

February 2019

MASSAGE THERAPY
FOUNDATION
Communicator

SCIENTIFIC RESEARCH • EDUCATIONAL RESOURCES • COMMUNITY SERVICE

New Research Perch Episode



Have you checked out MTF's Research Perch podcast lately? We have just added a brand new episode, *Integration of Massage Therapy in Outpatient Cancer Care: Part One*.

Research Perch is designed to help you integrate massage therapy research into your practice. Each episode digs into a specific article from the *International Journal of Therapeutic Massage and Bodywork (IJTMB)* and unpacks it so you know how it applies to you.

Grow your massage therapy practice and serve your clients better with the power of research!

Listen to *Research Perch* on iTunes and Stitcher. Subscribe here:



Free Research Webinar from MTF and NCBTMB

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

Join us to learn more about the definition of research, its impact on the profession, and what resources are available to help you better engage. The first webinar is scheduled for Thursday, February 28, 2019 at Noon CT.

Join us to explore why research is essential to the practice of massage therapy. Learn about the importance of publishing massage research in peer-reviewed journals where it can be shared with health care professionals from other disciplines.



[Click Here to Sign Up](#)

IMTRC 2019: Register Now



International Massage Therapy Research Conference



Be Inspired

- Hear about the latest research
- Network with colleagues and researchers
- Be ready to apply the current science to your practice

Every three years, the Massage Therapy Foundation brings together thought leaders to discuss the latest innovations in evidence-based research.

Improve your practice by joining an engaged community dedicated to moving the profession forward.

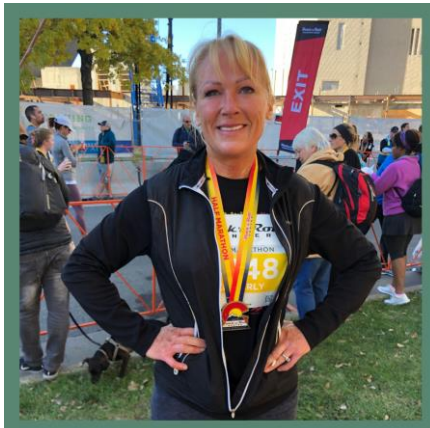
May 9-10 Alexandria, Virginia
(Just outside Washington DC)



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

<http://massagetherapyfoundation.org/imtrc-2019/>

#RunningForResearch 2019: Kim Nimmo



I feel so excited and blessed to be a member of Team MTF—Running for Research and to help raise awareness and support for massage therapy research. I first experienced the efficacy of massage therapy when I injured my back while moving furniture. After seeing a massage therapist for four months I was completely healed. I was struck by the ability of a therapist to make such a positive difference and improving my health through massage therapy. My 13-year career as a pharmacist no longer felt fulfilling, and I decided to apply to massage school. I knew after my first week of classes at the Denver School of Massage Therapy that this was what I was meant to do for the rest of my working life.

I have owned my practice, Hands On Healing Massage Therapy, and worked as a Board Certified Massage Therapist for seven years. I truly enjoy when a clients comes to me with an issues and improve over several sessions until they are able to decrease the frequency of their visits to a monthly maintenance treatment. It's priceless to watch people be relieved of pain and discomfort and begin to enjoy life again.

I am a strong supporter of massage therapy research because the more we know, the more effective we become. Research is the keystone to enhancing and implementing massage therapy. I am filled with gratitude for the ability to run and fundraise and I look forward to running for MTF in the 2019 Boston Marathon!

[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](#)

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



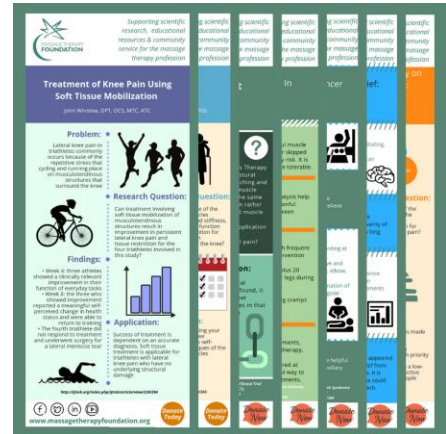
Team MTF—Running for Research will run in the Boston Marathon® on April 15, 2019.

New #VisualAbstract /Infographic

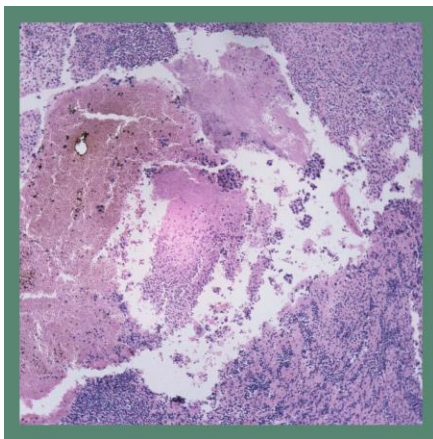
The recent rise of #VisualAbstracts as a way of communicating within the scientific and medical communities gives massage therapists and researchers an invaluable method of reaching those in allied fields.

MTF is proud to be positioned to deliver vital research information to MTs as well as researchers and medical professionals of all disciplines who could make better patient/client recommendations by becoming informed.

[Click here to download, print, and share these wonderful visuals with your clients, colleagues, and students!](#)



International Journal of Therapeutic Massage and Bodywork



In what ways might massage therapists contribute to the early detection of skin cancer?

Read "[A Survey of Licensed Massage Therapists' Perceptions of Skin Cancer Prevention and Detection Activities](#)," from the Research section of our latest issue of *IJTM*.

Check out this and other articles in our most recent issue of *IJTM* and share with your colleagues: [Vol 11, No 4 \(2018\)](#)

IJTM 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](#).

Thank You to Our Outgoing Trustees

Our sincere appreciation goes to **Cliff Korn** and **Dolly Wallace** for their service on the MTF Board of Trustees (BOT).

Cliff Korn has served on the BOT for over 10 years, most recently as Vice-President. Cliff has been particularly active in supporting MTF's financial and operational health, serving on the Finance, Development, and Executive Committees and as Chair of the Governance Committee.



Dolly Wallace has served on the BOT for the past year as a dual board member who also serves as the Immediate Past President of the AMTA's Board of Directors. This was Dolly's second time on the BOT

as she served on the MTF's Board a number of years ago also serving in a dual role with AMTA's Board. Dolly has served on the Community Service Grant Proposal Review Committee and in the last year on both the Development and Finance Committees. We are very happy that Dolly will remain on the Finance Committee after her BOT term concludes at the end of this month.

We thank both Cliff and Dolly for their many years of dedication to the MTF's mission. What a wonderful difference they have made!

MTF Grants and Contests

- **Community Service Grant: Open Now**
Application deadline: April 1, 2019
- **Student Case Report Contest: Open Now**
Application deadline: June 3, 2019
- **Research Grant: Open Now**
Application Deadline: March 1, 2019
- **AMTA Convention Poster Session Call: Opening March 20**

We Need Your Support

We are just \$4,300 away from our fiscal year-end goal. Help us continue to fund research and deliver knowledge to therapists' fingertips.



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: *IJTMB*

Don't forget to make your donation by February 28th—
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 exciting offer](#)



Did you miss our last *Communicator*?

[View previous issues on our Communicator Archives page](#)

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