



Touching Lives
Advancing Knowledge
Building Community

Annual Report 2014



Message From The President



Touching Lives Advancing Knowledge Building Community

Greetings

I am pleased to present the 2014 Massage Therapy Foundation Annual Report. This past year, we continued our focus on research, education, and community service - making great strides in each area. All of this was made possible through your generous support. Thank you!

Research update: As you will see in the following pages, two research grants were funded. The first study conducted by Deborah Backus, PhD is entitled “*Impact of Massage Therapy on Spasticity in People with Multiple Sclerosis*” and the second study by Albert Moraska, PhD is “*Blood Flow within Active Myofascial Trigger Points Following Massage.*” Both studies are incredibly important and interesting. We look forward to reading the results.

Education update: Our Education Committee has been very busy this year organizing both oral and poster presentations on research for the American Massage Therapy Association (AMTA) National Convention. Many of our case report contest winners presented at the convention, and we had several opportunities to discuss writing case reports and other Foundation opportunities with the convention attendees.

Community Service update: During the past year, four organizations were funded for their community service projects. Within these projects, four different populations were served including veterans

and their family members, individuals living with paralysis, male and female survivors of torture and trauma, and female human trafficking survivors. Approximately 224 people were served through these grants.

Your donations make it possible to help the Foundation continue these programs that focus on research, education, and community service in the massage therapy profession. Whether you supported us through our Boston Marathon runners, through private fundraising events, or through direct donations, we thank you for your generosity!

In closing, we are currently in the planning stage of our next International Massage Therapy Research Conference (IMTRC) to be held in May 2016 in Seattle, Washington. Researchers will come from many different locations to discuss their current findings. We would love to see you there!

Kindest regards,

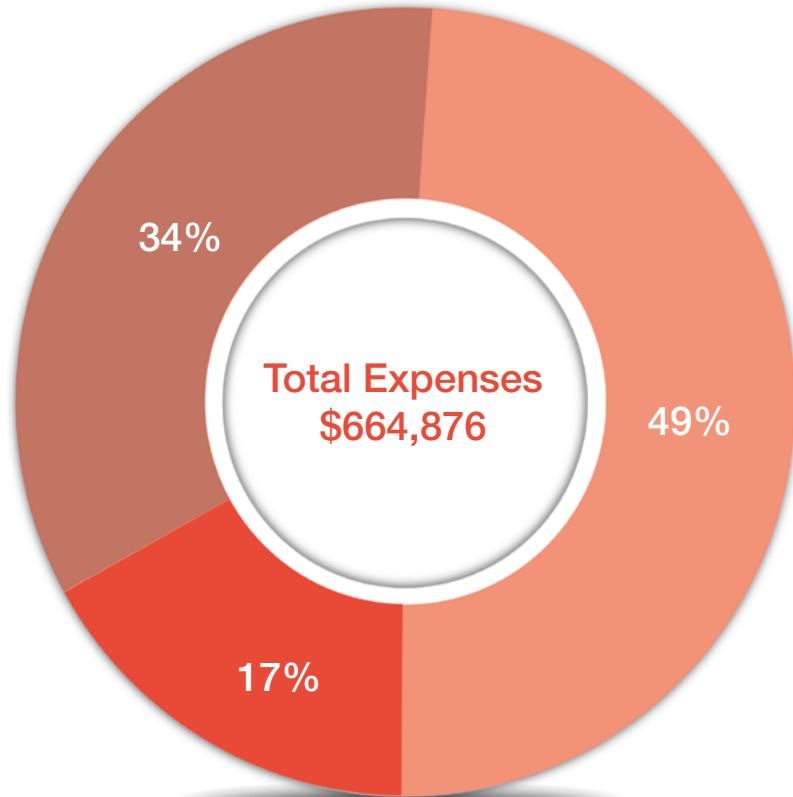
A handwritten signature in black ink, appearing to read 'J. Cambron', with a long horizontal flourish extending to the right.

Jerrilyn Cambron, LMT, DC, MPH, PhD
President; Massage Therapy Foundation

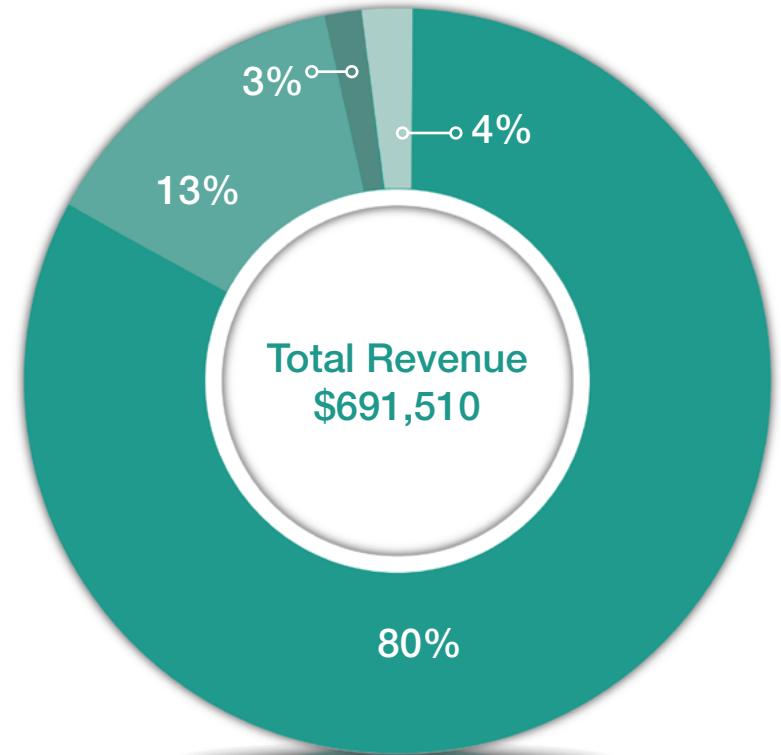
Executive Summary

2014 ended positively for the foundation thanks to continued strong management of our expenses, a solid investment plan and financial support from generous donors like you.

The Massage Therapy Foundation takes its financial health very seriously. The board of trustees, finance committee, and staff closely monitor ongoing operations and investments throughout the year. Our careful stewardship of all of our resources resulted with our ending the year solidly in the black.



Expenses



Revenue



Community Service Grants

Project Title	Name	Organization	Location
Massage for Survivors of Human Trafficking	Willie Martin	New Orleans Community Outreach	New Orleans, LA
Incorporating Massage Into Paralysis Rehabilitation	Christopher Kagen	Pushing Boundaries	Redmond, WA
Lend a Hand, Therapeutic Innovations for Veterans <i>This grant was sponsored in part by a gift from Biotone.</i>	Kathi Brewer	Veterans Helping Veterans Now	Longmont, CO
Massage Therapy for Survivors of Torture and Trauma <i>The grant was sponsored in part by a gift from Biotone.</i>	Karen Hanscom	Advocates for Survivors of Torture and Trauma	Baltimore, MD

www.massagetherapyfoundation.org/past-community-service-grants/2014/

“Lend A Hand: Therapeutic Innovations for Veterans has become an invaluable source of support and information for massage therapists working with post traumatic stress in themselves and with their clients. Our first two years, the second year partially funded by MTF, has resulted in a stable, continuing group of practitioners, allowing us to move forward with our qualitative research design. In our third year, we expect to complete an analysis of how and why brief, concentrated bodywork by practitioners awake and aware of the effects of touch on the brain and its neurotransmitters, helps clients manage and heal the effects of post traumatic stress. With this evidence, we hope to increase the access of massage therapy to veterans and families who are crippled by PTSD.”

— Judy Harmon, Lend a Hand Coordinator



Research Grants

Project Title	Name	Organization	Location
Impact of Massage Therapy on Spasticity in People with Multiple Sclerosis	Deborah Backus, PhD	Shepherd Center	Atlanta, GA
Blood Flow Within Active Myofascial Trigger Points Following Massage	Albert Moraska, PhD	University of Colorado at Denver	Aurora, CO

www.massagetherapyfoundation.org/past-research-grants/2014/

Case Report Contests

Practitioner Case Report Contest

Award	Project Title	Name	Location
Gold Award	Comparing the Effects of Rest and Massage on Return to Homeostasis Following Submaximal Aerobic Exercise	Portia Resnick, MA, ATC, LMT	Honolulu, HI
Silver Award	Dynamic Angular Petrissage (DAP); A Novel Therapeutic Approach for Axillary Web Syndrome (Coding/We	Paul Lewis, NCBTMB, RMT, CDT	Missauga, ON, Canada
Bronze Award	Bowenwork for Migraine - Is it all in the Head?	Sandra Gustafson, MHS, BSN, RN	Bodega Bay, CA
Honorable Mention	Contralateral Treatment for Centrally Sensitized Chronic Shoulder Pain: A Case Report	Rosi Goldsmith, BA, LMT, DAFNS	Portland, OR
Honorable Mention	Therapeutic Scraping for the Treatment of Chronic Overuse Injury of the Shoulder of Cross Fit Athlete	Stacey Meek, LMBT, CKTP	Louisburg, NC

www.massagetherapyfoundation.org/past-practitioner-case-report-contest-winners/2014/

Student Case Report Contest

Award	Project Title	Name	School	Location
Gold Winner	Massage Therapy Treatment and Outcomes for a patient with Parkinson's Disease	Yolanda Casciaro	MacEwan University	Edmonton, AB, Canada
Honorable Mention	Touching Pain: Massage Therapy Techniques To Support Adaptive Body Awareness for Self-Management of Chronic Pain Related to Spondylolisthesis	Krina Patel	Cortiva Institute	Boston, MA

www.massagetherapyfoundation.org/past-student-case-report-contest-winner/2014/



Basics of Research Literacy

Basics of Research Literacy (BRL) is an affordable online continuing education course for all massage practitioners, students and educators. Offered in partnership with Education and Training Solutions (EdTS), this NCBTMB-approved course allows participants to explore this important topic at their own pace.

“We continue to support the good work of the Massage Therapy Foundation because as our healthcare system moves towards more evidence-based care our field needs to do the same.”

- EdTS educators, Jan Schwartz, MA and Whitney Lowe, LMT

Past attendees had the following to say about the course:

“This was an amazing course that brought my knowledge and understanding of research literature to a higher level than it was before. You all did a great job in putting this course together.”

- Course Participant

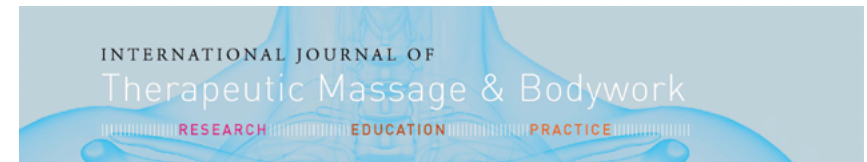
“I am an educator and appreciated learning about all of the tools we have to research areas in our career as massage therapists. Thank you for enlightening me on how to do my research in a more effective and reliable manner.”

- Course Participant

For those who are interested in registering for a course, please visit:

www.massagetherapyfoundation.org/research-literacy-courses

What We Give To You



International Journal of Therapeutic Massage & Bodywork

We are proud to continue to be able to fund the *International Journal of Therapeutic Massage & Bodywork (IJTMB)*. *IJTMB* is now in its sixth year of publication and readership continues to grow. This is the only free access, peer-reviewed academic journal for massage therapy. Four issues were published in 2014, which included 17 articles. Additionally, the journal has acquired a total of 5,501 registered users since 2008.

There are three principal sections in *IJTMB*:

- **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** – A venue for practitioners to stay up-to-date on issues such as planning, marketing, managing and evaluating a successful practice; incorporation of new scientific findings and methods into clinical practice; new clinical approaches to prevention and treatment of specific health conditions; and ethical issues.

Executive Editor	Antony Porcino, PhD
Editor-in-Chief	Karen T. Boulanger, PhD, CMT
Research Section Editor	Albert Moraska, PhD
Education Section Editor	Niki Munk, PhD, LMT
Practice Section Editor	Whitney Lowe, LMT

IJTMB accepts article submissions throughout the year. If you are interested in submitting a manuscript, receiving a free electronic subscription, or advertising, please visit: www.ijtmb.org

What We Give To You

Research Perch

In 2014, we were pleased to add the Research Perch podcasts to the list of research tools available for the profession.

Research Perch is a series of podcasts designed to help you learn how to use massage therapy research in your practice. Each episode digs into a specific article from the *International Journal of Therapeutic Massage and Bodywork (IJTMB)* and unpacks it so you know how it applies to you. Research Perch can be accessed on iTunes and Stitcher.

Listeners have said the following about the podcast:

“I love Research Perch! This podcast breaks down research topics into easily understandable information that is instantly applicable to my hands-on massage practice. It’s often great info to share with clients and inspiring to see how accessible research really is.”

- Allissa Haines, LMT (Research Perch Subscriber)

“This is a great resource for Massage Therapists! I always look forward to hearing from Ruth Werner, Niki Munk, and Michael Reynolds! These podcasts help me understand MT research more. I also use this with my students in the classroom for educating them about Research Findings and issues related to creating Case Studies and Research Protocols. Thank you!”

- Pete Whitridge, BA, LMT (Research Perch Subscriber)

“Great research. Thank you for the explanation.”

- Ema (Research Perch Subscriber)

“This is a wonderful article, Given so much info in it, These type of articles keeps the users interest in the website. Please keep on sharing more!”

- Sean (Research Perch Subscriber)

Since its production, there have been over 9,000 podcast downloads.

The most widely downloaded episodes in 2014 were:

- Are personal characteristics of massage therapists associated with their clinical, educational, and interpersonal behaviors?
- Massage Therapy for Lyme Disease Symptoms: a Prospective Case Study
- The Effects of Self-Massage on Osteoarthritis of the Knee

www.massagetherapyfoundation.org/research-perch

Massage Today Research Review Articles

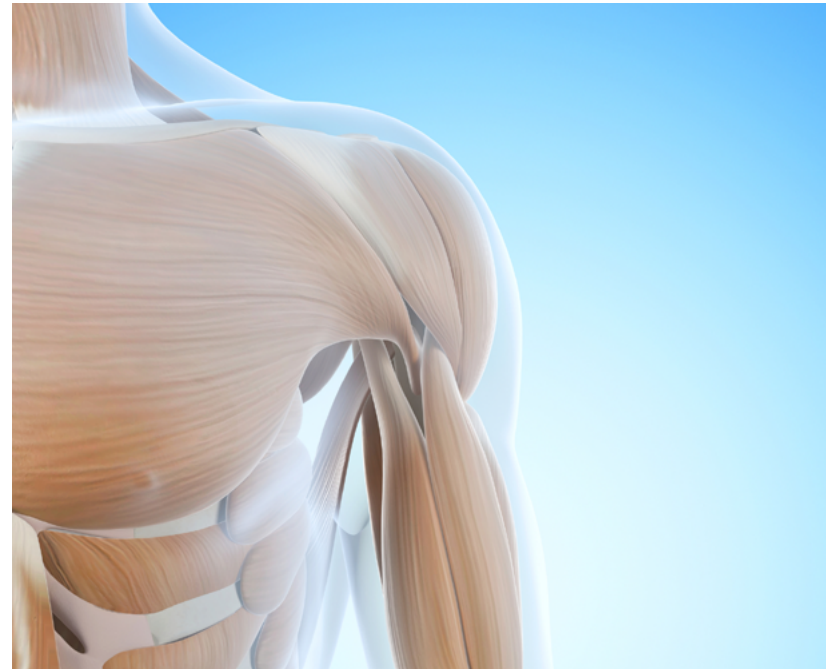
The Foundation has a dedicated writing group that summarizes articles on current massage and bodywork research. These articles are published as a research column in *Massage Today* once each month.

Topics vary widely throughout the year. The most widely read articles from 2014 were:

- “Deep Tissue Massage Helps Plantar Fasciitis”
- May 2014
- “Study Shows Massage Therapy Improves Blood Flow in Aching Muscles”
- September 2014
- “Traditional Thai Massage Improves Bone Formation in Postmenopausal Women”
- June 2014

All of the articles are available here:

www.massagetoday.com



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