

 **MASSAGE THERAPY**

Massage therapists relieve pain, reduce stress, and make people feel better overall. 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 could 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.

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 principles, 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 and to 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 Settings

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