

October 2021



Communicator

SCIENTIFIC RESEARCH • EDUCATIONAL RESOURCES • COMMUNITY SERVICE

Save the Date!

**May 12-13, 2022
Alexandria, Virginia**



**International
Massage
Therapy
Research
Conference**



Congratulations to MTF's Boston Marathon® Athletes!



(L to R) Richard Evonitz, Oliver Layco, Shari Aldrich, Kelly Cartus

Congratulations to our Team MTF #RunningForResearch runners; Shari Aldrich, Kelly Cartus, Richard Evonitz, and Oliver Layco on their completion of the world-famous 26.2-mile Boston Marathon course on October 11, 2021!

Kudos to our 2021 Team for exceeding their Boston Marathon fundraising goal during this challenging and unprecedented year. Our deepest gratitude goes to the donors, sponsors, and supporters who made it all possible through many generous contributions. Thank You!

[See Photos From Boston](#)

[Donate Through October 30](#)

MTF Community Service Grantees Announced

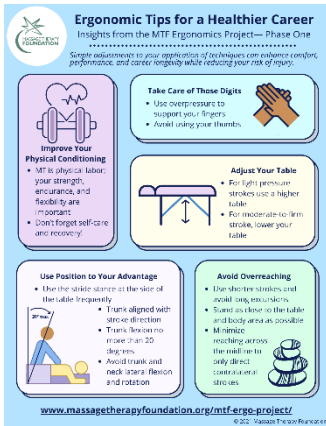
The Massage Therapy Foundation is pleased to announce the award of four Community Service Grants for the 2021 granting cycle.

MTF's 2021 CS Grants include people in chronic pain; hospice patients; survivors of sex trafficking and overcoming addiction and trauma; and those in disaster-impacted communities.

[Learn More](#)



New Infographic: *Ergonomic Tips for a Healthier Career*



The completion of **Phase One of the MTF Ergonomics Project** has yielded new insight into ways therapists work and ways to protect you on the job.

Simple adjustments to your techniques can enhance comfort, performance, and career longevity while reducing your injury risk. Check out a few of these insights in a bright, printable graphic format by downloading the newest free MTF infographic!

[Download MTF Infographics](#)

International Journal of Therapeutic Massage and Bodywork

Have you checked out the newest issue of *IJTMB*? Vol 14 No 3 (2021) includes the publication of **Effect of Ice Massage to Head and Spine on Blood Pressure and Heart Rate Variability in Patients with Hypertension: a Pilot Study**. Learn more about how MT can provide meaningful pain relief for children in chronic pain.

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](#)

Upcoming Deadlines

- **The IMTRC 2022 Call for Posters is open; deadline is January 14, 2022.**

[Apply Now](#)

Be the One: Make Your Impact!

Your donation allows the Massage Therapy Foundation to build on 30 years of service and continue to provide valuable research grants and conferences, FREE educational webinars, study materials, and a peer-reviewed journal **to give you and your colleagues the edge you need to make a difference in the lives of others.**

You and donors like yourself make it happen! If you are able, please help us continue to serve you by making a gift today.



Sign up and Amazon will donate a portion of your purchase to MTF

Make a direct donation to support MTF projects

Make a difference today and tomorrow

***Communicator* Sponsorship Opportunities**

Is your organization looking for a place to advertise while supporting massage therapy research, education, and community service initiatives? Consider sponsoring issues of the ***Communicator***. One sponsorship is available per issue. Only 12 available per year!

[Learn more about this offer](#)



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