



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

# Message From The President



## *Greetings*

I am pleased to present the 2015 Massage Therapy Foundation Annual Report. This past year, we celebrated 25 years of supporting research, education, and community service initiatives. The Foundation continues to make great strides within each area. All of this was made possible through your generous support. Thank you!

**Research update:** As you will see in the following pages, one research grant was funded. The project is being conducted by Natalie Williams, PhD and is titled "Impact of Massage Therapy on Well-Being for Parents of Children Recovering from Traumatic Injury." This study is important to parents who are in this tragic situation and we look forward to reading the results. We are looking forward to the Samuelli Institute completing three systematic reviews on massage therapy for pain. These reviews were funded by the Foundation through a generous grant from the American Massage Therapy Association (AMTA).

**Education update:** Our Education Committee has been very busy this year organizing both oral and poster presentations on research for the 2016 International Massage Therapy Research Conference (IMTRC) as well as the AMTA National Convention. Many of our case report contest winners presented at the conferences, and we had several opportunities to discuss writing case reports and other Foundation opportunities with the conference attendees.

**Community service update:** During the past year, five organizations were funded for their community service projects. Within these projects, five different populations were served including cancer patients and their caregivers, young mothers and their children soon-to-be-leaving foster care environments, the elderly, children with cerebral palsy, and terminal and disabled patients and their caregivers. Over 600 people will be 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 fund-raising events, or through direct donations- we thank you for your generosity!

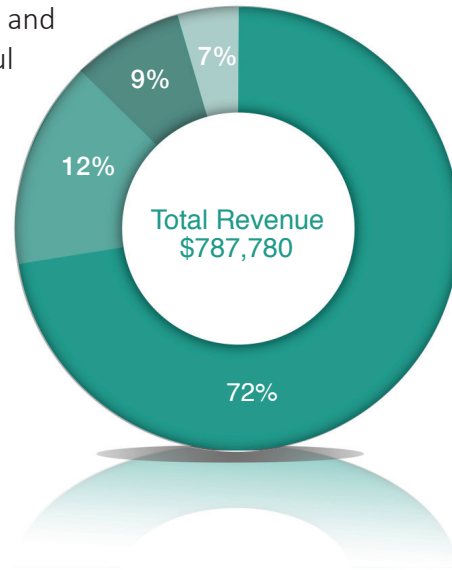
Kindest regards,

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

# Executive Summary

2015 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, despite some challenges, resulted with our ending the year positively.



## Revenue



Grants and Contributions  
\$556,705



Ed & Meetings  
\$64,230



In-Kind  
\$92,230



Investment  
\$48,187

## Expenses



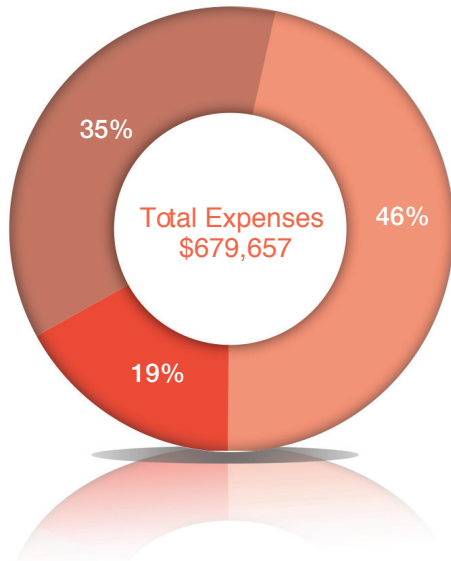
Fundraising  
\$129,557



Programmatic  
\$315,810



Administration  
\$234,810



Total Expenses  
\$679,657

# Grants



“ *The MTF grant is helping me to advance my research aimed at developing effective and innovative strategies to assist caregivers to reduce their stress and enhance their own well-being as they manage the many challenges associated with caring for a loved one who has a serious medical condition.*

*With the help of this grant, our research team collected critical data needed to inform the implementation and adaptation of a massage therapy intervention for caregivers in hospital settings. We plan to use this preliminary data to support a larger federal grant application that will enable us to conduct a larger intervention trial.* ”

– Natalie Williams, PhD

## Research Grantee

PROJECT TITLE	GRANTEE
Impact of Massage Therapy on Well-Being for Parents of Children Recovering From Traumatic Injury	Natalie Williams, PhD University of Nebraska-Lincoln Lincoln, Nebraska

## Community Service Grantees

PROJECT TITLE	PROJECT LEADER	ORGANIZATION	LOCATIONS
Massage Therapy for the Elderly, Terminal and Disabled <i>This grant was sponsored in part by a gift from BIOTONE.</i>	Terri Mearns	Hands to Help	Belleville, IL
The Elizabeth Ministry Mother, Infant and Toddler Massage Project	Carolyn Graham, PhD	The Elizabeth Ministry	Washington, DC
Incorporating Massage Therapy into Cancer Survivorship	Francine Lawrence, PhD	Mary Bird Perkins Cancer Center	Baton Rouge, LA
Improving the Quality of Life for Children with Cerebral Palsy in Central America	Liliana Urias	Christian Blind Mission	Tegucigalpa, Honduras
Free Massage Therapy for Cancer Patients <i>This grant was sponsored in part by a gift from BIOTONE.</i>	Carol Huber	Cancer Family Care	Cincinnati, OH





*One of our clients passed away from liver cancer on May 31st. She began receiving oncology massage in November 2015 with funds provided by the Massage Therapy Foundation. The 8 free massages (4 in 2015 and 4 in 2016) helped ease her pain & discomfort during the last remaining months of her life. She was so grateful that she asked her family to request donations to Cancer Family Care in lieu of flowers in the obituary. To-date we have received over \$800 in memorial donations on her behalf.*

– Jill Settlemyre, Executive Director / Cancer Family Care



*I always sleep better after a massage and my pain is decreased as well. Physical human contact is important to healing and it makes me feel so much better.*

– Kelly Shanks, breast cancer patient



*The massage therapy program has not only helped reduce physical pain and anxiety among some of our cancer survivors, it has allowed us to connect to our patients and their caregivers on a deeper level. During the stressful time of treatment, the hand and foot massages help ease some restless patients off to sleep and allows others the opportunity to chat about things on their mind.*

*We are extremely appreciative to MTF for helping make this service available to our patients.*

– Francinne Lawrence, PhD / Mary Bird Perkins Cancer Center



“ Receiving the gold award has helped bring awareness of health consequences for women from headpanning, a common form of transporting goods in Africa, and hope for managing the health issues. The woman for whom the original case is based came to Project OKURASE Ghana’s Village Health Outreach as a serendipitous learning opportunity. Writing about her and her success through massage therapy has guided our present and future research. Indeed research is a strong partner to clinical care. ”

– Cathy Meryanos



## Contest Winners

“ Receiving the Grand Prize Gold Award for the MTF Student Case Report Contest was a revitalization of my case report writing process. The award has enabled me to present my case report at both national and international conferences, and has given me the opportunity for peer-reviewed publication. Each step provides occasion to reanalyze and hone my case report. This process, and the amazing positive feedback and support I have received, has inspired ideas for future related research that I hope will benefit both the massage profession and our clients. ”

– Rachel Benbow



### Practitioner Case Report Contest

AWARD	PROJECT TITLE	PROJECT LEADER	LOCATION
<b>GOLD WINNER</b>	Utilizing Chair Massage to Address One Woman’s Health in Ghana, West Africa: A Case Report	Cathy Meryanos, LMT, AAS	Conway, South Carolina

### Student Case Report Contest

AWARD	PROJECT TITLE	STUDENT	SCHOOL	LOCATION
<b>GOLD WINNER</b>	Effect of Massage Therapy on the Proprioceptive System of an Autistic Child - A Case Study	Rachel Benbow	Harrisburg Area Community College	Harrisburg, PA
<b>BRONZE WINNER</b>	The Effect of Massage Therapy on Postural Dysfunction Exacerbated by Parkinson’s Disease	Keiko Marumo	MacEwan University	Edmonton, Alberta, Canada
<b>HONORABLE MENTION</b>	A Specific MFR Technique for Treatment of Non-Specific Upper Quadrant Myalgia and Paraesthesia - A Case Study	Sebastien Vachon-Gravel	Atlantic College of Therapeutic Massage	Fredericton, New Brunswick, Canada
<b>HONORABLE MENTION</b>	Effects of Massage Therapy on Pain Associated with Partial Lumbarization of S1	Briana Covey	Canadian College of Massage and Hydrotherapy	Halifax, Nova Scotia, Canada



# What We Give to You

## Research Perch

Research Perch podcasts is one of the many 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.

Since its inception, there have been a total of 28 episodes published. Our most popular episode, “Are personal characteristics of massage therapists associated with their clinical, educational, and interpersonal behaviors?”, was published in September of 2014 and has accumulated a total of 1,407 downloads.

[www.massagetherapyfoundation.org/massage-research/research-perch](http://www.massagetherapyfoundation.org/massage-research/research-perch)

## Massage Today Research Review Articles

The Foundation has a dedicated volunteer writing group that works to summarize articles focused on current massage and bodywork research. The research review articles are published as a monthly research column in *Massage Today*.

Topics vary widely throughout the year. The most widely read articles from 2015 were:

1. “Massage Therapy Can Reduce Inflammation at the Circulatory Level” – June 2015
2. “Have Chronic Headaches? Get a Massage” – July 2015
3. “Research Examines Effectiveness of Thai Massage and Physical Therapy” – May 2015

## International Journal of Therapeutic Massage & Bodywork

We are proud to be able to continue to fund the *International Journal of Therapeutic Massage & Bodywork* (IJTMB). IJTMB is now in its eighth year of publication and readership continues to grow. This is the only free access, peer-reviewed academic journal for massage therapy.

Four issues (17 articles) were posted in 2015. Additionally, the journal has acquired a total of 6,690 registered users since 2008.

There are three principal sections in IJTMB:

1. **Research** - An opportunity for the dissemination of original quantitative, qualitative, and integrative research papers.
2. **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.
3. **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 prevent.

[www.ijtmb.org/index.php/ijtmb](http://www.ijtmb.org/index.php/ijtmb)

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*“To me, the Massage Therapy Foundation is a passionate not-for-profit organization that advances the profession by supporting research, community service, and education, and I am honored to be part of their team.”*

– Jerrilyn Cambron, LMT, DC, MPH, PHD  
Massage Therapy Foundation President

*“It means a lot of things to me – it means an organization that is investing in improving the future for massage therapy as a whole and specifically for massage therapists – and in turn their clients – through our research and community service efforts.”*

– Gini Ohlson, Executive Director

*“The Foundation embodies camaraderie among colleagues and potential growth for the field – on so many levels. MTF = professionals working on behalf of the field, moving the field forward with research, promoting evidence-based practice, supporting community service grants delivering massage to underserved populations.”*

– Leslie A. Young, PhD, Trustee

*“The fact that the Massage Therapy foundation offers programs and grants that bring massage to populations that are often touch deprived through the community service grants program means the world to me. Thousands of people have been touched by these grants since the inception of the Community Service Grants program and this is why I support the Foundation. I am proud to volunteer as well.”*

– Ann Blair Kennedy, Dr. PH, Trustee

*“The Foundation holds a special place in my heart. I see it as the one organization that exists to embrace the relevance of our work, and I encourage everyone to communicate that relevance to our public. I’ve felt that every dollar I’ve donated to the MTF was an investment in myself and my ability to earn a living.”*

– Cliff Korn, LMT, BCTMB, Vice President

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