

Faster than you ever thought possible, you can be ready to start performing Massage Therapy. U.S. Career Institute trains you in Swedish Massage, Sports Massage, Deep Tissue Massage, Medical Massage, Hydrotherapy and much, much more. This outline gives you a preview of what you will learn.

INSTRUCTION PACK I

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 course.

Also included in Pack I:

- School Catalog • Student Handbook • *Communication Skills—The Key to Success* • *An Introduction to Massage Therapy* DVD

INSTRUCTION PACK II

Organ Systems from Respiratory to Reproductive

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

Organ Systems from Skin to Muscular

Determine the basics of the immune and lymphatic systems, the skeleton, muscles and movement and how muscles work. You'll also examine the impact of exercise on muscles, the functions of the skin, the cardiovascular and circulatory systems and how massage influences each of these 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

Safety first! 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? Learn all of this and more!

Swedish Massage I—Theory and Techniques

Review the history, significance and benefits of Swedish massage. You'll discover how to perform Swedish massage techniques so that you can begin to practice on your family and friends.

Also included in Pack II:

- Quick-Learn Tutor Kit • Terminology Flashcards • Terminology CDs • Anatomy Flashcards • *Professional Development I* • *Introduction to Massage Therapy: Professionalism to Practice* DVD

INSTRUCTION PACK III

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

In this lesson, you'll 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

In this lesson, examine 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 in Pack III:

- Terminology Flashcards • Terminology CD • Anatomy Flashcards • *Exercises for the Massage Therapist Guide* • *Professional Development II* • *Introduction to Massage Therapy: Swedish Procedures* DVD

INSTRUCTION PACK IV

Movement and Support V—The Pelvis and Thigh

You're almost there! Continue to expand your knowledge of the muscles, bones and joints of specific body areas. The pelvis and thigh are the focus of this lesson.

Movement and Support VI—The Knee, Leg and Foot

Round out your anatomy studies with Lesson 16. Here, you'll discover the muscles, bones and joints of the leg and foot. You will also practice locating these muscles and joints on the body.

The Therapeutic Setting—Client Comfort and Client Records

As a massage therapist, you'll want to establish and maintain a client-centered approach in your massage therapy practice. Learn how to assess client situations, as well as how to keep client records.

Energy Techniques

This lesson provides an overview of various types of energy techniques. In addition, you'll integrate energy techniques into a massage, trace your meridians and have the opportunity to 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 in Pack IV:

- Terminology Flashcards • Terminology CD • Anatomy Flashcards • *Aromatherapy for Massage Therapists* Supplement • *Guide to Tracing Your Meridians* • Massage Lotion • *Professional Development III*

INSTRUCTION PACK V

Sports Massage I—Theory and Techniques

Learn when you should use sports massage, as well as how to use various sports massage techniques that include warm-ups and cool-downs, passive and active stretching, pressure and friction techniques and more.

Sports Massage II—Procedures

Continue your education in sports massage with an emphasis on procedures and sequences suitable for athletes. You'll also discover the basics of postural analysis and how to integrate sports and Swedish massage.

Massage Contraindications and Cautions

Explore details of how major diseases and injuries relate to massage therapy. The lesson explains when to treat clients who have pre-existing conditions and when to get a physician's permission to treat a client.

Disease Education

How do diseases impact a practitioner's life? What are their methods of transmission and prevention measures? What are high-risk groups, and what are the issues involved in treating terminally ill patients? This lesson discusses all of this and outlines the importance of first-aid training for the massage therapist.

Legal Issues for the Massage Therapist

Congratulations! You've reached the conclusion of the Massage Therapy course. The final lesson discusses certification and licensing requirements, insurance issues, laws and liabilities, the difference between assessment and diagnosis, how to define your scope of practice and when to refer clients to another practitioner.

Also included in Pack V:

- Career Starter Kit • *Introduction to Massage Therapy: Sports Massage* DVD • *HIPAA* Supplement • Pocket First Aid Guide • *Poison First Aid Guide* • *Introduction to Massage Therapy Glossary* • *Aroma Therapy Kit*

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 course, 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 USCI hands-on training prepares you for graduation. This training is conducted by our expert, credentialed Massage instructors at our Fort Collins, CO, facility.

Special Graduation Gift!

When you graduate, you will receive a free, one-year membership to Associated Bodywork & Massage Professionals (ABMP). This membership comes complete with several helpful tools as you start your career: \$2 million insurance coverage for your massage practice, free subscription to *Massage & Bodywork* magazine, free subscription to the *Knead to Know* newsletter, business and marketing materials in the *Successful Business Handbook* and access to the ABMP web community.



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Here's What You Get!

All this is yours to use and keep! Everything you need—videos, books, lessons, learning aids and more!

Pam



- Massage Gift Pack—to add that special touch to the massage experience.

- Special Video and Audio Instruction—There's no guesswork when you watch and listen to step-by-step demonstrations of professional massage techniques!

We reserve the right to substitute items of equal or greater value when it becomes necessary.



You'll be specially trained at home to perform one of today's most popular alternative health treatments...
Massage Therapy.

Your Certificate from U.S. Career Institute designates you as a committed individual who has completed the finest training of its kind available. You will be proud to display it in your home or office as a symbol of your achievement!

Every U.S. Career Institute Massage Therapy graduate has received comprehensive training in Swedish Massage, Sports Massage, Deep Tissue Massage, Medical Massage, Hydrotherapy and much, much more. Plus as a graduate of this course, you will receive a free, one-year membership to Associated Bodywork & Massage Professionals—complete with several tools to help you begin your new career. See enclosed bonus flyer for more details.



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When we started our school over 25 years ago, our goal was to place special emphasis on making it easy for people to train at home for medical and health careers.

We've trained thousands of people to start making a good living working in a career they love. We know we can do the same for you—you have our word on that!

Pam Weston