

Call for Participants in Massage Therapy Research

The third year massage therapy students are looking for participants for their final year research projects. If you would like to help these students learn what it is like to conduct research, and receive free massage therapy in the process, contact Amanda Baskwill, Program Coordinator (amanda.baskwill@humber.ca; 416.675.6622 x.5173) or Felicia Bremner, Clinic Manager (mtclinic@humber.ca; 416.675.6622 x.5055). Individuals who complete the study process will receive a gift certificate to the Massage Therapy Clinic at Humber College to use following the study. If you are not sure if you are eligible or need more information before you commit, please don't hesitate to contact us.

Here are some of the people we are looking for. When you call or email, please reference the study number.

Massage Therapy and Patellofemoral Pain Syndrome Study #: 15MT001

We are looking for a physically active individual who has been experiencing increased pain in the knee, altered mobility of the knee, and decreased ability to perform normal daily activities. If you have been diagnosed with patellofemoral pain syndrome by a health care professional, please be prepared to provide documentation, if not, an assessment will be conducted in the clinic. Individuals who present with knee joint or ligament instability, severe arthritis (joint degeneration and instability), and severe osteoporosis will not be eligible to take part in the study. The length of this study is 8 weeks.

The study would take place on Thursday.

The Impact of Massage Therapy on Iliotibial Band Syndrome Study #: 15MT002

We are looking for an individual who has been experiencing pain or swelling in the outside portion of the thigh at the knee and/or the hip. Individuals who are eligible for this study should also experience pain with certain angles of knee bending, and gradual increase in pain in the knee from repetitive activities (i.e. running, going up and down the stairs, etc.) or the interruption of repetitive activities due to pain. If you have been diagnosed with iliotibial band syndrome by a health care professional, please be prepared to provide documentation, if not, an assessment will be conducted in the clinic. Individuals who present with knee joint or ligament instability, severe arthritis (joint degeneration and instability), or severe varicose veins will not be eligible to take part in the study. The length of this study is 8 weeks.

The study would take place on Thursday night.

Massage Therapy and Chronic Tension Headaches

Study #: 15MT003

We are looking for an individual who has been suffering from chronic tension headaches. To be considered, the individual must present with headaches for more than fifteen days each month over a three month period. Symptoms include dull head pain, pressure around the forehead or tenderness around the forehead and scalp. Individuals will be excluded from the study if they have headaches secondary to another condition or if they have other types of headaches (i.e. sinus headaches, and migraines). Individuals will also be excluded if they have had any concussions or meningitis. The length of this study is 8 weeks.

The study would take place on Tuesday.

Massage Therapy and Osteoarthritis

Study #: 15MT004

We are looking for someone who has been clinically diagnosed with osteoarthritis of the hip (documentation must be provided). In addition, the participant must report symptoms of pain and swelling with reduced range of motion of the hip. Individuals will be excluded from the study if they have severe osteoarthritis causing joint instability, or any other conditions causing hip pain or joint dysfunction. The length of this study is 9 weeks.

The study would take place on Thursday.

The Impact of Massage Therapy on Moderate to Severe Premenstrual Syndrome

Study #: 15MT005

We are looking for a female who experiences moderate to severe premenstrual syndrome. The individual must present with more than one of the following associated with menstruation: negative mood, irritability, and generalized muscle tension. Individuals will be excluded from the study if they present with another disorder from which the above symptoms could manifest. The length of this study is 10 weeks.

The study would take place on Tuesday.

Massage Therapy and Lateral Epicondylitis
Study #: 15MT006

We are looking for an individual who has been experiencing pain in the outer aspect of the elbow, painful or reduced range of motion of the wrist, the inability to perform normal daily activities, and have had pain present for three weeks since the initial onset of symptoms. If you have been diagnosed with lateral epicondylitis (tennis elbow) by a health care professional, please be prepared to provide documentation, if not, an assessment will be conducted in the clinic. Individuals will be excluded from the study if they present with pain in both elbows, if there is a history of surgery to the elbow or wrist, or recent history of anti-inflammatory injections. The length of this study is 8 weeks.

The study would take place on Thursday night.

Massage Therapy and Thoracic Outlet Syndrome
Study #: 15MT007

We are looking for someone who has been experiencing symptoms of weakness, numbness or tingling into the arm and hand with the inability to perform normal daily activities. If you have been diagnosed with thoracic outlet syndrome by a health care professional, please be prepared to provide documentation, if not, an assessment will be conducted in the clinic. Individuals will be excluded from the study if their symptoms are caused by a cervical rib, if they have a history of cervical nerve root compression, Raynaud's disease, or any other neurological conditions including carpal tunnel syndrome and multiple sclerosis. The length of this study is 8 weeks.

The study would take place on Tuesday.

Massage Therapy and Quality of Life in a Patient with Multiple Sclerosis
Study #: 15MT008

We are looking for an individual who has been clinically diagnosed with multiple sclerosis (documentation must be provided). The individual must be in remission phase of their multiple sclerosis, and must be experiencing manifestations that impact their normal daily activities. The individual will be excluded from the study if they experience widespread loss of sensation and/or severe acute flare-ups. The length of this study is 8 weeks.

The study would take place on Thursday night.

The Impact of Massage Therapy on High Blood Pressure
Study #: 15MT009

We are looking for someone who has been clinically diagnosed high blood pressure (documentation must be provided: Doctor's note to confirm diagnosis or evidence of prescription for hypertension medication). Participant's blood pressure should be medically controlled. The length of this study is 8 weeks.

The study would take place on Tuesday.

The Impact of Massage Therapy on Chronic Neck Pain
Study #: 15MT010

We are looking for an individual who suffers from chronic non-specific neck pain that has been present for more than six months. The individual will not be eligible to participate in the study if they present with vascular conditions, history of neck injury, and the participant's neck pain cannot be the result of an accident. The length of this study is 8 weeks.

The study would take place on Thursday.

If you would like more information about any of the studies above or would like to volunteer to participate, please contact Felicia Bremner (mtclinic@humber.ca ; 416.675.6622 x.5055). If you would not like to be part of the study but would like to make an appointment at Humber's Massage Therapy Clinic, please contact us at mtclinic@humber.ca or 416.675.6622 x.5055.