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 the Humber Massage Therapy Clinic (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 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.

The Effects of Massage Therapy on Grip Strength in Athletes

Study #: 19MT001

We are looking for an individual who has been experiencing moderate soreness or pain in their forearms as a result of the demands of a physical activity or sport. Individuals who present with neurological symptoms in the arm will not be eligible to take part in the study. The length of the study is 8-weeks.

The treatments would take place on **Tuesdays** between 1:45 and 4:30.

The Effect of Massage Therapy on Sleep Quality in a Patient with Fibromyalgia

Study #: 19MT002

We are looking for an individual who has been diagnosed by a physician with fibromyalgia (documentation must be provided) and who presents with poor sleep quality. Individuals who rely on any sleep medication on a consistent basis will not be eligible to take part in the study. The length of the study is 8-weeks.

The treatments would take place on **Mondays** between 1:45 and 4:30.

The Effect of Massage Therapy on Range of Motion and Pain in a Patient with Rotator Cuff Pathology

Study #: 19MT003

We are looking for an individual who has been diagnosed by a health care professional with rotator cuff pathology (documentation is preferred). If a diagnosis has not been made, a physical assessment will be conducted by the clinic manager/ instructor to determine eligibility. The length of the study is 8-weeks.

The treatments would take place on **Tuesdays** between 1:45 and 4:30.

Massage Therapy for a Patient Following Limb Amputation

Study #: 19MT004

We are looking for an individual who has had a limb amputated more than 6 months ago. The individual will experience pain and decreased functionality as a result of the amputation. The length of the study is 6-weeks.

The treatments would take place on **Mondays** between 1:45 and 4:30.

Effects of Massage Therapy on Premenstrual Syndrome and Primary Dysmenorrhea

Study #: 19MT005 and 19MT013

We are looking for a female who experiences premenstrual syndrome along with primary dysmenorrhea for at least 5 years. Individuals who have been diagnosed with endometriosis will not be eligible to take part in the study. The length of the study is 8-weeks.

The treatments would take place on **Tuesdays** OR **Thursdays** between 1:45 and 4:30.

The Effects of Massage Therapy on a Patient with Restless Leg Syndrome

Study #: 19MT006

We are looking for an individual who has been diagnosed by a physician with restless leg syndrome (documentation must be provided). The individual will experience symptoms frequently enough to alter their ability to complete activities of daily living. The length of the study is 9-weeks.

The treatments would take place on **Mondays** between 1:45 and 4:30.

Effects of Massage Therapy and Monitored Exercise on Functional Balance in Elderly Individuals

Study #: 19MT007

We are looking for an individual over the age of 65 with an age-related balance impairment and will be asked to complete baseline testing prior to admission to the study. Individuals who are restricted from completing supervised exercise will not be eligible to take part in the study. The length of the study is 8-weeks.

The treatments would take place on **Thursdays** between 1:45 and 4:30.

The Effect of Massage Therapy on Pain in a Patient with Fibromyalgia

Study #: 19MT008

We are looking for an individual who has been diagnosed by a physician with fibromyalgia (documentation must be provided). Individuals should be one year post-diagnosed to be considered for inclusion in the study. The length of the study is 7-weeks.

The treatments would take place on **Tuesdays** between 1:45 and 4:30.

The Effect of Massage Therapy on Pain in a Patient with Cerebral Palsy

Study #: 19MT009

We are looking for an individual aged eighteen to twenty-six who has been diagnosed by a physician with diplegic spastic cerebral palsy (documentation must be provided) and experiences pain as a result. The length of the study is 8-weeks.

The treatments would take place on **Tuesdays** between 1:45 and 4:30.

The Effect of Massage Therapy on Symptoms of Thoracic Outlet Syndrome

Study #: 19MT010

We are looking for an individual who has been diagnosed by a health care professional with thoracic outlet syndrome (documentation is preferred). If a diagnosis has not been made, a physical assessment will be conducted by the clinic manager/ instructor to determine eligibility. The length of the study is 6 weeks.

The treatments would take place on **Mondays** between 1:45 and 4:30.

Massage Therapy and its Effects on Fatigue in a Patient with Multiple Sclerosis

Study #: 19MT011 and 19MT017

We are looking for an individual who has been diagnosed by a physician with multiple sclerosis (documentation must be provided) who experience fatigue as a result. The individual will be excluded from the study if they experience widespread loss of sensation and/or severe acute flare-ups. The length of the study is 8-weeks.

The treatments would take place on **Thursdays** between 1:45 and 4:30.

The Effect of Massage Therapy on a Patient with Tourette Syndrome and Tic-Related Pain

Study #: 19MT012

We are looking for an individual aged nineteen to forty-five who has been diagnosed by a physician with Tourette syndrome before age eighteen. The individual will experience one or more persistent tics that cause pain in a joint. The length of the study is 9-weeks.

The treatments would take place on **Thursdays** between 1:45 and 4:30.

Effects of Massage Therapy and Eccentric Exercise on an Individual with Lateral Epicondylitis

Study #: 19MT014

We are looking for an individual who has been experiencing pain in the outer aspect of the elbow, painful or reduce range of motion of the wrist, the inability to perform normal daily activities. 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 9-weeks.

The treatments would take place on **Tuesdays** between 1:45 and 4:30.

The Effect of Massage Therapy on a Patient with Rheumatoid Arthritis

Study #: 19MT015

We are looking for an individual who has been diagnosed by a physician with rheumatoid arthritis in the hands (documentation must be provided) and who presents with pain and limited range of motion in the affected joint. Individuals who present with joint instability and severe joint damage will not be eligible to take part in the study. The length of the study is 10-weeks.

The treatments would take place on **Mondays** between 1:45 and 4:30.

The Effects of Massage Therapy on Temporomandibular Joint Dysfunction

Study #: 19MT016

We are looking for an individual who has been diagnosed by a health care professional with temporomandibular joint dysfunction (documentation is preferred). If a diagnosis has not been made, a physical assessment will be conducted by the clinic manager/ instructor to determine eligibility. The length of the study is 7-weeks.

The treatments would take place on **Mondays** between 1:45 and 4:30.

The Effects of Massage Therapy on a Patient with Low Back Pain

Study #: 19MT018

We are looking for an individual who has been diagnosed by a physician with chronic non-specific low back pain. Individuals with presence of disc herniation, degenerative disc disease (DDD), spinal stenosis, scoliosis or other similar conditions will be excluded. The length of the study is 8-weeks.

The treatments would take place on **Thursdays** between 1:45 and 4:30.

If you would like more information about any of the studies above or would like to volunteer to participate, the Humber Massage Therapy Clinic (mtclinic@humer.ca). If you would not like to be part of a 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.