (pictured far left) and his crew at the Boston Bodyworker; this team looks amazing!

New Issue: *International Journal of Therapeutic Massage and Bodywork*



A new issue of *IJTM*B has arrived! Check out all the new articles and commentaries, including a study regarding **massage therapy for low back pain**, an editorial on making massage therapy accessible to older adults, a survey of LMT's on skin cancer prevention and detection activity, and more.

Check out the most recent issue here and share with your colleagues: [Vol 11, No 4 \(2018\)](#)

*IJTM*B is **open-access, peer-reviewed, and indexed in PubMed**. It is the official journal of the Massage Therapy Foundation and is supported by the [Registered Massage Therapists' Association of British Columbia](#).

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