

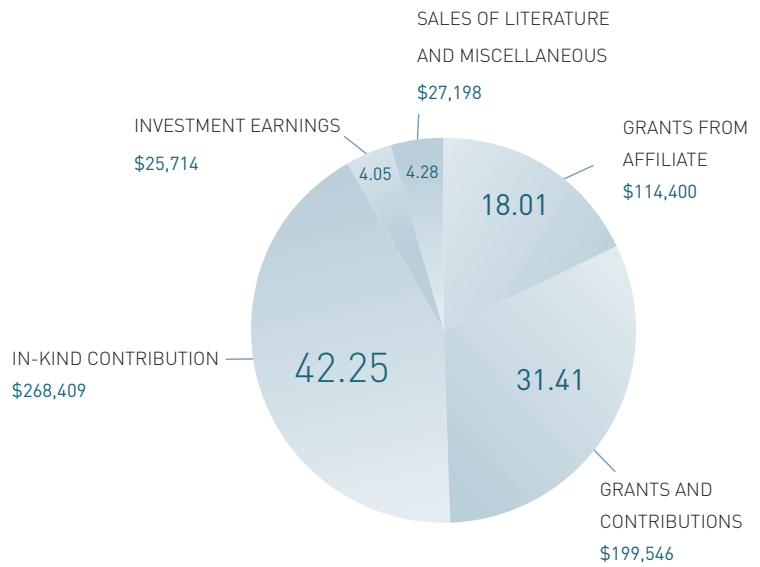


# Shape the Future

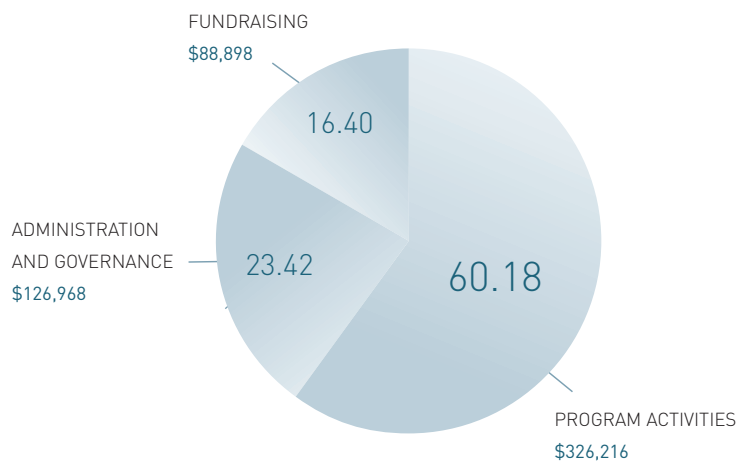
MASSAGE THERAPY FOUNDATION ANNUAL REPORT 2007



REVENUES



EXPENSES



EXECUTIVE SUMMARY:

In the course of this fiscal year, we launched several projects, including our electronic journal the *International Journal of Therapeutic Massage & Bodywork: Research, Education, & Practice (IJTMB)*. We also began developing a framework for creating best practice guidelines, which we believe will enhance our service to the profession in coming years. We chose to sponsor an international, interdisciplinary research symposium titled *Somato-Visceral Interactions and Autonomic Mechanisms of Manual Therapy* for \$5,000. Additionally, we maintained our granting activities by funding research and community service grants, and the case report contest activities.

Fiscal year 2007-2008 ended with a net increase in assets as spending continues to be purposeful and well-controlled. Our investments performed well despite a volatile market.

Overall, we continue to hold a strong balance sheet with significant increase in the endowment. The Foundation remains fiscally sound with a clear vision for our future endeavors.

## Celebrations & Collaborations



Dear Friends & Colleagues,

Shaping the future takes many hands, and 2007 was a year of collaboration and new relationships for the Massage Therapy Foundation. While continuing to strengthen our core mission through funding research studies, community service grants and research literacy initiatives, we teamed up with a number of manual therapy organizations to advance research on the health and wellness professions.

We achieved a major milestone with the creation of an open-access fully electronic journal for the therapeutic massage and bodywork profession. Announced by the Foundation's Board of Trustees in 2007, the *International Journal of Therapeutic Massage & Bodywork: Research, Education, & Practice (IJTMB)* has just launched its August 2008 inaugural issue. It is a peer reviewed scientific journal whose scope will help open the door to many new collaborative opportunities.

The Foundation joined with the Rolf Institute and the International Association of Structural Integrators to co-sponsor *The First International Fascia Research Congress* in October, 2007. Since then, we have welcomed Dr. Thomas Findley, MD, PhD, Rolfer – one of the visionaries of the Fascia Congress – as Editor-in-Chief of the IJTMB. I invite you to read more about this conference and other exciting Foundation sponsorships later in this report.

Collaborating with those whose vision matches our own invigorates our efforts in advancing research literacy and exploring ways to support the important work of other bodywork and movement organizations. The Foundation's support of the Upledger Institute's new foundation, "the Association for Integrative Wellness", through providing guidance in the launch of its inaugural case report contest, exemplifies these efforts. The Upledger Institute has reciprocated by providing an instructor to teach Lymph Drainage Therapy at the 2008 *American Massage Therapy Association Post-Convention Workshop* in Phoenix.

As you turn these pages and read the compelling stories of our grantees providing leadership in research and impacting their communities as practitioners, and our case report contest winners giving vision to our potential, remember that your hands are among those shaping the future of massage therapy, changing the lives of those touched by it, and contributing to informed decision-making in massage clinics throughout the profession.

In partnership,

A handwritten signature in black ink, appearing to read "Diana L. Thompson". The signature is fluid and cursive, with a long horizontal line extending to the right.

Diana L. Thompson, LMP  
President

“The Foundation has done wonderful things, and in the years that Touch to T.E.A.C.H. was active, lives were changed. Thank you.”

—Peggy Jones Farlow, MD, CMT

FOUNDATION GRANT RECIPIENT, 1997 AND 1998

## VENTURES in THERAPEUTIC

MASSAGE *for* DEVELOPMENTALLY DISABLED ADULTS

Kathryn Greschner  
Cornerstone Ministries, Inc.  
Cumberland, Wisconsin |  
\$4,890

Sponsored in part by a grant to  
the Foundation from BIOTONE



The popularity of the massage program provided through Cornerstone Ministries in northern Wisconsin is exemplified by Paul, who always wants to be first to receive massage and runs to take the hand of the massage therapist as she heads for the massage room. A community service grant from the Massage Therapy Foundation has made it

possible to provide weekly 20-minute table massages to 30 adults with developmental disabilities in Shell Lake and Rice Lake, Wisconsin.

The stress-reduction benefits of massage therapy complement a "Relaxation Station" at the Shell Lake Workshop, where individuals may retreat for timed intervals to derive the benefits of soft sounds, dimmed lighting, aromatherapy, and a seated massage. Adults with developmental disabilities can be physically isolated by distance from their family members and friends, and instruction in appropriate social behavior has often eliminated human touch. Behavioral problems and emotional needs are addressed with medications, yet cognitively impaired adults need and respond to healthy touch just as others do. The intended result of weekly massage and the availability of the "Relaxation Station" is to decrease volatile behavior, fatigue, injuries, and muscle overexertion.

**Bodywork for the Homeless**  
Cynthia Price, PhD, LMP,  
Alternative Healthcare Access  
Campaign, Seattle, Washington  
\$5,000

**Massage Therapy for Torture Survivors**  
Mary Fabri, PsyD, Marjorie  
Kovler Center for Treatment of  
Survivors of Torture, Chicago, IL  
\$4,620

**Massage Therapy for Post-Operative Gynecology and Gynecology-Oncology Patients**  
Ann Charles-Craft, D-Min,  
Virginia Commonwealth  
University, Richmond, Virginia  
\$5,000  
Sponsored in part by a grant to  
the Foundation from BIOTONE

**Mino-Ayaan: Be Well Community Health Project**  
Leah Prussia, White Earth  
Recovery Project, Calloway,  
Minnesota  
\$5,000

**Massage Outreach Program for Single-Parent Students of Salt Lake City Community College**  
Jason Gillman, Salt Lake  
Community College, Salt Lake  
City, Utah  
\$5,000

Did you know?

Since 1993, the Massage Therapy Foundation has granted almost \$245,000 to foster massage therapy initiatives that serve populations in need.

Twenty-one diverse populations have been served ranging from low-income families to hospice patients.

Did you know?

Since 1993, the Massage Therapy Foundation has granted more than \$441,000 to advance research on therapeutic massage and bodywork. A variety of studies have been funded ranging from psychotherapeutic effects of massage to lymphedema.

HEALTH BENEFITS *of* INFANT  
 MASSAGE *for* INFANTS *in* SOUTH  
 AFRICAN ORPHANAGES

Vonda Jump  
 Utah State University  
 Logan, Utah | \$19,997



This research examines the effects of infant massage and relationship-based intervention in an orphanage environment in South Africa. The researchers conduct 4-day infant massage training with orphanage caregivers who will then provide massage to infants in the study. Caregivers will learn ways to promote physical, social, cognitive, and language development for

orphaned infants. The infants have been randomly assigned to experimental or comparison groups. The experimental group began receiving massage at the onset of the study. After 60 days, the comparison group also began to receive daily massage. Baseline health data collected on both groups are being analyzed to compare the daily health of the infants before and after massage intervention. The hypotheses are that infants receiving massage will experience decreased illness, increased immune function, and improved physiologic regulation compared to infants in the comparison group. Additionally, it is expected that caregivers will become more attuned and responsive to infants' needs, and the infants will become more sociable and content in the orphanage environment.

Massage Therapy and Labour Outcomes: A Randomized Controlled Trial  
 Patricia Janssen, University of British Columbia, Vancouver  
 \$19,984

The Effects of Massage Therapy in Women with Mild Lymphedema  
 Sharon Kilbreath, University of Sydney, Australia  
 \$20,000

Neural Correlates of Massage Therapy  
 Diane Sliz, Carleton University, Ottawa, Ontario  
 \$20,000

To read full summaries of all grant projects, please visit [www.massagetherapyfoundation.org](http://www.massagetherapyfoundation.org).

“Being able to contribute to the growth of massage therapy in the direction of complementary medicine is a tremendous honor for me. I look forward to continuing my research.”

—Jennifer Zalta – 2007 Practitioner Case Report Contest Gold Award Winner

CONTEST PURPOSE: THE PRACTITIONER CASE REPORT CONTEST ENCOURAGES THE WRITING OF CASE REPORTS TO PROVIDE AN OPPORTUNITY FOR MASSAGE THERAPISTS AND BODYWORKERS TO DEVELOP RESEARCH SKILLS AND ENHANCE THEIR ABILITY TO PROVIDE KNOWLEDGE-BASED MASSAGE TO THE PUBLIC.



Gold Award Winner  
**Orthopedic Massage Protocol for Post-ACL Reconstruction Patellofemoral Pain Syndrome**  
Jennifer Zalta, Jackson, Wyoming

Silver Award Winner  
**Clinical Reasoning in Massage Therapy**  
Kim LeMoon, Highland Park, New Jersey

Bronze Award Winner  
**The Role of Massage Therapy and Bodywork in the Treatment of a Client Diagnosed with Dissociative Identity Disorder**  
Karen Varney, Annapolis, Maryland

Honorable Mention  
**Massage Therapy Techniques as Pain Management for Erythromelalgia**  
Krista Dicks, Barrie, Ontario

Honorable Mention  
**The Use of Lymphatic Facilitation with Anterior Cruciate Ligament (ACL) Reconstruction Rehabilitation**  
Leslie Jensen, Seattle, Washington

Honorable Mention  
**Massage as Conservative Treatment for Chronic Exertional Compartment Syndrome**  
Erika Larson, Lilburn, Georgia

Honorable Mention  
**The Effectiveness of Massage Therapy on Postpartum Nondiscogenic Sciatica**  
Dylan Lott, Evanston, Illinois

Visit [www.massagetherapyfoundation.org](http://www.massagetherapyfoundation.org) to read these research grant summaries as well as the abstracts of the award winning case reports.

CONTEST PURPOSE: THE STUDENT CASE REPORT CONTEST PROMOTES RESEARCH LITERACY IN MASSAGE THERAPY SCHOOLS. STUDENTS LEARN TO WRITE A RESEARCH CASE REPORT AND BEGIN TO INCORPORATE RESEARCH INTO THEIR PRACTICE HABITS.



**Gold Award Winner**  
**Investigating the Effectiveness of Myofascial Release Techniques in the Treatment of Primary Raynaud's Syndrome**  
Anne Walton, Kiné-Concept Institute, Ottawa, Ontario

**Silver Award Winner**  
**Massage Therapy's Effects on Low Back Pain with Sciatica Symptoms**  
Jada Bell, Carteret Community College, Jacksonville, North Carolina

**Bronze Award Winner**  
**Positive Systemic Effects Using Therapeutic Massage as a Conjunctive Treatment for Rheumatoid Arthritis**  
Robin Anderson, Community College of Baltimore County, Baltimore, Maryland

**Honorable Mention**  
**The Effects of Massage Therapy in Pain Management for Patients Undergoing Chemotherapy for Cancer**  
Eric Mathis, Atlantic College of Therapeutic Massage, Fredericton, New Brunswick

**Honorable Mention**  
**Massage Therapy Reduces Frequency and Intensity of Symptoms from Lumbar Disk Herniations**  
Alana Mountain, Fleming College, Peterborough, Ontario

“Participating in the Massage Therapy Foundation’s student case report contest was a very intense and rewarding challenge. It gave me the confidence to pursue more research as a therapist.”

—Anne Walton – 2007 Student Case Report Contest Gold Award Winner

ANNOUNCING *the* INTERNATIONAL JOURNAL  
of THERAPEUTIC MASSAGE & BODYWORK:  
RESEARCH, EDUCATION, & PRACTICE (IJTMB)



The IJTMB is an online peer-reviewed journal for the therapeutic massage and bodywork profession. This scientific e-journal takes an open access approach to scholarly publishing allowing readers to access articles online, free of subscription fees. The journal has three principal sections:

#### RESEARCH

An opportunity for the dissemination of original quantitative, qualitative, and integrative research papers.

#### EDUCATION

A forum for massage and bodywork educators on topics such as curriculum development, instructional design/delivery, instructional technology, distance learning, and testing/evaluative procedures.

#### PRACTICE

Avenue for practitioners to stay current on subjects such as planning, marketing, and managing a successful practice, incorporating new scientific findings and methods into clinical practice, new clinical approaches to prevention and treatment of specific health conditions, and ethical issues. The inaugural issue of the IJTMB is available at <http://journals.sfu.ca/ijtmb>.

#### Fascia Research Congress

In 2007, the Massage Therapy Foundation was proud to sponsor the *First International Fascia Research Congress – Basic Science and Implications for Conventional and Complementary Health Care*. The Congress took place October 4–5, 2007, at Harvard Medical Conference Center in Cambridge, Massachusetts. This landmark event was an opportunity to learn about the latest scientific research on human fascia presented by leading scientists from around the world. The Congress was such a success that another one is planned for October 27–30, 2009, in Amsterdam. For more information on the *Congress*, please visit [www.fascia2007.com](http://www.fascia2007.com).

#### Osteopathic and Manipulative Medicine (OMM) Conference

The Massage Therapy Foundation was also pleased to support the OMM Research Conference – *Delineating the Evidence Base for Somato-Visceral Interactions and Autonomic Mechanisms of Manual Therapy* at the University of North Texas. This international interdisciplinary research symposium featured leading researchers in the areas of somato-visceral reflexes and autonomic mechanisms of manual therapy from the United States, Japan, Germany, and Canada.

#### Highlighting Massage Therapy in CAM Research

Following the success of our *2005 Highlighting Massage Therapy in CAM Research Conference*, the Massage Therapy Foundation is excited to announce that a second conference is being planned for spring 2010. Visit [www.massagetherapyfoundation.org](http://www.massagetherapyfoundation.org) for more information as it becomes available.



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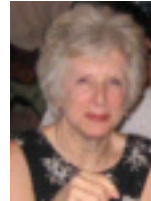
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## MISSION

The Massage Therapy Foundation advances the knowledge and practice of massage therapy by supporting scientific research, education, and community service.

## GUIDING PRINCIPLES

THE FOUNDATION COMMITS TO: **UPHOLDING** the principles of philanthropy.

**CONTRIBUTING** to the understanding and appreciation of massage therapy.

**INCREASING** the Foundation's influence, credibility, and visibility in health and wellness.

**SUSTAINING** the Foundation's organizational effectiveness.

**FOSTERING** the spirit of collaboration.

## GOALS

- 1 Advance research on therapeutic massage and bodywork.
- 2 Foster massage therapy initiatives that serve populations in need.
- 3 Promote research literacy and capacity in the profession.
- 4 Support the evidence-informed practice of therapeutic massage and bodywork based upon available research, client factors, and practitioner experience and judgment.
- 5 Fortify the Foundation's financial resources and organizational effectiveness.

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Your donation will help to promote collaborative research, deepen the understanding of massage therapy, and bring massage to people in need. Donate online today at [www.massagetherapyfoundation.org](http://www.massagetherapyfoundation.org).