

scientific research
education
community service
MASSAGE THERAPY
philanthropy
learn thrive



serve **teach**
evidence-informed
accessible
bodywork
research literacy
scientific research
education
community service
scientific research
education

Annual Report 2013

The Massage Therapy Foundation advances the knowledge and practice of massage therapy by supporting scientific research, education, and community service.



community service
massage therapy
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evidence-informed
accessible



community service
education research

“Your donations make it possible to continue these programs that focus on research, education, and community service in the massage therapy profession.”

Jerrilyn Cambron

Greetings—

Thank you for your interest in our 2013 Annual Report. As you will read, we have made great strides during the past year in our three areas of focus: research, education, and community service. These accomplishments would not have been possible without our generous donations from many companies, institutions, and individuals like *you!* Before you dive into the report, I would like to share just a few highlights from the past year.

Research update

The Massage Therapy Foundation (MTF) research granting program received quite a bit of press this year as Nina Franklin, PhD, a researcher from the University of Illinois at Chicago and awardee of an MTF research grant, published the results of her study in the Archives of Physical Medicine and Rehabilitation. Her article, “Massage therapy restores peripheral vascular function following exertion,” was mentioned in a variety of press releases and news articles outside of the massage therapy field. Research like this is essential to the growth of the profession, and we are gratified that we were able to fund such studies.

Education update

One of our most exciting educational events this year was the 3rd International Massage Therapy Research Conference held on April 25–27, 2013 in Boston, Massachusetts. During the conference, researchers, practitioners, educators, and students gathered to discuss massage therapy research. It was a great opportunity for education but also for new friendships and collaborations. The next research conference is scheduled for May 12–15, 2016 in Seattle, Washington. Save the date for a chance to learn about the latest cutting edge research in our field.

Community service update

MTF community service grantees partner with other community groups to provide massage therapy services to populations who would not otherwise have access to these services. A recent programmatic review of our Community Service Grants demonstrated that during the past 10 years the Foundation funded almost \$350,000 to 85 different community service projects. Within these projects, 21 different types of populations were served with seniors and people with HIV/AIDS being the most common.

Through your donations, the Foundation will be able to continue to fund these worthy community service projects.

Your donations make it possible to continue programs that focus on research, education, and community service in the massage therapy profession. Whether you support us through our Boston Marathon runners, through private fund-raising events, or through direct donations—we thank you for your generosity!

In closing, I would like to personally thank *Ruth Werner* for all of her hard work and dedication during the years of her presidency. Her tireless efforts and passion for the MTF have been an inspiration to us all. Thank you, my friend.

Kind regards,

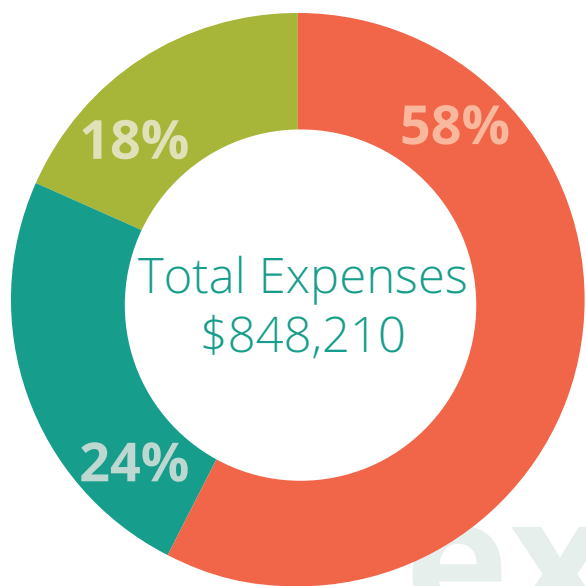
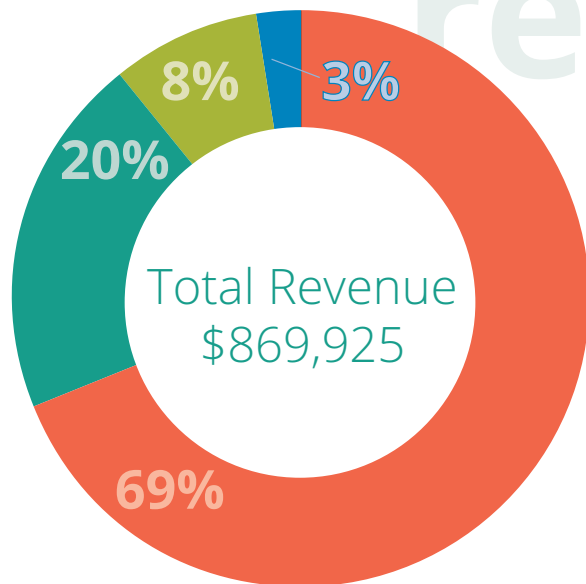
Jerrilyn Cambron, LMT, DC, MPH, PhD
President-Elect; Massage Therapy Foundation

Message from the President

2013 ended positively for the Foundation thanks to very strong management of our expenses, a solid investment plan, and financial support from donors like you.

The Massage Therapy Foundation takes its financial health very seriously. The Board of Trustees, finance committee, and staff closely monitor ongoing operations and investments throughout the year. Our careful stewardship of resources resulted in a financially solid 2013.

revenue



expenses

Executive Summary

Basics of Research Literacy

Basics of Research Literacy (BRL) is an online continuing education course for all massage practitioners. Offered in partnership with Education and Training Solutions (EdTS), this NCBTMB-approved course allows participants to explore this important topic at their own pace.

Past attendees had the following to say about the course:

"As someone who got her master's degree in 1978 with only ERIC searches available, this was a real challenge, but so rewarding."

Course Participant

"I found the course to be far more helpful and equipping than I anticipated and was impressed with the quality of the material. I very much appreciated the direction to quality resources for evidence-based studies which I have been missing (and wishing for) up to this point in my career as an MT."

Course Participant

www.massagetherapyfoundation.org/basics-of-research-literacy/

Massage Today

The MTF has a dedicated writing group that summarizes articles on current massage and bodywork research. These articles are published as a research column in *Massage Today* once each month.

Topics vary widely throughout the year. The top three articles from 2013 were:

"Massage Brings Relief to People Suffering from Headaches"
July 2013

"Why Do Clients Keep Coming Back for Massage?"
December 2013

"Massage Can Relieve Workplace Pain and Stress"
September 2013

All of these articles are available here:

www.massagetoday.com

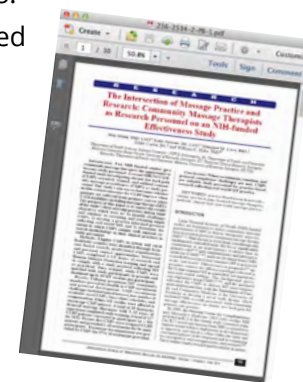


International Journal of Therapeutic Massage & Bodywork

We are proud to continue to be able to fund the International Journal of Therapeutic Massage & Bodywork (IJTMB). IJTMB is now in its fifth year and readership continues to grow. This is the only open-sourced, peer-reviewed academic journal for massage therapy. The journal is focused on topics in education, research, and clinical practice. Four issues of IJTMB were published in 2013, including 21 articles. Additionally, the journal has acquired a total of 4,359 registered readers since 2008.

If you are interested in submitting a manuscript, receiving a free electronic subscription, or advertising, please visit:

www.ijtmb.org



basics of research literacy
massage today IJTMB

"This was amazing, eye-opening information to learn. I'll definitely be recommending this course to my fellow massage therapists and will explain why it is so important to them."

Course Participant

What We Give to You



Jeffrey Gold, PhD
Children's Hospital Los Angeles
 Los Angeles, CA

SPONSORED IN PART BY A GIFT FROM BIOTONE

"Massage Therapy in Pediatric Palliative Care"

Thanks to the Massage Therapy Foundation, the Children's Hospital Los Angeles (CHLA) in collaboration with the Heart Touch Pediatric Massage program will provide massage therapy to children who are in need of CAM therapies for palliative care. The Heart Touch Project, which has a contractual agreement with Children's Hospital, will train and oversee volunteer massage therapists to administer massages to an estimated number of 40 patients throughout the grant year.

Donna Pine-Kamil
Gay Men's Health Crisis
 New York, NY

"HIV Comprehensive Wellness"

This project has provided enormous relief for the HIV-positive clients of Gay Men's Health Crisis (GMHC). Every year, GMHC serves thousands of people living with HIV/AIDS who struggle with severe obstacles to their financial, social, mental, and physical well-being.

With the help of the Massage Therapy Foundation, GMHC will provide critical wellness services that alleviate general stress and the debilitating effects of HIV/AIDS medications — including pain, nausea, muscle aches, fatigue, headaches, difficulty sleeping, and neuropathy. This grant will also assist in implementation of a number of massage sessions.

Chad Nath
Grinnell Regional Medical Center
 Grinnell, IA

"Infant Massage for At-Risk Families"

This project will work with families throughout east central Iowa, teaching parents the basics of infant massage, the benefits of which are to increase muscle tone, improve digestion, enhance sleep, and increase parent-baby bonding. Parents will receive chair massages to experience the stress-relieving benefits of massage for themselves. We will provide a free monthly class to caregivers, teaching the basics and benefits of infant massage.

Aimee Joy Taylor, NC, LMFT
The Respite, a Center for Grief and Hope
 Charlotte, NC

SPONSORED IN PART BY A GIFT FROM BIOTONE

"Grief Massage at The Respite: Comfort for Life Transitions & Loss"

The Respite helps people, regardless of socio-economic status, who have suffered a significant loss in any form to reclaim a healthy and productive life. A prior recipient of a Community Service Grant from the Massage Therapy Foundation in 2012, "Grief Massage: Traumatic Loss Outreach at The Respite," *The Respite* provided physical comfort through massage to 39 people who were grieving sudden losses. The 2013 grant program, "Grief Massage at The Respite: Comfort for Life Transitions and Loss" will build on the groundwork laid by the initial project. This cycle will offer a series of three free hour-long grief massage sessions to each participant. The sessions will primarily be provided by our trained grief massage therapists.

Each Community Service Grant recipient was awarded up to \$5,000.

comfort for life transitions & loss

"Many of our grief massage recipients were dealing with the loss of a loved one through suicide or sudden accident. Some were dealing with multiple traumatic losses. The community service grant from the Massage Therapy Foundation allowed us to offer three hour-long grief massage sessions to each participant while training five local licensed massage therapists in grief massage."

The Respite – Aimee Joy Taylor

Community Service Grants

www.massagetherapyfoundation.org/community-service-grants/

Advance understanding
benefits of massage

The Massage Therapy Foundation (MTF) funds solid research studies that investigate the beneficial applications of massage therapy.

Research grants are awarded for studies that serve to advance our understanding of specific therapeutic applications of massage, public perceptions of and attitudes toward massage therapy, and the role of massage therapy in health care delivery.

Paulette Swanson,
PT, DPT, MS, cert MDT

Middlesex Hospital Cancer Center
Middletown, CT

**\$30,000 Research
Grant Recipient**

**“The Effect of Massage Therapy
on Cancer Related Fatigue in
Breast Cancer Survivors”**

In spite of the fact that 80–100% of cancer patients experience cancer-related fatigue (CRF), this condition is not well-managed in traditional care settings. Patients often seek massage to manage or minimize the effects of CRF, a choice that is supported by a promising, if limited, body of research.

The Middlesex Hospital Cancer Center’s randomized, controlled pilot study will further examine the efficacy of Swedish style therapeutic

massage in alleviating CRF in post-treatment breast cancer survivors. Severity of fatigue, the primary response variable, will be measured using the Brief Fatigue Inventory (BFI).

Treatment group members will receive four one-hour massages over consecutive weeks. Fatigue will be measured one week before the initial massage, immediately before, and 24 hours after each massage. Fatigue will also be measured four weeks after the final therapy session. Control group participants will not undergo massage while enrolled in the study but will complete BFIs on the same schedule as the treatment group. The delivery schedule of the BFI will allow for analysis of both short- and longer-term severity of fatigue.

Research Grant

www.massagetherapyfoundation.org/research-grants/

research literacy in massage therapy schools

The Student Case Report Contest promotes research literacy in massage therapy schools. Students learn the concept of constructing a case report and begin to incorporate research into their practice habits.

Thanks to donor support, the Massage Therapy Foundation recognized four impressive student case reports this year.

Gold Winner:
Jennifer Nielsen
**Vancouver College of Massage
Therapy of Utopia Academy**
Vancouver, BC, Canada

“Therapeutic Massage in Treatment of a Chronic Hyperventilator with Irritable Bowel Syndrome”

Objective: The objective of this study was to determine whether a combination of therapeutic massage therapy modalities performed on major and accessory muscles of respiration would have a positive effect on a chronic hyperventilator who suffers from chronic unexplained digestive upset.

Methods: Treatments were first given at 5 to 7 and then 3 to 4 day intervals. Myofascial Release (MFR) and Swedish Petrissage techniques were used on the subject’s major and accessory muscles of respiration.

Results: Definite improvements in rib expansion and breaths per minute were recorded and the subject noted an improvement with comfort taking a deep breath and a lessening of her digestive symptoms.

Conclusion: This study is not specific or large enough to determine a definite link between improvement of breathing capability and resolution of unexplained indigestion.

Silver Winner:
Morag Wehrle
**Vancouver College of Massage
Therapy of Utopia Academy**
Vancouver, BC, Canada

“Manual Lymph Drainage and Therapeutic Massage in Treatment of a Professional Violinist”

Objective: The objective of this study was to determine whether a combination of therapeutic massage modalities and manual lymphatic drainage (MLD) could ease symptoms of playing-related musculoskeletal disorder in a professional classical violinist.

Methods: Therapeutic massage techniques such as myofascial release and neuromuscular therapy were applied first; each treatment closed with MLD to the neck and the left arm.

Results: After 10 treatments the patient noted a complete resolution of her symptoms.

Conclusion: A combination of MLD and therapeutic massage was chosen in order to address the patient’s complaints of pain, tightness, and a sensation of overwork in her left, or fingering, hand. To clearly determine what techniques had which effects on the patient, separate studies on these techniques need to be conducted.

Bronze Winner:
Linda Ching
MacEwan University
Edmonton, AB, Canada

“The Effects of Massage Therapy on Piriformis Syndrome”

Objective: To evaluate the effects of a 45-minute massage treatment on piriformis syndrome by measuring hip rotation range of motion (ROM) and pain intensity levels each week for a consecutive seven weeks.

Methods: Techniques included myofascial release (MFR), trigger point therapy (TrP), contract-relax proprioceptive neuromuscular facilitation (PNF) stretches.

Results: Range of motion for hip lateral and medial rotation of the affected side increased. The client also reported a decrease in pain intensity.

Conclusion: Massage therapy is an effective form of treatment for piriformis syndrome for this patient.

Honorable Mention:
Meghan Reid
**Canadian College of Massage
and Hydrotherapy-Halifax**
Osyoos, BC, Canada

“The Effects of Massage Therapy on Pain Associated with Spinal Cord Injury: A Full Body Approach”

Student Case Report Contest

[www.massagetherapyfoundation.org/
student-practitioner-case-report-contests/](http://www.massagetherapyfoundation.org/student-practitioner-case-report-contests/)

methods OBJECTIVE
background Results

In 2013, three excellent practitioner case reports were honored.

Gold Winner: Angela Burke,

LMT, BA, MAED
Boulder, CO

“Zen Shiatsu: A Viable Intervention for Stress Reduction in Children with Autism Spectrum Disorder”

Background and Objective: Autism Spectrum Disorder (ASD) is a developmental disability that manifests as impairments in social interaction, communication and behavior. The objective of this study is to determine if Zen Shiatsu can reduce short- and long-term stress levels in a child with ASD.

Methods: A seven-year-old male with a diagnosis of Autism was given 20-minute Zen Shiatsu sessions weekly for six consecutive weeks. Using a 5-point stress scale designed for children with Autism, the client indicated his stress level before each session, as well as afterward. In addition, the parent was given the PEDS QL 4.0 Young Child Questionnaire to determine the child’s HRQoL (Health Related Quality of Life) prior to the six-week Zen Shiatsu treatment to establish a baseline. The parent completed the same questionnaire after the six weeks of sessions to compare results.

Results: Based on the 5-point pictorial stress scale, the client indicated that stress levels decreased after receiving Zen Shiatsu after all six sessions. The PEDS QL 4.0 showed higher HRQoL scores in all domains, indicating that the child’s overall quality of life improved within the six weeks of receiving Zen Shiatsu.

Conclusion: Zen Shiatsu, a form of Traditional Chinese Medicine, has the potential to be a viable treatment for stress reduction in children with Autism Spectrum Disorder, therefore improving overall quality of life.

Silver Winner: Laura Allen, BA, BCTMB, LMBT Rutherford, NC

“The Use of Massage Therapy to Relieve Low Back Pain”

Background and Objective: To enable the subject to cut down on pain medication, currently prescribed at 7.5 mg of Percocet (acetaminophen and oxycodone) four times per day, through the help of massage therapy. The subject states he does not like to take it that frequently because it makes him feel lethargic and disoriented. A 53-year-old male, formerly employed as a construction worker, was referred for massage therapy for treatment of debilitating low back pain. He has pain in all areas of the back; although he sometimes experiences cervical pain and/or thoracic pain, he reports the majority of his pain is in the lumbar area. He has multiple diagnoses of osteoarthritis, scoliosis, spinal stenosis, and degenerative disc disease.

Methods: The massage used was a combination of Swedish strokes (effleurage, petrissage, and friction), muscle stripping, and myofascial release, techniques chosen based

on the practitioner’s 14 years of experience in working with clients who are in pain. A treatment plan of six weekly visits was agreed upon with re-evaluation after the sixth visit.

Results: Progress was measured using the Oswestry Low Back Pain Scale and by subjective statements on his decreased pain level and decreased need for medication, and positive effects on his activities of daily living. The massage therapy intervention was so successful that the subject switched to monthly maintenance care after four sessions instead of six as originally planned.

Conclusion: The success of this intervention for this subject suggests that massage therapy can be an effective intervention for chronic low back pain.

Honorable Mention: Rosi Goldsmith,

BA, LMT, DAFNS
Portland, OR

“Exploration of Massage, Bodywork and Mind-Body Interventions for Parkinson’s Disease”

Practitioner Case Report Contest

[www.massagetherapyfoundation.org/
student-practitioner-case-report-contests/](http://www.massagetherapyfoundation.org/student-practitioner-case-report-contests/)

270 massage therapists, allied healthcare practitioners, and public health administrators attended our 2013 International Massage Therapy Research Conference.

In April of 2013, the Foundation sponsored the third International Massage Therapy Research Conference (IMTRC) in Boston, Massachusetts. Current research related to massage and manual therapies was presented, with a special focus on translational research and public health. A portion of the conference was dedicated to exploring the current status of massage research in preparation for updating and advancing the Massage Therapy Research Agenda.

Thanks to all who sponsored
IMTRC 2013

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Books of Discovery

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The Touch, Caring & Cancer Program



Running for Research Team MTF Boston Marathon

In 2012, the MTF received three charity bibs from the John Hancock Boston Marathon program for the first time. Three individuals were chosen to run in the 2013 Boston Marathon on behalf of the MTF and raise money for massage therapy research, education, and community service.

Thanks to the 2013 Team MTF - Running for Research Members, a total of \$51,500 was raised!

Kathy Borsuk

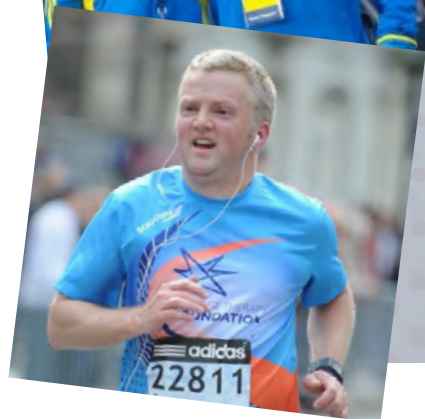
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Team MTF — Running for Research

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Thank you for making this possible.

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