

Elizabeth Pullin

HONOURS RESEARCH



Research Focus:

Elizabeth conducted her honours research in the effects of massage therapy on older adults. As a Registered Massage Therapist, Elizabeth saw a need for more research into the physiological effects of massage therapy and the standardization of massage treatments in research. In addition, after practicing for more than fifteen years in the profession and having a clientele that is primarily over the age of 40, Elizabeth has first hand experience and is aware of the need for improved health and quality of life for aging populations in Nova Scotia. With Nova Scotia having one of the fastest growing populations of older adults in Canada there is a direct and local need for assisting this population in maintaining a functional and desirable quality of life, thereby reducing strain on the health care system. In Canada, massage therapy is the most commonly used form of alternative health care. With this in mind, massage therapists are in a unique position to provide skilled care and meaningful health education to a large population, including older adults.

About Elizabeth:

Elizabeth A. Pullin is a 6th year Kinesiology student. She owns and operates Aware Health Services as the primary provider of mobile massage therapy to her clients. She has been actively involved in various organizations including as Chair of the Regulations Committee and non-voting Board Member for the Massage Therapists' Association of Nova Scotia. Additionally, she has been involved with the Canadian Ski Patrol since 2000, where she has held positions including Zone Education Officer and Instructor; currently she is an active member volunteering when she's able.



Through her practice, Elizabeth recognizes the need for improved education and awareness pertaining to health care for the general population, and more specifically for the aging and aged populations. As an RMT she was concerned with the care of her clientele, and as a Kinesiology student saw an opportunity for extended research in the field. With the guidance of Dr. Saïd Mekary she has been fortunate to pursue research aimed at aging populations with a focus on massage therapy. Elizabeth intends to continue to work in the health care field and to actively educate clients and the public with respect to preventative care and maintenance of lifelong wellness.

Supervisor: Dr. Saïd Mekary