



Institute for Therapeutic Massage
Program Overview
Guide

www.messageprogram.com



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History of ITM: Innovators in Therapeutic Massage Education

The Institute for Therapeutic Massage was established in Pompton Lakes in 1994 by Lisa Helbig, LMT (Licensed Massage Therapist), and was quickly approved by the New Jersey Department of Education. Classes began in 1995; in April of 2001, the school became accredited by the Commission on Massage Therapy Accreditation (COMTA) – the only specialized accreditor recognized by the United States Department of Education (DOE) with a primary focus on massage education, and helping students become massage therapists.

Our Tinton Falls, New Jersey, Monmouth County location, was added in 1999, and our first hospital-based training program was started in 2000 at the University of Medicine and Dentistry of New Jersey (UMDNJ-Newark, Essex County). We have since opened 2 more hospital-based programs, with our Morristown Memorial Hospital location opening in 2002, Morris County and Community Medical Center, in Toms River, Ocean County, an affiliate of the Saint Barnabus Health Care System, starting in March of 2006.

In 2008, the Pompton Lakes campus moved to Haskell/Wanaque. We also began offering classes in Bloomfield in 2013 and opened our Hackensack location in 2014.

Accreditations & Members

Holy Name Hospital (Teaneck, NJ – Bergen County)

For over 85 years, Holy Name Medical Center in Teaneck, NJ has provided the communities and families of northern New Jersey with compassionate medical and nursing care, continued technological advances, and an environment of healing dedicated to the needs of each individual patient. This complete level of health care excellence is not only what our patients rely upon; it's the very foundation in which we pride ourselves.



Founded and sponsored in 1925 by the Sisters of St. Joseph of Peace, Holy Name Medical Center has evolved into a comprehensive 361-bed acute care medical center, yet we still recall our community Medical Center roots by demonstrating a level of personalized care lost in many of today's long and short term medical care facilities.

Holy Name Medical Center is a comprehensive facility providing high-quality healthcare across a continuum that extends from prevention through treatment and on toward recovery and wellness. With more than 850 physicians representing more than 33 medical specialties, Holy Name provides an exceptional healthcare experience for its patients.

Centers of excellence at Holy Name include bariatric services, bone and joint care, breast care, cancer care, cardiovascular services, renal dialysis, emergency care, interventional radiology, maternal/child health, multiple sclerosis, sleep medicine, stroke care, and clinical research.

Accredited by:

The Commission on Massage Therapy Accreditation (COMTA)

COMTA is the only specialized accreditor recognized by the United States Department of Education with a primary focus on massage education.



Approved by:

The New Jersey Department of Education & Labor (Workforce and Division of Vocational Rehabilitation)

The New Jersey Department of Education (DOE) allows for state supplemented retraining.

U.S. Department of Education

The US DOE allows access to Title IV Financial Aid (Pell grants and Stafford loans) to students who qualify.

The Department of Military and Veterans Affairs

This organization allows for the training of military veterans.



National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)

ITM is approved as a continuing education provider under what was formerly known as Category A. The NCBTMB, is an independent, private, nonprofit organization formed to set high standards of ethical and professional practice through a recognized, credible credentialing program. It also promotes the worth of National Certification to the public and the profession, maintains the quality of the National Certification Program, and requires continuing education to keep practitioners current with advances in the field. NCBTMB certifies massage therapists and bodyworkers on behalf of the profession for the benefit of consumers, employers and practitioners through The National Certification Examination for Therapeutic Massage & Bodywork (NCETMB).



Member of:

The American Massage Therapy Association Council of Schools

AMTA works to establish massage therapy as being integral to the maintenance of good health and complementary to other therapeutic processes; to advance the profession through ethics and standards, certification, school accreditation, continuing education, professional publications, legislative efforts, public education, and fostering the development of members. Student memberships are available.



ABMP: Associated Bodywork and Massage Professionals

ABMP is an organization that is dedicated to helping students of massage therapy as well as graduated practitioners gain access to the tools that will make them successful in their career. This includes insurance (student and professional), magazines, books, referral networks, business management and marketing guides, educational forums, board and legislative information.





Massage and Bodywork Program

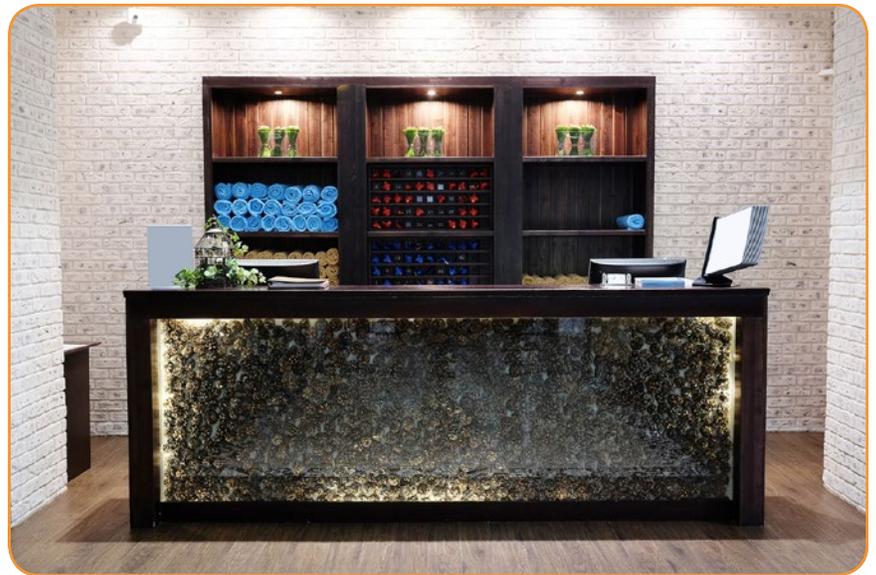
Our Massage and Bodywork Program is a 720-hour, New Jersey State approved course for those interested in what it takes to become a massage therapist. Upon successful completion, graduates will have received comprehensive training in the art and science of massage therapy.

This includes the study of Anatomy & Physiology, Myology, Pathology, Medical Terminology, Business and Ethics, and various massage modalities in both a classroom and hands-on learning format. You will also learn, and be competent in, performing Swedish, Medical, and other massage forms, and have the knowledge to be able to communicate effectively with your client and their attending medical personnel.

The Massage & Bodywork Program not only meets the requirements of New Jersey's licensing standards, but also exceeds most state requirements, while reflecting the most current techniques and research. Completion of the MBW program also enables graduates to take the MBLEx and NESL national certification exams.

ITM maintains a low student-to-faculty ratio for maximum instructional effectiveness while being able to offer the individualized attention and support that our students deserve.

As a graduate, you will have ample hands-on experience and the stamina needed to work in a spa, salon, medical / physical therapy / chiropractic practice, health club, cruise ship or anywhere else that that desires to have a massage therapist on staff. You will also have



the opportunity to become self-employed by going into private practice, which is supported through our massage therapy business weekend class.

Additional Offerings/Flexibility

We understand that there are unexpected circumstances that arise during a student's education, and in order to afford the greatest level of convenience and flexibility, the classes in our Massage & Bodywork Program are conducted during both day and evening sessions depending upon location. Should a student not be able to attend their regularly scheduled session, for whatever reason, there will be an opportunity to make up the missed material the same day or shortly thereafter.

Financial aid is available for those who qualify.

Massage & Bodywork Program Courses



Metal Anatomy and Physiology Module (40 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of chemistry, cells, tissues, the Skeletal, and Muscular systems. Students will discuss in this module the homeostatic mechanisms of each system. An introduction to Pathology will teach the students pathological conditions of each system as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. In Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the skeletal system and all major muscles of the body. Students will also cover posture analysis related to the anatomy of the body.

Metal Therapeutic Massage Module (70 clock hours)



Introduces students to the history of Massage and all the influential people that helped to make massage what it is today. Students will learn strokes and hands-on skills that are used throughout massage therapy. We will teach them communication skills to use in practice when they graduate. They will learn; uses, effects, and chemical ingredients of powders, oils, and other products used in massage therapy, as well as safety, hygiene, and universal precautions. This module will teach draping and bolstering techniques used in practice. Students will learn the effects of massage, as well as the

indications and contraindications for massage. They will learn the basic strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques. In order to reduce mechanical stress and potential of injury, students will also study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The course also will teach the treatment planning of client intake, assessment, and documentation. Once the foundational massage strokes are learned, the students will learn the fundamentals of medical massage strokes which will be applied in later modules. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and techniques learned.

Earth Anatomy and Physiology Module (45 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of the Integumentary, and Nervous System. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery.

Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.



Earth Therapeutic Massage Module (45 clock hours)

Introduces students to the anatomy of the upper extremity. As the student is learning the anatomy they will incorporate the strokes and hands-on skills that are used throughout massage therapy. We will continue to teach and use the communication skills that will be used in practice when they graduate. Students will learn the effects of massage, as well as the indications and contraindications for massage as it relates to the upper extremity. They will review the foundational strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques. In order to reduce mechanical stress and potential of injury, students will continue to study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The module also will teach the treatment planning of client intake, assessment, and documentation as it relates to medical massage. Students will practice foundational massage strokes and build on the medical massage strokes which will be applied to the shoulder, arm and hand. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and Medical techniques learned.

Wood Anatomy and Physiology Module (45 clock hours)

An introduction to comprehensive study of the structure and functioning of the



human body including the study of cardiovascular, Lymphatic's, Immunity, & Respiratory systems. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect

causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.

Wood Therapeutic Massage Module (45 clock hours)

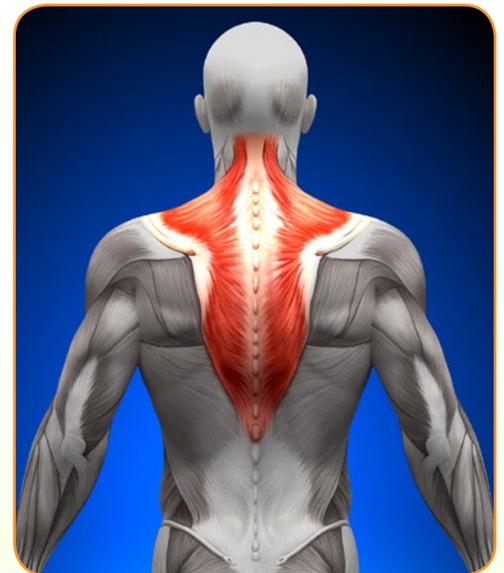
Introduces students to the anatomy of the head and neck. As the student is learning the anatomy they will incorporate the strokes and hands-on skills that are used throughout massage therapy of the head and neck. We will continue to teach and use the communication skills that will be used in practice when they graduate. Students will learn the effects of massage, as well as the indications and contraindications for massage as it relates to the head and neck. They will review the foundational strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques. In order to reduce mechanical stress and potential of injury, students will continue to study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The module also will teach the treatment planning of client intake, assessment, and documentation as it relates to medical massage. Students will practice foundational massage strokes and build on the medical massage strokes which will be applied to the Head and neck. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and Medical techniques learned.

Fire Anatomy and Physiology Module (45 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of Endocrine, Reproductive systems. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.

Fire Therapeutic Massage Module (45 clock hours)

Introduces students to the anatomy of the Back and Abdominals. As the student is learning the anatomy they will incorporate the strokes and hands-on skills that are used throughout massage therapy of the Back and Abdominals. We will continue to teach and use the communication skills that will be used in practice when they graduate. Students will learn the effects of massage, as well as the indications and contraindications for massage as it relates to the Back and Abdominals. They will review the foundational strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques. In order to reduce mechanical stress and potential of injury, students will continue to study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The module also will teach the treatment planning of client intake, assessment, and documentation as it relates to medical massage. Students will practice foundational massage strokes and build on the medical massage strokes which will be applied to the Back and Abdominals. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and Medical techniques learned.



Water Anatomy and Physiology Module (45 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of Digestive and Urinary systems. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.

Water Therapeutic Massage Module (45 clock hours)

Introduces students to the anatomy of the Lower extremity. As the student is learning the anatomy they will incorporate the strokes and hands-on skills that are used throughout massage therapy. We will continue to teach and use the communication skills that will be used in practice when they graduate. Students will learn the effects of massage, as well as the indications and contraindications for massage as it relates to the Lower Extremity. They will review the foundational strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques of the Lower Extremity. In order to reduce mechanical stress and potential of injury, students will continue to study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The module also will teach the treatment planning of client intake, assessment, and documentation as it relates to medical massage. Students will practice foundational massage strokes and build on the medical massage strokes which will be applied to the lower extremity. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and Medical techniques learned.



Modified Swedish Massage for Cancer Survivors

This medical massage therapy class is designed to teach students already proficient in Swedish Massage Therapy how to modify their techniques for a client who is at least two months post-treatment for cancer (oncology treatments may include surgery, reconstruction, radiation, and/or chemotherapy). Students will learn to effectively address such issues as communicating with physicians, their client's sensitivity to possible hair loss, and others. These classes are taught at all 6 New Jersey based Massage School locations / campuses, including hospital based settings, for participants in our massage and bodywork, personal training, and shiatsu program. They are designed to give a strong foundation for those students who want to learn how to become a massage therapist, personal trainer, or shiatsu practitioner.

Student Massage Therapy Clinic: Technique Practice

Taking place at all New Jersey school locations, clinic provides students with an invaluable opportunity to apply their classroom learning in a modified and supervised professional setting. While enhancing their hands-on swedish massage therapy skills during their 146 hours of clinic exposure, students gain experience in working with a variety of body types and physical conditions. Clinic has also proven to be a tremendous confidence builder as students prepare to enter the health & wellness field, and become a licensed massage therapist.

Student clinic takes place at all 4 New Jersey school locations, and is comprised of Swedish Massage and Shiatsu techniques – dependent on what course is running at that time.



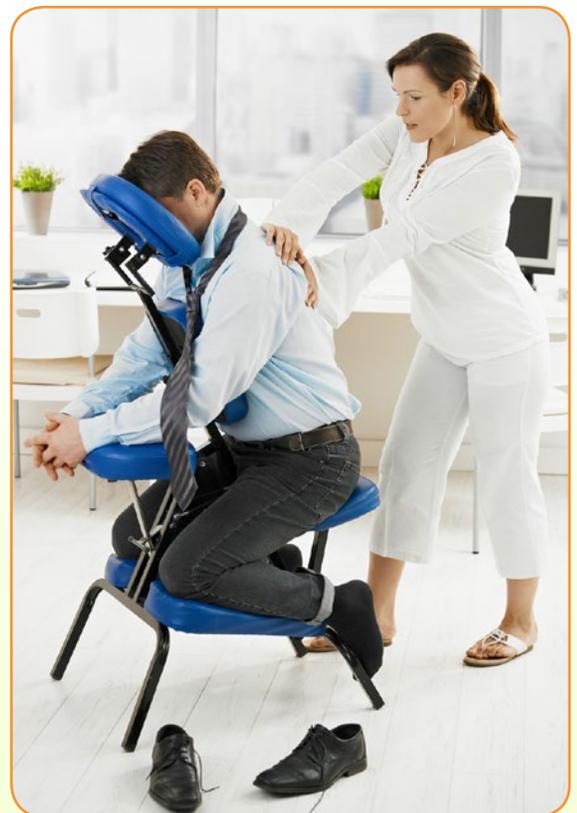
Massage & Bodywork Program Weekend Electives

There are numerous modalities that someone who wants to become a massage therapist can learn to enhance their skill set and massage therapy practice. By offering a choice of electives, we ensure that students at all of our New Jersey school locations can pursue a variety of coursework and hands-on techniques that truly interest them. In addition to the mandatory weekends (Swedish Massage, Foundations of Medical Massage, Myofascial Release, and Business, Ethics & Practice Management, and Modified Swedish Massage for Cancer Survivors), students choose four additional weekend based electives.

These workshops are open to students, graduates, practicing massage therapists, and the general public (for those sections that don't require any kind of certification or licensure). Most of the instructors for these sessions teach in our traditional certification and continuing education programs (where students receive CEU's, or continuing education units), with all having extensive training and experience their subject area.

Chair Massage

A massage therapy session that can be done anywhere, students will learn to give clients a relaxing yet invigorating pick-me-up while they remain fully clothed. Learn the many ways it can increase your massage practice, either as an introduction to massage or as a portable marketing tool. Chair Massage is typically accupressure-based, utilizing a special chair in which the client sits facing toward the cushions, exposing the head, shoulders, neck, arms, back, and hips. ITM has brand new massage chairs shipped in specifically for this weekend, and students may purchase them at the end of the weekend at a steep discount to retail.



Event Sports Massage

Learn specific event-related / medical massage therapy techniques that are used to work on athletes and non-athletes at sporting events. By using these specific massage techniques along with stretching, students will help athletes, and aspiring athletes, achieve their maximum performance, recover more quickly from an event, and reduce potential injury. Students will also learn to market these techniques to athletes, thereby increasing their client base.



Foot Reflexology

Foot Reflexology is a system of applying non-invasive pressure to certain points on the feet. It is based on the same theories that stem from traditional Chinese medicine, such as acupressure, and has been used for over 5,000 years to activate healing and stress reduction within the body. Reflexology is considered to be a gentle and holistic healing technique that aims to treat the individual as a whole, in order to induce a state of balance and harmony in body, mind and spirit – also known as homeostasis. It is widely believed that there are reflex areas on the feet corresponding to all the parts of the body including major organs. Students will learn a brief history of reflexology, as well as procedural guidelines and appropriate warm-up techniques. They will also learn how to work 9 different body systems as they relate to the reflex points on the feet (to achieve a therapeutic response), and a reflexology routine to work the feet efficiently and effectively.



Introduction to Asian – Oriental Bodywork

This course will explain the basic principles of Traditional Chinese Medicine, which form the basis for most Eastern modalities of bodywork. Concepts such as Yin/ Yang, Five Element Theory, and the meridian system will be explained. The student will also be taught some basic acupressure techniques. This class is comprised of equal parts lecture and practical hands-on experience.

Reiki I

Reiki is a Japanese word meaning “universal life energy”. It is a form of massage therapy that originated in Tibet and has been practiced for over 2,500 years. A non-invasive and non-manipulative hands-on energy treatment, its aim is to help the healing process by relieving blockages in the physical, mental and emotional states. It is believed that Reiki can relieve pain, boost the immune system and relieve acute problems. Students learning this energy form will be attuned to the universal life force and learn the hand positions needed to work on themselves and others.



Introduction to Aromatherapy

Aromatherapy is the inhalation and/or bodily application of essential oils from aromatic plants. Its application is designed to relax, balance, rejuvenate, restore or enhance the mind, body, and spirit. These essential oils are extracted from many parts of the plant such as the flower, leaf, bark, root, etc. and is believed to strengthen the self-healing processes by indirect stimulation of the immune system. Aromatherapy is a non-invasive, non-toxic, and pleasurable way to enhance lives. Students will learn the practical applications of different aromatherapy blends and their uses in massage therapy along with learning how to physically blend the oils themselves.

Pregnancy Massage

Along with the many joys that come with expecting a child, a mother-to-be may be coping with fatigue, other normal physical discomforts, and hormonal changes. On an emotional level, they may also feel worried, anxious, and/or stressed about pregnancy, childbirth, and the many demands of motherhood itself. These are all normal concerns, joys and transitions, and luckily, massage therapy can be an incredible help in this circumstance. There are both mental and physical benefits for the pregnant mother to receive this hands-on treatment, as massage not only provides the physical relief needed to reduce stress, but also helps establish a mental and emotional sense of well being. In this class, students will learn the anatomy and physiology of pregnancy throughout each trimester, safety issues



and contraindications to massage, how to position your client for comfort and safety, develop a one hour side-lying routine with emphasis on proper draping techniques, positional release techniques that alleviate some minor discomforts of pregnancy, and marketing techniques to attract clientele.

The Massage and Bodywork Program is taught at all campus locations.

Start Your Journey to a Rewarding New Career

Get the Skills to Be a Licensed Massage Therapist in as Little as 7 Months!

[Click Here to Schedule a Campus Tour](#)



Oncology Massage Certification Program

Scientists have long known that there are many causes of cancer in human beings, but not until the last part of the twentieth century did they develop the technology to allow early detection, and the non-surgical methods of treatment that has resulted in much higher survival rates.

Unfortunately, along with the ability to treat this disease, has come an increased prevalence that some consider to be reaching epidemic proportions. According to the National Cancer Institute, as of January 1, 2003, there were approximately 10,496,000 men and women in the United States who were either living with, or had a history of cancer in their lives.

Progressive hospitals, researchers and medical practitioners have been increasingly recognizing the benefit of alternative treatment methodologies when developing their client care protocols. This is supported by the fact that prestigious institutions such as Memorial Sloan-Kettering in New York City, Massachusetts General Hospital in Boston, and Johns Hopkins in Baltimore have been adding massage therapists to their staff as the benefit of medical massage / touch therapy has demonstrated both physical and psychological benefits for the patients. The greatest limiting factor in these advancements is a lack of training programs and certified practitioners to provide the type of care that is needed.





The Oncology Massage Certification Program (OMCP) was developed to accommodate the fast growing need for qualified health and wellness professionals interested in performing medical massage on patients who currently have, or are a survivor of cancer. Along with traditional therapeutic techniques in the Massage and Bodywork foundations program, students will learn how to incorporate supportive and palliative care for oncology patients into their application of the art and science of massage therapy.

The OMCP is a 750-hour, NJ State approved massage therapy course that can be completed in 10 months during our day classes. It meets the requirements of New Jersey's licensing standards, and provides the student with the knowledge needed to take the National Certification Examination for Therapeutic Massage and Bodywork (NCETMB) or the Massage & Bodywork Licensing Exam (MBLEx), which is endorsed by the Federation of State Massage Therapy Boards (FSMTB).

This is also an excellent option for existing massage therapy practitioners. ITM will transfer credits for existing licensed massage therapists, allowing them to focus on palliative and oncology portion of the program. Fill out the form or call us to speak to an ITM program advisor.

Financial aid available for those who qualify.

Oncology Massage Program Courses

Metal Anatomy and Physiology Module (40 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of chemistry, cells, tissues, the Skeletal, and Muscular systems. Students will discuss in this module the homeostatic mechanisms of each system. An introduction to Pathology will teach the students pathological conditions of each system as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. In Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the skeletal system and all major muscles of the body. Students will also cover posture analysis related to the anatomy of the body.

Metal Therapeutic Massage Module (70 clock hours)

Introduces students to the history of Massage and all the influential people that helped to make massage what it is today. Students will learn strokes and hands-on skills that are used throughout massage therapy. We will teach them communication skills to use in practice when they graduate. They will learn; uses, effects, and chemical ingredients of powders, oils, and other products used in massage therapy, as well as safety, hygiene, and universal precautions. This module will teach draping and bolstering techniques used in practice. Students will learn the effects of massage, as well as the indications and contraindications for massage. They will learn the basic strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques. In order to reduce mechanical stress and potential of injury, students will also study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The course also will teach the treatment planning of client intake, assessment, and documentation. Once the foundational massage strokes are learned, the students will learn the fundamentals of medical massage strokes which will be applied in later modules. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and techniques learned.

Earth Anatomy and Physiology Module *(45 clock hours)*

An introduction to comprehensive study of the structure and functioning of the human body including the study of the Integumentary, and Nervous System. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.



Earth Therapeutic Massage Module *(45 clock hours)*

Introduces students to the anatomy of the upper extremity. As the student is learning the anatomy they will incorporate the strokes and hands-on skills that are used throughout massage therapy. We will continue to teach and use the communication skills that will be used in practice when they graduate. Students will learn the effects of massage, as well as the indications and contraindications for massage as it relates to the upper extremity. They will review the foundational strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques. In order to reduce mechanical stress and potential of injury, students will continue to study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The module also will teach the treatment planning of client intake, assessment, and documentation as it relates to medical massage. Students will practice foundational massage strokes and build on the medical massage strokes which will be applied to the shoulder, arm and hand. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and Medical techniques learned.

Wood Anatomy and Physiology Module (45 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of cardiovascular, Lymphatic's, Immunity, & Respiratory systems. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.

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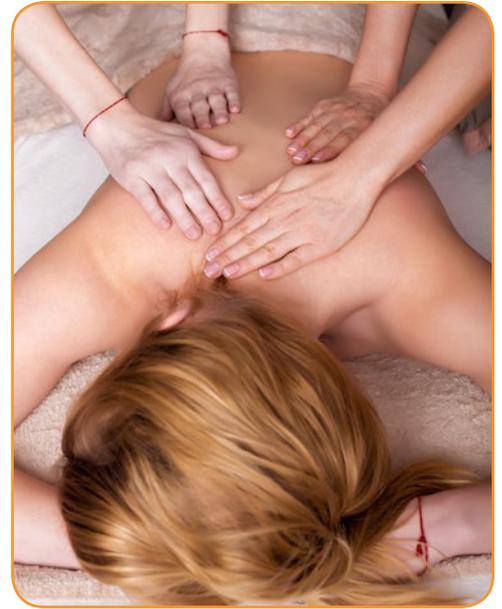
Introduces students to the anatomy of the head and neck. As the student is learning the anatomy they will incorporate the strokes and hands-on skills that are used throughout



massage therapy of the head and neck. We will continue to teach and use the communication skills that will be used in practice when they graduate. Students will learn the effects of massage, as well as the indications and contraindications for massage as it relates to the head and neck. They will review the foundational strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques. In order to reduce mechanical stress and potential of injury, students will continue to study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The module also will teach the treatment planning of client intake, assessment, and documentation as it relates to medical massage. Students will practice foundational massage strokes and build on the medical massage strokes which will be applied to the Head and neck. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and Medical techniques learned.

Fire Anatomy and Physiology Module (45 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of Endocrine, Reproductive systems. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.



Fire Therapeutic Massage Module (45 clock hours)

Introduces students to the anatomy of the Back and Abdominals. As the student is learning the anatomy they will incorporate the strokes and hands-on skills that are used throughout massage therapy of the Back and Abdominals. We will continue to teach and use the communication skills that will be used in practice when they graduate. Students will learn the effects of massage, as well as the indications and contraindications for massage as it relates to the Back and Abdominals. They will review the foundational strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques. In order to reduce mechanical stress and potential of injury, students will continue to study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The module also will teach the treatment planning of client intake, assessment, and documentation as it relates to medical massage. Students will practice foundational massage strokes and build on the medical massage strokes which will be applied to the Back and Abdominals. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and Medical techniques learned.

Water Anatomy and Physiology Module (45 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of Digestive and Urinary systems. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.

Water Therapeutic Massage Module (45 clock hours)

Introduces students to the anatomy of the Lower extremity. As the student is learning the anatomy they will incorporate the strokes and hands-on skills that are used throughout massage therapy. We will continue to teach and use the communication skills that will be used in practice when they graduate. Students will learn the effects of massage, as well as the indications and contraindications for massage as it relates to the Lower Extremity. They will review the foundational strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques of the Lower Extremity. In order to reduce mechanical stress and potential of injury, students will continue to study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The module also will teach the treatment planning of client intake, assessment, and documentation as it relates to medical massage. Students will practice foundational massage strokes and build on the medical massage strokes which will be applied to the lower extremity. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and Medical techniques learned.



Student Clinic: Therapeutic Massage (49 clock hours)

Clinic provides students with an invaluable opportunity to apply their classroom learning in a supervised setting. While enhancing their hands-on massage skills, students gain experience in working with a variety of body types and physical conditions. Clinic has also proven to be a tremendous confidence builder in working clients.

Business, Ethics & Practice Management (BEPM) (16 clock hours)

The course is a study of marketing, local law, certification requirements, and business logistics. Included in lecture are marketing techniques, legal entity formation, ethics, and insurance requirements.

Student Externship & Massage Technique Practice (100 clock hours)

Externship provides students with an invaluable opportunity to apply their classroom learning in a supervised hospital setting. While enhancing their hands-on massage skills, students gain experience in working with a variety of body types and physical conditions. Externship has also proven to be a tremendous confidence builder in working with the cancer patients and their families.

Hospital Based Massage I (25 clock hours)

A comprehensive study of massage therapy within the hospital environment. In this course students will learn how to adapt to the hospital environment, practice infection control precautions and adjust their massage based on sit, pressure and position considerations. Students will also learn about the main reasons patients are hospitalized for medical treatment including their common conditions and symptoms. Students will also learn about the common devices which are used in hospitals as well as many of the common procedures performed in a hospital. Students will learn about the common medications used in the hospital. Students will learn how to obtain referrals and orders and how to perform a patient intake.



Students will finally learn how to adjust a basic Swedish massage for a medically frail patient and how to document that session. Finally students will learn about the future of massage within the hospital environment and how they can become part of this trend.

Manual Lymphatic Massage (20 clock hours)

The course is a hands-on instructional course designed to train students to perform manual lymphatic massage. This course includes an in-depth study of the lymphatic system and the effects of MLM. Students will learn how to apply specific techniques to particular parts of the body. Students will also perform MLM on oncology patients.

Oncology I (35 clock hours)

An introduction of oncology and the treatments associated. This course includes the study of Traditional medicine as well as Complementary and Alternative Medicine (CAM). Topics covered are study of the cellular growth of cancer, the pharmacological and CAM treatment of cancer: including Massage and bodywork, acupuncture, reflexology, and energetic approaches associated with CAM. In Oncology I students will learn the psychological, physiological, financial and emotional issues a patient with cancer deals with, and how to treat them within the massage therapist scope of practice. Students will learn about legal issues and how to handle them as well as some coping skills when working with the sick or dying.



Oncology II (35 clock hours)

A continuation in the study of Oncology and the treatments involved. This course includes an in depth look at the physiologic changes associated with cancer and its treatment. As well as a detailed look at the different types of cancer and possible treatment modalities available to the Massage Therapist.

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Get the Skills to Be a Licensed Oncology Massage Therapist in as Little as 10 Months!

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Eastern Bodywork Program

If you've decided to pursue a career in massage therapy, then you're going to want to find a massage therapy certification program. However, not every program offers the same type of massage therapy education. If you want to take a program that is comprehensive in its subject matter, you should take a look at the ***Comprehensive Massage Therapy Program*** offered by the Institute of Therapeutic Massage.

The Eastern Bodywork Program teaches students about the Eastern approach to bodywork. All in all, this comprehensive Massage Therapy Program will help you to meet the requirements for additional hours and requirements needed to get a massage therapy New York when taken along with our Massage and Bodywork Program. It will qualify you for a New Jersey license.

Upon successful completion of the program, graduates will have a thorough knowledge of:

- **Anatomy** - To learn massage therapy, you need to learn what the different parts of the body are and how they work - which is the study of anatomy.
- **Eastern Massage Philosophies and Shiatsu** - Eastern massage focuses more on the stimulation and soothing of the body using pressure points. Shiatsu is a popular form of this in which the thumbs, elbows, hands, knees and even feet are used to apply pressure to the body.
- **Kinesiology** - This is the study of how the body moves.
- **Myology** - This is the study of the human body's muscles - their structure, how they're arranged and what they do.
- **Neurology** - Neurology involves the study of the nerves and the nervous system along with disorders that affect them and how massage therapy can help with certain disorders.
- **Pathology** - This involves the study of the causes and effects of disease and how massage therapy can help treat certain diseases.
- **Physiology** - Physiology is about learning how the body works.

The entire 750-hour program will take approximately 8 months to complete. You will learn the 12 primary meridians along with their major points, stretches, body mechanics, Hara diagnosis and back evaluation. Once you've finished the program, you will be able to structuring a Shiatsu session.

The Eastern Bodywork program will teach you a good balance of theory and techniques from both eastern philosophies and methodologies. For more information on this program, and others like it, contact the Institute for Therapeutic Massage today.

Financial aid available for those who qualify.

Learning Objectives

The science aspect includes basic instruction in Anatomy/Physiology, Pathology, Myology, as well as advanced instruction in Anatomy/Physiology, Kinesiology, Neurology and Neuro-Pathology. Students will learn about all the body systems, their related clinical pathologies as well as the musculature of the body, with an emphasis on the origin, insertion, fiber direction, innervation and actions of the muscles.

The art of massage is taught with an emphasis on both Eastern and Western Massage Modalities. The Eastern approach focuses on Traditional Chinese Medicine and Shiatsu, while the Western approach combines a variety of modalities commonly used in both the spa environment as well as for clinical application and rehabilitation. Modalities taught include: Therapeutic Swedish Massage, Medical Massage, Myofascial Release and Trigger Point Therapy as well as others.



This program prepares the student for work in a variety of massage therapy settings including: spas and wellness centers, chiropractors and physical therapists' offices as well private practice. Students will learn the many aspects of marketing and establishment of a private practice through our comprehensive Professional Development and Business courses.

This program exceeds all the educational requirements needed for New Jersey Licensure, as well as many other states. Students are also able to sit for the **National Certification Examination (NCETMB)** or the MBLEx.

Eastern Bodywork Program Courses

Metal Anatomy and Physiology Module *(40 clock hours)*

An introduction to comprehensive study of the structure and functioning of the human body including the study of chemistry, cells, tissues, the Skeletal, and Muscular systems. Students will discuss in this module the homeostatic mechanisms of each system. An introduction to Pathology will teach the students pathological conditions of each system as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. In Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the skeletal system and all major muscles of the body. Students will also cover posture analysis related to the anatomy of the body.



Earth Anatomy and Physiology Module *(45 clock hours)*

An introduction to comprehensive study of the structure and functioning of the human body including the study of the Integumentary, and Nervous System. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.

Wood Anatomy and Physiology Module (45 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of cardiovascular, Lymphatic's, Immunity, & Respiratory systems. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.

Fire Anatomy and Physiology Module (45 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of Endocrine, Reproductive systems.

Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actionstheir client base.



Water Anatomy and Physiology Module (45 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of Digestive and Urinary systems. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.

Foundations of Shiatsu (16 clock hours)

A comprehensive study of the basic principles of Traditional Chinese Medicine, which forms the basis for most eastern modalities of bodywork. Students will learn concepts such as: Yin and Yang, Five Element Theory and the Meridian System. Students will also learn basic acupressure techniques. This class includes extensive lecture combined with practical hands on experience.



Myology & Kinesiology I (60 clock hours)

An introduction to human movement from both anatomical and mechanical perspectives. Neuromuscular physiology, muscle roles, types of muscles, muscle contractions, muscle attachments, and muscle fibers will be studied. Biomechanical principles and laws will be discussed as well as the types of simple machines and examples of these found in the human body. A detailed study of the shoulder, elbow, wrist and hand will include; the anatomical structures (bones, bony landmarks, ligaments, musculature, and nervous innervations of each muscle), muscle testing, and mechanical analysis of all movements of each joint. Related neuromuscular pathologies as well as common sports injuries and their implications for massage therapy are discussed.



Myology & Kinesiology II (60 clock hours)

A continuation of Myology & Kinesiology I in which a detailed study of the hand, temporalmandibular joint, neck, trunk, pelvic girdle, hip, knee, ankle, and foot will include; the anatomical structures (bones, bony landmarks, ligaments, musculature, and nervous innervations of each muscle), muscle testing, and mechanical analysis of all movements of each joint. Student will also learn to analyze proper and improper postural alignments. Related neuromuscular pathologies for each joint studied as well as common sports injuries and their implications for massage therapy are discussed.

Neurology (60 clock hours)

An extensive study of the nervous system anatomy, physiology and pathology. The course will cover the advanced organization of the nervous system and the properties of nerve cells and supporting cells. We will also cover the structure and functions of the spinal cord and spinal nerves of the brain and cranial nerves. Analysis of the autonomic nervous system and the effects massage therapy has on the system. Students will examine the pathways that convey somatic sensory nerve impulses from the body to the brain and the pathways to convey impulses from the brain to skeletal muscles. In conclusion the students will explore the nervous system and the special senses: smell, taste, vision, hearing, and equilibrium. Neurological disorders of the central and peripheral nervous system will also be studied.

Pathology (65 clock hours)

Pathology is the scientific study of the nature of disease and its causes, processes, development, and consequences. In Pathology, students study various Anatomy and Physiology of pathological conditions for each system and how they relate to the study of massage therapy. They also learn medical terminology, normal structure and function, disease classifications, the direct and indirect causes of disease (etiology), the nature of the inflammatory process and its role in all phases of injury recovery. Students continue their study of pathology, focusing on the changes in body tissues and organs that cause, or are caused by, various disease states Allopathic (Western) medical treatments will be discussed as well as the role of massage in the treatment program.



Shiatsu I (65 clock hours)

An introduction to Eastern medicine and philosophy. Students study the pathways of the twelve primary and two extraordinary meridians and the major points along the meridians. In Shiatsu I students study the fundamentals of body mechanics, proper placement of the body to access the meridians, as well as stretches, transitions and protocols for each element. Students become familiar with the order of infiltration and evaluation areas of the Hara, and the back zones. Students will be able to perform a full body Shiatsu sequence. As well as be able to understand Five Element characteristics with diagnosis. Students will also understand history and traditions of Chinese medicine.

Shiatsu II (65 clock hours)

Continues the introduction to Eastern medicine and philosophy. In Shiatsu II students continue to practice the fundamentals of body mechanics, proper placement of the body to access the meridians, as well as stretches, transitions and protocols for each element. Students will continue to review and practice the 12 meridians and will learn the Conception Vessel and Governing Vessel. Students learn the Six Division Theory. The Five Element Theory will be reinforced and reviewed. They will learn the basic associations and patterns of disharmony and relationships within the generation and control cycles. Students will utilize the Five Element Theory, Hara diagnosis, and tongue evaluation to structure a one hour Shiatsu session. Students will learn major points on meridians that support specific treatment goals and how to incorporate them into a therapeutic session.



Student Clinic (Shiatsu) (100 clock hours)

Clinic provides students with an invaluable opportunity to apply their classroom learning in a supervised setting. While enhancing their hands-on massage skills, students gain experience in working with a variety of body types and physical conditions. Clinic has also proven to be a tremendous confidence builder in working clients.

Professional Development (15 clock hours)

This is an extensive study of proper hygiene, sanitation and safety practices associated with the practice of massage therapy. The application of both Universal and Standard Precautions are discussed in detail. Precautions necessary for working with immune-compromised patients (cancer, HIV/AIDS, the elderly) is an important aspect of this course. Students will also discuss boundary issues associated with the client-therapist relationship. Aspects of transference and counter-transference will be covered, as well as sexual misconduct and issues around the intimacy of massage. New York State Law in reference to the educational requirements and practice of massage therapy will also be discussed in detail.

Business, Ethics & Practice Management (BEPM) (16 clock hours)

The course is a study of marketing, local law, certification requirements, and business logistics. Included in lecture are marketing techniques, legal entity formation, ethics, and insurance requirements.

Heartsaver, First Aid, CPR and AED (8 clock hours)

This Heartsaver First Aid course teaches students to effectively recognize and treat adult emergencies in the critical first minutes until professional help arrives. Topics covered in the Heartsaver First Aid course are; General Principals, Medical Emergencies, Injury Emergencies, and Environmental Emergencies.



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Massage Therapy & Personal Training Program

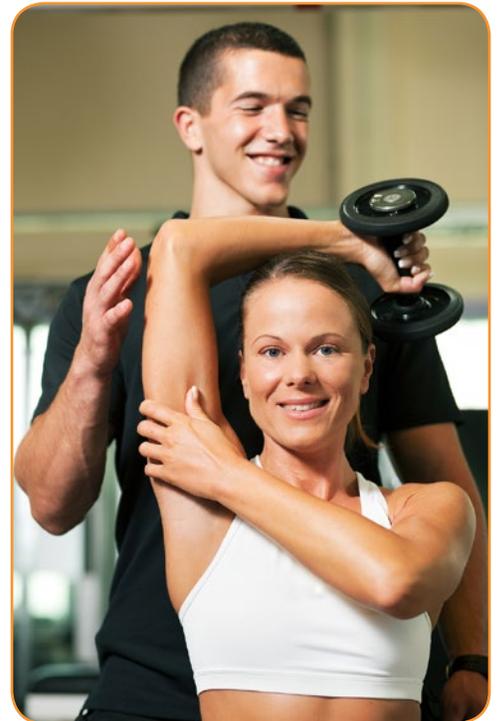
Our 750-hour Massage Therapy and Personal Training Program contains both classroom teaching and supervised, hands on gym/massage time. It was developed to accommodate the growing need for qualified health and wellness professionals. Together, this gives the student one of the most comprehensive courses to date. This program is also suitable for those who are adding skills to their current profession as health care workers in nursing, massage or other health-related fields.

Upon completion of this program, graduates will have received extensive knowledge in the art and science of human movement, nutrition, exercise and bodywork. You will also have the ability to perform massage for wellness and sports, the testing skills to assess a client's state of fitness, and the knowledge and practical experience to recommend and implement a safe fitness, nutritional, weight management and wellness program in a variety of settings.

All graduates who successfully complete the program will receive an Institute for Therapeutic Massage Therapy and Personal Training Certificate, be prepared to take the national certification examination given by the *National Academy of Sports Medicine (NASM)* and *The National Certification Exam for Therapeutic Massage and Bodywork (NCETMB)*. They will also qualify for New Jersey State Licensure as a massage therapist.

If you're looking to become certified for personal training only, the course can also be taken as a stand alone option without the licensed massage therapist program.

Financial aid available for those who qualify.



Massage Therapy & Personal Training Program Courses

Metat Anatomy and Physiology Module (40 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of chemistry, cells, tissues, the Skeletal, and Muscular systems. Students will discuss in this module the homeostatic mechanisms of each system. An introduction to Pathology will teach the students pathological conditions of each system as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. In Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the skeletal system and all major muscles of the body. Students will also cover posture analysis related to the anatomy of the body.

Metat Therapeutic Massage Module (70 clock hours)

Introduces students to the history of Massage and all the influential people that helped to make massage what it is today. Students will learn strokes and hands-on skills that are used throughout massage therapy. We will teach them communication skills to use in practice when they graduate. They will learn; uses, effects, and chemical ingredients of powders, oils, and other products used in massage therapy, as well as safety, hygiene, and universal precautions. This module will teach draping and bolstering techniques used in practice. Students will learn the effects of massage, as well as the indications and contraindications for massage. They will learn the basic strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques. In order to reduce mechanical stress and potential of injury, students will also study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The course also will teach the treatment planning of client intake, assessment, and documentation. Once the foundational massage strokes are learned, the students will learn the fundamentals of medical massage strokes which will be applied in later modules. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and techniques learned.

Earth Anatomy and Physiology Module (45 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of the Integumentary, and Nervous System. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.



Earth Therapeutic Massage Module (45 clock hours)

Introduces students to the anatomy of the upper extremity. As the student is learning the anatomy they will incorporate the strokes and hands-on skills that are used throughout massage therapy. We will continue to teach and use the communication skills that will be used in practice when they graduate. Students will learn the effects of massage, as well as the indications and contraindications for massage as it relates to the upper extremity. They will review the foundational strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques. In order to reduce mechanical stress and potential of injury, students will continue to study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The module also will teach the treatment planning of client intake, assessment, and documentation as it relates to medical massage. Students will practice foundational massage strokes and build on the medical massage strokes which will be applied to the shoulder, arm and hand. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and Medical techniques learned.

Wood Anatomy and Physiology Module (45 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of cardiovascular, Lymphatic's, Immunity, & Respiratory systems. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.

Wood Therapeutic Massage Module (45 clock hours)

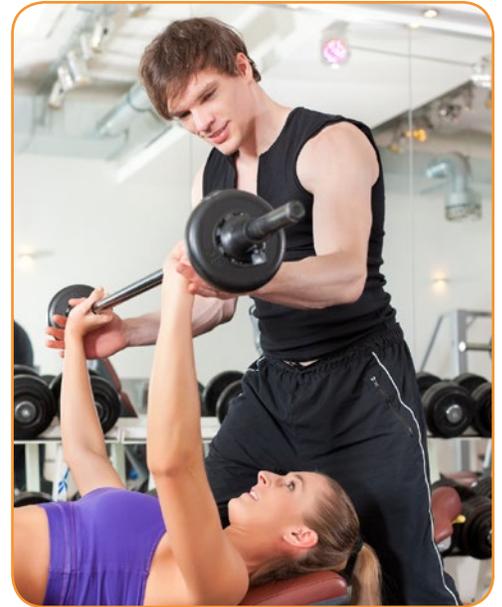
Introduces students to the anatomy of the head and neck. As the student is learning the anatomy they will incorporate the strokes and hands-on skills that



are used throughout massage therapy of the head and neck. We will continue to teach and use the communication skills that will be used in practice when they graduate. Students will learn the effects of massage, as well as the indications and contraindications for massage as it relates to the head and neck. They will review the foundational strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques. In order to reduce mechanical stress and potential of injury, students will continue to study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The module also will teach the treatment planning of client intake, assessment, and documentation as it relates to medical massage. Students will practice foundational massage strokes and build on the medical massage strokes which will be applied to the Head and neck. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and Medical techniques learned.

Fire Anatomy and Physiology Module (45 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of Endocrine, Reproductive systems. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.



Fire Therapeutic Massage Module (45 clock hours)

Introduces students to the anatomy of the Back and Abdominals. As the student is learning the anatomy they will incorporate the strokes and hands-on skills that are used throughout massage therapy of the Back and Abdominals. We will continue to teach and use the communication skills that will be used in practice when they graduate. Students will learn the effects of massage, as well as the indications and contraindications for massage as it relates to the Back and Abdominals. They will review the foundational strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques. In order to reduce mechanical stress and potential of injury, students will continue to study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The module also will teach the treatment planning of client intake, assessment, and documentation as it relates to medical massage. Students will practice foundational massage strokes and build on the medical massage strokes which will be applied to the Back and Abdominals. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and Medical techniques learned.

Water Anatomy and Physiology Module (45 clock hours)

An introduction to comprehensive study of the structure and functioning of the human body including the study of Digestive and Urinary systems. Students will discuss in this module the homeostatic mechanisms of each of these systems. An introduction to Pathology will teach the students pathological conditions of each of these systems as they relate to the study of massage therapy, medical terminology, the direct and indirect causes of disease, the nature of the inflammatory process and its role in all phases of injury recovery. Myology the student's instruction includes the study of muscle tissue, muscular injuries and implications for massage therapy, and the study of the major muscles of the body; their origin, insertion and actions.

Water Therapeutic Massage Module (45 clock hours)

Introduces students to the anatomy of the Lower extremity. As the student is learning the anatomy they will incorporate the strokes and hands-on skills that are used throughout massage therapy. We will continue to teach and use the communication skills that will be used in practice when they graduate. Students will learn the effects of massage, as well as the indications and contraindications for massage as it relates to the Lower Extremity. They will review the foundational strokes of effleurage, petrissage, tapotement, shaking, rocking, friction, compression, and range-of-motion techniques of the Lower Extremity. In order to reduce mechanical stress and potential of injury, students will continue to study the fundamentals of body mechanics and correct wrist and hand alignment, as well as self-care and stretching exercises. The module also will teach the treatment planning of client intake, assessment, and documentation as it relates to medical massage. Students will practice foundational massage strokes and build on the medical massage strokes which will be applied to the lower extremity. Students will learn to perform a one-hour full body relaxation massage incorporating all strokes and Medical techniques learned.



Student Clinic: Therapeutic Massage (70 clock hours)

Clinic provides students with an invaluable opportunity to apply their classroom learning in a supervised setting. While enhancing their hands-on massage skills, students gain experience in working with a variety of body types and physical conditions. Clinic has also proven to be a tremendous confidence builder in working clients. Students must complete a minimum of 65 clinic hours as well as a 5 hour clinic orientation.

Business, Ethics & Practice Management (BEPM) (16 clock hours)

The course is a study of marketing, local law, certification requirements, and business logistics. Included in lecture are marketing techniques, legal entity formation, ethics, and insurance requirements.

Exercise Science for Bodyworkers (25 clock hours)

Students will learn and develop their understanding of the physiological effects of physical activity upon the human body and the body's ability to perform work. Students will acquire adequate knowledge in the following: Structure and function of the skeletal muscle and nervous system, neuromuscular adaptation to training and bodywork, metabolism, the basic energy systems, hormonal regulation of exercise, cardiovascular and respiratory function, environmental influence on performance, bodywork and sports.

Fitness Assessment/ Planning and Programming for Bodyworkers

(64 clock hours)

Students will learn how to select and conduct fitness tests to determine a client's muscular strength, muscular endurance, flexibility, body composition, postural analysis and cardiovascular endurance. Students will be able to interpret the results from these tests and recommend appropriate massage and exercise programs. They will also learn how certain medications alter the exercise response and how to modify each program accordingly.



Exercise leadership concepts explore theories and techniques from different schools of thought as they pertain to the physiological basis of strength training/conditioning and aerobic fitness. These theories are then brought to life via live demonstrations in the gym setting, on the equipment that is commonly used in the fitness industry.

Fitness Training Concepts for Bodyworkers

(30 clock hours)

Students will learn how to explain the effects of muscle imbalances, cardio respiratory, core, balance, reactive (power), and speed and agility training concepts. They will learn the scientific rationale for the use of each training concept and how to integrate the concepts into a training program. The instructor will show the student the differences of the training concepts and various techniques used in training programs. At the end of the class the student will be able to perform and instruct appropriate flexibility, cardio respiratory, core, balance, reactive (power), and speed and agility training concepts.



Nutrition & Weight Management for Bodyworkers *(15 clock hours)*

Eating the right foods can help an individual maintain a desirable body weight and stay physically fit. For an athlete to reach their highest potential, it is an absolute must, and all body systems must be perfectly tuned, in sync, and adequately fueled. In other words, there is nothing more important when discussing the ability to perform exercise, and then recover, than “proper” nutrition, and what works for one client will not necessarily work for another -- it is a highly individualized endeavor. It will also be a determining factor when talking about an athlete’s response to massage, and the benefits that are available to them. With sports and athletes becoming increasingly competitive, more and more stress is being placed on performance nutrition and supplementation. At the same time, without proper nutrition, all of the expert coaching, physical conditioning, and massage therapy in the world will not be enough to reach optimal fitness levels. In this course, students will learn the role of nutrition when promoting health, controlling body weight, developing fitness programs, and maximizing physical performance.

Professional Development for Personal Training and Bodyworkers *(10 clock hours)*

Since many personal trainers have little or no business education, this course will help the student save time and learn to avoid some common business mistakes. Also covered, will be the critical components needed to increase the likelihood of success and future employment for graduates of the personal training program.

Students will learn how to create a market and manage a personal training business. Students will also learn how to develop a mission statement and business plan, establish policies for services, as well as how to hire and train staff.

Personal Training Externship for Bodyworkers *(50 clock hours)*

Must be currently passing all exercise courses. This internship will provide the student with an opportunity to apply their classroom knowledge in a supervised setting. Students will work on fitness testing, designing programs, and perhaps lead classes to a variety of age groups, special populations and/or athletes. Students will practice stretching and myofascial techniques used in personal training. Site and hours are to be arranged by your advisor. You must have taken Heartsaver CPR prior to starting Exercise Internship.

Start Your Journey to a Rewarding New Career

Get the Skills to Be a Licensed Massage Therapist
and Personal Trainer in as Little as 7 Months!

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Get Your Massage Career Training Started Today!

Book a Campus Tour

We recommend potential students come for a tour of our school. You'll get a chance to meet some of the students and instructors and get a feel for what it's like to be part of our community, to see if you find the atmosphere and program are right for you.



On the tour, we can show you the campus and help you understand which programs, financing, and career paths might work for you, so that when you are ready to go back to school, you'll have the information you need.

Give us a call at **973.839.6131** or **[click here](#)** to schedule a tour! We look forward to talking to you.

Apply Online

Ready to get started? **[Click here](#)** to start your application process with the admissions team. They will review your submission and reach out to you to let you know what your next steps will be.

ITM Campus Locations

Hackensack, NJ

321 Main Street
Hackensack, NJ 07601
Phone: 201-457-1600

Bloomfield, NJ

1255 Broad Street, Suite 101B
Bloomfield, NJ 07003
Phone: 973-839-6131 • Fax: 973-839-9878

Tinton Falls, NJ

106 Apple Street, Suite 112
Tinton Falls, Monmouth County, NJ 07724
Phone: 732-936-9111 • Fax: 732-936-1119

Haskell, NJ

1069 Ringwood Avenue, Suite 315
Haskell, Passaic County, NJ 07420
Phone: 973-839-6131 • Fax: 973-839-9878