

March 2019

MASSAGE THERAPY  
FOUNDATION  
**Communicator**

SCIENTIFIC RESEARCH • EDUCATIONAL RESOURCES • COMMUNITY SERVICE

### IMTRC 2019: Keynote Announced



**Helene Langevin, M.D., Director of the National Center for Complementary and Integrative Health (NCCIH)** will be the Keynote Speaker at IMTRC 2019. Her research interests have centered around the role of connective tissue in chronic musculoskeletal pain and the mechanisms of acupuncture, manual, and movement-based therapies. Don't miss this fascinating presentation!

[Click here to see all of our IMTRC 2019 Presenters.](#)

Register Today

### Research Perch: Part II with New Infographic

Have you checked out MTF's *Research Perch* podcast lately? We have just added another new episode, [Integration of Massage Therapy in Outpatient Cancer Care: Part Two](#). This episode is being released with a BONUS visual abstract component.

*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 below:



#RunningForResearch 2019: Rocky Chen



I am so excited to be a part of Team MTF—Running for Research! I have been a runner for 25 years and I have run over 10 half marathons, but this will be my first full marathon.

Although I'm only a part-time MT (I'm a full-time engineer), I am fortunate to have worked with amazing athletes and sports teams including the U.S. Olympic Team at the 2018 Winter Olympic Games, the Oklahoma City Thunder NBA Team, the Oklahoma City Ballet Company, and over 50 Ironman triathlons. As a runner and a triathlete, I have the unique perspective of being not just an MT, but also a fellow athlete. I enjoy discussing training, nutrition, and equipment (if they're a triathlete) with my athlete-clients.

This profession enriches lives including my own in so many ways. I have been blessed with a unique skill set that helps people live pain-free lives, and I enjoy volunteering my services in my local running, cycling, triathlon, and dance community to reach as many people (and athletes) that I can, so they can maximize their athletic potential through pain-free training.

Please consider donating to help me raise funds for the Massage Therapy Foundation. Together we can make a difference in the lives of many. Thank you!!!

**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 Issue: *International Journal of Therapeutic Massage and Bodywork***



Read, "[Improving Clinical Outcomes and Quality of Life with Massage Therapy in Youth and Young Adults with Cystic Fibrosis: a Pilot Study](#)," and learn about how massage therapy can help manage symptoms of cystic fibrosis in young people.

**Check out this and other articles in our most recent issue of *IJTMB* and share with your colleagues: [Vol 12, No 1 \(2019\)](#)**

*IJTMB* 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](#).

### **Welcome New MTF Trustees**

MTF extends a warm welcome to Joan Nichols, LMT, BCTMB, and JoEllen Sefton, PhD, ATC, CMT, as they join the MTF Board of Trustees (BOT).

**Joan Nichols** is the current Immediate Past President of the American Massage Therapy Association (AMTA). A massage therapist since 1998, she has a massage therapy practice in the South Metro area of Atlanta, GA, with a focus on on-site wellness programs and community events. [Click here to learn more about Joan.](#)



**JoEllen Sefton** is the director of the Auburn University Warrior Research Center, with the mission to assist the US Armed Forces in improving the physical and technical skills, equipment, health and performance of our Military, Families and Veterans. [Click here to learn more about JoEllen.](#)

Joan joins MTF for a one-year term, and JoEllen joins us for a two-year term. **We look forward to working with both of you!**

## Grants and Contest Deadline Reminders

- [Community Service Grant: Open Now](#)  
Application deadline: April 1, 2019
- [Student Case Report Contest: Open Now](#)  
Application deadline: June 3, 2019
- [AMTA Convention Poster Session Call: Opening March 20, 2019](#)

## We Need Your Support



*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*

**Help MTF continue to fund research and deliver knowledge to therapists' fingertips. Now is the time to make research count !**

**Donate Now**

## Communicator Sponsorship Opportunities

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