



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

February 2018

MASSAGE THERAPY  
FOUNDATION

# Communicator

## Infographics: Spreading Awareness



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**The Impact of Massage Therapy on  
Function in Pain Populations:  
A Systematic Review and  
Meta-Analysis of RCTs**  
Crawford et al.

### Problem:

Pain is multi-dimensional and may be best treated with a holistic, biopsychosocial approach that addresses functional outcomes as well as pain

2 million Americans abused or were dependent on prescription opioids in 2014

180,000 deaths from overdoses from 1999-2015



### Findings:

Evidence strongly supports massage therapy compared to no treatment for pain management

Massage therapy compares well with other interventions to manage pain

Massage therapy may be beneficial for improving several functional outcomes, including anxiety and health-related quality of life



<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4925170/>



### Research Question:

What is the state of the science regarding the impact of massage therapy on function for those experiencing pain?



### Application:

The opioid crisis has made finding non-pharmacological approaches to pain management a high priority

Massage therapy is a low-risk, potentially effective intervention for people living with pain



[www.massagetherapyfoundation.org](http://www.massagetherapyfoundation.org)



### By Massage Therapy Foundation President-Elect, Doug Nelson, LMT, BCTMB, CNMT

The funding and publishing of research studies are vitally important, but it is also crucial that massage therapists can read, understand, and share the resulting research insights. The MTF has many programs to help therapists understand research, from online programs to conducting research literacy trainings at many national conferences.

Our newest initiative is the creation of a series of infographics about massage therapy research. Each of these infographics will explore research findings in a clear and simple format that can be shared with continuing education providers, health care practitioners and clients.

The digital PDF versions will be hyperlinked to the complete research article so that people can dive deeper into the material if they so choose. Additionally, these infographics are designed to be printed and left in your waiting room or given to clients to take home.

Enjoy our first infographic! Please feel free to share with friends, colleagues, and clients. As always, we thank you for your support.

Download the first infographic here:

<http://massagetherapyfoundation.org/infographics-spreading-awareness/>

We want to hear about your experiences using infographics! Please contact [info@massagetherapyfoundation.org](mailto:info@massagetherapyfoundation.org) and tell us your story.



*Thank you to Biotone for the in-kind donation of the team artwork.*

## 2018 Boston Marathon®: Team MTF—Running for Research #TogetherForward

Since 2013, the Massage Therapy Foundation has been honored to participate in the oldest and most well-known marathon in the world—**The Boston Marathon®** as part of John Hancock’s Marathon Non-Profit Program. This year we celebrate the award of four bibs to **Team MTF—Running for Research**.

In last month's issue, you learned about what motivates runners **Lindsay Bodkin** and **Desiree Bourgois van Oosting** to support this important cause. This month we are proud to introduce you to the other two members of the team: **Shadonne Harris** and **Teresa Matthews!**

Did you miss last month's newsletter? View it here: [January 2018 MTF Communicator](#)

**Shadonne Harris** is a licensed massage therapist, business owner, running coach, and avid runner. She is also an AMTA member in her home state of Maryland.

Shadonne has been a massage therapist for 12 years and a runner for 15 years.

In the past she has used her running skills to raise awareness and money for research about breast cancer and Crohn’s disease.

“I’m also a massage therapy instructor, which supports research in our field. **Research validates our field, provides historical information, and ultimately bridges gaps**



between massage therapists and other health professionals,” said Shadonne.



**Thank you to our Boston Marathon® Premier Sponsor, AMTA!**



**Teresa Matthews** is a practicing massage therapist for 21 years and fitness guru. She is President of NCBTMB and an active AMTA member.

She teaches Continuing Education and massage therapy classes – when she isn't fundraising with her Tae Kwon Do competition team.

“I have been so grateful for all that the MTF has accomplished over the years! As a Continuing Education provider it makes my job easy to share the articles and references with my students that back why we do what we do!” said Teresa.

**Team MTF—Running for Research** will represent the Massage Therapy Foundation in the 121st Boston Marathon® on **April 16, 2018**. **Please support our team** as they run to advance the knowledge and practice of massage therapy by **supporting scientific research, education and community service**.

Click on the link below to learn more:

<https://www.crowdrise.com/o/en/campaign/massagetherapyfoundationincboston2018/>

## Our Heartfelt Appreciation

Massage Therapy Foundation would like to sincerely thank our outgoing president, **Jerrilyn Cambron**, for her many years of service. Jerrilyn has provided dedicated leadership and guidance throughout her time as President from 2012-2018 and as a Trustee from 2010-2012.

With 25 years of clinical research experience, Jerrilyn's expertise has served the Foundation well. Some of the MTF's accomplishments during her term include the following:

- Three scientific review articles on massage therapy for pain and two scientific articles on massage best practices
- A searchable database of scientific articles on massage
- John Hancock's Boston Marathon non-profit bib program participation
- Basics of Research Literacy online course through Education and Training Solutions (now Academy of Clinical



- Massage)
- The 2013 (Boston) and 2016 (Seattle) International Massage Therapy Research Conferences (IMTRC)
- Research Perch Podcasts

Fortunately for all of us, Jerrilyn will continue to serve as an officer of the Foundation for an additional year, in the role of past-president and as Chair of Research Committee. Her smile will still grace our Foundation in many more ways in the coming years!

## Take Me Out to the Ball Game!

On Wednesday, August 8, 2018, the Massage Therapy Foundation will host a baseball fundraising event, "Take Me Out to the Ballgame," during the 2018 AMTA National Convention in Washington, D.C.

The evening will bring together convention attendees, exhibitors, and guests to enjoy a night of fun and networking while watching the 2017 NL East Champions, Washington Nationals, play the Atlanta Braves at the beautiful Nationals Park. The game will begin at 7:05 p.m. EDT.

Tickets will be available after March 16, 2018 with sales benefitting Massage Therapy Foundation, supporting scientific research, educational resources and community service for the massage therapy profession. We hope you can make it! To purchase tickets check out [www.massagetherapyfoundation.org](http://www.massagetherapyfoundation.org) or call **847-905-1635**.



## Upcoming Grant Submission Deadlines

Research Grants:  
March 1, 2018



Community Service Grants:  
April 2, 2018



Poster Abstract:  
April 2, 2018



Student Case Report Contest:  
June 1, 2018



Click on the graphics above to enter our grant portal, or access all grants and contests here:  
<http://massagetherapyfoundation.org/grants-and-contests/>

## Don't Miss the Latest Issue of *IJTMB*

The *International Journal of Therapeutic Massage & Bodywork (IJTMB)* is an open-access, peer-reviewed publication filled with vital information that we all can share. Extend your knowledge and improve your practice!

Check out the newest issue here: [IJTMB Volume 10, Number 4 \(2017\)](#)

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## Your Support is Foundational

Every year we offer funding to the **researchers** who can make the greatest contributions, **community service projects** with the greatest need, and **educational programs** which will have the greatest impact on the future of our profession. From our humble beginnings as a three-volunteer organization in 1990, **we have grown into a thriving foundation** that has granted over \$400,000 to meet these goals.

**Fulfilling our mission is not easy.** We receive a greater number of deserving grant applications than we are able to fund. **The support we receive from our generous donors and volunteers makes a huge difference in the lives of others and the future of the massage therapy profession.**

Even a small contribution can mean the difference between saying yes or no to a deserving grant applicant. **Please consider supporting our mission in any way you are able.**

Your Gift Makes  
A Difference  
Thank You



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