

Health Care: A Career For Life

MASSAGE THERAPIST

JOB DESCRIPTION

- Assess clients by conducting range of motion and muscle tests and propose treatment plans
- Explain procedures, risks and benefits to clients
- Administer massage techniques, treating soft tissues and joints of the body through soft tissue manipulation, relaxation techniques, hydrotherapy, trigger point therapy, joint pain and lower grade mobilizations, remedial exercise programs and client self-help programs
- Suggest home care instructions and provide information about techniques for further postural improvement and stretching, strengthening, relaxation and rehabilitative exercises
- Maintain records of treatments given

<https://www.mtam.mb.ca/registered-massage-therapists.asp>

Massage therapists practice in a variety of settings and locations and in a variety of contractual arrangements. Some examples of locations in which massage therapists practice are:

- massage office
- office in home
- physicians' offices and clinics
- franchises
- hospitals and wellness centers
- nursing homes/hospices
- chiropractic offices
- onsite (chair massage in offices, airports and at public events, for example)
- health clubs and fitness centers
- sports teams and events (amateur and professional)
- hotels
- spas and resorts
- salons
- cruise ships

LINKS TO MORE INFORMATION:

Massage Therapy Association of Manitoba www.mtam.mb.ca

The Professional Institute of Massage Therapy www.pimtmassage.com

The Massage Therapy College of Manitoba www.massagetherapycollege.com

Canadian College of Massage Therapy www.collegeofmassage.com

Canadian Massage Therapy Research Network's <http://massage.ca/>

SALARY RANGE

\$25,000 - \$75,000

General Admission Requirements

Applicants are typically over 18 & may require a high school diploma.

Mature student status (19 years or older) with life experience demonstrating responsibility, may also be considered.

Previous science classes such as Biology or Anatomy are not mandatory prerequisites but are highly recommended.

**MB's Healthcare
Providers Network**
www.mhpnetwork.ca



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TRAINING & EDUCATION ROUTES

As a health care profession, massage therapy is based upon the health sciences.

Graduates from a massage therapy diploma program complete studies in: human anatomy and physiology, musculoskeletal anatomy, kinesiology, pathology, general nutrition, therapeutic exercise, hydrotherapy and thermal therapies, massage theory and techniques, clinical assessment and treatment planning, treatment of various conditions, ethics, research literacy, and business and practice management.

Recognized massage therapy diploma programs in Manitoba offer two-year programs with at least 2200 hours of instruction. Curriculums are based on National Competencies established by the profession in 2012. Completion of this training ensures the public and other healthcare professionals of the practice standards of a graduate massage therapist.

Secondary education pre-requisites are required for entry to the study of massage therapy. Applicants to massage therapy schools are typically required to hold a Manitoba High School diploma, or equivalent. Secondary or post-secondary studies in the sciences (e.g., biology, kinesiology, anatomy, physiology) are helpful but typically not mandatory pre-requisites to studying massage therapy. Studies in other related areas such as physical education, communication, business, research, and psychology are also helpful for those wanting to become massage therapists.

<http://www.mtam.mb.ca/education-schools.asp>

SCHOOLS OF MASSAGE THERAPY

Manitoba has four schools of Massage Therapy that are registered with the *Province of Manitoba – Advanced Education & Literacy* that currently provide two year programs of study. These schools are privately owned institutions that are licensed by the Province of Manitoba to provide Massage Therapy education.

Individuals interested in the studying for the profession of Massage Therapy are encouraged to contact the schools directly concerning their entrance requirements and courses of study. The registered schools for Massage Therapy instruction in Manitoba are:

Massage Therapy College of Manitoba

<http://massagetherapycollege.com/>

Robertson College

www.robertsoncollege.com

Wellington College of Remedial Massage Therapy, Inc.

www.wellingtoncollege.com

Hua Xia Acupuncture, Massage, Herb College

www.mbacuschool.com

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