

The 500 Hr. Massage Therapy Training Program

Overview

The *Therapeutic Bodywork Learning Center* (TBLC) offers 500 hours of supervised training with 100 hours of hands-on practice completed and documented by the student outside of class. The school follows specific Department of Maine Education and National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) requirements. This is a 13–14-month program with classes usually offered through twice monthly weekend intensives. Classes are small with a maximum of 12 students. Instructors record your attendance and evaluate your performance in applying theory with technique.

Students completing and passing TBLC's 500-hour Massage Therapy Training Program in its entirety are eligible to apply for their Maine State Massage License and sit for the MBLEx exam (the licensing examination of the Federation of State Massage Therapy Boards www.fsmtb.org) if desired.

Grading

All students are given practical evaluations as well as written or on-line tests. A grade is given based on the ability to understand and apply the theory and techniques taught. Students must maintain a grade of 70% or above to pass. Remote learning is available should a student be unable to come to a class on an as needed basis.

Hours

Typically, classes are held two weekends a month (see also School Calendar) from September through October of the following year. Arrangements are made for hours missed due to inclement weather and other unforeseen circumstances. Each class day begins at 8am and ends at 6:30pm on Saturday and Sunday of each school weekend.

Sample Daily Class Routine

8 am to 9 am - Centering/Body mechanics/Stretching

9 am to 11 am – Anatomy, Physiology, Pathology, Academics, Theory

11:00 am to 1 pm – Kinesiology, Muscle Learning, Palpation, Demo and Practice

1 pm to 2 pm - Lunch

2 pm to 4 pm - Technique, Muscle Learning, Palpation, Demo and Practice

4:00 pm to 6:30 pm - Practice lab, massage practice and trades

*Students are required to bring their own lotions, linens & massage tables.

*Academic hours are based on sixty-minute instructional segments with ample short breaks.

500-hour Program Curriculum

I. Anatomy & Physiology (95 hours)

Students will learn general knowledge of the body systems. Classes will be taught through lecture, video, in-class research and hands-on assignments.

A. General knowledge of the form and function of the following body systems and how these systems may be impacted by the administration of massage and bodywork:

1. Basic Chemistry, Cells, and Tissues
2. The Skeletal System
3. The Muscular System
4. The Nervous System
5. The Endocrine System
6. The Urinary/Excretory System
7. The Reproductive System
8. The Integumentary System
9. The Cardiovascular System
10. The Lymphatic System
11. The Respiratory System
12. The Digestive System

B. Anatomical positions, Body Cavities, Regions of the Body, Planes of the Body

C. Anatomical Terminology

D. Basic nutrition principles

II. Kinesiology (30 hours)

Students will learn bones, muscle groups, individual muscles, joints, joint movements and structures and tissues of the body and their functions through palpation, sculpture, drawing, applying felt muscles to full size skeleton, taping and other hands-on activities and games. Bones and joints are covered repeatedly throughout the program. Each muscle group is covered in detail twice

A. Bones

B. Joints

1. Joint Types
2. Joint Movement
3. Joint structure, form and function

C. Muscles

1. Muscle groups
 - a. Lower leg and foot
 - b. Pelvis and Thigh
 - c. Spine and Thorax
 - d. Shoulder and Arm
 - e. Forearm and Hand
 - f. Head/Neck and Face
2. Muscle attachments
3. Muscle shapes and fiber directions
4. Types of muscle contraction

- 5. Muscle movements/actions
 - a. Prime Movers
 - b. Synergists
 - c. Antagonists
- D. Connective Tissues
 - 1. Tendons
 - 2. Fascia
 - 3. Ligaments
 - 4. Bursae
- E. Proprioception/Proprioceptors

III. Pathology (40 hours)

Students will learn general knowledge of how disease affects each body system. Classes will be taught through lecture, video and in-class research projects.

- A. Medical terminology / Basic pharmacology
- B. Signs and symptoms of a disease
- C. Modes of contagious disease transmission (e.g. blood, saliva)
- D. Effects of psychological and emotional states (e.g. depression, anxiety, grief, trauma)
- E. Indications for massage therapy
- F. Contraindications (cautions) for massage therapy
 - 1. Caution vs. complete contraindication
 - 2. Local contraindication vs. complete contraindication
 - 3. Assessment procedures
- G. Principles of Injury Care
 - 1. Acute conditions
 - 2. Chronic conditions
- H. Life stages and massage (child, adolescent, adult, pregnancy, senior/elder)
 - 1. Indications for massage
 - 2. Contraindications for massage
- I. Interviewing skills
 - 1. The health intake assessment
 - 2. Documenting conditions, concerns and contraindications
 - 3. When to refer to a medical professional
 - 4. The Massage Therapists Scope of Practice
 - a. What we can and can't do as LMTs

IV. Therapeutic Massage & Bodywork Applications (Total: 300 hours)

Students learn to create an integrative approach to creating both a relaxing and therapeutic bodywork session utilizing the theory and hands-on approaches of the modalities mentioned below. Throughout the entire training the student is taught how to utilize their own body wisely, Body Mechanics, while performing sessions. Material is taught through lecture, demo, hands on practice, instructional and practical applications.

- A. **Swedish Massage** (100 of 300 hours): A study of basic Swedish massage including: theory, techniques (strokes, order of strokes, depth and speed of strokes), how to create a relaxing flow,

proper draping of clients, assessing clients' needs and expectations, and appropriate interaction between practitioner and client. Supervised public clinicals are included.

- B. Deep Tissue Techniques** (65 of 300 hours): Specific techniques identifying underlying musculature, etc. such as cross – fiber friction, stretching, releasing trigger points, postural assessment, etc. Working with injuries is included.
1. Intro to Postural Assessment (10 of 65 hours): More skills in accessing and balancing clients stress by observing their posture and gait patterns. Information can be used to determine more appropriate treatment of musculature.
 2. Sports Massage (5 of 65 hours): The focus is to help with pre-event and post- event activities on athletes.
 3. Muscle specific techniques (50 of 65 hours)
- C. Intro to Infant /Pregnancy/Postpartum/ Geriatric Massage** (25 of 300 hours): The student gains an understanding of benefits, caution, contraindications and how to apply technique, proper positioning and pressure in each situation. Supervised public clinicals are included
- D. Hydro/Cryo Therapy** (25 of 300 hours): Instruction on the local effects of heat and cold applications for the rehabilitation of muscle tissue.
1. Aromatherapy (8 of 25 hours): The safe utilization of essential oils for topical lubrications, disinfectant sprays, etc.
 2. Hot Stone Massage (12 of 25 hours): Creating a spa –like experience utilizing hot stones safely for massage in a dry room (no sink).
 3. Therapeutic Spa Facial Massage (5 of 25 hours): How to create a spa-like experience in a dry room. This includes knowledge of skin conditions and pathologies,
- E. Seated Massage / Chair Techniques** (13 of 300 hours): Focus on seated massage techniques easily used in the executive office, employee work setting or for those clients who simply cannot lie down. Use of specialized massage chairs and equipment will be explored. Supervised public clinicals are included.
- F. Intro to Lymph Massage** (7 of 300 hours): Focus on learning about the lymph nodes with specialized compression techniques indicated for manually moving fluid and reducing inflammation and edema.
- G. Energetic Massage** (65 of 300 hours) A study of light touch and off the body energy healing that can be integrated into a Therapeutic Massage or use as its own modality. Learning to sense the Life Force (e.g.: Chi, Prana, etc.) as it moves through the body
1. Intro to Foot Reflexology (30 of 65 hours): Basic intro to Ingram Foot Reflexology Theory and how to access and treat body energy through specific points on the feet.
 2. Reiki I+II Certification (20 of 65 hours): Usui/ Tibetan healing practices utilizing meditation, assessment, symbols, attunement and distance healing techniques.
 3. Intro to Asian Acupressure (15 of 65 hours): Basic intro to Chinese Yin / Yang and elemental theory, and general knowledge of meridians and points. Focus is to give

practitioner more skills in assessing and treating clients.

V. Professional Standards, Ethics, Business & Legal practices (35 hours)

Students will learn general knowledge of how to create and maintain the business side of a massage practice. Classes will be taught through lecture and research projects.

- A. Ethics and Boundaries (10 of 35 hours)
- B. Professional, Business and Legal Practices (25 of 35 hours)
 - 1. Scope and Standards of practice
 - 2. Client interviewing techniques
 - 3. Referring clients/ Communication with other health care professionals
 - 4. Verbal and nonverbal communication skills
 - 5. Confidentiality
 - 5. Record keeping
 - 6. Basic business & accounting practices
 - 7. Regulations pertaining to Federal Income taxes
 - 8. State and local credential requirements
 - 9. Legal entities
 - 10. Liability insurance
 - 11. Marketing Strategies
 - 12. Market Research
 - 13. Electronic options

Included in Hands-On Training Hours:

* **Body Mechanics:** Self-assessment and specific skills for the therapist to determine how to use

their own body safely while performing bodywork sessions. Techniques include concepts from

Yoga and Tai Chi. This study contributes to therapist injury prevention and better client postural assessment skills as well.

* **Two private tutorials provided to each student:** Private time with a teacher will be provided for about an hour and a half in each tutorial. The student practices hands-on techniques with the teacher as the client. This is a time for the student to work completely at their own pace, refining and learning new techniques and asking specific questions about theory and techniques, body mechanics and flow.

* **Supervised Public Massage/ Bodywork Clinics:** Throughout the year TBLC students get to

practice on the public. TBLC offers our services to pregnant moms, retreats, festivals, local groups and businesses through scheduled supervised on-site and off- site clinical experiences.