



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

July 2018

MASSAGE THERAPY
FOUNDATION

Communicator

Call for Abstracts for IMTRC 2019

The Massage Therapy Foundation is excited to announce that the Call for Abstracts is now open for our International Massage Therapy Research Conference (IMTRC) to be held May 9-10, 2019, in Alexandria, Virginia.

IMTRC provides an opportunity to learn the latest research, connect with colleagues, and gain insight into best practices in massage therapy. Held every three years, this important conference brings together thought leaders and educators to discuss massage therapy innovations.

Are you involved in massage therapy research? Submit an abstract for consideration and forward this email to other researchers who may be interested. Visit

www.massagetherapyfoundation.com/IMTRC-2019 to download the guidelines and application.

Please reach out to us at IMTRC@massagetherapyfoundation.org with any questions.

Abstract submission deadline is **July 27, 2018**



Thank you to our IMTRC 2019 Presenting Sponsor, AMTA

AMTA Convention: Visit Massage Therapy Foundation at Booth #412



Are you headed to the AMTA 2018 National Convention in Washington D.C.? **Visit us in booth #412!**

Learn more about our initiatives to help you increase your research knowledge and improve your practice. Pick up copies of our new massage research infographics to display in your client waiting area.

We have awesome MTF T-Shirts available for a \$20 donation. Limited quantities available.

We look forward to seeing you there!

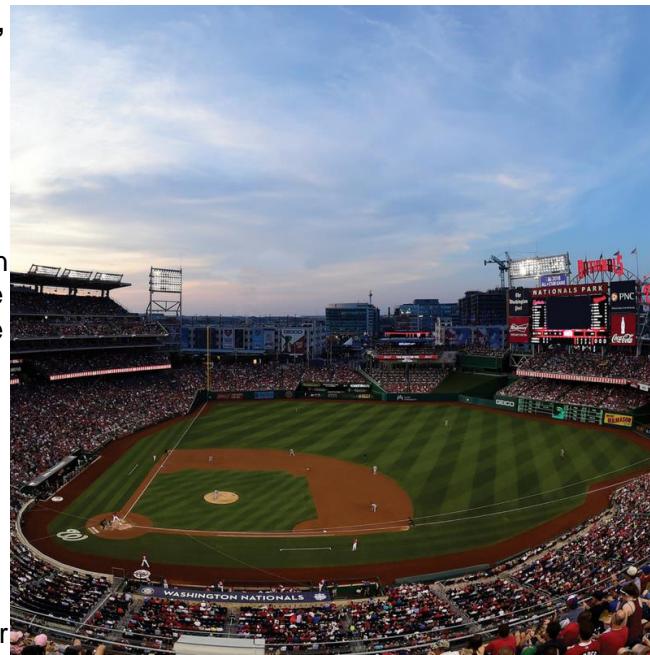
MTF Baseball Fundraiser

Nationals Park is the place to be on Wednesday, August 8! Come see the 2017 NL East Champions, Washington Nationals, play the Atlanta Braves. The game will begin at 7:05 p.m.

It's easy to get there via public transit. Board the train at the Woodley Park-Zoo Metro Station (conveniently located right in front of the Convention hotel), then transfer from the red to green line at the Chinatown stop. The green line will let you off at the Navy Yard/Ballpark station, which is directly in front of the park. The trip is approximately 30 minutes.

Pre-purchased tickets will be available for pick up the day of the event in the AMTA registration area between 11am-5pm or at the box office at Nationals Park after 6pm.

To purchase tickets click here: [Ballgame Tickets](#) or call 847-905-1635. Tickets are going fast and limited tickets will be available for purchase onsite.



Downloadable Research Posters

The "4D" Hamstring: Effects of Adductor Magnus Treatment on Hamstring Length During Knee Extension

Introduction: The adductor magnus is often cited as the primary muscle responsible for knee flexion during running and jumping. However, its role in the medial-lateral plane has been less explored. This study aims to determine the effect of adductor magnus release on knee extension length during knee extension.

Method: A randomized controlled trial design was implemented to determine the effect of adductor magnus release on knee extension length. 20 participants were assigned to a treatment group (n=10) and a control group (n=10). Participants in the treatment group underwent adductor magnus release, while those in the control group did not. All participants performed knee extension length measurements before and after treatment.

Results: The treatment group showed a significant increase in knee extension length compared to the control group. The treatment group had a maximum increase of 7.1% compared to 3.1% in the control group.

Conclusions: Adductor magnus release significantly increases knee extension length. This finding may have clinical implications for patients with knee pain, particularly those with patellofemoral syndrome.

Looking Ahead: Future studies should explore the long-term effects of adductor magnus release on knee extension length.

Therapeutic Massage Ameliorates Chemotherapy-Induced Peripheral Neuropathy

Introduction and Concept: Chemotherapy induced peripheral neuropathy (CIPN) is a common side effect of cancer treatment. It is characterized by pain, numbness, and tingling in the hands and feet. Therapeutic massage has been shown to be effective in managing CIPN symptoms. This poster presents preliminary results from a study comparing therapeutic massage to standard medical treatments for CIPN.

Preliminary Results: Treatment Group:

Study Population (n)	For Therapeutic Massage	After Therapeutic Massage
Adm 1	10	10
Adm 2	10	10

Specific Aims:

- Adm 1: To evaluate the efficacy of therapeutic massage in reducing symptoms of CIPN.
- Adm 2: To evaluate the efficacy of therapeutic massage in combination with standard medical treatments for CIPN.

Conclusions: Therapeutic massage is effective in reducing symptoms of CIPN. It may be a valuable addition to standard medical treatments for CIPN.

Did you know that we now have downloadable research posters available on our website? If you are a "visual person" or want to share research in a colorful and engaging way this is a great place to start!

[Click here to visit our Research Poster page.](#)

The International Journal of Therapeutic Massage and Bodywork



IJTMB 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](#).

Through IJTMB, the Foundation provides peer-reviewed case reports and scientific information free of charge to therapists, students, medical professionals, patients, and anyone else who may be interested in the science behind therapeutic massage.

Check out our most recent issue here and share with your colleagues: [Vol 11, No 2 \(2018\)](#)

Student Case Report Contest



Are you a current massage therapy student with a case report to share? **Student Case Report submission dates are changing** in order to accommodate students who graduate between June and September. Students must still submit before graduation date, but the contest will accept applications year-round. Applications will still be reviewed once per year.

Apply here: <http://massagetherapyfoundation.org/grants-and-contests/case-report-contest/>

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