

# Course Outline

## Massage Therapy

In as little as four months you can be ready to start making money as a Massage Therapist.

You get everything you need to know in easy-to-understand lessons that take you step by step from the basics of Ethics, Anatomical Terms, Traditional Chinese Medicine, through Swedish Massage and Hydrotherapy. This outline gives you a preview of what you will learn.



### UNIT 1

#### The Past, Present and Future of Massage Therapy

Congratulations! You've decided to pursue a new career. Your first lesson introduces the benefits of massage therapy and the many different career opportunities for the massage therapist.

#### Popular Bodywork Approaches—An Overview

This lesson exposes you to a wide variety of bodywork approaches, including Swedish massage, Oriental massage theories, energetic techniques and integrated massage approaches. Explore the philosophy and effects of these—and many other—approaches.

#### Ethics in the Therapeutic Setting

Ethics are an important part of any industry, and massage therapy is no exception. As a massage therapist, you need a good understanding of informed consent, professional boundaries and confidentiality, as well as how to deal with potentially uncomfortable situations.

#### Anatomical Terms and Locations

The leg bone's connected to the knee bone... This lesson introduces you to basic anatomy and physiology. Study terms and definitions that provide the foundation for the more specific anatomy and physiology concepts you'll discover later in the program.

#### Also included

- Introduction to Massage Therapy DVD

### UNIT 2

#### Organ Systems from Respiratory to Reproductive

Introduction to the respiratory, digestive, urinary, endocrine, reproductive and nervous systems. Discover how massage influences each of these systems!

#### Organ Systems from Skin to Muscular

The basics of the immune and lymphatic systems, the skeleton, muscles and movement and how muscles work, the impact of exercise on muscles, functions of the skin, the cardiovascular and circulatory systems.

#### Movement and Support I—The Shoulder Girdle and Arm

Explore the muscles, bones and joints of the shoulder girdle. Flashcards and a practical checklist will ensure that you can locate these items on the body.

#### Safety Precautions for the Practitioner and the Client

How do you create a safe environment for both you and your client? How can you strengthen your muscles to avoid injury as you perform a massage? When should you refer a client to another healthcare practitioner?

#### Swedish Massage I—Theory and Techniques

Review the history, significance and benefits of Swedish massage and how to perform it.

#### Also included

- Quick-Learn Tutor System • Terminology Flashcards & CDs
- Anatomy Flashcards
- Professionalism to Practice DVD

### UNIT 3

#### Movement and Support II—The Forearm and Hand

Let's work our way to the muscles, bones and joints of the forearm and hand. In this lesson, you'll use a practical checklist to help you identify these items on the body.

#### Movement and Support III—The Head and Neck

This lesson stresses how our bodies are supported and how they move as it focuses on the muscles, bones and joints of the face, head and neck.

#### Swedish Massage II—Procedures

Add to your knowledge of Swedish techniques. You'll also practice specific procedures to massage the upper and lower limbs, chest, abdomen and back.

#### Movement and Support IV—The Torso: Front and Back

The term massage probably brings to mind a good old-fashioned backrub. This lesson explains the muscles, bones and joints of the back and torso.

#### Theory of Traditional Chinese Medicine

The philosophy and practice of Chinese medicine. Explore chi and the Five-Element Theory, as well as how Traditional Chinese Medicine practitioners integrate massage, herbs and dietetic theory into their approach.

#### Also included

- Terminology Flashcards & CD • Anatomy Flashcards
- Exercises for the Massage Therapist Guide
- Swedish Procedures DVD

### UNIT 4

#### Movement and Support V—The Pelvis and Thigh

Expand your knowledge of the muscles, bones and joints of specific body areas. The pelvis and thigh are the focus.

#### Movement and Support VI—The Knee, Leg and Foot

Discover the muscles, bones and joints of the leg and foot. Also practice locating these muscles and joints on the body.

#### The Therapeutic Setting—Client Comfort and Records

As a massage therapist, you'll want to establish and maintain a client-centered approach in your massage therapy practice.

#### Energy Techniques

An overview of various types of energy techniques. Learn to integrate energy techniques into a massage, trace your meridians and relax with a guided meditation exercise.

#### Hydrotherapy Techniques

Here we'll discuss another aspect of massage—hydrotherapy. You'll explore the benefits of heat and cold in body treatments and the supplies and techniques used.

#### Also included

- Terminology Flashcards & CD
- Anatomy Flashcards
- Guide to Tracing Your Meridians
- Aromatherapy for Massage Therapists Supplement

### UNIT 5

#### Sports Massage I—Theory and Techniques

Learn when you should use sports massage, as well as how to use various sports massage techniques.

#### Sports Massage II—Procedures

Continue your education in sports massage with an emphasis on procedures and sequences suitable for athletes.

#### Massage Contraindications and Cautions

Explore details of how major diseases and injuries relate to massage therapy.

#### Disease Education

How do diseases impact a practitioner's life? What are their methods of transmission and prevention measures?

#### Legal Issues for the Massage Therapist

Certification and licensing requirements, insurance issues, laws and liabilities, the difference between assessment and diagnosis, how to define your scope of practice, when to refer clients to another practitioner.

#### Also included

- Sports Massage DVD
- HIPAA Supplement • Pocket First Aid Guide
- Massage Therapy Glossary

### Letter of Academic Achievement

When you complete the academic portion of your training, you will receive written notification attesting to your accomplishment. The Letter of Academic Achievement also advises you that you are now ready to proceed to the advanced, final stage of the program, if you choose to do so.

### Exciting Hands-On Opportunity!

If your goal is to work as a Professional Massage Therapist, you will want to check regulations in your area. Completing the U.S. Career Institute hands-on training prepares you for graduation. This training is conducted by our expert, credentialed Massage instructors at our Fort Collins, CO, facility.

### Career Starter Guide



A U.S. Career Institute exclusive! The Career Starter Guide will give you step-by-step guidance in getting your first job. You'll learn how to create the best résumé for yourself...how to write a letter of inquiry...how to perfect your interview skills and much more.



You can enroll right away through our secure website at <https://enroll.uscareerinstitute.edu> or you can call our toll-free EasySTART line at 1.800.528.7907, Monday through Friday, 9 a.m. to 9 p.m. and Saturday, 10 a.m. to 7 p.m. Eastern Standard Time.

Get Expert Training from U.S. Career Institute...we have over 30 years of experience training busy adults for new moneymaking careers!



*Electronic version included in your tuition. We reserve the right to substitute items of equal or greater value when it becomes necessary.*

## Everything you need...books, lessons, learning aids...it's all included with your program!

You'll be specially trained to work for spas, resorts, clinics, health clubs, pro sports teams, cruise lines or even for yourself providing massage therapy from home.

U.S. Career Institute programs feature unique, customized learning materials.

- ▶ Each Lesson Book and Supplement is written by industry experts, so you get the most current information.
- ▶ Lessons focus on real-world skills that you will use in your career.
- ▶ Step-by-step format makes learning easier and more rewarding.

When you graduate, you'll be ready to enter the exciting world of massage therapy—with your up-to-date and in-demand career skills.

There is nothing more rewarding than working in a career where your efforts really help others. And as a trained Massage Therapist, you get all the benefits of helping people and the opportunity to make good money. Plus you will have a secure career in the rapidly growing wellness field. **Start your training today!**



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