



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

## **Research Tools and Resources**

### **Webinars**

- [MTF Educational Webinars and Courses](#)

### **Research Article Databases**

- [Biomed Central](#)
- [MerckMedicus](#)
- [PubMed](#)

### **Government Agencies funding Complementary and Alternative Medicine Research**

- [National Center for Complementary and Alternative Medicine](#)
- [White House Commission on Complementary & Alternative Medicine Policy \(WHCCAMP\)](#)

### **Organizations**

- [American Massage Therapy Association \(AMTA\)](#)
- [Canadian Interdisciplinary Network for Complementary and Alternative Medicine Research \(IN-CAM\)](#)
- [Commission on Massage Therapy Accreditation \(COMTA\)](#)
- [Consortium of Academic Health Centers for Integrative Medicine](#)
- [Fascia Research Congress](#)
- [International Spa Association](#)
- [National Certification Board for Therapeutic Massage & Bodywork \(NCBTMB\)](#)
- [Orthopedic Massage Education & Research Institute \(OMERI\)](#)
- [Registered Massage Therapists' Association of British Columbia](#)
- [Society for Integrative Oncology](#)
- [Touch Research Institute](#)

### **Publications**

- [Alternative Therapies in Health and Medicine](#)
- [Integrative Medicine, A Clinicians Journal \(IMCJ\)](#)
- [International Journal of Therapeutic Massage & Bodywork: Research, Education, & Practice \(IJTMB\)](#)
- [Journal of Bodywork & Movement Therapies](#)
- [Massage and Bodywork Magazine](#)
- [Massage Magazine](#)
- [Manual Therapy](#)
- [Massage Therapy Canada](#)
- [Massage Therapy Journal \(MTJ\)](#)
- [Massage Today](#)

### **Research Columns & Newsletters**

- MTF Research Articles on [MassageToday.com](http://MassageToday.com) – As part of our continuing goal to promote research literacy and capacity in the massage profession, we publish a monthly research project synopsis, with a reference to the original article, on [MassageToday.com](http://MassageToday.com). These synopses are authored by volunteers from our Writing Workgroup.
- [Somatic Research Column – Massage & Bodywork Magazine](#)
- [To Your Health newsletter from Massage Today](#)

#### Links to Research and Professional Resources

- [Glossary of Research Terms](#) (an excerpt from G. Hymel: Research Methods for Massage and Holistic Therapies, ISBN 0-323-03292-3)
- [Methodological Issues in Investigations of Massage/Bodywork Therapy](#) – Claire M. Cassidy, PhD
- [The Integrator Blog](#)
- [Association of Massage Therapists Classified Massage Therapy Research Update, January 2015](#)

#### Research Literature Syntheses

The MTF has commissioned the writing of two literature syntheses that have been published; one on massage for stress and the other on sports massage. Each is a comprehensive review of the literature on their respective subject areas and should be helpful to those seeking research on these specific topic areas.

#### Massage and Stress Reduction

- Moraska, A, Pollini, R, Boulanger, K, Brooks, M. Z., Teitlebaum, L. (2010) "[Physiological Adjustments to Stress Measures Following Massage Therapy: A Review of the Literature](#)". Evidence-Based Complementary and Alternative Medicine: 7(4) doi:10.1093/ecam/nen029

#### Sports Massage

- Moraska, Albert (2005) "[Sports Massage: A Comprehensive Review](#)." The Journal of Sports Medicine and Physical Fitness: 45(3).

