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MacEwan University Massage Therapy Student Wins Bronze Award in Prestigious International Competition

Edmonton – Nicole Riou, a recent graduate of the Massage Therapy diploma program at MacEwan University, was awarded bronze in the Massage Therapy Foundation 2012 Student Case Report Contest.

Nicole’s innovative research strategy and dedication made significant progress into a relatively uncharted potential for massage therapy to treat a condition known as essential tremor. Essential tremor is a neurological disorder that causes tremors in the arms and hands, which may progress to other body parts. Nicole was able to significantly manage her clients’ symptoms through massage therapy.

Nicole’s research method won her significant praise. Her paper, “Massage Therapy for Essential Tremor, Quieting the Mind,” quantified the progress of her client through dynamic movements. Before and after treatment, the client drew Archimedes spirals with both hands and performed actions such as pouring a cup of water. The spirals, included in the report, are often askew before treatment, but are often very accurate after treatment. They are an especially powerful indicator of the progress in the client’s symptoms.

A single mother and mature student, Nicole graduated this summer from MacEwan University, and successfully gained employment at the Salutaris Centre in August 2012. Her award includes a cash prize, publication in a peer-reviewed journal, and a poster presentation at the 2012 American Massage Therapy Association National Convention.

MacEwan University is dedicated to theoretical and practical application knowledge in Massage Therapy. The case report was integrated into a MacEwan University Massage Therapy clinical practice class, in which students develop their research skills by working with clients in a clinical setting, which critically studying the effects of treatment.

Founded in 1971, MacEwan University is proudly celebrating its 40th anniversary. As a comprehensive university it offers more than 65 programs including undergraduate degrees, applied degrees, diplomas, certificates, continuing education and corporate training. Its philosophy of inspiring minds, providing career opportunities and opening the doors to academic excellence, continues to be its guide as it serves the educational needs of students across Alberta, Canada and the world.

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