

Newspaper in Education Presents

# inquiziKidz

BROUGHT TO YOU BY MANATEE COUNTY'S MAGNET SCHOOLS & ADULT CAREER & TECHNICAL EDUCATION

## Do Your Feet Need a Good Massage ?

### kidzbiz

## Merging Eastern and Western Healing

After graduating from Bayshore High School Tiffany Fradley looked for a career in which she could professionally excel, but "nothing seemed to fit." During her pursuit, Tiffany was involved in a serious automobile accident that changed her life. Through this experience, Tiffany was introduced to Ayurveda, a complete health care and wellness system, with origins nearly 5,000 years old. After reading every shred of literature she could find on Ayurvedic, Tiffany instantly knew she had found her career.



Tiffany Fradley

However, Tiffany wasn't satisfied. She wanted to further enhance her skills and enrolled in the Massage Therapy program at MTI East Campus. For Tiffany, "until I

became immersed in the program, I didn't realize how much I would fall in love with massage therapy to enhance my Ayurvedic talents."

This spring Tiffany will graduate from the program and be eligible to apply for her massage therapy license. For her, combining Ayurvedic treatment and massage therapy "will make me a better-rounded healer integrating eastern and western thinking in a unifying way." Two days after she graduates she will continue her studies in Mexico for an intensive week of additional training. When she returns Tiffany will seek a career in an integrated wellness center or open a center of her own.

### School biz

## A Healthy Respect for Education and Wellness

Born in South Africa, Graham Rae developed an early interest in massage therapy, an integral part of the African culture. Many years later, armed with a master's degree in a respected career in education, teaching in colleges and universities and training in businesses, Graham found himself once again a student. He enrolled and graduated from the Sarasota School of Massage Therapy returning to



Graham Rae

his youthful attraction to the profession. After his daughter graduated from MTI's Massage Therapy program, Graham was invited to teach part-time in the program. His interest and enthusiasm intensified and he now is full-time instructor in MTI's Massage Therapy program combining his passion for massage therapy with his knowledge and skills as an educator.

Graham "likes to see students enhance their skills and grow and develop from an amateur to a professional. It is nice to see students excited and skilled as they prepare for their career in massage therapy." It is exciting to observe Graham as he practices his passion – preparing students for their careers in massage therapy.

## The Healing Touch

The mission of the Massage Therapy program at Manatee Technical Institute –East Campus is to provide strong knowledge and practical skills in massage therapy, leading towards the professional certification of highly skilled practitioners. The 750-hour program offers various types of therapeutic massage training, such as Swedish, neuromuscular, and reflexology with the focus on Basic Swedish Massage using state-of-the-art training equipment. Other massage techniques taught in the program include principles of sport massage, neuromuscular massage, and Hot Stone massage.

In addition to their work in massage therapy, students receive training in general health education, CPR, occupational safety, first aid, job marketing, and basic business practices. Students gain hands-on, real world experiences spending 60 hours in an immensely popular massage clinic open to the public Saturdays. An appointment is a must.

The program provides quality training-preparing students for their licensure examination and a successful career in massage therapy. Special focus is given to professional safety training. All massage therapists are required to understand "body mechanics" so they do not exhaust or injure themselves. Students are encouraged to learn breathing techniques, exercise and use yoga to keep themselves in good physical shape.



Massage therapists are in increasingly high demand. Individuals of all ages seek out therapists for relief from pain and other disabling conditions. An increasingly high number of people choose massage as a way to help alleviate the daily stress and strains of their lives. Once a student has

received his or her training and passed required state certification, the job opportunities are endless. Wages vary depending upon the place of employment and years of experience, however a massage therapist in private practice can earn between \$55 to \$80 per hour.

## Discover the Future

There are many different types of careers in massage available. Check these out:

- Spas
- Resorts
- Cruise lines
- Beauty salons
- Health clubs
- Doctor's office
- Chiropractors office
- Dental office
- Other health facilities
- Develop own private practice
- Chair massaged corporations



Contact Kathy Matthews MTI East Counselor at 752-8100 ex227.

For more career information see your school counselor and get information on-line at:

<http://www.khake.com/page42.html>  
OR

<http://www.princetonol.com/groups/iad/lessons/middle/careers.htm>

## explore it

1. Massage someone's feet after a long day of walking.
2. Ask your "client" the following questions.
  - a. What should did you expect during your foot massage?
  - b. What did the massage feel?
  - c. How did you feel massaging tired feet?
3. Call MTI East 752-8100 ex227 and schedule a massage. Before your massage answer the following questions.
  - a. What should I expect during my first massage therapy visit?
  - b. Where will my massage session take place?
  - c. What do I wear during the massage?
  - d. What do I do during a massage therapy treatment?
  - e. How will a massage feel?
  - f. Will the massage oils used make me breakout?
  - g. Is a massage always appropriate?
  - h. How long will massage treatments last?
  - i. How will I feel after the massage therapy treatment?
4. After your massage, review your answers. Did you experience what you thought you would experience? What surprised you?

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webwize:

- [www.ayurveda.org](http://www.ayurveda.org)
- [www.amtamassage.org](http://www.amtamassage.org)
- [www.manateetechnicalinstitute.org/](http://www.manateetechnicalinstitute.org/)
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