

WORKSHOP / ELECTIVE COURSE (SYLLABUS) DESCRIPTION

Many opportunities are fast becoming available for the future Massage Therapist. Here at the Institute we strive to provide not only the best of the basics of massage, but also career options. These advanced courses will afford the Licensed Massage Therapist a distinct competitive advantage.

Advanced Medical Modalities

GERIATRIC MASSAGE (7 hr.): the study of massage techniques and contraindications for the special needs of the elderly. Touch is essential for our well being at all ages, but at no time do we receive less than in later life. Touch that has nurtured us as children begin to diminish in adulthood and by our later years has dwindled for many to the merest trickle of tenderness and affection. The healing elements of massage, while unable to return a body to its youthful vigor can, however, provide for the relief of the effects of aging and comfort the soul.

PREGNANCY MASSAGE (21 hr.): the study of massage techniques and contraindications for the Mother and Baby to Be. Nurturing, pain management and body preparation are the keystones of this course. Massage has entered the delivery suite and is now readily encouraged by the OB-GYN Specialists and Midwives. Massaged is considered by most to be essential for the well being of mother and baby.

SPORTS MASSAGE (21 hr.): the study of massage techniques as it applies to the special needs of the sports professional or enthusiast. Massage facilitates the body's recovery from sporting injuries and overuse or maintains the proper muscle tone for peak performance. Rich Phaigh's "Therapeutic Massage for Sports and Fitness" is the foundation for this elective.

CANCER MASSAGE (14 hr.): the study of very special massage techniques and the contraindications as it applies to the cancer patient. Not too long ago there was a "hands-off" policy regarding those suffering with cancer. Today compassionate skilled massage founded on thoughtful education, safe practice principles, and practice in clinical thinking is replacing the "hands-off" rule. This elective is based on research at the Sloan-Kettering Cancer Center in New York where massage therapy has become a key method of treatment.

REFLEXOLOGY (14 hr): Each foot contains 7,200 nerve endings. These nerve endings have extensive interconnections through the spinal cord, brain, and, throughout the body. This more than anything else explains why we feel so much better when our feet are treated.

NERVE ENTRAPMENT - CARPAL TUNNEL/ THORACIC OUTLET SYNDROME (8 hr.): a class designed to provide the therapist with a thorough understanding of the structures and physiological processes involved in CTS/TOS. This class includes benefits of massage, warning signs, symptoms, and preventive measures. An outline of a plan of care, discussion of techniques and practical application of techniques provides the therapist with a "hands on" experience.

CHAIR MASSAGE I (7 hr.): the study of massage techniques applicable for individuals unable or unwilling to lie down. Workplace stress and rapid turnovers in an already short supply workforce has the corporate world scrambling for options. Massage is fast becoming the benefit of choice of the "pluggers" who hold the companies together. Chair massage provides for the sense of relief necessary for workplace harmony.

CHAIR MASSAGE II (7 hr.): advances the chair massage to a therapeutic tool for recovery of injuries. The chair offers many possibilities and flexibilities unattainable on a massage table. Chair Massage I is a prerequisite to this class.

INFANT MASSAGE (7 hr.): a gentle process proven to help ease colic, digestive problems, fussiness and a host of other common discomforts in babies. Doctors worldwide have recognized the positive impact of massage on the infants' well being. Dr. Tiffany Field, at the University of Miami, discovered that "... (massaged infants) are more active, gain weight faster and become more efficient." Learning these simple procedures can be as enjoyable for the therapist as it is for the infant.

BREAST MASSAGE (14 hr.) Breast health is vitally important to women, yet most do not know how to find therapies that will support their breast tissue health. Massage Therapists can provide gentle and effective treatment for a number of the breast complaints that women have, including post-surgical and scar work, easing of discomforts of pregnancy and breastfeeding, treatment of congestion and edema, and alleviation of many of the causes of breast pain.

MANUAL LYMPH DRAINAGE (7 hr.) assists in maintaining the integrity of the immune system. This in turn strengthens the body against diseases of various kinds, allergy symptoms, colds, arthritis, and many other inflammatory conditions by encouraging lymphatic flow and the cleansing process that accompanies it. The lymphatic system is part of the body's immune system and contributes to the body's defenses. Learning these vital techniques contributes much to the overall health of your patients.

ADVANCED THERAPIES 1-CLINICAL MASSAGE (24hr). Identifying what structures need to be worked on, creates a clear intention about your treatment goals, provides a baseline of objective information to measure the effectiveness of your treatment, helps prevent treating conditions that are contraindicated, and indicates to the massage therapist when to refer to a doctor or other health-care provider.

ADVANCED THERAPIES 2-ORTHOPEDIC MASSAGE (24hr) Designed to develop your ability to evaluate the multiple structural and functional problems of the musculoskeletal system, and to base subsequent therapeutic choices on the evidenced gained by diligent assessment.

ADVANCED THERAPIES 3-MYOSKELETAL MASSAGE (24hr) Myofascial and osseous structures are systematically treated to align the whole body thereby preventing strain patterns from becoming pain patterns.

ADVANCE THERAPIES 4-NEUROMUSCULAR MASSAGE (24hr) this course allows you to present to your clients an intergrated treatment plan utilizing deep tissue and neuromuscular techniques.

ADVANCED HYDROTHERAPY (7hr) The use of water in its many forms and the application of topical preparations facilitate the healing processes. The physiological effects and therapeutic uses are extensive. Learning the proper sequence for application is essential to a successful treatment plan.

PEDIATRIC MASSAGE (7hr). Practical application of massage therapy for children ages 2 to 18 enhance their development and quality of life as well as those with special needs. The participating student will learn the musculoskeletal differences between children and adults; how to use massage to treat pediatric aches, pains and injuries and critical guidelines and precaution for working with children.

ENDERMOLOGY (21hr) Recognized by the US Food and Drug Administration as a medical treatment for the treatment of scars, burns, cellulite reduction and body contouring. A proven non-surgical alternative, Endermology is a method of mechanical manipulation of tissue. This procedure facilitates the increase of vascularization and oxygenation of deprived body areas, and frees the fibrosed tissues.

NATIONAL CERTIFICATION PREPARATION (7hr). Participating in the National Certification Exam demonstrates to those states that recognize the NCE for licensing requirements, that the participants have met the strict standards of academic achievements set forth by the National Board. The Credential is also recognized by insurers and third party payers, and assures the public that the participants practice in a safe, ethical manner.

INSURANCE BILLING AND REIMBURSEMENTS. (7hr) As third party payers recognize the value of therapeutic massage, reimbursements increase. The participating provider is expected to understand the laws, regulations, rules, standards, codes, plus forms and a system to set up your office for billing massage therapy services.

ADVANCED BODY MECHANICS (7hr) Massage is now a life long career. Protecting yourself from injury is essential. This fast paced course teaches the use of leverage to enhance the effectiveness of your procedures and self help skills to stay injury free for your career.

Advanced SPA MODALITIES

MUSCLE TONING FACIAL MASSAGE (8hr.): this class will teach you how to “work” all of the muscles of facial expression, to tone and tighten them while giving your client a relaxing experience they won’t forget.

ADVANCED MUSCLE TONING FACIAL MASSAGE (8hr.): Add new techniques to your Muscle Toning Facial Massage plus exercises to teach your clients so they can continue your work at home. Learn “reverse” percussion and other techniques that will help your clients’ look and feel younger. Prerequisite – Muscle Toning Facial Massage

STONE (HOT/COLD) FACIAL MASSAGE (8hr.): The hydrostatic effects regarding the application of hot and cold are unsurpassed and the benefits are without question. Giving a stone facial massage will give you an edge over the competition. Learn the relaxing and healthy benefits of using hot and cold stones in your facial massage. All students will give and receive a stone facial massage during class.

PARAFFIN MUSCLE TONING FACIAL MASSAGE (4hr.): For years the hydrotherapy benefits of warm paraffin has been used on the hands and feet. Now you can use this soothing modality on the face as well. Hot paraffin as a hydrostatic application has been used on all parts of the body to enhance the effects of massage. And its use on the face would be no different. Dilation of the underlying blood vessels, increased pulse generates increased circulation, increased local metabolism, decreased pain, and decreased tissue stiffness. Prerequisite – Muscle Toning Facial Massage

CLAY MUSCLE TONING FACIAL MASSAGE (4hr.): The application of hot therapeutic “clays” as a hydrostatic application subsequent to therapeutic massage, acts much in the same way as paraffin with the added benefits of detoxification. Blending a Sea Clay formula with your essential oils, you will enhance your facial massage by aiding the lymphatic system as well. Prerequisite – Muscle Toning Facial Massage

HOT STONE BODY MASSAGE (8hr.): Hydrotherapy at its finest. Find out why hot stones are the “hottest” spa trend going. Hot stones allow a deeper state of relaxation than regular massage and clients love the feeling! Everyone will give and receive a full hot stone massage during class.

THERAPEUTIC HOT STONE BODY MASSAGE (8hr.): You learned how to relax clients with hot stones, now discover how to perform therapy with them. Added benefits to you – the stones do the work. Set yourself apart from the rest by learning these advanced techniques. Prerequisite – Hot Stone Massage.

CLAY BODY MASSAGE (8hr.): The application of hot therapeutic “clays” as a hydrostatic application subsequent to therapeutic massage, acts much in the same way as paraffin with the added benefits of detoxification. Blending a Sea Clay formula with your essential oils, you will enhance your therapeutic massage by aiding the lymphatic system as well.

CONTOUR BODY WRAP (8hr.): Using the latest in hydrotherapy techniques, learn how to wrap the body with special compresses soaked in a warm all-natural product to achieve lymph drainage and detoxification. This is not a dehydration process, but when added to a therapeutic massage will safely and naturally remove toxins from the body’s adipose tissue.



THE INSTITUTE OF THERAPEUTIC MASSAGE, INC.
 9508 SR 65, PO Box 350 Ottawa, OH 45875-0350 Ph# (419) 523-9580

A PROFESSIONAL EDUCATION FOR A PROFESSIONAL CAREER

Check us out on the web at www.instituteofmassage.com

Workshop/Electives 2010 Pricelist

		Book Supply Fee	Alumni	Non- Alumni
Medical Modalities				
Pregnancy Massage	21 Hrs	\$ 30.00	\$ 252.00	\$ 399.00
Cancer Massage	14 Hrs	\$ 35.00	\$ 168.00	\$ 289.00
Breast Massage	14 Hrs	\$ 37.00	\$ 168.00	\$ 289.00
Manual Lymph Drainage	7 Hrs	\$ 5.00	\$ 84.00	\$ 149.00
Geriatric Massage	7 Hrs	\$ 5.00	\$ 84.00	\$ 149.00
Nerve entrapment	8 Hrs	\$ 5.00	\$ 96.00	\$ 179.00
Pharmacology	24 Hrs	\$ 39.00	\$ 320.00	\$ 489.00
Pathology	24 Hrs	\$ 45.00	\$ 320.00	\$ 489.00
Adv. Therapies 1- Medical Approach	24 Hrs	\$ 59.00	\$ 320.00	\$ 489.00
Adv. Therapies 2- Orthopedic Massage	24 Hrs	\$ 49.00	\$ 320.00	\$ 489.00
Adv. Therapies 3- Myoskeletal Massage	24 Hrs	\$ 59.00	\$ 320.00	\$ 489.00
Adv. Therapies 4- Neuromuscular	24 Hrs	TBD	\$ 320.00	\$ 489.00
Reflexology	14 Hrs	\$ 35.00	\$ 168.00	\$ 289.00
Spa Modalities				
Muscle Toning Facial Massage	8 Hrs	\$ 15.00	\$ 96.00	\$ 169.00
Adv. Muscle Toning Facial Massage	8 Hrs	\$ 15.00	\$ 96.00	\$ 169.00
Stone (Hot/Cold) Facial Massage	8 Hrs	\$ 5.00	\$ 96.00	\$ 169.00
Clay Muscle Toning Facial Massage	4 Hrs	\$ 15.00	\$ 48.00	\$ 79.99
Paraffin Muscle Toning Facial Massage	4 Hrs	\$ 15.00	\$ 48.00	\$ 79.99
Salt / Sugar Body Massage	4 Hrs	\$ 10.00	\$ 48.00	\$ 79.99
Hot Stone Body Massage	8 Hrs	\$ 10.00	\$ 96.00	\$ 169.00
Adv. Hot Stone Body Massage	8 Hrs	\$ 10.00	\$ 96.00	\$ 169.00
Clay Body Massage	8 Hrs	\$ 20.00	\$ 96.00	\$ 169.00
Contour Body Wrap Massage	8 Hrs	\$ 25.00	\$ 96.00	\$ 169.00
Endermology	7 Hrs	\$ 5.00	\$ 84.00	\$ 149.00
Adv Hydrotherapy	7 Hrs	\$ 10.00	\$ 84.00	\$ 149.00
Other				
Sports Pre/Post Event	21 Hrs	\$ 45.00	\$ 252.00	\$ 399.00
Chair Massage	7 Hrs	\$ 37.00	\$ 84.00	\$ 149.00
Adv. Chair Massage	7 Hrs	\$ 5.00	\$ 84.00	\$ 149.00
Infant Massage	7 Hrs	\$ 20.00	\$ 84.00	\$ 149.00
Pediatric Massage	7 Hrs	\$ 30.00	\$ 84.00	\$ 149.00
National Certification Preparation	7 Hrs	\$ 5.00	\$ 84.00	\$ 149.00
Insurance Billing and Reimbursements	7 Hrs	\$25.00	\$ 84.00	\$ 149.00

Changes

The Institute of Therapeutic Massage reserves the right to affect changes in tuition, textbooks, equipment, administration, schedules, subject matter, faculty, and staff and to teach courses in any order it deems necessary