

A Research Agenda for the Massage Therapy Profession: a Report from the Massage Therapy Foundation

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INTRODUCTION

Massage therapists are a part of a broad community of allied health-care providers. Member groups within this community develop and maintain specific research agendas and strategic plans to guide the development of the knowledge base that serves as the foundation of practice for their profession.⁽¹⁻³⁾

The Massage Therapy Foundation (MTF) is a primary steward of massage therapy research, funding studies to advance the science and art of massage therapy over the past 30 years. The first massage therapy research agenda was developed by the MTF in 1991 and outlined five key goals: 1) Build a research infrastructure within the massage therapy profession; 2) Fund research into the safety and efficacy of massage therapy; 3) Fund studies on physiological and other mechanisms by which massage therapy achieves its effects; 4) Fund studies stemming from a wellness paradigm; and 5) Fund studies on the profession of therapeutic massage. This effort, combined with the efforts of international massage organizations⁽⁴⁾ facilitated the growth and development of the massage therapy profession in each of the goal areas, and greatly expanded the knowledge base that now supports the science-informed practice of therapeutic massage.

The MTF evaluated the extensive progress and remaining knowledge gaps, then put together a team to develop a new research agenda to guide and advance the therapeutic massage knowledge base into the future.

Process Description

The MTF 2020 Massage Therapy Research Agenda was developed by a team of experienced researchers, massage therapists, business owners, administrators, educators, and other allied health-care providers. The agenda was also developed to align with the United States National Institutes of Health's National Center for Complementary and Integrative Health (NCCIH) Strategic Framework,⁽⁵⁾ presenting a unified strategy for advancing the profession.

The MTF 2020 Massage Therapy Research Agenda

The MTF 2020 Massage Therapy Research Agenda has four key objectives, each with specific goals (Figure 1). The agenda aspires to support the work of every member of the massage therapy community. Following each objective is a section called "Moving the Agenda Forward", with a few ideas on how researchers, practitioners, educators, students, and organizations can become involved in progressing the agenda and the profession.

Objective 1: Advance Fundamental Science and Methods Development

Goals:

1. Advance understanding of basic biological mechanisms of action of therapeutic massage and bodywork in the management of chronic and acute conditions.

Massage Therapy Research Paper

Daniela Niemeyer



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