



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

Dear Friend,

I am pleased to present the 2019 Massage Therapy Foundation Annual Report. This upcoming year we celebrate 30 years of supporting our focus on research, education, and community service initiatives. The Foundation continues to make great strides within each area. All of this was made possible through your generous support. Thank you!

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 2019/2020.

Research Update:

The Foundation funded three new research studies in 2019. They are;

- ***Massage Service Integration in a Military Primary Care Clinic: Implementation and Impact Study***— Henry M. Jackson Foundation*
- ***Pilot Study of Massage Therapy to Improve Self-Efficacy in Patients with Left-Ventricular Device***— MedStar Health Research Institute *
- ***Massage as an Intervention for Muscle Atrophy***— University of Kentucky
- ***Ergonomics Project: Phase One***— Massage Therapy Foundation

Education Update:

Our 2019 Student Case Report Contest recognized three outstanding case reports exploring the use of massage therapy for Multiple Sclerosis, migraines and Cervical Spondylosis, and Lymphedema in a Patient with Spina Bifida. This contest provides a unique opportunity for students to learn how to deliver evidence-informed massage information to the public.

2019/20 saw the reboot of MTF's *Research Perch* podcast series. Ten fascinating and informative new episodes were released.

Community Service Update:

Five 2019 Community Service Grants were awarded. Our grantee organizations include those providing massage to homeless in hospice care, diabetics in rural and urban Mexico, cancer center staff, disable seniors, and survivors of domestic violence and trafficking. Foundation grants such as these greatly impact quality of life for many who would otherwise be unable to access the benefits of massage.

We are deeply grateful to the donors and volunteers who support MTF's endeavors to advance the field of massage therapy for the next thirty years and beyond.

With deep appreciation,

A handwritten signature in black ink that reads "Douglas Nelson". The signature is written in a cursive, flowing style.

Douglas Nelson, LMT, BCTMB
President, Massage Therapy Foundation