



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

Dear Friend,

It is my distinct honor to serve as the president of the Massage Therapy Foundation and in that role, to present the Foundation's Annual Report. This report tells two stories. One is revealed in the numbers—figures, facts, and measurable results. The Annual Report serves as a record of the generosity of our donors and the depth, breadth, and variety of initiatives that we are able to offer as a result.

Behind these facts lies a second story: the personal experiences of the people we serve. Our community service grants affect countless people, offering hope and comfort to those who would otherwise have limited or no access to massage therapy. Our research and educational endeavors have immeasurable impact on therapists, providing insights which benefit clients through more effective treatment. This powerful second story is what motivates me to serve the mission of the Massage Therapy Foundation with passion and commitment. While I realize that I will never see the full fruits of the work the Foundation sows, the stories I hear from therapists are inspiring and motivating.

With this in mind, here is a brief overview of some of the highlights of our work in fiscal year 2017/18.

### **Research Update:**

The Foundation funded three research studies in 2017. One of these studies explored the possibility of using massage therapy to decrease tobacco use in pregnant mothers. The other two studies examined ways that massage therapy can be used to reduce different types of pain. We are grateful to the American Massage Therapy Association for funding the latter two studies.

### **Education Update:**

This year's Student Case Report contest recognized five outstanding students for their submissions. It is inspiring to see such students who already understand the value of research. Our continued publication of the *International Journal of Therapeutic Massage and Bodywork* (IJTMB) fostered a new partnership with the Registered Massage Therapists of British Columbia (RMTBC). Their collaboration and support assist us in expanding and enriching *IJTMB*. The Foundation also introduced several new educational initiatives this past year: research infographics which display information from our podcasts and *IJTMB* articles in visual shorthand, a new digital archive of

research posters from our poster sessions, and a new searchable database of research studies from our collaborative meta-analysis of massage research on pain. Improvements to our website have made accessing educational tools easier than ever. Our research education efforts continue to be geared towards helping the practicing massage therapist translate research into practice.

### **Community Service Update:**

Our five 2017 Community Service grantees served organizations providing massage to family caregivers, survivors of domestic violence, and those struggling with chronic pain, mental health issues, and opioid dependency. Through these grants the Foundation has made an enormous difference in quality of life for many people.

I am profoundly thankful to the donors and volunteers who support the Foundation's efforts to enrich the profession. Your support makes a world of difference to massage therapists and students, colleagues in other health care disciplines who learn about the benefits of massage therapy, and clients who discover the power and promise of evidence-informed massage therapy.

With deep appreciation,

A handwritten signature in cursive script that reads "Douglas Nelson". The signature is written in black ink and is positioned above the typed name and title.

Douglas Nelson, LMT, BCTMB  
President, Massage Therapy Foundation