

how to get into massage therapy

How to Get into Massage Therapy: A Step-by-Step Guide to Launching Your Career

how to get into massage therapy is a question many people ask when considering a career that combines hands-on skills with the rewarding opportunity to improve others' well-being. Whether you're drawn by the holistic health aspect, the chance to work in a variety of settings, or the flexibility this profession offers, understanding the path to becoming a licensed massage therapist is crucial. In this guide, we'll walk through the essential steps, from education and certification to finding your niche and building a thriving practice.

Understanding What Massage Therapy Entails

Before diving into the practical steps, it's important to grasp what a career in massage therapy really means. Massage therapists use manual techniques to manipulate muscles and soft tissues, helping clients relieve pain, reduce stress, and improve circulation. This profession requires a blend of technical skill, anatomical knowledge, and interpersonal sensitivity.

Massage therapy is not just about applying pressure; it involves understanding client needs, contraindications, and adapting your techniques accordingly. This holistic approach to health and wellness makes it a unique and fulfilling career choice.

Educational Requirements: Starting Your Journey

Choosing the Right Massage Therapy Program

One of the first steps in learning how to get into massage therapy is selecting an accredited educational program. Look for schools that offer comprehensive training in anatomy, physiology, kinesiology, and various massage modalities like Swedish, deep tissue, sports massage, and more.

Accreditation is key because it ensures the program meets industry standards and prepares you for licensure exams. Many programs range from 500 to 1,000 hours of hands-on training, combining classroom instruction with practical experience.

What You'll Learn During Training

During your education, you'll cover essential topics such as:

- Human anatomy and physiology
- Pathology and contraindications
- Massage techniques and modalities

- Client communication and ethics
- Business practices and client management

This foundation equips you to work safely and effectively while understanding the limits and possibilities of massage therapy.

Certification and Licensing: Making It Official

Why Certification Matters

After completing your educational program, the next step in how to get into massage therapy is obtaining certification and licensure. Certification validates your skills and knowledge, often required by employers and insurance companies. In many regions, practicing without a license is illegal.

Passing the Licensing Exam

Most states or countries require passing a standardized exam, such as the Massage & Bodywork Licensing Examination (MBLEx) in the U.S. This test covers anatomy, physiology, massage techniques, ethics, and laws related to massage therapy.

Preparing for the exam involves reviewing your coursework, practicing hands-on skills, and sometimes attending review sessions. Once you pass, you can apply for your license to practice professionally.

Continuing Education

Massage therapy is a constantly evolving field. Many licensing boards require continuing education to maintain your license, helping you stay current with new techniques and industry trends. This ongoing learning can include workshops, certifications in new modalities, or courses in business development.

Gaining Experience and Building Your Skills

Internships and Practicum Opportunities

Hands-on experience is invaluable. Many massage therapy programs include internships or practicum sessions where you work under supervision in clinics, spas, or wellness centers. This real-world practice helps you build confidence and refine your techniques.

Specializing in a Niche

As you grow more comfortable, consider specializing in an area that aligns with your interests or the needs of your community. Common specialties include:

- Sports massage
- Prenatal massage
- Medical massage for injury rehabilitation
- Aromatherapy and hot stone massage

Specializing can set you apart in a competitive market and allow you to cater to specific client needs.

Finding Employment or Starting Your Own Practice

Exploring Job Opportunities

Massage therapists work in a variety of settings, including:

- Health and wellness spas
- Chiropractic and physical therapy clinics
- Hospitals and rehabilitation centers
- Fitness centers and sports teams

When searching for jobs, networking and joining professional associations such as the American Massage Therapy Association (AMTA) or similar organizations can open doors and provide resources.

Launching a Private Practice

If you prefer independence, starting your own practice is an exciting option. This path requires additional skills beyond massage techniques, including marketing, client management, and business operations.

Key steps include:

- Securing a location (or offering mobile services)
- Obtaining liability insurance
- Setting competitive pricing
- Promoting your services through social media and local advertising

Building a loyal client base takes time, but a personal touch and excellent service go a long way.

Developing Essential Skills Beyond Technique

Communication and Client Care

Massage therapy is a people-centered profession. Being able to listen to clients' concerns, provide clear explanations, and create a comfortable environment enhances client satisfaction and retention.

Physical Stamina and Self-Care

Working as a massage therapist can be physically demanding. Maintaining your own health through proper body mechanics, regular exercise, and self-care routines is necessary to avoid burnout and injury.

Business Acumen

For those running their own practice, understanding basic accounting, scheduling software, and marketing strategies is crucial. Many therapists find that investing time in learning these skills pays off in smoother operations and better client experiences.

Embracing the Lifelong Journey

Entering the massage therapy field is more than just a career choice; it's embracing a lifestyle centered around healing and wellness. The path to becoming a massage therapist involves dedication to education, certification, and continual growth. By focusing on both technical mastery and interpersonal skills, you create a foundation for a fulfilling and sustainable career.

Whether you aim to work in a bustling spa, a clinical setting, or your own private practice, understanding how to get into massage therapy prepares you to make informed decisions and navigate the journey with confidence. The satisfaction of helping others feel better and live healthier lives is a powerful reward that makes every step worthwhile.

Frequently Asked Questions

What are the basic requirements to start a career in massage therapy?

To start a career in massage therapy, you typically need a high school diploma or equivalent, completion of a massage therapy training program, and state licensure or certification, which often involves passing an exam.

How long does it take to become a licensed massage therapist?

Becoming a licensed massage therapist usually takes between 6 months to 2 years, depending on the length of the training program and state requirements for education hours and exams.

What skills are important for a successful massage therapist?

Important skills include strong communication, empathy, physical stamina, knowledge of human anatomy, professionalism, and the ability to customize treatments to client needs.

Do I need to attend a massage therapy school or can I learn through online courses?

While some theoretical parts can be learned online, most states require hands-on training from an accredited massage therapy school to ensure practical skills and proper technique before licensure.

How much does massage therapy training typically cost?

Massage therapy training programs generally cost between \$5,000 and \$15,000, depending on the school, location, and length of the program.

Are there different types of massage therapy specialties I can pursue?

Yes, you can specialize in areas such as sports massage, deep tissue massage, prenatal massage, medical massage, or relaxation massage, often requiring additional training or certification.

What are the licensing requirements for massage therapists in the US?

Licensing requirements vary by state but usually include completing a state-approved massage therapy program, obtaining a certain number of training hours, passing a licensing exam like the MBLEx, and applying for state licensure.

How can I find a job after completing my massage therapy training?

To find a job, you can apply to spas, wellness centers, chiropractic offices, hospitals, or start your own private practice. Networking, internships during training, and online job boards are helpful resources.

Additional Resources

[How to Get Into Massage Therapy: A Professional Guide to Starting Your Career](#)

how to get into massage therapy is a question that resonates with many individuals seeking a hands-on, healing profession that combines wellness, anatomy knowledge, and interpersonal skills. As the demand for alternative and complementary health services grows, massage therapy has emerged as a viable and fulfilling career path. However, entering this field requires more than just an interest in physical touch; it demands proper education, certification, and a clear understanding of the industry's standards and expectations.

Understanding the Landscape of Massage Therapy

Massage therapy is a holistic practice focused on manipulating soft tissues to promote relaxation, alleviate pain, and improve overall health. It encompasses various techniques such as Swedish massage, deep tissue, sports massage, and trigger point therapy. The profession is regulated to varying degrees across countries and states, with licensing requirements designed to ensure practitioners are competent and ethical.

Before diving into the specifics of how to get into massage therapy, it is essential to recognize the profession's scope and the qualifications needed. The Bureau of Labor Statistics (BLS) projects a growth rate of about 21% from 2020 to 2030 for massage therapists in the United States, much faster than the average for all occupations. This growth is driven by increasing consumer interest in alternative medicine and wellness.

Educational Pathways and Certification Requirements

Formal Education: Massage Therapy Programs

The cornerstone of entering the massage therapy profession is completing a formal education program. These programs are typically offered by vocational schools, community colleges, and specialized massage therapy institutes. Most accredited programs require between 500 to 1,000 hours of classroom and hands-on training, covering subjects such as anatomy, physiology, kinesiology, ethics, and various massage techniques.

Choosing the right program is critical. Accreditation from reputable organizations such as the Commission on Massage Therapy Accreditation (COMTA) ensures the curriculum meets industry standards, which is often a prerequisite for licensure. Programs also vary in length, cost, and delivery format. Some offer part-time or online theoretical courses combined with in-person practical sessions.

Licensing and Certification

In many regions, massage therapists must obtain a license to practice legally. Licensing requirements typically include:

1. Completion of an accredited massage therapy program
2. Passing a standardized exam, such as the Massage & Bodywork Licensing Examination (MBLEx)
3. Meeting state-specific criteria, which may include background checks and continuing education

The MBLEx is widely recognized across the United States, testing knowledge in areas like anatomy, physiology, pathology, and massage theory. Some states have additional or alternative examinations, so it's crucial to research local regulations.

Beyond licensing, obtaining certification from professional bodies such as the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) can enhance credibility and career prospects. Certification often requires a combination of education hours, practical experience, and passing an exam.

Developing Skills and Gaining Experience

Practical Training and Internships

Massage therapy is inherently practical, and proficiency comes from hands-on experience. Most training programs integrate clinical internships or supervised practice sessions, allowing students to work with real clients under professional supervision. This exposure is invaluable for refining technique, understanding diverse client needs, and building confidence.

Upon graduation, many new therapists begin by working in spas, wellness centers, or medical clinics. These environments offer opportunities to learn from seasoned practitioners and handle a variety of cases, from relaxation massage to therapeutic treatments for injuries.

Building Professional Skills

Success in massage therapy extends beyond technical skills. Therapists must cultivate strong communication and empathy to create a trusting client relationship. Additionally, business acumen, including marketing, scheduling, and client retention strategies, is vital, particularly for those pursuing self-employment or opening private practices.

Continuing education is another key aspect. Many states require licensed therapists to complete a set number of continuing education units (CEUs) to maintain licensure. This ensures practitioners stay updated on new techniques, safety protocols, and industry developments.

Career Opportunities and Industry Considerations

Employment Settings

Massage therapy offers diverse employment options. Therapists may find work in:

- Spas and resorts focusing on relaxation and wellness
- Medical facilities such as hospitals, chiropractic offices, and physical therapy clinics
- Sports teams and fitness centers catering to athletes
- Private practice or mobile massage services
- Corporate wellness programs

Each setting demands slightly different skills and specialties. For example, medical massage therapists often collaborate with healthcare providers and require knowledge of pathology and rehabilitation, while spa therapists emphasize customer service and relaxation techniques.

Pros and Cons of a Massage Therapy Career

Understanding the advantages and challenges of this profession can help aspiring therapists make informed decisions.

Pros:

- Flexible work schedule and opportunities for self-employment
- Growing demand driven by health and wellness trends
- Emotional satisfaction from helping clients improve well-being
- Variety of specialties and continuing education paths

Cons:

- Physical demands and risk of repetitive strain injuries
- Variable income, particularly in freelance or commission-based roles
- Licensing and regulations can be complex and vary widely
- Need for ongoing education and professional development

Financial and Time Investment

Entering massage therapy requires a significant investment in time and money. Tuition for accredited programs ranges from \$5,000 to \$15,000, depending on the institution and program length. Additional costs include licensing fees, exam expenses, liability insurance, and supplies such as massage tables and oils.

The time commitment, typically 6 months to 2 years, depends on whether the program is full-time or part-time. Prospective students must weigh these factors against potential earnings. According to the BLS, the median annual wage for massage therapists was approximately \$44,000 as of 2022, but this figure can vary widely based on location, experience, and employment setting.

Technology and Trends Shaping Massage Therapy

Advancements in technology and shifting consumer preferences are influencing the massage therapy industry. Digital booking platforms and mobile apps have streamlined client management and marketing, making it easier for therapists to reach and retain customers.

Emerging trends like integrating massage therapy with holistic health practices, such as aromatherapy, acupuncture, and mindfulness, are expanding the scope of services offered. Additionally, the rise of telehealth and virtual consultations, though limited in scope for hands-on treatments, provide avenues for education and client engagement.

Steps to Take Right Now

For those seriously considering how to get into massage therapy, the following action plan can serve as a roadmap:

1. Research state or country-specific licensing and educational requirements.
2. Identify accredited massage therapy schools and compare curricula, costs, and formats.
3. Enroll in a comprehensive massage therapy program with strong clinical components.
4. Prepare for and pass the licensing exam relevant to your region.
5. Gain experience through internships, entry-level positions, or mentorships.
6. Consider certification through recognized professional bodies for career advancement.
7. Develop business and interpersonal skills essential for client acquisition and retention.
8. Stay informed on industry trends and commit to continuing education.

Embarking on a career in massage therapy is both challenging and rewarding. With the right education, certification, and mindset, aspiring therapists can build a sustainable career that not only

supports their livelihood but also contributes positively to clients' health and quality of life.

How To Get Into Massage Therapy

how to get into massage therapy: The Complete Massage Therapy Career Guide - The Most Comprehensive Resource for a Successful Career in Massage Therapy Neal Lyons, 2013-06-06 Congratulations on deciding to become a massage therapist! This is one of the most appreciated professions because of the satisfaction you will deliver to others. Massage therapists are high in demand no matter where you live, and the need is only growing with time. More and more people are realizing the true benefits of incorporating regular massages in their routines, thus making it part of their lifestyles. Not only are you guaranteed a lucrative career as a therapist, the jobs are also abundant and only growing. Massage therapists help individuals relieve pain caused by day to day stress build-up, body tightening, injury or illness. Many people these days have incorporated regular massages in their lifestyle routines to proactively mitigate physical problems, maintain good posture and just feel better. A massage therapist's role is very important and extremely meaningful, which is why the demand for this service has continuously increased over time. It has become one of the most popular careers sought after by many today. Most practicing therapists are employed by hospitals, clinics, sports facilities and smaller private companies that are everywhere. In addition, many massage therapists work independently as either business contractors or in private homes. No matter where you live, there will always be demand for your services and thus several options near you that offer these jobs. Whether you are just now starting your career in the massage field, or want to grow your existing career, this book's goal is to help you meet your objectives. In the next few chapters you will find information about the requirements you need to become a massage therapist, information on massage therapy schools, online schooling options, jobs, salaries, career growth and more. There is an extremely high demand for massage therapists. With increased population growth, awareness, health consciousness and active lifestyles, the United States Bureau of Labor Statistics (BLS) expects massage therapist jobs to grow another 20-30% in the next couple years. Because of the growing demand for massage therapists, many are becoming more interested in this professional career. Unfortunately, most do not know what the requirements are, how to get into the field and how to thrive in a profession that is saturated with so many other therapists. Similarly, many others who are already practicing as massage therapists do not know about the options to advance their careers through either additional training, the appropriate networking opportunities, diversification, specialization and more. All the best to you and here's to your career success! Table of Contents Foreword 1. Introduction to a Career in Massage Therapy 2. Three Things You Should Know Before Becoming a Massage Therapist 3. How to Find the Right Massage Therapy School for You 4. How to Find Information on the Best Massage Therapy Schools 5. Characteristics of the Best Massage Therapy Schools 6. Why You Should Select an Accredited, Certified Massage Therapy School 7. Are Online Massage Therapy Schools Legitimate? 8. The Main Differences Between Local and National Massage Therapy Schools 9. What Is the Cost of a Good Massage Therapy School? 10. How to Ensure You Get a Top Quality Education 11. How to Apply to a Massage Therapy School 12. How to Apply to a Massage Therapy School 13. Courses Offered in Massage Therapy Schools and Continuing Education 14. The Importance of Massage Therapy Certification 15. Skills Needed for a Successful Career or Business in Massage Therapy 16. Three Main Subsets of Massage Therapy Jobs: Clinical, Sports & Spa 17. The Process of a Successful Massage Therapy Job Search 18. The Need for Liability Insurance When Practicing Massage Therapy 19. Why You Need to Pursue Continuing Education for Massage Therapy Summary

how to get into massage therapy: Massage Therapy 101 HowExpert, Nicole Urban, 2019-11-21 As the modern world has become more health-conscious, the demand for Massage

Therapy has also increased, making it one of the fastest growing careers in the nation. This in turn has led many people to consider becoming Massage Therapists. While Massage Therapy is a wonderful, fulfilling career, it can also be a little difficult for people to navigate when they first start out. But that is what this guide is for! In this HowExpert Guide to Massage Therapy 101, we go over the top 101 tips you need to know in order to become a successful Massage Therapist. The topics covered in this guide include: • Education and licensing requirements for Massage Therapists • How to choose the right school for you • What to expect from your education, including strategies to help you pass your classes • The steps involved in becoming officially licensed • How to build your business and get your first clients • How to grow your business into a successful practice • How to avoid burnout during your career ...and so much more! So if you are ready to embark on your journey of becoming a Massage Therapist, or if you simply want to learn more about the Massage Therapy profession, then this guide is for you! About the Expert Nicole Urban graduated from the Colorado Institute of Massage Therapy in 2013, completing their 850-hour program. After serving a mission for her church in Brazil for a year and a half, she returned to Colorado to complete all of her licensing requirements. She became a licensed massage therapist in 2015, and has been practicing massage therapy ever since, first in Colorado and then in Idaho when she moved there to attend Brigham Young University - Idaho. In July 2019 she graduated from BYU-I with a B.S. in Exercise Physiology. Today she is an ACE certified Health Coach, as well as the owner of her own massage therapy business. She also helps out with teaching at the local massage therapy school near her home. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

how to get into massage therapy: Massage Therapy Susan G. Salvo, 2015-04-13 Covering massage fundamentals, techniques, and anatomy and physiology, Susan Salvo's *Massage Therapy: Principles and Practice*, 5th Edition brings a whole new meaning to the word 'comprehensive.' This student-friendly text boasts more than 700 illustrations and expanded sections on neuroscience, research, and special populations, plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms. It makes the essential principles of massage therapy more approachable and prepares you for success in class, on licensing and board certification exams, and in a wide range of therapeutic practice settings. Clear, straightforward approach simplifies complex content for easier understanding. Complete anatomy and physiology section, in addition to material on techniques and foundations, gives you all the information you need in just one book. Certification Practice Exam on Evolve mimics the major certification exams in format and content, builds confidence, and helps increase pass rates. Over 700 high-quality illustrations, including line drawings and halftones, clarify difficult concepts in vibrant detail. Case studies challenge you to think critically and apply your understanding to realistic scenarios, foster open-mindedness, and stimulate dialogue. Profile boxes provide an inspirational, real-world perspective on massage practice from some of the most respected authorities in massage and bodywork. Clinical Massage chapter focuses on massage in clinical settings like hospitals, nursing homes, and medical offices to broaden your career potential. Two business chapters loaded with skills to make you more marketable and better prepared for today's competitive job market. Video icons refer you to the Evolve site featuring about 120 minutes of video covering techniques, routines, client interaction sequences, and case studies that facilitate the learning process and the practical application of the material. Evolve icons listed in each chapter encourage you to go beyond the lecture and reading assignments and learn more on the Evolve site. Evolve boxes at the end of each chapter list Chapter Extras found on Evolve that reinforce concepts learned in the chapter. NEW! Revised line drawing color scheme for origin and insertion matches the painted skeleton found in most classrooms, maintains consistency, and prevents confusion in learning origin and insertion points on the body. NEW! Coverage of Thai massage provides up-to-date content on the most useful, in-demand modalities that are most often requested by clients - and better prepares you for what you will encounter during training and practice. NEW! Updated text reflects changes to the new board certification exam so you have the most up-to-date, relevant information - and are fully prepared to pass the current exams. NEW! Brand new Think About It, Webquest, and Discussion

features in each chapter's Test Your Knowledge section build your vocabulary usage and critical thinking skills necessary for day-to-day work with clients. EXPANDED! More content on pain theories, the neuromatrix model, and pain management, plus updated guidelines for massage after surgery and injury, equips you with essential information when working in rehab. NEW! Updated instructor resources, featuring more TEACH lesson plan classroom activities and an additional 500 test questions, provide instructors with more ways to interact with and test students.

how to get into massage therapy: Introduction to Massage Therapy Mary Beth Braun, 2013-08-29 Practical, concise, and well-illustrated, Introduction to Massage Therapy, 3rd Edition provides everything you need to build strong, foundation skills that will carry you throughout your studies, help you prepare for the national exam, and launch you into a successful career as a massage therapist. This proven book includes step-by-step instructions for massage techniques, assessments, and treatments, along with striking photos that illustrate difficult-to-understand concepts. As the most concise introductory book on the market, Introduction to Massage Therapy makes it easy for you to find the information you need when you need it, while coverage of anatomy and physiology, pathology, and pharmacology integrated with techniques helps you understand the science behind the practice. The Third Edition is enhanced by new evidence-based references and new online videos that demonstrate common procedures, techniques, and flow sequences. You'll also find practical information that will help you create and maintain a successful massage therapy practice, including communication and documentation tips, safety and self-care practices, and essential business concepts.

how to get into massage therapy: Medical Conditions and Massage Therapy Tracy Walton, 2020-09 With this book's streamlined, innovative approach, you'll learn how to manage and assess medical information in order to determine massage contraindications.

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how to get into massage therapy: Business and Professional Skills for Massage Therapists Sandy Fritz, 2009-12-14 Develop the business skills necessary to succeed in massage therapy with help from respected massage educator and business owner, Sandy Fritz! With a

user-friendly approach and comprehensive support tools, this authoritative guide delivers a working knowledge of essential concepts for employees or owners of a massage therapy practice and helps you prepare for the professional challenges that await you in the real world. - Renowned massage educator and business owner Sandy Fritz presents a practical, proven business philosophy for success in massage therapy practice. - Focus on need-to-know business skills for complete success as an employee or the owner of a massage therapy practice. - A companion CD with practice management software provides hands-on experience creating client records, setting appointments, entering documentation, and more. - Self-Reflection boxes put concepts into a realistic context through Sandy Fritz's personal experiences in massage practice. - Learning Activity boxes reinforce your understanding and challenge you to apply what you've learned in an engaging workbook format. - Good Stuff from the Government boxes alert you to helpful government resources and help you ensure compliance with federal regulations. - Mentor boxes provide real-world insight and advice from experts in massage and business management for successful practice. - More than 200 realistic photos and illustrations clarify concepts and familiarize you with typical practice settings and essential forms, records, office equipment, and supplies. - Evolve Resources link you to templates for building resumes, letters, advertisements, forms for documentation, and client histories, plus small business resources, annotated web links, a glossary of key terms from the text, and additional exercises and case studies.

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how to get into massage therapy: The Psychology of the Body, Enhanced Elliot Greene, Barbara Goodrich-Dunn, 2020-05-13 Prepare your students to appropriately identify, understand, and respond appropriately to the phenomenon of emotional release during massage and bodywork! This new edition continues to provide a crucial basis of knowledge for massage therapy and students regarding the emotional impact of effective massage therapy. With a new, more colorful layout, this new edition has been fully revised to address the latest science around this topic. Furthermore, in-text features aim to help students apply their learning to actual practice as a massage therapist.

how to get into massage therapy: Massage Therapy Trish Dryden, Christopher A. Moyer, 2012-04-10 Massage Therapy: Integrating Research and Practice presents the latest research examining the evidence for the use of various massage therapy techniques in treating pathological conditions and special populations. In this resource readers will find a synthesis of information from the diverse fields of kinesiology, medicine, nursing, physical therapy, and psychology. Authored by experts carefully selected for their specific knowledge, experience, and research acumen, Massage Therapy: Integrating Research and Practice will assist both students and practitioners in these areas: • Learning the benefits of evidence-based massage therapy practice • Understanding various research methods • Developing research skills by learning guidelines for writing case reports and journal articles • Understanding how to integrate massage therapy research into education and clinical practice This text presents a seamless integration of research and practice in four parts, providing readers first with a background to the field of massage therapy followed by discussion of research methods. Next is an evidence-based presentation of the efficacy of massage therapy for conditions and populations often encountered in massage therapy practice. This clinical section presents three patient populations (pediatric, athletic, and elderly); three pain-related types (headache, neck and shoulder pain, and low back pain); and six conditions that massage therapists may encounter: pregnancy and labor, scar treatment, cancer, fibromyalgia, anxiety and depression, and clients who have experienced sexual trauma. Recommendations and evidence-based treatment guidelines are clearly defined for each condition. Case reports developed from real-life cases are included in this section, offering readers a real-world context for the clinical content presented. The final section illustrates specific ways to integrate research into the educational and professional development of current and future massage therapists. It provides readers with the fundamental tools for a research-based approach in clinical practice, especially as it relates to special populations. A running glossary, chapter summaries, and critical thinking questions assist students

in learning the content and act as self-study tools for practitioners. *Massage Therapy: Integrating Research and Practice* offers both students and practitioners of massage therapy the most current evidence-based information, guidelines, and recommendations for the treatment of conditions often seen in massage therapy practice. This essential reference will assist practitioners in understanding the scientific literature and its application in enhancing the practice of this safe and effective health intervention.

how to get into massage therapy: Mosby's Fundamentals of Therapeutic Massage - E-Book Sandy Fritz, Luke Allen Fritz, 2020-02-13 Success in massage therapy begins with a solid foundation in the fundamentals! Mosby's Fundamentals of Therapeutic Massage, 7th Edition helps you build the skills you need, from assessing problems and planning treatment to mastering massage techniques and protocols. Hundreds of photographs demonstrate massage techniques step by step, and case studies bring concepts to life. 'How-to' videos on the Evolve companion website show manipulation techniques, body mechanics, positioning and draping, and more. If you want to prepare for licensing and certification exams and succeed in practice, this resource from massage therapy expert Sandy Fritz is your text of choice. - Comprehensive coverage includes all of the fundamentals of therapeutic massage, including massage techniques, equipment and supplies, wellness, working with special populations, and business considerations; it also prepares you for success on licensing and certification exams. - Step-by-step, full-color photographs demonstrate massage techniques and protocols by body area. - Three hours of video on the Evolve website demonstrate techniques and body mechanics — each clip is narrated and performed by author Sandy Fritz — as well as review activities for licensing exams. - Proficiency exercises provide opportunities to practice and apply what you are learning. - Case studies offer practice with clinical reasoning and prepare you to address conditions commonly encountered in professional practice. - Coverage of body mechanics helps you to create an ergonomically effective massage environment and to determine appropriate pressure, drag, and duration application while applying massage methods. - Coverage of multiple charting methods helps you develop record-keeping and documentation skills, including SOAP and computer charting with simulation on Evolve. - Learning features include chapter outlines, objectives, summaries, key terms, practical applications, activities and exercises, and workbook-type practice. - Review tools include matching exercises, short answer questions, fill-in-the-blank questions, drawing exercises, and critical thinking questions, all available on Evolve. - Research Literacy and Evidence-Based Practice chapter includes new research findings and explains how research is done, and how to read and understand it. - Adaptive Massage chapter explains how to address the needs of specific populations, from pregnant women and infants to hospice patients and people with physical impairments. - Massage Career Tracks and Practice Settings chapter covers massage therapy services offered at spas, and looks at the spa as a possible massage career. - In-depth coverage of HIPAA shows how to store records in a HIPAA-compliant manner and explains HIPAA requirements and training. - Foot in the Door boxes outline the professional skills expected by prospective employers. - Updated Basic Pharmacology for the Massage Therapist appendix provides up-to-date information on common medications.

how to get into massage therapy: Mosby's Massage Therapy Review - E-Book Sandy Fritz, 2014-02-01 Written by massage therapy expert Sandy Fritz, this unique review resource prepares you for all of your massage therapy exams — both routine semester exams and tests administered for licensure, such as the National Certification Exam and the MBLEx. This comprehensive review features updated content and questions based on the currently administered licensing exams. Plus, a companion Evolve website comes loaded with 8 practice exams and a variety of review activities such as labeling exercises, crossword puzzles, electronic coloring book, games, and much more! And for studying on the go, Mosby offers a new mobile app featuring 125 test questions. No other massage review on the market gives you such complete exam preparation! - Full color format with 347 illustrations (showing various massage techniques as well as anatomy & physiology) presents information in a more visual, engaging way and helps you retain information better than reviewing text alone. - Over 1300 practice questions in the text provide the opportunity to assess your

readiness for exams. - Over 40 labeling exercises are available throughout the book to help kinesthetic learners retain information. - Logical text organization presents review content with illustrations and examples followed by review questions and exams to help you hone test-taking skills as you master facts, learn how to apply them, complete practice questions by topic, and then work through a realistic exam experience. - Written to be versatile so it can be used to prepare for licensing exams, as well as classroom exams allows you to prepare for massage licensure exams as well as your regular course load along the way. - Answer key printed in the back of the text with rationales provides you additional feedback so you can better understand why answers are correct or incorrect. - Esteemed author Sandy Fritz delivers quality content that students and instructors know they can rely on. - NEW! Updated content and questions based on the changes to licensing exams delivers the most up-to-date, relevant questions ensuring you'll be fully prepared to pass the current exams. - NEW! Companion website offers 8 practice exams, numerous review activities such as labeling exercises, crossword puzzles, Body Spectrum electronic coloring book, online flashcards, med term games, animations and more. - NEW! Mobile app with practice test questions offers increased flexibility to study on the go and in shorter intervals.

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