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Education Today / Career Tomorrow

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Massage Therapist

The medical benefits of "friction" were first documented in Western culture by the Greek physician Hippocrates around 400 BC. Today, massage therapy is being used as a means of treating painful ailments, decompressing tired and overworked muscles, reducing stress, rehabilitating sports injuries, and promoting general health.

There is a wide range of massage treatment available to meet distinct needs. Massage therapy that aims to improve physical health typically

differs in duration and technique from massage that is intended to simply relax or rejuvenate clients.

Massage therapists can specialize in over 80 different types of massage, called modalities. Swedish massage, deep tissue massage, reflexology, acupressure, sports massage, and neuromuscular massage are just a few of the many approaches to massage therapy.

A massage can be as long as 2 hours or as short as 5 or 10

minutes. Usually, the type of massage given depends on the client's needs and the client's physical condition.

Massage therapists work by appointment. Many modalities of massage therapy use massage oils, lotions, or creams to massage and rub the client's muscles. Most massage therapists supply their own table or chair, sheets, pillows, and body lotions or oils.

Source:
The Occupational Outlook Handbook

Job Outlook Money Matters

Employment growth for massage therapists is expected to be faster than average for all occupations with very good job prospects, particularly for those seeking part-time work.

Increased interest in alternative medicine and holistic healing will translate into new openings for those skilled in massage therapy.

Massage therapy's growing acceptance as a medical tool will have the greatest impact on new job growth for massage therapists.

Career: Massage Therapist

Job Description: Performs massage therapy techniques to control pain, reduce stress, and promote relaxation in a healthcare facility. Obtains the basic medical history for a client, assesses any problems or conditions, and suggests appropriate massage techniques based on current health of client.

Salary: : \$28,300-\$63,830

For more information on how to start your career in Massage Therapy, please contact:

Career Counselor Kathy Matthews
(941) 752-8100 ext. 227
matthewk@manateeschools.net

Education Needed

Massage therapy programs generally cover subjects such as anatomy; physiology, the study of organs and tissues; kinesiology, the study of motion and body mechanics; business; ethics; as well as hands-on practice of massage techniques.

Massage therapy training programs are generally approved by a State board, and may also be accredited by an independent accrediting agency. In States that regulate massage therapy, graduation from an approved school or training program is usually required in order to practice. Massage therapy licensure boards decide which certifications and tests to accept on a State-by-State basis.

Both strong communication skills and a friendly, empathetic personality are extremely helpful qualities for fostering a trusting relationship with clients and in turn, expanding one's client base.

Those who are well organized and have an entrepreneurial spirit may go into business for themselves. Self-employed massage therapists with a large client base have the highest earnings.



It's a Matter of Perspective

"Massage used to be considered a luxury, but now, with levels of stress so high, massage is the becoming more accepted and is getting a lot of support from the medical field. In class, we're covering the differences between Eastern and Western medicine and taking field trips. The job outlook is extremely positive; this career is so flexible and there are so many great opportunities. We're changing the world, one body at a time!" - Nancie Yonker

"I am extremely excited about my future in massage therapy. We are learning so many different modalities in class; each one is different and interesting. Becoming a massage therapist has always been my dream. I feel attracted to alternative medicine and nutrition. I believe that my hands have a healing purpose and that I can help society. Coming from a different culture, these values have always been fascinating to me." - Nancy Bouffigny

Teacher

Student

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