

**McKinnon Body Therapy Center**  
**Touch, Health, and Common Conditions**  
Finding Massage Therapy Research

**National Center for Complementary and Integrative Health (Access to PubMed and research conducted through NCCIH)**

<https://nccih.nih.gov/research>

**PubMed Database Access**

<https://ncbi.nlm.nih.gov/pubmed/>

**International Journal of Massage and Bodywork (Peer-reviewed journal: searchable)**

<https://ijtmb.org>

**Ida P. Rolf Foundation (some links to research on Structural Integration and Fascia)**

<https://rolfresearchfoundation.org>

**Google Scholar (Search engine focusing on scholarly publications)**

<https://scholar.google.com>

**AMTA, research regarding massage therapy** and benefits/effects, including results of 2016 meta-analysis of research on massage therapy and pain management and many other topics

<https://amtamassage.org/research/Massage-Therapy-Research-Roundup.html>

**Perspectives on Massage Therapy Research and Benefits**

**Tracy Walton, Five Myths and Truths about Massage Therapy** (booklet)

tracywalton.com

[http://www.tracywalton.com/wp-content/uploads/2016/09/5-Myths-and-Truths-about-Massage-Therapy\\_final-with-Page-Numbers.pdf](http://www.tracywalton.com/wp-content/uploads/2016/09/5-Myths-and-Truths-about-Massage-Therapy_final-with-Page-Numbers.pdf)

**Christopher Moyer, Affective Massage Therapy**, 2008

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3091449/>