



MASSAGE THERAPY

Massage therapists relieve pain, reduce stress, and just plain make people feel better. As a professional massage therapist you learn to manipulate the muscles and soft tissues of clients to produce relaxation, improved health and other benefits. With more than 80 types of treatments, massage therapists can specialize in deep-tissue, acupressure, reflexology, sports massage, and other areas. Often, massage therapists become experts in several modalities, all of which require specific skills and techniques.

As more people learn about the benefits of massage therapy, opportunities for skilled massage therapists are expected to increase through the year 2020. Those seeking the services of a massage therapist include spa clientele, athletes, the aging population, and a wide range of individuals seeking relaxation and rejuvenation from the stresses of everyday life.

The length and type of massage provided typically depends on the client's condition and desires. Massage therapists either work for an employer in a variety of environments including spas and hospitals or are self-employed with their own small business. Regardless of the working arrangement, massage therapists should employ effective techniques based on sound principals, the value of safe practices and professional integrity.

Outcomes

- ▶ Graduates will be able to safely assist with the treatment and care of patients while practicing standard precautions and adhering to HIPAA and OSHA guidelines.
- ▶ Graduates will be able to identify all major muscles of the body (actions, attachments, and palpation), systems within the body, and the medical terminology associated with massage therapy.
- ▶ Graduates will be able to assist with functional restoration through one or more soft tissue manipulation techniques to increase range of motion, flexibility, and stability, provide pain relief, relaxation, or stress reduction.
- ▶ Graduates will be able to demonstrate good oral and written communication skills and essential job search skills.
- ▶ Program provides comprehensive preparation of graduates to be successful on the Massage & Bodywork Licensing Examination (MBLEx) offered through The Federation of State Massage Therapy Boards (FSMTB) and meet requirements within the state.

Possible Career Track

- ▶ Spas
- ▶ Fitness Institutions
- ▶ Wellness Centers
- ▶ Private Practice
- ▶ Private Industry
- ▶ Professional Sports Teams
- ▶ Health Care Environments

(i.e. Chiropractor, Pain Management Centers, Physical Therapist and Physicians' Offices, Hospitals and Rehabilitation Centers)

*The information in this section comes from "Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2013-2014 Edition"