

WHEN YOU GIVE TO US

you give back to your profession





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“

THANK YOU FOR VISITING OUR 2012 ANNUAL REPORT.
IN THIS REPORT YOU GET INFORMATION ABOUT OUR
FINANCIAL STATUS, ALL OF THE PROGRAMS WE HAVE TO
OFFER AND MUCH MORE.”





VISION

The practice of massage therapy is informed by evidence and accessible to everyone.

MISSION

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

GOALS

1. Advance research on therapeutic massage and bodywork;
2. Foster massage therapy initiatives that serve populations in need;
3. Promote research literacy and capacity in the profession;
4. Support the evidence-informed practice of therapeutic massage and bodywork based upon available research, client factors, and practitioner experience and judgment;
5. Fortify the Foundation's financial resources and organizational effectiveness.



Humans instinctively value the healing power of touch, and modern massage therapy comes from a long and venerable tradition reaching through time and across cultural boundaries. Rigorous research about massage can challenge tradition, but it strengthens our profession, and provides guidance for massage therapists to be as effective as possible. Since its inception, the Massage Therapy Foundation has funded 39 research projects, with a total of \$720,366. Topics have ranged from massage for peripheral neuropathy related to chemotherapy, to postural control for elders, to migraines, cancer, and spinal cord injury. In addition, the Massage Therapy Foundation has consulted on numerous large-scale studies, funded two Systematic Reviews (one on stress, and one on sports massage), and hosted three international research conferences on massage therapy research.



Research findings must be accessible to be useful. Therefore the Massage Therapy Foundation is dedicated to helping massage therapists become research literate: to have the skills to locate, interpret, evaluate, and apply research findings for the benefit of their clients. We offer research literacy classes for all practitioners and other classes specifically for educators. We publish the profession's only academic journal, and we offer research articles summarized for lay audiences. This serves our vision that the practice of massage therapy is evidence-informed—that is, inclusive of practitioner expertise, clients' goals and values, and current research.

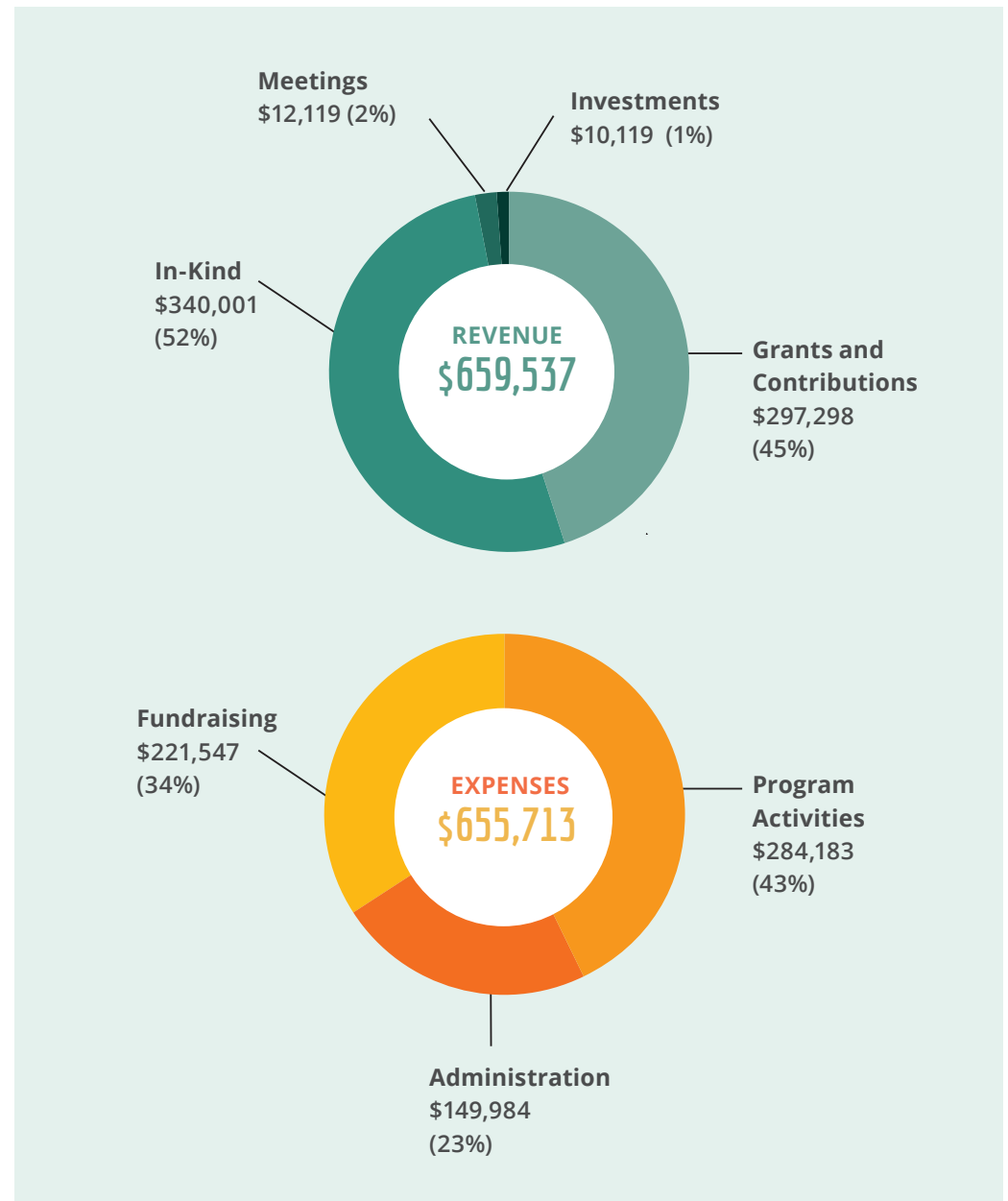


The Massage Therapy Foundation believes that massage therapy should be accessible to everyone. Our Community Service Grants deliver massage to underserved populations all over the world. To date we have granted \$411,463.49 to 81 Community Service Grants all over the globe, and served diverse populations ranging from prisoners transitioning back to society, to children orphaned by the Japanese tsunami, to farm laborers in Central Mexico. The Community Service Grants also provide valuable data on special populations and health resource disparities that can serve our profession in other capacities.

EXECUTIVE SUMMARY

2012 was a good financial year for the Foundation, thanks to a combination of careful stewardship of our resources, a strong investment strategy, and support from donors like you.

The Massage Therapy Foundation takes its financial health very seriously. Our staff, finance committee, and entire Board of Trustees closely monitor our operations and investments. In the midst of an unstable economic climate, this careful attention allowed us to end the 2012 fiscal year solidly in the black.





Because of your support, the Massage Therapy Foundation was able to award... [Learn More >](#)

5 COMMUNITY SERVICE GRANTS FOR **\$5,000** EACH

<p>Susan Weeks Kingston, New York</p> <p>Free Bodywork & Holistic Clinics for Homeless & Disrupted Individuals</p>	<p>Donna Bever Richmond, Indiana</p> <p>Reid Hospital & Health Care Services</p>	<p>Brianna Broad Fairfax, Virginia</p> <p>Massage Program Support for Wounded Warriors</p> <p>Sponsored in part by a gift from the AMTA Massachusetts Chapter</p>	<p>Mateen Flores Brooklyn, New York</p> <p>Free Fulfillment II</p> <p>Sponsored in part by a gift from Biotone</p>	<p>Aimee Taylor Charlotte, North Carolina</p> <p>Grief Massage: Traumatic Loss Outreach at The Respite</p> <p>Sponsored in part by a gift from Biotone</p>
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The grant will assist with paying the practitioners affiliated with HCHR to provide free clinics for the homeless. Four free clinics will provide multiple forms of bodywork and other holistic modalities to more than 150 individuals, helping them to cope with stress and health issues stemming from the destruction of their homes and the local economy.

Thanks to this grant, the Reid Hospital Massage Therapy Senior Outreach Program will provide a year's worth of massage therapy serving senior citizens near the Ohio/Indiana border. An estimated 80-90 massages each month, and a total of 1044 massages over the course of a year, will be provided to approximately 350-400 senior citizens who would not otherwise have the opportunity to experience professional massage at this important time in their lives.

In Iraq and Afghanistan, servicemen and women often suffer severe mental and physical trauma. The Cause (Comfort for America's Uniformed Services) Massage Program at Fort Hood, Texas, aims to give back to these individuals by easing some of the pain and stress incurred in service overseas. The grant will provide a monthly stipend for a coordinator to schedule massages, manage therapists, purchase massage supplies, recruit volunteers, and build community support for the program.

Free Fulfillment offers stress-reducing professional massages in order to help former prisoners with their entry back into society. A prior recipient of a Community Service Grant from the Massage Therapy Foundation in 2011, Free Fulfillment had a 96% success rate at reducing stress levels in participants. This grant will take place in four 90-day cycles. During each cycle, six participants will receive a total of four massages and three counseling sessions.

As part of a holistic approach, grief massage can allow some of the physical manifestations of bereavement to be acknowledged and addressed. This grant will allow the grief massage project at The Respite to: Provide an initial three weekly 60-minute Swedish massage sessions to 18 individuals who have suffered traumatic loss in the past year; educate six new therapists in grief massage, who will then offer three sessions to another 20 individuals, for a total of 38 clients to receive massage.

= \$24,800 AWARDED



MATEEN FLORES
2012 COMMUNITY SERVICE GRANT RECIPIENT

"With the grant that Free Fulfillment received, we were able to provide formerly incarcerated individuals the opportunity to experience massage. MTF understands what this work means to improve the quality of life in our communities."



<http://www.youtube.com/watch?v=UmzmGJURFck>





RESEARCH GRANTS

Thanks to donors like you, the Massage Therapy Foundation funded... [Learn More >](#)

2 RESEARCH GRANTS \$60,000 TOTAL

Use of Therapeutic Massage to Treat Chemotherapy-Induced Peripheral Neuropathy (CIPN)

JOAN E. CUNNINGHAM, PHD

Medical University of South Carolina
Charleston, SC
\$30,000

FUNDED BY A GRANT FROM THE PALMER FOUNDATION

Chemotherapy-induced peripheral neuropathy (CIPN) is a common debilitating side effect of many standard drugs used in cancer treatment. Research supporting the use of effective treatments for CIPN is lacking and the underlying physiologic mechanisms of CIPN are poorly understood. This one-year feasibility study will test the effects of therapeutic massage in relieving symptoms associated with CIPN. This work will provide the groundwork for clinical trials focused on the physiological processes involved in CIPN, and establish the feasibility of using massage to treat the symptoms of this condition. This non-randomized controlled study will be conducted with 15-18 patients with cancer. The protocol includes 12 therapeutic massage treatments in a 5-week period. Patient changes in CIPN signs, symptoms, pain, and quality of life will be measured. Statistical methods will include standard summary statistics, multivariate generalized linear models and correlations between changes in outcome measures.

The Effects of Massage Therapy, in Conjunction with Exercise Training, on Weight

MARK BLEGEN, PHD, FACSM

St. Catherine University
St. Paul, MN
\$30,000

Obesity rates are at epidemic levels in the United States, and novel techniques are needed to combat the issue. Sometimes overweight individuals discontinue exercise programs and fail to reach their weight loss goals. The present study builds on previous research suggesting weekly massage therapy sessions, as a reward, promote weight management. This research will investigate the intersection of massage therapy with structured and monitored exercise to promote weight management in an overweight population. Participants will be randomly assigned into one of four groups: weekly massage therapy only, weekly massage therapy and structured exercise, structured exercise only, and control. Measures such as bodyweight, body fat percentage, status of emotional eating, salivary cortisol (a physical measurement of stress levels), and psychological measures of stress, anxiety, and mood will be evaluated.



"It's common knowledge in the massage industry that we need a collective body of evidenced-based science and research to validate our work to rest of the world. I have been a massage therapist for 7 years and also have the good fortune to sit on the Board of a philanthropic foundation, The Palmer Foundation, which recently embraced public health as one of its focus areas. The Massage Therapy Foundation granting process asks hard questions about 'how do we prove this,' and getting clinical results, and how the work contributes to the collective library of evidenced-based science that supports outcomes. This professional and refined process allowed the Palmer Foundation to easily identify a well-qualified and vetted project to support.

"The Massage Therapy Foundation has proven to be a great partner for us to work with, and now we look forward to the final results of this project and what it leads to next."

CHARLLY ENROTH | THE PALMER FOUNDATION



"I believe in the power of massage and its impact on health and wellness. Receiving this grant has helped me to introduce research to the next generation of researchers: students. This powerful experience has allowed them to grow and gain an understanding they didn't have before. The MTF has provided me with an invaluable opportunity. To have funding available for massage is an incredible gift. I am so thankful for the efforts and work of the Foundation."

MARK BLEGEN | RESEARCH GRANT WINNER

2012 PRACTITIONER CASE REPORT CONTEST

Your support allowed the Massage Therapy Foundation to recognize two outstanding practitioner case reports: [Learn More >](#)



Emilie McKay | Gold Winner

Assessing the Effectiveness of Massage Therapy for Bilateral Cleft Lip Reconstruction Scars



Fiona Leckenby | Honorable Mention

Eight-Week Chair Massage Intervention for Client with Severe Atopic Dermatitis

Background and Objective

Bilateral cleft lips occur when the bones that form the upper lip fail to fuse at birth. Surgical reconstruction creates scars, which may lead to the following impairments: adhesions, decreased oral range of motion, decreased strength of orbicularis oris muscle, and asymmetry of oral region leading to poor self-esteem. The purpose of this case study is to determine the effectiveness of massage therapy in its ability to improve these impairments.

Methods

A five-week treatment plan consisting of fascial release, kneading, and intraoral techniques. Subjective information was assessed on two scales: restriction of scar, and clients attitudes and acceptance of scar. Objective information was cataloged through photographs, palpatory evaluation and a self-created "Pen Test."

Results

Results included increased range of motion and strength, decreased restrictions (palpable and subjective), and increased symmetry. Clients perceived confidence of scar and its appearance increased.

Conclusion

The evidence suggests that massage therapy helped with the impairments associated with scars formed by bilateral cleft lip reconstruction.

Background and Objective

Atopic dermatitis (AD) is a chronic skin condition affecting an estimated 7.8 million Americans. It is characterized by itching, an inflamed rash, excessive dryness or scaling. AD usually has an early childhood onset. Symptoms are persistent, lasting 14 days or longer, and are typically accompanied by asthma or allergic rhinitis or hay fever. The causes of AD are not fully understood but are thought to be a combination of genetics, environment, and immunological factors. Stress also plays a role in the development and exacerbation of dermatological symptoms, and there is an established link between psychological and dermatological disorders. Massage therapy has been shown to reduce stress levels in recipients and a study of children with atopic dermatitis produced symptom improvement over a five-week intervention period. Our investigative team hypothesized that regular chair massage might reduce symptoms in a 32-year old client who has suffered AD since infancy.

Methods

An eight-week chair massage intervention was performed. Twice-weekly half-hour chair massages were given alternately by two licensed massage therapists (LMTs). The LMTs followed the same massage protocol.

Results

The client maintained a journal in which she recorded the severity of both AD symptoms and her stress levels using a five-point numerical scale. Client also keeps a daily photographic record of her AD symptoms.

Conclusion

While twice-weekly massage may have reduced redness and facilitated relaxation response in the client, there was no noticeable improvement of symptoms as reported by the client.

2012 STUDENT CASE REPORT CONTEST

Thanks to you, the Massage Therapy Foundation recognized four outstanding student case reports: [Learn More >](#)



GOLD AWARD WINNER



MARY WAKEFIELD

NEW ZEALAND COLLEGE OF MASSAGE
AUCKLAND, NZ

The Effects of Massage Therapy on
Thoracic Outlet Syndrome

SILVER AWARD WINNER



HEIDIE C. FURIN

CORTIVA INSTITUTE
SEATTLE, WA

Combination Structural and Swedish
Massage on a Patient With
Post-Operative Bunions

BRONZE AWARD



NICOLE RIOU

GRANT MACEWAN UNIVERSITY
EDMONTON, ALBERTA

Massage Therapy for Essential Tremor:
Quieting the Mind

HONORABLE MENTION

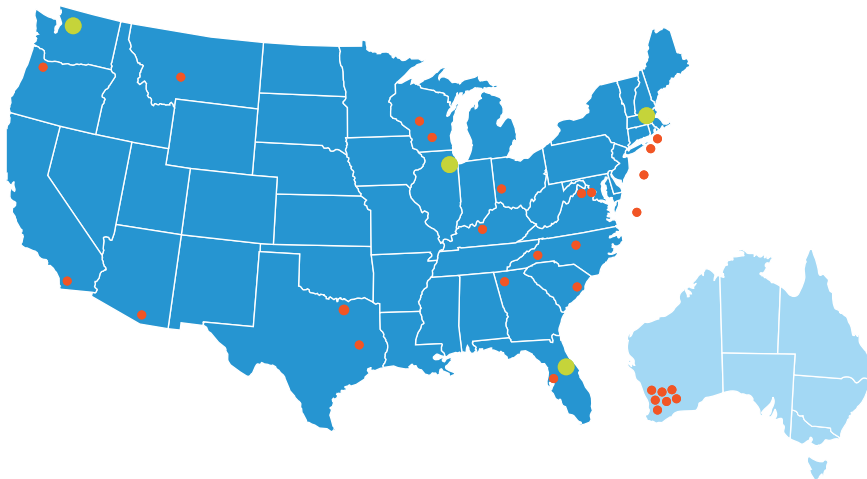


RAEANN LISIECKI

LAMBTON COLLEGE
SARNIA, ONTARIO

Investigating the Effect of
Massage Therapy on Phantom Limb
Sensation and Pain on a Double Amputee

RESEARCH LITERACY EDUCATION



● Teaching Research Literacy (TRL)

is a traveling face-to-face workshop that the Massage Therapy Foundation provides in partnership with Associated Bodywork & Massage Professionals (ABMP). This class is for educators who want to incorporate research literacy into their schools' existing curriculum.



[Learn More >](#)

[Click to hear more from ABMP President Les Sweeney about why they support TRL.](#)

● 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.



[Learn More >](#)

SHARING RESEARCH FINDINGS

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MESSAGE TODAY RESEARCH COLUMNS

Every month, the Massage Therapy Foundation publishes a research column with *Massage Today*.

The MTF's dedicated writing group works together each month to summarize articles on current massage and bodywork research. Each article is available at <http://www.massagetoday.com>

[View Articles Here](#)



WHAT'S TO COME IN 2013....

International Massage Therapy Conference. The Conference took place April 25-27, 2013 in Boston, Massachusetts

THREE-DAY CONFERENCE

The Massage Therapy Foundation hosted its third research conference in 2013. We brought together more than 250 massage therapists, researchers, and educators to share current research in massage and manual therapies. A special focus on public health was highlighted, and conversations for the development of a new massage therapy research agenda began. Stay tuned for announcements about the next IMTRC in 2016.



Team MTF–Running for Research

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

The *Team MTF–Running For Research* members were:

LES SWEENEY

President of Associated Bodywork & Massage Professionals

KATHY BORSUK

AMTA NJ-Chapter

TOM HEIDENBERGER

CEO of Bon Vital'

We appreciate their amazing fundraising efforts. Stay tuned for an update in the 2013 MTF Annual Report.

“

AMTA GIVES TO THE FOUNDATION BECAUSE WE SUPPORT ITS MISSION, AND IT REFLECTS AMTA'S GOAL FOR MASSAGE THERAPY RESEARCH AND EVIDENCE-INFORMED PRACTICE.”



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