

## RESOURCES

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Below are a few resources, divided into three different categories, that will hopefully be helpful now and in the future. These resources will help you to immerse yourself in the many tricky questions in our field—and even help you find some answers—with less confusion and more satisfaction.

(Note: all web pages accessed and verified on May 8, 2023.)

*places to find the available scientific research*

### [PubMed](#)

- <https://pubmed.ncbi.nlm.nih.gov>
- (see also PubMed's related database, [PubMed Central](#), which has full-text articles to a smaller number of sources, rather than just citations)

### [Google Scholar](#)

- <https://scholar.google.com>

PubMed and Google Scholar are, as far as I know, the largest repositories of publicly available scientific knowledge. There are various other databases which require a subscription or a university affiliation, but these two are free, and will give you lots and lots of material to consider.

The remainder of the sources in this section, below, are useful secondary sources, which offer other more specific kinds of content. Not as foundational or wide-reaching as PubMed and Google Scholar, but good for other, more specific kinds of looking.

[WorldCat](#) (supposedly the largest bibliographic database in the world, mostly printed books housed in libraries)

- <https://www.worldcat.org/>

[Science.gov](#) (compendium of all research and scientific information compiled by the U.S. federal government)

- <https://www.science.gov>

[Cochrane Database of Systematic Reviews](#)

- <https://www.cochranelibrary.com>

[The International Journal of Therapeutic Massage & Bodywork \(IJTMB\)](#)

- <https://ijtmb.org/index.php/ijtmb>

“[Research Tools](#),” compiled by the Massage Therapy Foundation

- <https://massagetherapyfoundation.org/massage-research/research-tools/>

“[Peer-Reviewed Resources for Massage Therapists](#),” Richard Lebert, October 5, 2017

- <http://www.rmtedu.com/blog/peer-reviewed-resources>

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*relevant research-oriented organizations*

[Massage Therapy Foundation](#)

- <https://massagetherapyfoundation.org>

[Academic Collaborative for Integrative Health \(ACIH\)](#)

- <https://integrativehealth.org>

[Healwell](#)

- <https://www.healwell.org>

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*ways to think about ethics*

[Vermont Ethics Network](#)

- <https://vtethicsnetwork.org/medical-ethics/overview>

[Markkula Center for Applied Ethics](#)

- <https://www.scu.edu/ethics/ethics-resources/ethical-decision-making/what-is-ethics/>

#### [NCBTMB Code of Ethics](#)

- <https://www.ncbtmb.org/code-of-ethics/>

#### [AMTA Code of Ethics](#)

- <https://www.amtamassage.org/about/core-documents/>

#### [ABMP Code of Ethics](#)

- <https://www.abmp.com/abmp-code-ethics>

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*ways to think about research*

#### [MTF/NCBTMB Research Webinar Series](#) (seven parts; free)

- <http://massagetherapyfoundation.org/resources/webinars/>

“[How to Connect with a Researcher](#),” e-book from Ruth Werner (The Massage Therapy Foundation, 2013)

- <http://massagetherapyfoundation.org/wp-content/uploads/mtf-researcher-ebook.pdf>

“[Five Myths and Truths about Massage Therapy: Letting Go Without Losing Heart](#),” e-book by Tracy Walton (The Massage Therapy Foundation, 2015)

- [http://massagetherapyfoundation.org/wp-content/uploads/5-Myths-and-Truths-about-Massage-Therapy\\_final.pdf](http://massagetherapyfoundation.org/wp-content/uploads/5-Myths-and-Truths-about-Massage-Therapy_final.pdf)

Paul Ingraham, “[Does Massage Therapy Work? A review of the science of massage therapy ... such as it is](#),” Pain Science, May 21, 2021.

- <https://www.painscience.com/articles/does-massage-work.php>

Ann Blair Kennedy, et al, “[Process for massage therapy practice and essential assessment](#),” Journal of Bodywork and Movement Therapies (Volume 20, Issue 3) 2016, pages 484-496.

- <https://www.sciencedirect.com/science/article/pii/S1360859216000085>

American Academy of Family Physicians / “[SORT](#)” (Strength of Recommendations Table).

- This idea assigns a letter grade (from A to C) based on the quality of the known evidence. The result is a clear layout of what a doctor’s recommendations are based on.
- <https://www.aafp.org/dam/AAFP/documents/journals/afp/SORT.pdf>

“[SIFT: The Four Moves](#),” designed by Mike Caulfield, Director of Blended and Networked Learning at Washington State University Vancouver

- <https://hapgood.us/2019/06/19/sift-the-four-moves/>

## SOURCES CONSULTED

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In addition to all of the resources listed above, the below are specific studies and articles and blog posts and books that I used in creating this presentation. (All web pages accessed and verified on June 27, 2022.)

Achilleas Thoma, MD, MSC, FRCS(C), FACS, Felmont F. Eaves, III, MD, FACS, A Brief History of Evidence-Based Medicine (EBM) and the Contributions of Dr David Sackett, *Aesthetic Surgery Journal*, Volume 35, Issue 8, November/December 2015, Pages NP261–NP263.

Anderson NH, Gordon A, Li M, et al. Association of Supine Going-to-Sleep Position in Late Pregnancy With Reduced Birth Weight: A Secondary Analysis of an Individual Participant Data Meta-analysis. *JAMA Netw Open*. 2019;2(10):e1912614. doi:10.1001/jamanetworkopen.2019.12614.

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Bodhi G. Haraldsson, RMT, “[Using Research Evidence](#),” *Massage Therapy Canada* blog post, September 29, 2009.

Carr DJ. The safety of obstetric acupuncture: forbidden points revisited. *Acupunct Med*. 2015;33(5):413–419. doi:10.1136/acupmed-2015-010936.

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Field T (2016) Massage therapy research review. *Complement Ther Clin Pract*. 24:19–31.

Fink NS, Urech C, Cavelti M et al. (2012) Relaxation during pregnancy: what are the benefits for mother, fetus, and the newborn? A systematic review of the literature. *J Perinat Neonatal Nurs.* 26(4):296–306.

Fogarty S, Barnett R, Hay P. Safety and Pregnancy Massage: a Qualitative Thematic Analysis. *Int J Ther Massage Bodywork.* 2020 Feb 26;13(1):4-12. PMID: 32133040; PMCID: PMC7043715.

Robyn Horsager-Boehrer, M.D, “[It’s not your fault: Understanding miscarriage](#),” UT Southwestern Medical Center, blog post, February 4, 2020.

Karyn Hughes, “[6 Myths About Pregnancy Massage Debunked](#),” Kneaded Touch Massage Therapy, blog post, April 8, 2019.

Becca (Becky) Ingham-Broomfield, JP, “[A nurses’ guide to the hierarchy of research designs and evidence](#),” *Australian Journal of Advanced Nursing* (Volume 33 Issue 3), pp. 38-43.

Richard Lebert, “[Evidence-Based Practice For Massage Therapists: Part 1](#),” blog post, rmtedu.com, September 12, 2018.

Richard Lebert, “[Evidence-Based Practice For Massage Therapists: Part 2](#),” blog post, rmtedu.com, November 12, 2018.

Sharon Livingstone, “[10 Pregnancy Massage Mythconceptions](#),” Association of Massage Therapists, blog post, undated.

Eryn Newman, et al., “[Seeing is believing: how media mythbusting can actually make false beliefs stronger](#),” blog post, The Conversation, May 25, 2020.

Mueller, Stephanie M., and Martin Grunwald. 2021. "Effects, Side Effects and Contraindications of Relaxation Massage during Pregnancy: A Systematic Review of Randomized Controlled Trials," *Journal of Clinical Medicine* 10, no. 16: 3485. <https://doi.org/10.3390/jcm10163485>.

Potts, Malcolm, Taing, Juday, and Graff, Maura. 2007. “Thousand-year-old depictions of massage abortion.” *J Fam Plann Reprod Health Care* 2007; **33**(4): 233–234.

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Silver RM, Hunter S, et al. Nulliparous Pregnancy Outcomes Study: Monitoring Mothers-to-Be (NuMoM2b) Study. Prospective Evaluation of Maternal Sleep Position Through 30 Weeks of Gestation and Adverse Pregnancy Outcomes. Obstet Gynecol. 2019 Oct;134(4):667-676. doi: 10.1097/AOG.0000000000003458.

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Wang ZW, Hua J, Xu YH (2015) The relationship between gentle tactile stimulation on the fetus and its temperament 3 months after birth. Behav Neurol. 2015:371906.

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“[Hierarchy of evidence](#),” Wikipedia article. Accessed June 23, 2021.

“[What is evidence-informed practice in massage therapy?](#)” Massage Therapy Foundation blog post, September 17, 2014.