

March 2022

MASSAGE THERAPY
FOUNDATION

Communicator

SCIENTIFIC RESEARCH • EDUCATIONAL RESOURCES • COMMUNITY SERVICE

Share your work!

Submit your abstract for MTF Poster Session at
AMTA National Convention by April 15, 2022.



IMTRC 2022: Only Six Weeks Away!

IMTRC is right around the corner! MTF's 2022 International Massage Therapy Research Conference (IMTRC) is on May 12-13, 2022 in Alexandria, Virginia. Held every three years, IMTRC brings together thought leaders and educators in the profession to discuss massage therapy innovations and the latest research.

Connect with your colleagues and learn the latest science to apply in your practice; we hope to see you there!

[Register Now](#)



New Research Perch: Wrapping Up Project COPE

Research Perch



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Join host Robin Anderson as she welcomes back previous guests, Project COPE investigators Dr. Ann Blair Kennedy (USC Greenville) and Smith Heavner (Prisma Health), for an update on results and insights from their two-year study.

Project COPE is a collaboration between researchers from the University of South Carolina School of Medicine Greenville, Prisma Health, Clemson University, and Indiana University (IUPUI) to collect survey data about healthcare providers' experiences during and after the Covid-19 pandemic. **Listen in to hear the fascinating results!**

[Listen to Research Perch](#)

New *IJTM*B is Ready for Your Free Access

The newest issue of *International Journal of Therapeutic Massage & Bodywork (IJTMB)* is packed with can't-miss articles to provoke your thinking and help you in your daily practice. This issue features an editorial review of 2020 articles, plus the opportunity to learn more about:

- Myofascial release for those with low back pain and post-COVID respiratory symptoms;
- Aromatherapy for elderly patients with depression and anxiety;
- Shiatsu for those with dementia and their caregivers;
- Massage therapy for humeral shaft fracture in a child;
- MT as a supportive treatment for pregnancy post stillbirth;
- A survey of Australian cancer center patients receiving touch therapies.



IJTMB is open-access, peer-reviewed, and indexed in PubMed. It is the official journal of the Massage Therapy Foundation and our partner, Registered Massage Therapists' Association of British Columbia.

[Read the Latest Issue](#)

Runner Spotlight: Stacey Breslin

Meet the 2022 Team MTF Boston Marathon runners!

Stacey Breslin is a practicing Massage Therapist, Certified Personal Trainer, and Health Coach who is passionate about health and wellness. A total dynamo, she is working towards becoming a yoga teacher, training for Boston, and running her business all while being mom to two young children!

Read on to learn more about what inspired Stacey to run Boston to fundraise for MTF, and learn more about the rest of the team in previous and upcoming *Communicator* issues.



[Read Stacey's Blog](#)

[Sponsor a Mile to Support #RunningForResearch](#)



Be a part of Boston Marathon history and cheer on your favorite charity runners by sponsoring a mile of the 26.2-mile course!

Now you or your organization, club, or group can be an official part of Team MTF's Boston run. Only 27 spots are available and they're filling up fast! Click below to learn more.

[Run With Team MTF](#)

Grants and Contests

- **Poster abstract submission deadline for MTF Poster Session at AMTA National Convention is April 15, 2022**
- **Student Case Report Contest submission deadline June 1, 2022**

[Apply Today](#)

Help Support the Programs You Love

Help MTF continue to support research, care for community members, and bring engaging educational content to MTs and students.

Your contributions to MTF programs are greatly needed and appreciated!

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