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 in the Faculty of Health Sciences & Wellness Teaching and Learning Hub (FHSWWellnesshub@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.

**Treatments take place on Tuesday or Thursday and will last 7-weeks.**

***The Effect of Massage Therapy on Sciatica Due to Disc Herniation***

Study #: 23MT001

We are looking for an individual who has been diagnosed by a health care professional with lumbar radiculopathy and herniated disc (documentation must be provided). Individuals should not be currently seeking massage therapy treatment.

**Tuesdays at 1:45 or 3:30.**

***The Effect of Massage Therapy on Musculoskeletal Stress in ADHD***

Study #: 23MT002 and 23MT006

We are looking for an individual who has been diagnosed by a health care professional with attention deficit hyperactivity disorder (documentation must be provided) who has been experience musculoskeletal stress. Eligibility will be determined by an interview and physical assessment conducted by the researchers during the initial visit.

**Tuesdays at 1:45 or 3:30**

**Tuesdays at 5:30 or 7:15**

***Massage Therapy for an Individual Suffering from Tension Headaches***

Study #: 23MT003

We are looking for an individual who has been diagnosed by a health care professional with tension headaches (documentation is preferred). If a diagnosis has not been made, a physical assessment will be conducted by the clinic manager/ instructor to determine eligibility. Individuals who experience headaches as a result of other factors may be excluded.

**Tuesdays at 1:45 or 3:30**

***Effects of Massage Therapy on Patellofemoral Pain Syndrome***

Study #: 23MT004

We are looking for an individual who has been diagnosed by a health care professional with patellofemoral pain 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. Individuals will be excluded from the study if they history of any significant structural damage to the knee.

**Thursdays at 1:45 or 3:30**

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

Study #: 23MT005

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.

**Tuesdays at 1:45 or 3:30**

***Effects of Massage Therapy on Musculoskeletal Fatigue from Myasthenia Gravis***

Study #: 23MT007

We are looking for an individual with myasthenia gravis who has been experiencing musculoskeletal fatigue. Potential subjects will be asked to complete baseline testing prior to admission to the study.

**Thursdays at 1:45 or 3:30**

***The Effects of Massage Therapy on Grip Strength in Athletes***

Study #: 20MT008

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.

**Thursdays at 1:45 or 3:30**

***Massage Therapy for Low Back Pain and Stress in Pregnancy***

Study #: 20MT009

We are looking for an individual is in their 2nd trimester of pregnancy who has been experiencing low back pain. Individuals with presence of disc herniation, degenerative disc disease (DDD), spinal stenosis, scoliosis or other similar conditions will be excluded.

**Tuesdays at 1:45 or 3:30**

***The Effect of Massage Therapy on Insomnia***

Study #: 23MT010

We are looking for an individual who has been diagnosed by a physician with insomnia (documentation must be provided). Individuals who rely on any sleep medication on a consistent basis may not be eligible to take part in the study.

**Thursdays at 1:45 or 3:30**

***The Effect of Massage Therapy on Symptoms of Piriformis Syndrome***

Study #: 23MT011

We are looking for an individual who has been diagnosed by a health care professional with piriformis 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. Individuals with presence of disc herniation, degenerative disc disease (DDD), spinal stenosis, scoliosis or other similar conditions will be excluded.

**Thursdays at 1:45 or 3:30**

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

Study #: 23MT012

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.

**Thursdays at 1:45 or 3:30**

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

Study #: 23MT013

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 may not be eligible to take part in the study.

**Tuesdays 1:45 or 3:30**