

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

Rafael J. Engel, Russell K. Schutt



Massage Therapy Research Paper:

Massage Therapy Research Tiffany Field, 2006-05-10 Written by the Director of the world renowned Touch Research Institutes this book examines the practical applications of important massage therapy research findings Each chapter of this comprehensive resource provides a clear and authoritative review of what is reliably known about the effects of touch for a variety of clinical conditions such as depression pain management movement problems and functioning of the immune system Coverage also includes the benefits of massage to specific populations such as pregnant women neonates infants and adolescents This book is suitable for massage therapists including Shiatsu practitioners aromatherapists chiropractors osteopaths physical therapists and nurses Provides a thorough yet concise review of recent research related to the importance of touch Offers practical guidance to healthcare professionals whose work involves physical contact with patients Becomes a new book as new studies will be incorporated Research techniques not previously included *Research Methods for Massage and Holistic Therapies* Glenn Hymel, 2005-09-23 This comprehensive resource covers a broad array of research strategies available to massage therapists to give them the tools they need to be knowledgeable readers of research literature as well as active researchers The primary focus of the book is on the quantitative aspect of research that encompasses the principal types of studies most extensively used in the various health care professions specifically massage therapy Extensive coverage is also given to the qualitative and integrative research categories that are progressively gaining recognition among researchers in various health science disciplines and professions Accommodates the March 2003 mandate from the Commission on Massage Therapy Accreditation COMTA that massage therapy schools incorporate into their curricula provisions to ensure a research literate profession Examples and techniques for interpreting research guide practitioners and students to be knowledgeable readers of massage therapy research allowing application to practice Relies heavily on concept maps flowcharts tables and illustrations and excerpts of published studies to augment the book's narrative development of topics by providing pictorial displays and summaries of the material Literature based and hypothetical research examples illustrations from several manual therapy professions employing therapeutic massage make the material pertinent to real life settings An introductory section at the beginning of each chapter reviews the material covered in the previous chapter and how it relates to the new material Chapter coverage spans the quantitative qualitative and integrative research categories and affiliated research strategies and methods are considered in detail Review summary tables give an overview of the narrative development of topics Boxes provide the essential features of a given topic Relies on multiple examples of possible research scenarios and illustrative excerpts from the published research literature Content is cross referenced for use with the Massage Therapy Foundation's Massage Therapy Research Curriculum Kit to provide both instructors and students in the 6 15 and 24 hour options levels an extensively developed resource in one place Each chapter includes recommended web sites and software application packages for further information **Mosby's Pathology for**

Massage Therapists Susan G. Salvo, 2008-12-01 Mosby's Pathology for Massage Therapists Second Edition provides complete pathology information with specific message considerations in one convenient text. You'll discover how to adapt massage techniques to ease pain and discomfort, promote healing, and ensure the safety of your clients for a wide range of medical conditions. Unmistakable stoplight icons let you know when massage is indicated (green), when to proceed with caution (yellow), and when massage is contraindicated (red). Book Jacket *Massage Therapy* Trish Dryden, Christopher A.

Moyer, 2012-04-10 *Massage Therapy Integrating Research and Practice* presents the latest research examining the evidence for the use of various massage therapy techniques in treating pathological conditions and special populations. In this resource, readers will find a synthesis of information from the diverse fields of kinesiology, medicine, nursing, physical therapy, and psychology. Authored by experts carefully selected for their specific knowledge, experience, and research acumen, *Massage Therapy Integrating Research and Practice* will assist both students and practitioners in these areas. Learning the benefits of evidence-based massage therapy practice. Understanding various research methods. Developing research skills by learning guidelines for writing case reports and journal articles. Understanding how to integrate massage therapy research into education and clinical practice. This text presents a seamless integration of research and practice in four parts, providing readers first with a background to the field of massage therapy, followed by discussion of research methods. Next is an evidence-based presentation of the efficacy of massage therapy for conditions and populations often encountered in massage therapy practice. This clinical section presents three patient populations: pediatric, athletic, and elderly; three pain-related types: headache, neck and shoulder pain, and low back pain; and six conditions that massage therapists may encounter: pregnancy and labor, scar treatment, cancer, fibromyalgia, anxiety, and depression, and clients who have experienced sexual trauma. Recommendations and evidence-based treatment guidelines are clearly defined for each condition. Case reports developed from real-life cases are included in this section, offering readers a real-world context for the clinical content presented. The final section illustrates specific ways to integrate research into the educational and professional development of current and future massage therapists. It provides readers with the fundamental tools for a research-based approach in clinical practice, especially as it relates to special populations. A running glossary, chapter summaries, and critical thinking questions assist students in learning the content and act as self-study tools for practitioners. *Massage Therapy Integrating Research and Practice* offers both students and practitioners of massage therapy the most current evidence-based information, guidelines, and recommendations for the treatment of conditions often seen in massage therapy practice. This essential reference will assist practitioners in understanding the scientific literature and its application in enhancing the practice of this safe and effective health intervention. **Massage Therapy E-Book** Susan G. Salvo, 2022-10-28 Trust this approachable all-in-one text to help you master the essential principles of massage therapy. Covering massage fundamentals, techniques, and anatomy and physiology, *Massage Therapy Principles and Practice* 7th Edition prepares you for success in

class on exams and in practice settings This user friendly text includes more than 700 images expanded information on the latest protocols critical thinking questions at the end of each chapter and updated pathologies which reflect what you will encounter in the field Simple straightforward coverage is written in a clear approachable manner to strengthen student comprehension UNIQUE Combined anatomy and physiology and fundamentals material make this a streamlined solution one book to buy one book to carry one complete resource to reference Certification Practice Exam mimics the major certification exams and provides excellent practice for board review Critical thinking questions at the end of the chapters help students develop clinical reasoning skills Robust art program enhances understanding and comprehension of each topic presented through a mixture of high quality illustrations and clinical photographs NEW Updated Hydrotherapy and Spa chapter features the latest procedures NEW Expanded sports massage section in the Clinical Massage chapter offers additional information on this growing practice area NEW Revised artwork in the Kinesiology chapter clearly illustrates key concepts

Mosby's Fundamentals of Therapeutic Massage - E-Book Sandy Fritz,Luke Allen Fritz,2024-05-28 Gain the knowledge and skills you need to succeed in massage therapy Mosby s Fundamentals of Therapeutic Massage 8th Edition helps you prepare for licensing and certification exams as well as professional practice The book provides an in depth understanding of the principles of therapeutic massage and helps you develop the ability to reason effectively and make informed decisions from assessing problems and planning treatment to mastering massage protocols and techniques Hundreds of photographs demonstrate massage techniques step by step and case studies allow you to apply concepts to real world situations Featuring dozens of online how to videos this resource from massage therapy experts Sandy and Luke Fritz is your text of choice Comprehensive coverage includes all of the fundamentals of therapeutic massage including massage techniques equipment and supplies wellness working with special populations and business considerations Step by step full color photographs demonstrate massage protocols and techniques by body area Competency based approach helps you prepare for and pass licensing and certification exams including the Massage and Bodywork Licensing Examination MBLEx and Board Certification in Therapeutic Massage and Bodywork BCTMB Information on massage in various health care settings provides the information needed to create a massage setting in different types of environments Case studies offer practice with clinical reasoning and prepare you to address conditions commonly encountered in professional practice Multiple choice review questions in each chapter help you recall facts and use critical thinking to apply the material with answers and rationales provided on the Evolve website Resources on the Evolve website include three hours of video showing manipulation techniques body mechanics positioning and draping and more with each clip narrated and performed by author Sandy Fritz as well as scientific animations anatomy labeling exercises review questions for licensing exams and MBLEx practice exams NEW Updated MBLEx practice questions are provided at the end of each chapter and additional questions are provided on the Evolve website to prepare you for licensure exams NEW Updated and expanded information on implicit

bias is included in the opening chapters NEW Information on COVID 19 safety precautions is added to the Hygiene Sanitation and Safety chapter NEW Updated information on trauma informed care is provided in the Adaptive Massage chapter

Pathophysiology for Massage Therapists Virginia S. Cowen,2015-05-08 Develop the knowledge you need to evaluate a client based on how diseases and disorders affect the systems of the body and the critical thinking skills to apply that knowledge in practice *Medical Conditions and Massage Therapy* Tracy Walton,2020-09 With this book s streamlined innovative approach you ll learn how to manage and assess medical information in order to determine massage contraindications *Business and Professional Skills for Massage Therapists* Sandy Fritz,2009-12-14 Develop the business skills necessary to succeed in massage therapy with help from respected massage educator and business owner Sandy Fritz With a user friendly approach and comprehensive support tools this authoritative guide delivers a working knowledge of essential concepts for employees or owners of a massage therapy practice and helps you prepare for the professional challenges that await you in the real world Renowned massage educator and business owner Sandy Fritz presents a practical proven business philosophy for success in massage therapy practice Focus on need to know business skills for complete success as an employee or the owner of a massage therapy practice A companion CD with practice management software provides hands on experience creating client records setting appointments entering documentation and more Self Reflection boxes put concepts into a realistic context through Sandy Fritz s personal experiences in massage practice Learning Activity boxes reinforce your understanding and challenge you to apply what you ve learned in an engaging workbook format Good Stuff from the Government boxes alert you to helpful government resources and help you ensure compliance with federal regulations Mentor boxes provide real world insight and advice from experts in massage and business management for successful practice More than 200 realistic photos and illustrations clarify concepts and familiarize you with typical practice settings and essential forms records office equipment and supplies Evolve Resources link you to templates for building resumes letters advertisements forms for documentation and client histories plus small business resources annotated web links a glossary of key terms from the text and additional exercises and case studies [Mosby's® Massage Therapy Exam Review - E-Book](#) Sandy Fritz,Luke Allen Fritz,2023-09-11 Written by massage therapy experts Sandy Fritz and Luke Fritz this unique review resource uses a variety of methods to help you prepare for the MBLEx Massage and Bodywork Licensing Exam and the Board Certification in Therapeutic Massage and Bodywork BCTMB The comprehensive review features updated content and questions based on the most current exam blueprints The practice exams are written in a five part process not just as sample questions Plus a companion Evolve website comes loaded with practice exams and a variety of review activities such as labeling exercises flashcards electronic coloring book games and much more No other massage review gives you such well rounded exam preparation Focused content review including 125 full color illustrations showing various massage techniques as well as anatomy physiology 1800 practice questions 500 new questions in the text that provide

students the opportunity to assess readiness for exams 5 practice exams with 100 questions each will be available in text as well as on Evolve Over 40 labeling exercises to help kinesthetic learners retain information Rationales for all correct and incorrect responses NEW More than 1 400 questions in a mock exam are based on the MBLEx blueprint EXPANDED and UPDATED Content matches the current MBLEx blueprint to prepare you for success NEW Scenario based multiple choice questions are based on the MBLEx content blueprint NEW 100 questions in a graded practice exam

Mosby's Massage Therapy Review - E-Book Sandy Fritz, 2014-02-01 Written by massage therapy expert Sandy Fritz this unique review resource prepares you for all of your massage therapy exams both routine semester exams and tests administered for licensure such as the National Certification Exam and the MBLEx This comprehensive review features updated content and questions based on the currently administered licensing exams Plus a companion Evolve website comes loaded with 8 practice exams and a variety of review activities such as labeling exercises crossword puzzles electronic coloring book games and much more And for studying on the go Mosby offers a new mobile app featuring 125 test questions No other massage review on the market gives you such complete exam preparation Full color format with 347 illustrations showing various massage techniques as well as anatomy physiology presents information in a more visual engaging way and helps you retain information better than reviewing text alone Over 1300 practice questions in the text provide the opportunity to assess your readiness for exams Over 40 labeling exercises are available throughout the book to help kinesthetic learners retain information Logical text organization presents review content with illustrations and examples followed by review questions and exams to help you hone test taking skills as you master facts learn how to apply them complete practice questions by topic and then work through a realistic exam experience Written to be versatile so it can be used to prepare for licensing exams as well as classroom exams allows you to prepare for massage licensure exams as well as your regular course load along the way Answer key printed in the back of the text with rationales provides you additional feedback so you can better understand why answers are correct or incorrect Esteemed author Sandy Fritz delivers quality content that students and instructors know they can rely on NEW Updated content and questions based on the changes to licensing exams delivers the most up to date relevant questions ensuring you ll be fully prepared to pass the current exams NEW Companion website offers 8 practice exams numerous review activities such as labeling exercises crossword puzzles Body Spectrum electronic coloring book online flashcards med term games animations and more NEW Mobile app with practice test questions offers increased flexibility to study on the go and in shorter intervals

Massage Therapy Susan G. Salvo, 2015-04-13 Covering massage fundamentals techniques and anatomy and physiology Susan Salvo's *Massage Therapy Principles and Practice* 5th Edition brings a whole new meaning to the word comprehensive This student friendly text boasts more than 700 illustrations and expanded sections on neuroscience research and special populations plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms It makes the essential principles of massage

therapy more approachable and prepares you for success in class on licensing and board certification exams and in a wide range of therapeutic practice settings Clear straightforward approach simplifies complex content for easier understanding Complete anatomy and physiology section in addition to material on techniques and foundations gives you all the information you need in just one book Certification Practice Exam on Evolve mimics the major certification exams in format and content builds confidence and helps increase pass rates Over 700 high quality illustrations including line drawings and halftones clarify difficult concepts in vibrant detail Case studies challenge you to think critically and apply your understanding to realistic scenarios foster open mindedness and stimulate dialogue Profile boxes provide an inspirational real world perspective on massage practice from some of the most respected authorities in massage and bodywork Clinical Massage chapter focuses on massage in clinical settings like hospitals nursing homes and medical offices to broaden your career potential Two business chapters loaded with skills to make you more marketable and better prepared for today s competitive job market Video icons refer you to the Evolve site featuring about 120 minutes of video covering techniques routines client interaction sequences and case studies that facilitate the learning process and the practical application of the material Evolve icons listed in each chapter encourage you to go beyond the lecture and reading assignments and learn more on the Evolve site Evolve boxes at the end of each chapter list Chapter Extras found on Evolve that reinforce concepts learned in the chapter NEW Revised line drawing color scheme for origin and insertion matches the painted skeleton found in most classrooms maintains consistency and prevents confusion in learning origin and insertion points on the body NEW Coverage of Thai massage provides up to date content on the most useful in demand modalities that are most often requested by clients and better prepares you for what you will encounter during training and practice NEW Updated text reflects changes to the new board certification exam so you have the most up to date relevant information and are fully prepared to pass the current exams NEW Brand new Think About It Webquest and Discussion features in each chapter s Test Your Knowledge section build your vocabulary usage and critical thinking skills necessary for day to day work with clients EXPANDED More content on pain theories the neuromatrix model and pain management plus updated guidelines for massage after surgery and injury equips you with essential information when working in rehab NEW Updated instructor resources featuring more TEACH lesson plan classroom activities and an additional 500 test questions provide instructors with more ways to interact with and test students

Sports Massage for Injury Care Robert E. McAtee, 2020 Sports Massage for Injury Care explains why manual therapy is so valuable in treating musculoskeletal injuries It presents injury specific protocols for treating and preventing recurrence of 20 of the most common neuromuscular injuries seen in athletes

Research for the Health Professional Angela N. Hissong, Jennifer E. Lape, Diana M. Bailey, 2014-11-26 This classic text explains the hows and whys of conducting and writing a research project Step by step guidance shows you how to select topics how to select the appropriate methodology and theoretical framework how to collect analyze and interpret the data and how to write present

and publish your project **Kinesiology - E-Book** Joseph E. Muscolino, 2016-08-21 Learn how to apply kinesiology concepts and treat dysfunction with Muscolino's Kinesiology The Skeletal System and Muscle Function 3rd Edition With more than 1 200 full color illustrations this highly visual text offers a vividly illustrated look at the skeletal system and how muscles function as movers antagonists and stabilizers in the body Part One covers the fundamentals of structure and motion including essential terminology that is used in kinesiology Part Two covers the skeletal system including the makeup of skeletal and fascial tissues Part Three contains a detailed study of the joints of the body And lastly Part Four examines how muscles function This new edition also boasts an all new chapter on biomechanics more than 100 online video clips and an interactive muscle program If you want a thorough understanding of muscle function and how to apply that knowledge on the job then there's no better guide than Muscolino Coverage of strengthening exercises and stretching emphasizes the purposes and benefits of stretching and how to perform various stretching techniques The most up to date information on posture and the gait cycle features high quality art Comprehensive chapter on muscle action and attachments includes illustrations of all of the muscles of the human body organized by function Clinical applications throughout the book are directly related to kinesiology concepts and challenge you to apply what you've learned to clinical practice Complete atlas of bones bony landmarks and joints includes more than 100 full color photographs of every bone in the human body giving you comprehensive coverage of bones not found in other kinesiology books Clear simple explanations of kinesiology concepts cover muscle contraction's coordination of muscles with movement core stabilization posture exercise reflexes and how the nervous system controls and directs the muscular system Approximately 1 200 four color illustrations help you visualize important concepts A wide variety of user resources include a comprehensive glossary of terms from the book radiographs answers to the review questions at the end of each chapter in the book an interactive muscle program and videos featuring joint actions and palpation techniques NEW A new chapter on biomechanics helps you understand how the body moves under normal circumstances and what may impair its movement in pathology NEW Improved illustrations in The Skeletal Muscles of the Human Body offer a vivid muscle atlas within the text NEW Expanded resources on Evolve companion site include a new collection of video clips and an interactive muscle program which help you identify the necessary skills for professional success **Study Guide and Procedure Checklist Manual for Kinn's The Medical Assistant - E-Book** Brigitte

Niedzwiecki, Julie Pepper, 2022-09-08 Designed to support the trusted content in Kinn's The Medical Assistant 15th Edition this study guide is an essential review and practice companion to reinforce key concepts encourage critical thinking and help you apply medical assisting content This robust companion guide offers a wide range of activities to strengthen your understanding of common administrative and clinical skills including certification preparation questions a review of medical terminology and anatomy and application exercises Trusted for more than 65 years as a key part of the journey from classroom to career it also features competency checklists to accurately measure your progress and performance from day

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The Practice of Research in Social Work Rafael J. Engel, Russell K. Schutt, 2016-01-27 The Fourth Edition of Rafael J Engel and Russell K Schutt s *The Practice of Research in Social Work* introduces an integrated set of techniques for evaluating research and practice problems as well as conducting studies Evidence based practice comes alive through illustrations of actual social work research Updated with new examples the latest research and expanded material on technology and qualitative methods this popular text helps readers achieve the 2015 EPAS core competencies essential for social work practice *Research Literacy for Health and Community Practice, Second Edition* Sonya Jakubec, Barbara Astle, 2021-12-10 In its second edition *Research Literacy for Health and Community Practice* introduces students to fundamental research concepts that will enable them to think critically about research and recognize effective methods for understanding and utilizing research for practice Thoroughly updated this new edition features content on Indigenous knowledge and research including contributions by two Indigenous scholars and offers additional examples of qualitative and quantitative designs updated content on literature reviews as well as new exercises and examples throughout to broaden the scope to different care providers in health community services and other related fields Rather than outlining methods for conducting research this textbook teaches basic skills for engaging with research literature including how to frame and organize knowledge interpret and evaluate evidence using qualitative and quantitative approaches distinguish between research and other forms of information and use this evidence in practice settings Offering a wealth of exercises recommended readings online resources and learning activities this textbook satisfies the need for practical beginner level resources in research literacy courses across health studies disciplines FEATURES Written in an

accessible and user friendly style that offers a straightforward understanding of essential research concepts Pedagogical features include chapter outlines and learning objectives review and reflect sections further resources and links a glossary and two appendices with practice exam questions and learning activities

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