

2023 Course Catalog



Choose from more than 110 home study/online CE courses.

www.massagetherapyceu.com • 712-490-8245

Purchase .. Test Online .. Receive a Certificate

Instantly!

**TOLL FREE 1-866-784-5940
Get Started Now!**

Testing on paper via US Mail is also an option.

Center for Massage Therapy Continuing Education

712-490-8245 • www.massagetherapyceu.com

Online and Home Study CE Courses for Massage Professionals since 2002



Reasons to Study with Us

- **Save Time** by completing coursework at home or online when it is convenient for you.
- **Save Money** by avoiding expensive travel or lodging costs when you study at home by taking our courses.
- **Satisfaction Guaranteed!** All of our courses come with a 60 day 100% satisfaction guarantee.
- **Learn New Techniques and Skills** which you can immediately incorporate into your massage practice.
- **We Offer Excellent Customer Service** to help you with any questions you may have.
- **State of the art courses** mean you can count on us to provide you with the most up to date information.
- Because we have been offering CE hours for more than 15 years, **you can count on our knowledge** of recertification and licensure renewal requirements.
- **Online or on paper ordering options** will fit your every need!
- We offer **approved massage CE courses** for all states that require continuing education and accept home study or online courses.



Call **712-490-8245** or visit us online at
www.massagetherapyceu.com today!

The Center for Massage Therapy Continuing Education is approved by the NCBTMB (409296-00). Courses are accepted by the AMTA, ABMP, CE Broker, and state boards. Courses come with a 100% 60 day satisfaction guarantee. Contact us for more



ABOUT US

Thank you for your interest in our courses! We can't wait to help you complete your continuing education hours – all on your own time.

The Center for Massage Therapy Continuing Education has been providing online and home study continuing education (CE) hours for licensed and board certified massage therapists for more than 17 years.

We offer more than 90 courses with online or paper access, fast shipping, instant certificates, and unlimited customer support.

All of our courses are approved by the NCBTMB (409296-00) and accepted by the AMTA, ABMP, and state boards. You can trust in us to provide you with up to date renewal information and state of the art courses!

ORDERING OPTIONS

With our courses, you can choose the ordering option that works best for you:

- Download your course and test online. Includes an instant certificate!
- Course materials mailed to you and test online. Includes an instant certificate!
- Course materials mailed to you and test on paper. Certificate is mailed to you upon completion.

2023 Course List

Course	CE hours	Page
▶ Therapists Guide to Proper Body Mechanics	42 CE Hours	4
▶ Modalities for Massage Therapy	22 CE Hours	4
▶ Positional Release Techniques	21 CE Hours	5
▶ Hydrotherapy for Massage Therapists	20 CE Hours	5
▶ Neuromuscular Therapy	20 CE Hours	6
▶ Sports Massage	20 CE Hours	6
▶ Cupping Therapy	18 CE Hours	7
▶ Medical Massage Therapy	18 CE Hours	7
▶ Trigger Point Therapy	18 CE Hours	8
▶ Spa Bodywork Fundamentals	18 CE Hours	8
▶ Orthopedic Massage	17 CE Hours	9
▶ Myofascial Release	16 CE Hours	9
▶ Pregnancy Massage	16 CE Hours	10
▶ Reiki Therapy	16 CE Hours	10
▶ Hot Stone Massage	15 CE Hours	11
▶ Applied Kinesiology	15 CE Hours	11
▶ Introduction to Deep Tissue Massage	15 CE Hours	12
▶ Lymphatic Drainage Massage	14 CE Hours	12
▶ Massage for Pregnancy and Labor	14 CE Hours	13
▶ Musculoskeletal Anatomy and Physiology	14 CE Hours	13
▶ Reflexology	14 CE Hours	14
▶ Structural Bodywork	14 CE Hours	14
▶ Chair Massage	12 CE Hours	15
▶ Comm., Documentation & Ins. Billing	12 CE Hours	15
▶ Evidence Based Massage	12 CE Hours	16
▶ Introduction to Thai Yoga Massage	12 CE Hours	16
▶ Managing Pain with Massage	12 CE Hours	17
▶ Massage for the Hospitalized & Medically Frail	12 CE Hours	17
▶ Shiatsu Therapy	12 CE Hours	18
▶ Massage for Low Back and Pelvic Pain	11 CE Hours	18
▶ Ayurvedic Massage	11 CE Hours	19
▶ Craniosacral Therapy	10 CE Hours	19
▶ Cancer and Massage Therapy	10 CE Hours	20
▶ Essential Oils Overview	10 CE Hours	20
▶ Integrated Massage	10 CE Hours	21



OUR COURSES ARE:

- NCBTMB Approved
- State Approved
- AMTA Accepted
- ABMP Accepted
- Convenient
- Affordable
- Satisfaction Guaranteed
- Informative
- Current
- Relevant to your Profession
- Online or on Paper
- Competitively Priced



Center for Massage Therapy
Continuing Education, LLC
PO Box 117
Elk Point, SD 57025
712-490-8245
www.massagetherapyceu.com

▶ <i>Introduction to Tui Na Massage</i>	10 CE Hours	21
▶ <i>Pediatric Massage</i>	10 CE Hours	22
▶ <i>Cupping for Massage Therapists</i>	9 CE Hours	22
▶ <i>Massage for Headaches and Neck Pain</i>	9 CE Hours	23
▶ <i>Massage for the Elderly and Ill</i>	9 CE Hours	23
▶ <i>Therapeutic Stretching</i>	9 CE Hours	24
▶ <i>Acupressure Basics</i>	9 CE Hours	24
▶ <i>Myofascial Release Techniques</i>	9 CE Hours	25
▶ <i>Traditional Thai Massage</i>	9 CE Hours	25
▶ <i>Creating a Successful Massage Practice</i>	8 CE Hours	26
▶ <i>Lymphatic Drainage Basics</i>	8 CE Hours	26
▶ <i>Understanding Deep Vein Thrombosis</i>	8 CE Hours	27
▶ <i>Postural Assessment Fundamentals</i>	8 CE Hours	27
▶ <i>Postural Correction</i>	8 CE Hours	28
▶ <i>Prescription Medication and Massage</i>	8 CE Hours	28
▶ <i>Deep Tissue Massage for Muscular Conditions</i>	8 CE Hours	29
▶ <i>Essential Oils: Therapeutic Uses</i>	8 CE Hours	29
▶ <i>Soft Tissue & Trigger Point Release</i>	7 CE Hours	30
▶ <i>Massage and Fibromyalgia Syndrome</i>	7 CE Hours	30
▶ <i>Massage and TMJ Disorders</i>	7 CE Hours	31
▶ <i>Business Ethics</i>	6 CE Hours	31
▶ <i>Ethics Overview</i>	6 CE Hours	32
▶ <i>Professional Ethics</i>	6 CE Hours	32
▶ <i>Research and Massage Therapy</i>	6 CE Hours	33
▶ <i>Advanced Swedish Massage</i>	6 CE Hours	33
▶ <i>Bach Flower Therapy Basics</i>	6 CE Hours	34
▶ <i>Business Management</i>	6 CE Hours	34
▶ <i>General Aromatherapy</i>	6 CE Hours	35
▶ <i>Introduction to Polarity Therapy</i>	6 CE Hours	35
▶ <i>Kinesiology and Acupressure Taping</i>	6 CE Hours	36
▶ <i>Massage and Migraines</i>	6 CE Hours	36
▶ <i>Reflexology Basics</i>	6 CE Hours	37
▶ <i>Soft Tissue Release</i>	5 CE Hours	37
▶ <i>Infant Massage</i>	5 CE Hours	38
▶ <i>Massage and Carpal Tunnel Syndrome</i>	5 CE Hours	38
▶ <i>Reiki Basics</i>	5 CE Hours	39
▶ <i>Stone Massage Basics</i>	5 CE Hours	39



JOIN US



Follow us on Twitter



Find us on Facebook



Connect on LinkedIn

CONTACT US:

Center for Massage Therapy

Continuing Education, LLC

PO Box 117

Elk Point, SD 57025

712-490-8245

www.massagetherapyceu.com

We have a secure website for ordering and all courses come with a satisfaction guarantee!



Course	CE hours	Page
▶ All about Marketing	5 CE Hours	40
▶ Business Finance	4 CE Hours	40
▶ Communicable Disease - Hepatitis A-E	4 CE Hours	41
▶ Massage and Pharmacology	4 CE Hours	41
▶ Ethics for Massage Therapists	4 CE Hours	42
▶ Startup Guide for Massage Therapy Practices	4 CE Hours	42
▶ Thumbs-Free Massage	4 CE Hours	43
▶ Communicable Disease - HIV/AIDS	4 CE Hours	43
▶ Ethics Refresher	3 CE Hours	44
▶ Ethics: Contraindications to Massage	3 CE Hours	44
▶ Ethics: Online Marketing	3 CE Hours	45
▶ Ethics: Professional Communication	3 CE Hours	45
▶ Research Education	3 CE Hours	46
▶ Massage Therapy Research	3 CE Hours	46
▶ Ethics in Massage - Roles and Boundaries	3 CE Hours	47
▶ Florida Laws and Rules	2 CE Hours	47
▶ Prevention of Medical Errors	2 CE Hours	48
▶ Social Networking for Massage Practice	2 CE Hours	48
▶ Table Thai and Stretching	2 CE Hours	49
▶ Cultural Competence in Massage	2 CE Hours	49
▶ Ethics Question and Answer	1 CE Hours	50
▶ HIV/AIDS Universal Precautions	1 CE Hours	50
▶ Human Trafficking and Massage	1 CE Hours	51
▶ Coronavirus (COVID-19) Overview	1 CE Hours	51
▶ Carpal Tunnel Syndrome	1 CE Hours	52
▶ Hyperkyphosis and Massage	1 CE Hours	52
▶ Hyperlordosis and Massage	1 CE Hours	53
▶ Ligament Sprains	1 CE Hours	53
▶ Muscle Strains	1 CE Hours	54
▶ Patellofemoral Syndrome	1 CE Hours	54
▶ Piriformis Syndrome	1 CE Hours	55
▶ Plantar Fasciitis	1 CE Hours	55
▶ Tension Headaches	1 CE Hours	56
▶ Thoracic Outlet Syndrome	1 CE Hours	56
▶ Treating Trigger Points	1 CE Hours	57
▶ Understanding Myofascial Restrictions	1 CE Hours	57
▶ Understanding Tendinopathies	1 CE Hours	58

Therapists Guide to Proper Body Mechanics

42 CE hours • Cost: \$350.00

The 42 CE hour Therapists Guide to Proper Body Mechanics home study course will introduce you to everything you need to know about using proper body mechanics while performing massage therapy. This course takes techniques you already know, such as effleurage, petrissage, and friction, and explains how to perform them using your body properly. This course will provide information on aspects of massage they may cause injuries and how to change the way you currently perform techniques to prolong your career. It is a great course for any massage therapist, from beginner to experienced!

This Course Will Present Information on:

- How to use your body safely and effectively during massage sessions
- Proper body mechanics for the entire body, not just the hands and arms
- Common injuries and problems suffered by massage therapists
- How to use your body to properly support your arms and hands
- Self-maintenance to prolong your career as a massage therapist

You Will Receive: *Dynamic Bodyuse for Effective Strain-free Massage* text by Darien Pritchard, guide with instructions, exam of 224 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Modalities for Massage Therapy

22 CE hours • Cost: \$235.00

Are you interested in learning different massage modalities but not sure which ones? The 22 CE hour Modalities for Massage Therapy course will present you with a brief overview of 21 different modalities for massage and bodywork. Online resources and videos complement this course to make it complete and comprehensive. This is a great course introducing you to many modalities in massage and bodywork!

The 21 different modalities covered in this course are: active isolated stretching, Ayurvedic therapies, cancer massage, craniosacral therapy, geriatric massage, infant and pediatric massage, Lomilomi, lymphatic drainage myofascial release, neuromuscular therapy, orthopedic massage, polarity therapy, prenatal massage, reflexology, shiatsu therapy, sport massage, structural integration, traditional Thai massage, Trager psychophysical integration, trigger point release and tui na.

You Will Receive: *Modalities for Massage and Bodywork* textbook, by Elaine Stillerman, online resources and video clips, guide with instructions, exam of 124 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Positional Release Techniques

21 CE hours • Cost: \$225.00

This home study course is an advanced course defining and explaining the massage modality of positional release and its many components. Positional release is based on the principle of placing the body in a pain free position of ease to release muscle and fascial tissue restrictions. The value of positional release techniques lies in its non-invasive nature and ease of application. There are many positional release methods such as strain/counterstrain, functional technique, facilitated positional release, padded wedges, McKenzie method, taping, and the Mulligan concept. This course also includes online video clips outlining the most common positional release methods and providing an electronic copy of the textbook.

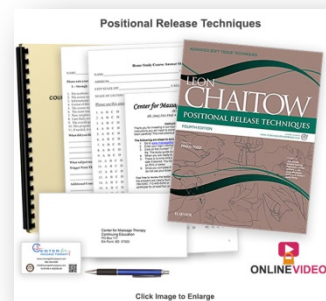
This Course Will Present:

- Detailed step-by-step application of the positional release methods
- Side effects and cautions of positional release methods
- Description of how to integrate positional release methods into other manual therapies
- Major positional release methods such as strain-counterstrain, functional osteopathy, taping, and SOT and McKenzie methods, as well as summaries of their research evidence

You Will Receive: *Positional Release Techniques*, by Leon Chaitow, online video, guide with instructions, exam of 118 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Hydrotherapy for Massage Therapists

20 CE hours • Cost: \$215.00

The 20 CE hour Hydrotherapy for Massage Therapists home study course will introduce you to simple and effective water treatments you can easily combine with massage techniques. It will guide you in understanding and incorporating hydrotherapy treatments into your everyday massage routine. The textbook teaches hydrotherapy by using a combination of easy-to-follow explanations, illustrations, and examples. With the information provided, in almost no time at all, you will feel confident in your ability to deepen the effectiveness of your massage skills by using many helpful water treatments!

This Course Will Present:

- Suggestions for using hydrotherapy applications before, during, and after a massage session
- Discussions of how to use hydrotherapy applications for a wide variety of injuries and conditions
- Step-by-step directions on how to effectively use hydrotherapy for self-care as well as in your massage routines
- Specific adjuncts that may be used with hydrotherapy treatments, such as essential oils and salts
- About 5 hours of online video clips demonstrating hydrotherapy treatments

You Will Receive: *Modern Hydrotherapy for the Massage Therapists* textbook, by Marybetts Sinclair, guide with instructions, exam of 104 questions, course evaluation, 5 hours of online video clips, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Neuromuscular Therapy

20 CE hours • Cost: \$215.00

In this advanced 20 CE hour Neuromuscular Therapy (NMT) home study course you will be introduced to NMT and its related theories/modalities. NMT is a form of bodywork which can be used to assess and treat clients of all ages. This course outlines many treatment options available along with neuromuscular therapy, such as myofascial release, muscle energy techniques, positional release techniques, and trigger point therapy. It also explains, in depth, the origins of dysfunction in the body and commonly associated pain patterns. This course includes a DVD-ROM with technique demonstrations.

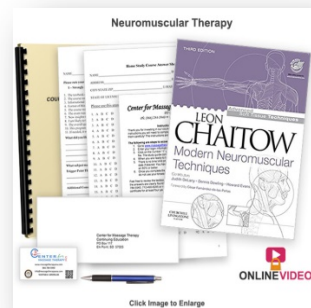
This Course Will Present:

- The theory, history, and definition of NMT
- The basic assessment and treatment NMT techniques
- Trigger points and trigger point patterns
- Research supporting NMT therapy
- Both the American and the European NMT methods and related theories
- Related modalities such as trigger point release, muscle energy techniques, and myofascial release

You Will Receive: *Modern Neuromuscular Techniques* textbook by Leon Chaitow, online video, guide with instructions, exam of 108 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Sports Massage

20 CE hours • Cost: \$215.00

The 20 CE hour Sports Massage home study course will introduce you to the theories and principles of pre-, inter- and post- event sports massage. It will define what sports massage is, physiological principles that govern sports massage, and will explain different injuries suffered by athletes. This course will also provide information on sports psychology, stretching, diet, and contraindications. The course includes both a textbook and DVD. The DVD demonstrates general sports massage techniques as well as techniques to use on common injuries suffered by athletes.

This Course Will Present:

- Venues for performing sports massage
- Common injuries suffered by athletes and the injury process
- Contraindications to sports massage
- Sample techniques for performing a sports massage routine
- When to refer a client to another healthcare professional for treatment
- 3 types of sports massage (pre-event, inter-event and post-event) and how they apply to different athletes

You Will Receive: *Sports Massage* textbook by Susan Findlay, *Sports Massage* DVD with Molly Verschingel, guide with instructions, exam of 124 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Cupping Therapy

18 CE hours • Cost: \$200.00

Cupping therapy has been practiced all over the world for centuries. Now you can learn this ancient art and gain CE hours for your license renewal! The 18 CE hour Cupping Therapy home study course will introduce you to traditional Chinese medicine theories and cupping therapy. This course defines and outlines traditional Chinese medicine as well as other ancient medicines, cupping therapy, benefits and contraindications to cupping, types of cupping, and common conditions that may benefit from cupping therapy. Online video clips demonstrating different cupping applications are included.

This Course Will Present:

- Theory, history and definition of cupping therapy
- Introduction to basic Chinese medicine principles
- Different types of cupping therapy and cupping equipment
- Treatment protocols for common disorders
- Benefits and contraindications to cupping therapy

You Will Receive: *Traditional Chinese Medicine Cupping Therapy, 3rd Edition* textbook, by Ilkay Zihni Chirali, online access to cupping technique demonstrations and images, set of 4 Acucups™, guide with instructions, exam of 112 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Medical Massage Therapy

18 CE hours • Cost: \$190.00

The 18 CE hour Medical Massage Therapy home study course will present you with fundamental principles for assessing and treating common musculoskeletal conditions with massage therapy. You'll not only be presented with the broadly recognized signs and symptoms, indications and contraindications for each condition, but also how to create a personalized massage therapy plan for clients. 13 common conditions are discussed.

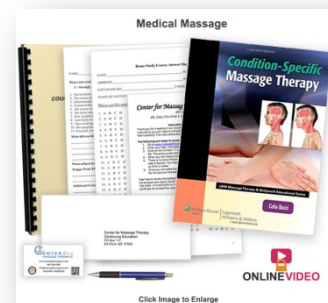
This course will present:

- Physiologic effects of basic massage strokes and techniques
- The definition of condition specific outcome-based medical massage
- More than 1 hour of video clips illustrating the anatomy of each condition
- Massage protocols for 13 common medical conditions
- Definition, contraindications, and indications for each of the 13 discussed conditions
- Postural, range of motion, and palpation assessment strategies for each condition
- Research summarizing the benefits of massage therapy for each condition

You Will Receive: *Condition-Specific Massage*, by Celia Bucci, online access to further resources, guide with instructions, exam of 92 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.



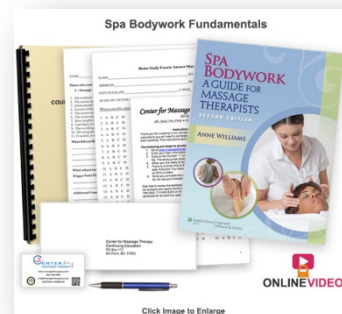
Spa Bodywork Fundamentals

18 CE hours • Cost: \$190.00

The 18 CE hour Spa Bodywork Fundamentals course will introduce you to the basics of spa treatments and how to create a basic spa practice. You will be guided through each step of delivering a spa treatment, from indications and contraindications to scope of practice, supplies needed, room set up, treatment application, and practical tips on specific steps involved. This course will provide ideas on how to integrate spa techniques and products, as well as enhancing accents into your practice.

This Course Will Present Basic Spa Treatments Such as (but not limited to):

- Body wraps
- Fangotherapy and thalassotherapy
- Hydrotherapy
- Salt or sugar glows
- Stone therapy and aromatherapy



You Will Receive: *Spa Bodywork: A Guide for Massage Therapists* textbook, by Anne Williams, online access to resources and technique demonstrations, guide with instructions, exam of 104 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

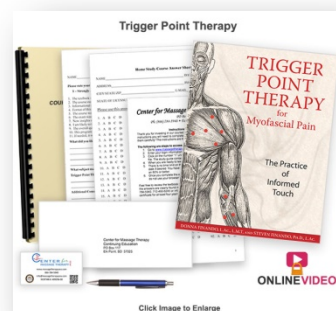
Trigger Point Therapy

18 CE hours • Cost: \$190.00

The 18 CE hour Trigger Point Therapy home study course will introduce you to useful and valuable information about trigger points in the soft tissues of the body. This course defines and outlines trigger points on charts. It also gives anatomy of muscles, shows pain patterns, discusses how to palpate for trigger points, and explains stretching and strengthening exercises for the soft tissues of the body.

This Course Will Present:

- Trigger point charts showing trigger points in each muscle
- Pain patterns of each muscle
- General palpation rules for finding trigger points
- Stretching and strengthening exercises for each muscle
- Anatomy of the muscular system (origin, insertion, and actions of muscles)



You Will Receive: *Trigger Point Therapy for Myofascial Pain* textbook, by Donna Finando and Steven Finando, 2 1/2 hours of online videos, guide with instructions, exam of 96 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Orthopedic Massage

17 CE hours • Cost: \$180.00

The 17 CE hour Orthopedic Massage home study course will introduce you to orthopedic massage and its related theories. Orthopedic massage applies to treatment of many conditions resulting from activities such as work, sports, or accidents. This course covers many common injuries on all areas of the body and gives treatment strategies for each one.

Examples of injury conditions covered include:

- Foot, ankle, and leg conditions such as ankle sprains and plantar fasciitis
- Knee and thigh conditions such as ITB syndrome and hamstring strains
- Hip and pelvis conditions such as piriformis syndrome and pelvic tilt
- Lumbar and thoracic conditions such as muscular back pain and kyphosis
- Cervical spine conditions such as muscular neck pain and whiplash
- Shoulder conditions such as frozen shoulder, rotator cuff strain, and shoulder separation
- Elbow, arm, wrist, and hand conditions such as tennis elbow and carpal tunnel syndrome



You Will Receive: *Orthopedic Massage* textbook by Whitney W. Lowe, guide with instructions, exam of 104 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Myofascial Release

16 CE hours • Cost: \$175.00

The Myofascial Release home study course will introduce you to the principles and practice of myofascial release and related theories such as gait analysis and Anatomy Trains Lines. This course will discuss the integral network of myofascia that is present in every human's body as well as anatomy of the muscular system. It will present myofascial release techniques for the entire body and will outline benefits, indications, and contraindications to myofascial release. This course includes both a textbook and a DVD which presents more than 2 hours of techniques; a great addition to any massage therapist's list of services!

This Course Will Present:

- Information on muscular anatomy and the myofascial meridian system
- Information on gait analysis and how to assess postural patterns in the body
- The benefits, indications, and contraindications to myofascial release
- Basic techniques for performing a full body myofascial release session
- A DVD with more than 2 hours of techniques including a full body session



You Will Receive: *Fascial Release for Structural Balance* textbook, by James Earls and Thomas Myers, *Myofascial Release Techniques* DVD with John Hoffmann, guide with instructions, exam of 96 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Pregnancy Massage

16 CE hours • Cost: \$175.00

Expand your knowledge of prenatal, labor, and postpartum massage in this Pregnancy Massage home study course. The 16 CE hour course will introduce you to pregnancy massage, providing valuable information on the physiology of pregnancy, benefits and contraindications to pregnancy massage, and basic massage techniques to treat the common discomforts of pregnancy. This course will cover every topic of pregnancy including preconception support, the prenatal period, labor, and the postpartum period. It will also discuss marketing strategies to improve your practice. A DVD is included demonstrating beneficial pregnancy massage techniques. This course is a great addition to any massage therapist's list of services!



This Course Will Present:

- Prenatal massage guidelines and client positioning for each trimester of pregnancy
- Physiology of pregnancy
- Massage for common discomforts of pregnancy
- Benefits and contraindications to pregnancy massage

You Will Receive: *Prenatal Massage* textbook, by Elaine Stillerman, DVD, guide with instructions, exam of 104 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

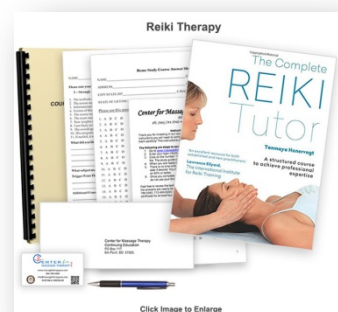
Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Reiki Therapy

16 CE hours • Cost: \$170.00

The 16 CE hour Reiki Therapy home study course is an informational course in the theory and practice of Reiki. Reiki has been practiced by physicians and massage therapists for centuries and can be a great compliment to your practice. This course will explain the history and theory of Reiki as well as showing basic Reiki hand positions. It will also present specific ailments that can be helped by Reiki. This course will not provide you with attunement, which is needed to practice Reiki in a clinical setting. Attunement must be provided in person by a Reiki master.



This Course Will Present:

- The history and origins of modern Reiki
- The theory behind the practice of Reiki
- Descriptions of basic Reiki hand positions used by Reiki therapists
- Common ailments that may benefit from Reiki treatment

You Will Receive: *The Complete Reiki Tutor*, by Tanmaya Honervogt, guide with instructions, exam of 92 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Hot Stone Massage

15 CE hours • Cost: \$175.00

Have you ever wanted to learn hot and cold stone massage? The comprehensive 15 CE hour Hot Stone Massage course will teach you just that! This course will present the basics of hot and cold stone massage including benefits, contraindications, set up, and how to use stones during massage therapy. It includes a textbook, DVD, and guide. Not only will learning hot and cold stone massage help you build your clientele and your list of services, it will extend the lifetime of your career by saving your hands from overuse.

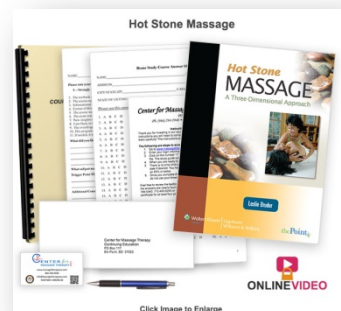
This Course Will Present:

- The purpose and benefits of using hot and/or cold stones
- Precautions, contraindications, and safety guidelines of stone massage
- How to select and set up equipment and stones
- How to obtain proper stone temperatures
- Stone management for optimal flow during the massage

You Will Receive: *Hot Stone Massage* textbook by Leslie Bruder, online video titled *Full Body Therapy: Hot and Cold Stone Massage* published by TIR Stone Massage, guide with instructions, exam of 78 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Applied Kinesiology

15 CE hours • Cost: \$160.00

The 15 CE hour Applied Kinesiology course introduces the theory and practice of an assessment and treatment method called Applied Kinesiology (AK) which uses manual muscle testing to determine the state of balance in the body. Muscle testing is a standard medical assessment technique and is used to help identify structural problems and imbalances in the body that can be resolved using manual therapy techniques. 33 muscles tests for different areas of the body are described as well as correction techniques for areas of weakness. This is an excellent course for massage therapists looking to learn about how Applied Kinesiology muscle testing and correction can benefit their practice!

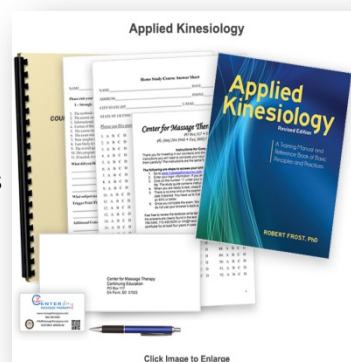
This Course Will Present:

- The purpose and benefits of using hot and/or cold stones
- Precautions, contraindications, and safety guidelines of stone massage
- How to select and set up equipment and stones
- How to obtain proper stone temperatures
- Stone management for optimal flow during the massage

You Will Receive: *Applied Kinesiology* textbook, by Robert Frost, PhD, guide with instructions, exam of 75 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Introduction to Deep Tissue Massage

15 CE hours • Cost: \$160.00

The 15 CE hour deep tissue massage home study course will introduce you to the theory and practice of deep tissue massage. This course will teach valuable deep tissue principles such as the definition of deep tissue massage, client positioning, ergonomics, anatomy, and contraindications to deep tissue massage. It will also outline basic deep tissue techniques. This course is great for any therapist looking to further their knowledge in the art of deep tissue massage! The visual anatomical guides throughout the text are state-of-the-art.

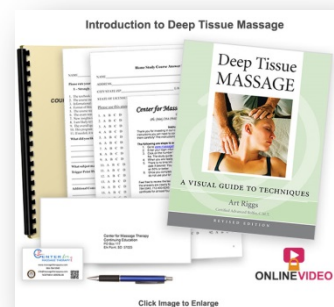
This Course Will Present:

- Definition, contraindications, and benefits of deep tissue massage
- Anatomy of the muscular system
- Client positioning for deep tissue massage bodywork
- Proper body mechanics for using deep tissue massage
- How common techniques you already know, such as effleurage, friction and petrissage, can be used to perform deep tissue massage

You Will Receive: *Deep Tissue Massage* textbook, by Art Riggs, guide with instructions, online videos, exam of 86 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Lymphatic Drainage Massage

14 CE hours • Cost: \$155.00

The Lymphatic Drainage Massage home study course will introduce you to the principles and practice of lymphatic drainage massage and related theories. This course will discuss the lymphatic system, edema, and how edema forms in the body. It will outline benefits, indications, and contraindications to lymphatic drainage massage. It will also outline basic massage techniques for performing lymphatic drainage massage and self-massage. This course includes both a textbook and a DVD which presents more than 2 hours of techniques. This course is a great addition to any massage therapist's list of services!

This Course Will Present:

- Information on the lymphatic system and how it works
- Information on edema, lymphedema, and their related causes
- The benefits, indications, and contraindications to lymphatic drainage
- How lymphatic massage is performed and its effects on the body
- A DVD with more than 2 hours of techniques including a full body session

You Will Receive: *Milady's Guide to Lymph Drainage Massage* textbook, by Ramona Moody French, *Lymphatic Drainage Massage: The Body* DVD with Meade Steadman, guide with instructions, exam of 75 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Massage for Pregnancy and Labor

14 CE hours · Cost: \$150.00

The 14 CE hour Massage for Pregnancy and Labor shares essential knowledge and skills for providing safe, competent, and nurturing massage to women during the prenatal, labor, and postpartum periods. Focusing on general soft tissue and Swedish massage, this course demonstrates how to position a pregnant client to provide the most effective bodywork for each stage of pregnancy, labor, and postpartum.

About 1 1/2 hours of online positioning and technique demonstrations are also included.

This Course Will Present:

- Benefits and contraindications to pregnancy massage
- Prenatal massage guidelines and client positioning for each trimester of pregnancy
- Specific massage techniques for common discomforts of pregnancy
- About 1 1/2 hours of online technique and positioning demonstrations
- Case studies addressing common concerns of pregnant, laboring, and postpartum clients

You Will Receive: *Nurturing Massage for Pregnancy* textbook, by Leslie Stager, 1 1/2 hours of online videos, guide with instructions, exam of 78 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Musculoskeletal Anatomy and Physiology

14 CE hours · Cost: \$150.00

As a massage practitioner, the periodic review of musculoskeletal anatomy and physiology is a must. The 14 CE hour Musculoskeletal Anatomy and Physiology home study course outlines more than 150 major muscles of the body, including their origin, insertion, action, and nerve activation. It also describes common problems and disorders associated with the muscle as well as stretches and strengthening exercises. This course includes information on anatomical direction, movements, planes of the body, contraction types, and group actions of muscles.

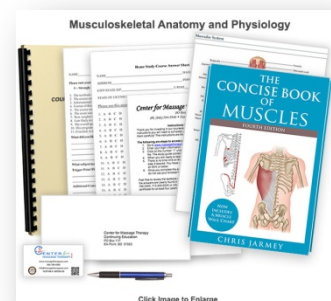
This Course Will Present:

- Wall muscle chart
- Diagrams of over 150 major muscles of the body
- How to palpate the origin and insertion of the muscles
- The action and nerve activation of over 150 muscles of the body
- Physiology of the body, such as movements and anatomical directions
- Strengthening and stretching exercises for each muscle
- Common disorders associated with many muscles of the body

You Will Receive: *The Concise Book of Muscles* textbook by Chris Jarmey, guide with instructions, exam of 72 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Reflexology

14 CE hours · Cost: \$150.00

The 14 CE hour Reflexology home study course is an introductory course in the art and theory of reflexology of the hands and feet. It will explain and define reflexology points on the hands and feet and how they relate to the systems of the body, benefits of hand and foot reflexology, and the history of reflexology. It will present palpation techniques as well as information on specific ailments and how to address them using reflexology. Reflexology maps of the hands and feet are given as well as easy to use visual guides. A must for the massage professional interested in learning reflexology!

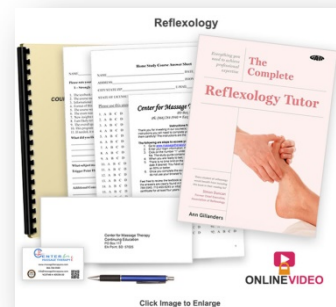
This Course Will Present:

- The history and origins of modern reflexology
- Anatomy of each body system and reflex areas for each
- Descriptions of how to palpate the feet and hands to find reflex points
- Common ailments that may benefit from reflexology treatment

You Will Receive: *The Complete Reflexology Tutor*, by Ann Gillanders, online video clips, guide with instructions, exam of 90 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Structural Bodywork

14 CE hours · Cost: \$150.00

The 14 CE hour Structural Bodywork course will introduce therapists to structural bodywork; what it is and how it works. Structural bodywork focuses on issues of posture and structure and the functional limitations that arise from them. Structural bodywork is built off of the theories of Ida Rolf and Feldenkrais and combines them with techniques such as myofascial release and stretching bringing them into the context of massage therapy. The textbook is broken into three parts: the history of structural bodywork, the theory of structural bodywork, and a practical guide with images on how to incorporate structural bodywork techniques into your regular massage routine.

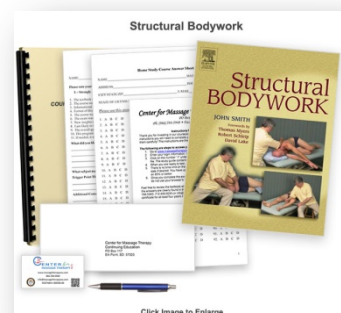
This Course Will Present:

- Description and definition of structural bodywork and its associated modalities
- History and evolution of structural bodywork
- Indications and contraindications to structural bodywork
- Detailed pictures and descriptions using techniques of structural bodywork

You Will Receive: *Structural Bodywork* textbook by John Smith, guide with instructions, exam of 72 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Chair Massage

12 CE hours • Cost: \$135.00

Master the art of chair massage in this 12 CE hour home study course. This course covers many topics including: chair massage techniques, chair set up, body mechanics, communication, the business of chair massage, how to formulate a chair massage routine, and marketing. It includes both a textbook and a DVD which provides more than 50 techniques that you can incorporate into a 10, 15 or 30 minute chair massage. This course has something for every massage therapist, whether you are looking to begin chair massage or have been practicing chair massage for years.



This Course Will Present:

- A complete chair massage routine
- Benefits and contraindications to chair massage
- Proper set up and body mechanics for performing chair massage
- Marketing strategies for promoting your business while performing chair massage

You Will Receive: *Chair Massage textbook* by Patricia M. Holland and Sandra K. Anderson, *Mastering Chair Massage DVD* with Diana Haynes, guide with instructions, exam of 84 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Communication, Documentation, and Insurance Billing

12 CE hours • Cost: \$135.00

Master the skills you'll need for a successful practice as a professional massage therapist! The 12 CE hour Communication, Documentation, and Insurance Billing course will present detailed information on communication with other health care providers and patients, how to document a massage session (on paper or electronically), and how to effectively implement insurance billing into your practice. Valuable case studies are included as well as massage research and a variety of sample forms, including charting, intake, SOAP, and forms to track insurance billing.



This Course Will Present:

- Information on communication with patients, the health care team, as well as the legal team
- Information on paper and electronic documentation
- Information on insurance billing, including determining if you are eligible, obtaining prescriptions for services, how to fill out CMS 1500 forms, types of insurance coverage, proper documentation, and proving medical necessity

You Will Receive: *Hands Heal, Communication, Documentation, and Insurance Billing for Manual Therapists 5th Edition textbook*, by Diana L. Thompson, online resources with forms and documentation abbreviations, guide with instructions, exam of 60 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

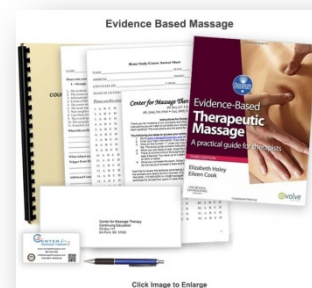
Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Evidence Based Massage

12 CE hours · Cost: \$135.00

The 12 CE hour Evidenced Based Massage course will introduce therapists to the practice of evidence-based therapeutic massage. Evidence-based massage uses what has been proven or not proven in massage and bodywork to create outcome based goals for therapeutic massage. This course outlines 100's of massage related research studies and discusses the implications for practice.



This Course Will Present:

- Anatomy of the skin and connective tissues that are influenced by massage
- Evidence-based therapeutic and reflex effects of massage strokes
- Information on palpation and technique application
- Clinical uses of massage

You Will Receive: *Evidence-Based Therapeutic Massage* textbook, by Elizabeth Holey and Eileen Cook, guide with instructions, exam of 60 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

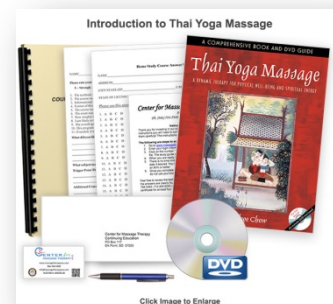
Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Introduction to Thai Yoga Massage

12 CE hours · Cost: \$135.00

Expand your skills as a professional therapist with this 12 CE hour course teaching the principles and practices of Thai yoga massage. Thai yoga massage has been practiced for centuries in Thailand. In this unique healing art, the therapist guides the recipient through a series of yoga postures while massaging the body's energy lines and pressure points. This course will give you a strong introduction to Thai yoga massage and how it works. A DVD is included demonstrating many Thai yoga techniques.



This Course Will Present:

- The history, origin, and theory of Thai yoga massage
- The benefits and contraindications to Thai yoga massage
- How Thai Yoga Massage is practiced in Thailand and how it works on the body
- An introduction to basic postures and palpation techniques used in Thai yoga massage
- Both a textbook and DVD with information and techniques

You Will Receive: *Thai Yoga Massage* textbook, by Kam Thye Chow, introductory step-by-step DVD, guide with instructions, exam of 70 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Managing Pain with Massage

12 CE hours • Cost: \$135.00

The 12 CE hour Managing Pain with Massage home study course introduces you to using outcome based massage to treat clients in pain. This course provides research supporting massage for treatment of pain. It also explains massage modalities which can be used to treat clients in pain. It defines pain and pain origins as well as outcome based massage and pain assessment. The online video included shows detailed clips of the massage therapy techniques involved.

This Course Will Present:

- Information on pain, including pain origins, and pain research
- Research supporting massage for pain management
- Definition, contraindications, and benefits of treating pain with massage
- A description of outcome based massage and basic pain assessment
- Different massage modalities which may be used to treat pain
- Information on breathing pattern disorders

You Will Receive: *A Massage Therapist's Guide to Pain Management*, by Sandy Fritz and Leon Chaitow, online videos, guide with instructions, multiple choice exam of 75 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.



Massage for the Hospitalized and Medically Frail

12 CE hours • Cost: \$135.00

The 12 CE hour Massage for the Hospitalized and Medically Frail Client home study course is an essential, one-of-a-kind resource for gaining the skills and knowledge you need to provide safe, effective bodywork to patients in an inpatient setting as well as in your practice to the medically frail. Through text, photos, case studies, and sample forms, you will learn how massage can complement medical treatments to increase comfort, improve clinical outcomes, and enhance the lives of your clients.

This Course Will Present:

- Benefits and contraindications of working with frail and hospitalized patients
- Common conditions, signs, symptoms you may encounter and the massage pressure adjustments, site restrictions, and positioning needs for each
- Step-by-step direction for planning and providing massage sessions, plus collecting and charting Requirements involved in making referrals, following orders, and performing client intakes
- Organizing a massage session using massage techniques you already know for a hospitalized for frail client

You Will Receive: *Massage for the Hospital Patient and Medically Frail Client* textbook, by Galye MacDonald, guide with instructions, exam of 78 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.



Shiatsu Therapy

12 CE hours • Cost: \$135.00

Have you ever wondered what Shiatsu is? Now you have an opportunity to expand your skills as a massage therapist with this 12 CE hour course teaching the principles and practices of Shiatsu. Shiatsu has been practiced for centuries around the world and originated from traditional Chinese medicine. In this unique healing art, the therapist uses stretching and shiatsu techniques to affect the body's energy lines and pressure points. This course will give you a strong introduction to Shiatsu therapy and how it works. Shiatsu is a great addition to any bodywork therapy practice!

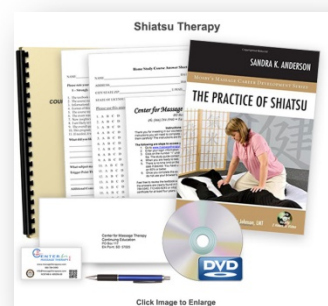
This Course Will Present:

- The history, origin, and theory of Shiatsu
- The benefits and contraindications to Shiatsu
- Traditional Chinese medicine, such as the Five Elements and the Organ Channels
- An introduction to basic postures and applications used in Shiatsu therapy
- A DVD demonstrating Shiatsu postures and techniques

You Will Receive: *The Practice of Shiatsu* textbook, by Sandra K. Anderson, introductory step-by-step DVD, guide with instructions, exam of 87 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Massage for Low Back and Pelvic Pain

11 CE hours • Cost: \$125.00

Have you ever treated clients' experiencing frequent lower back and pelvic pain? Have you ever wanted to learn more about how to effectively treat this common condition? The 11 CE hour Massage for Low Back and Pelvic Pain home study course outlines and explains different assessment and treatment methods for clients suffering from non-specific lower back pain. This course presents detailed information explaining lower back pain, causes of low back and pelvic, assessment methods for treatment, benefits, contraindications, and a guided routine for addressing the lower back and pelvic region.

This Course Will Present:

- Causes of non-specific back pain and pelvic dysfunction
- Assessment strategies for low back and pelvic pain
- Technique strategies for low back and pelvic pain
- Therapeutic massage modalities to treat low back and pelvic pain
- Benefits and contra-indications of massage application to the low back and pelvis

You Will Receive: *A Massage Therapists Guide to Lower Back and Pelvic Pain* textbook by Sandy Fritz and Leon Chaitow, online video clips, guide with instructions, exam of 78 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.



Ayurvedic Massage

11 CE hours • Cost: \$120.00

Ayurveda, one of the oldest systems of medicine in the world, views the body as intimately connected with the environment and all other life forms. Ayurvedic massage is a type of hands on massage which works on both the physical and mental levels. It can relieve muscular tension, restore agility to stiff joints, and stop premature aging and wrinkling. Ayurvedic massage is based on each individual's body type. The practitioner uses specific oils to stimulate subtle energy points throughout the body. The 11 CE hour Ayurvedic Massage course will introduce you to this valuable massage modality. Basic Ayurvedic techniques are outlined as well as the history of Ayurveda, different body types, benefits and contraindications to Ayurvedic massage.



This Course Will Present:

- History of Ayurveda, including marmas and doshas
- Ayurvedic principles of massage
- Full body Ayurvedic massage techniques
- Information on Ayurvedic massage during pregnancy and infancy
- Benefits and contraindications to Ayurvedic massage

You Will Receive: *Ayurvedic Massage* textbook by Harish Johari, online videos, guide with instructions, exam of 84 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support.

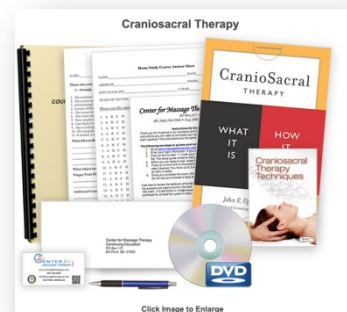
Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Craniosacral Therapy

10 CE hours • Cost: \$115.00

The 10 CE hour Craniosacral Therapy home study course will outline and explain what craniosacral therapy (CST) is, how it heals, the history behind CST, its relationship to other healing modalities, and what happens during a craniosacral session. A DVD is included in this course which presents a sample whole body craniosacral routine. Craniosacral therapy is a gentle, hands-on method of whole body healing in which the therapist evaluates and treats the body through the craniosacral system. This course is ideal for any therapist looking to further their knowledge in craniosacral therapy!



This Course Will Present:

- The definition of CST
- How CST works
- The theories behind the practice of CST
- Real life experiences of how CST works on the human body
- Palpation techniques and exercises
- A DVD with more than 2 hours of techniques

You Will Receive: *Craniosacral Therapy: What it is, How it Works* textbook, by John E. Upledger, *Craniosacral Therapy Techniques* DVD with John Hoffmann, guide with instructions, exam of 60 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

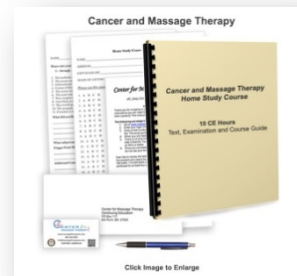
Cancer and Massage Therapy

10 CE hours • Cost: \$110.00

This 10 CE hour home study course provides an overview of cancer and how massage therapy may help as an adjunct therapy. This course covers topics such as cancer statistics, cancer myths, types of cancer, treatments for cancer, prevention of cancer, and cancer risk factors. It also discusses benefits and contraindications of massage therapy and cancer and guidelines for working with cancer patients. Techniques are also outlined for different cancer conditions.

This Course Will Present:

- An overview of cancer including statistics, myths, and treatments
- Important cancer information including prevention and risk factors
- Information on different types and signs and symptoms of cancer
- Benefits and contraindications of massage therapy and cancer
- Guidelines for working with cancer patients
- Basic techniques which may be a helpful adjunct therapy for those with cancer
- Resources for further training in cancer massage



You Will Receive: *Cancer and Massage Therapy* text, by Melissa M. Dawahare, ND, guide with instructions, exam of 80 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

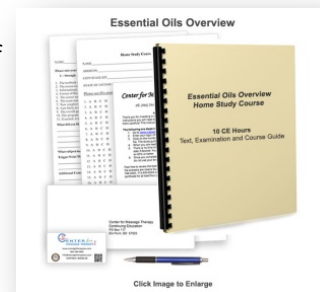
Essential Oils Overview

10 CE hours • Cost: \$110.00

The 10 CE hour Essential Oils Overview home study course provides basic information about essential oils and how to use them in your massage therapy practice. This course explains essential oils, carrier oils, therapeutic grade essential oils, and the application and effects of essential oils. It also provides a quick reference guide as well as sample client handouts that you may use in your practice.

This Course Will Present:

- Definition of essential oils and their uses
- How to identify therapeutic grade essential oils
- Carrier oils and their use with essential oils
- Essential oil application methods in massage therapy
- Effects and cautions of more than 70 essential oils
- A quick reference chart for use of single essential oils
- Client hand out forms that you may use in your practice



You Will Receive: *Essential Oils Overview* text, by Melissa M. Dawahare, ND, guide with instructions, exam of 80 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

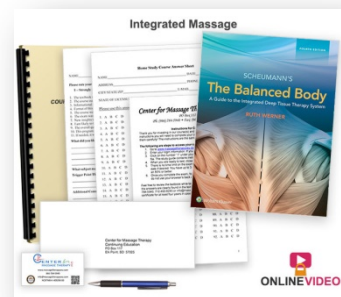
Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Integrated Massage

10 CE hours • Cost: \$110.00

The 10 CE hour Integrated Massage online/home study course combines deep tissue massage, neuromuscular therapy, trigger point therapy, Swedish massage, polarity therapy, shiatsu therapy, and postural assessment to create a comprehensive integrated approach to massage therapy. The course sets today's standards for evidence-based massage and is designed to help you develop a clear understanding of progressive massage therapy for the entire body.



This Course Will Present:

- Description and definition of integrated massage and its associated modalities
- Postural evaluation charts providing photographs of real-life clients along with basic questions that help therapists identify important patterns and apply concepts
- Description of conditions or diseases that may impact bodywork choices for specific areas
- Online videos demonstrating the how-to's of key techniques
- Routine sections that clarify the specific techniques to use when working on different areas of the body

You Will Receive: *The Balanced Body* textbook, by Ruth Werner, online access to resources and technique demonstrations, guide with instructions, exam of 50 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

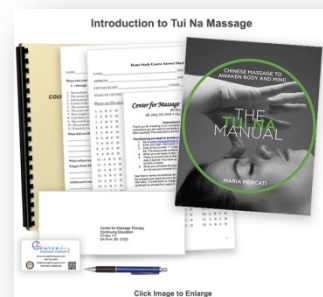
Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Introduction to Tui Na Massage

10 CE hours • Cost: \$110.00

The 10 CE hour Introduction to Tui Na Massage home study course will present the theory and practice of Tui Na (pronounced "twee-nah") massage. It is an introductory course in Chinese massage and is open to any professional therapist. This course will give you a detailed description of what Tui Na massage is as well as the history of Tui Na massage. It will explain Qi (pronounced "chee"), the principles of body meridians, and contraindications to Tui Na. The visual guides throughout the text are state-of-the-art.



This Course Will Present:

- Definitions of Tui Na, Qi, and body meridians
- Benefits and contraindications to Tui Na massage
- The history of Tui Na massage and Chinese medicine
- An introduction to traditional Chinese medicine
- Descriptions of common techniques and client positioning used in performing a Tui Na session

You Will Receive: *The Tui Na Manual* textbook, by Maria Mercati, guide with instructions, exam of 75 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

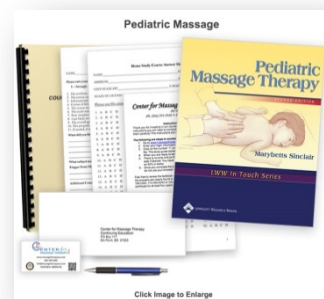
Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Pediatric Massage

10 CE hours • Cost: \$110.00

Learn the art of pediatric massage in this 10 CE hour course! The Pediatric Massage home study course will introduce you to the principles and practice of performing massage therapy on children from the ages of 2-18. This course will discuss the stages of childhood, from infancy to teenager, and will outline benefits, indications, and contraindications of pediatric massage. It will also outline basic massage techniques for performing a general pediatric massage as well as pediatric massage for children with disabilities and common discomforts. This course is a great addition to any massage therapist's list of services!



This Course Will Present:

- Stages of childhood, from infancy to teenager
- Benefits and contraindications to pediatric massage
- Treating children with disabilities and common discomforts, such as autism and growing pains
- Massage techniques useful for treating children, such as Swedish massage
- Hydrotherapy techniques that can be used in conjunction with pediatric massage
- When to refer or work with a child's physician before performing pediatric massage

You Will Receive: *Pediatric Massage Therapy* textbook by Marybetts Sinclair, guide with instructions, exam of 80 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

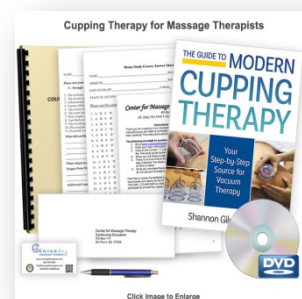
Ordering Options:

1. Download your course instantly and test online.

Cupping Therapy for Massage Therapists

9 CE hours • Cost: \$100.00

The 9 CE hour Cupping Therapy for Massage Therapists will introduce you to the theory and practice of therapeutic cupping in massage and bodywork. The text outlines the therapeutic benefits of cupping therapy. It explains marks left with the use of cupping and the different colors, temperatures, and textures you may encounter. It covers contraindications, safety precautions, and when to refer out. It also discusses proper equipment needed, application of cups, and how to use cups in a bodywork session. The text presents a general full body routine using stationary cups, moving cups, and the lift-and-release technique. The course includes therapeutic cupping for lymphatic drainage, athletic performance, cellulite, and scar tissue, as well as self-cupping techniques.



This Course Will Present:

- Precautions, contraindications, and special considerations for therapeutic cupping
- Information on cupping marks including possible colors, textures, and temperatures you may encounter
- The cupping techniques of stationary cups, moving cups, and lift-and-release technique
- Appropriate equipment for massage therapists such as silicone cups, face cups, and manual vacuum pump gun sets
- An instructional DVD demonstrating moving cupping techniques

You Will Receive: *The Guide to Modern Cupping Therapy*, by Shannon Gilmartin, 30 minute DVD, guide with instructions, exam of 52 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Massage for Headaches and Neck Pain

9 CE hours • Cost: \$100.00

Have you ever treated clients experiencing frequent headaches and/or neck pain? Have you ever wanted to learn more about how to treat them? The 9 CE hour Massage for Headaches and Neck Pain home study course outlines and explains different assessment and treatment methods for clients suffering from headaches and neck pain. This course presents detailed information explaining types of headaches and neck pain, causes of headaches and neck pain, assessment methods for treatment, benefits, contraindications, and a guided routine for addressing headaches and neck pain.

This Course Will Present:

- Common types of headaches, neck pain, and dysfunction
- Assessment strategies for headaches and neck pain
- Technique strategies for headaches and neck pain
- Therapeutic massage modalities to treat headaches and neck pain
- Benefits and contra-indications of massage application to the head and neck

You Will Receive: *A Massage Therapist's Guide to Treating Headaches and Neck Pain* textbook by Sandy Fritz and Leon Chaitow, website access to technique demonstrations, guide with instructions, exam of 69 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.



Massage for the Elderly and Ill

9 CE hours • Cost: \$100.00

Have you ever worked with elderly, frail, or chronically ill clients and wondered if the treatment was appropriate for them? The 9 CE hour Massage for the Elderly and Ill home study course will outline and explain appropriate treatment strategies for working with clients who are elderly, frail, chronically ill, or injured. This course enables you to bring the benefits of massage to elderly and chronically ill clients. It discusses the benefits, contraindications, the aging process, appropriate techniques, and positioning of clients. This course includes online access to technique demonstrations.

This Course Will Present:

- Appropriate positioning for performing massage and the elderly and/or ill
- Comfort Touch, a massage modality used to treat the elderly and chronically ill
- Benefits and contraindications of working with elderly, frail, and/or ill clients
- Communication, documentation, and marketing massage for the elderly and/or ill
- Online access to technique demonstrations

You Will Receive: *Comfort Touch: Massage for the Elderly and the Ill* textbook, by Mary Kathleen Rose, online access to technique demonstrations, guide with instructions, exam of 60 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Therapeutic Stretching

9 CE hours • Cost: \$100.00

The 9 CE hour Therapeutic Stretching will introduce you to therapeutic stretching and provide you with stretches that you can perform on clients and incorporate into your existing massage routine. Both active and passive stretches are outlined for common musculoskeletal conditions that you may encounter while performing massage therapy. Indications and contraindications are defined as well as when to refer a client to another health care professional. This course will give you the basic tools to incorporate stretching into your everyday massage routine!

This course will:

- Define active and passive stretching
- Present information on how to plan a stretching program
- List indications and contraindications to stretching
- Define more advanced forms of stretching such as muscle energy technique and soft tissue release
- Outline and whole body stretching routine for common musculoskeletal conditions

You Will Receive: *Therapeutic Stretching* textbook, by Jane Johnson, *The Passive Stretch* online video, by Kay Rynerson, *Therapeutic Stretching Protocols* .PDF, guide with instructions, exam of 64 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.



Acupressure Basics

9 CE hours • Cost: \$95.00

The 9 CE hour Acupressure Basics home study course explains the practice of acupressure and how it relates to the massage therapy profession. Acupressure is a traditional Chinese medicine technique which blends acupuncture points and pressure together. This course presents detailed diagrams explaining body meridians, acupressure points along the meridians, and their indications and contraindications. It will also give you sample points for treating specific ailments.

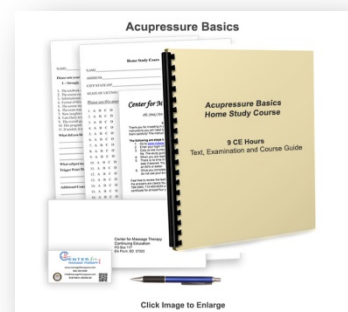
This Course Will Present:

- Definition of acupressure, Qi, and body meridians
- Benefits and contraindications to acupressure
- Whole body meridian diagrams and explanations of each point
- Specific acupressure points and their benefits
- Suggestions for creating an acupressure treatment plan
- References to pursue further education in acupressure

You Will Receive: *Acupressure Basics* text, by Melissa M. Dawahare, ND, guide with instructions, exam of 70 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Myofascial Release Techniques

9 CE hours • Cost: \$100.00

The 9 CE hour Myofascial Release Techniques course will introduce you to myofascial release (MFR) principles and techniques that you can instantly incorporate into your massage practice. This course is based on the teachings of John F. Barnes and will explain the fascial matrix and ways to use MFR techniques to help release fascial restrictions. MFR techniques explained include cross-handed releases, plane releases, compression releases, scar tissue release, skin rolling, and myofascial mobilizations. This course will introduce you to everything from performing the initial assessment/evaluation to applying basic hands on techniques.



This Course Will Present:

- Principles of myofascial release (MFR)
- Initial intake forms and tips to perform a thorough initial assessment
- Visual and palpation assessment techniques such as fascial drag, end-feel, tissue bounce, and tissue glide
- MFR techniques as well as combined myofascial mobilizations you can incorporate into your practice
- 52 minutes of online videos demonstrating MFR application
-

You Will Receive: *Myofascial Release 2nd Edition* textbook, by Ruth Duncan, 52 minutes of online technique demonstrations, guide with instructions, exam of 52 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

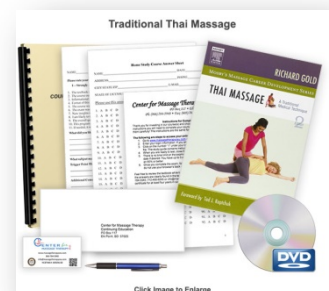
Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Traditional Thai Massage

9 CE hours • Cost: \$100.00

The 9 CE hour Traditional Thai Massage will introduce you to Thai massage principles and techniques that you can instantly incorporate into your massage practice. Thai massage is a fluid modality which uses gentle pressure and stretching techniques to relax the whole body. It is traditionally performed with the client clothed and on a mat on the floor rather than a massage table. This course outlines a brief history of Thai medicine and then explains basic theories, methods, and techniques used in performing Thai massage. A full body Thai massage session is outlined and also includes a 45 minute DVD.



This Course Will Present:

- A brief history of Thai medicine
- Principles of traditional Thai massage
- A full body Thai massage routine using different postures and client positioning
- An in detail explanation of the techniques used
- A 45 minute DVD demonstrating Thai massage

You Will Receive: *Thai Massage*, by Ted J. Kaptchuck, 45 minute instructional DVD, guide with instructions, exam of 48 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Creating a Successful Massage Practice

8 CE hours • Cost: \$85.00

The 8 CE hour Creating a Successful Massage Practice course is filled with more than 50 results-orientated marketing activities that you can easily implement to build a successful massage therapy practice. This course will help you to define and set goals, journal your progress and ideas, and assess the results of your activities. Online resources included provide you with a sample intake form, payment plan agreement, business plan, and templates for a brochure and a sample business card.



This Course Will Present:

- Ways to fully leverage your advertising dollars, including no-cost and low-cost opportunities
- Helpful resources and support services such as massage therapy boards, national associations, sources for marketing materials, and internet resources
- Tips and suggestions for over 50 advertising opportunities such as hosting an open house, creating a menu of services, handing out discount coupons, retailing, hosting seminars, press releases, conducting research, massage parties, and getting published.

You Will Receive: *One Year to a Successful Massage Therapy Practice* textbook, by Laura Allen, online resources, guide with instructions, exam of 60 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Lymphatic Drainage Basics

8 CE hours • Cost: \$90.00

The 8 CE hours Lymphatic Drainage Basics course will introduce students to the principles and practice of lymph drainage massage (LDM). The textbook explains in detail a history of lymphatic drainage, anatomy of the lymphatic system, functions of the lymphatic system, and edema. It also lists indications and contraindications to LDM and the basic strokes used in LDM. The textbook illustrates a basic LDM routine as well as self-massage LDM techniques.



This Course Will Present:

- Anatomy and functions of the lymphatic system
- Detailed explanation of immunity and edema
- Indications and contraindications to LDM
- What to gather in the initial client interview
- Basic LDM strokes
- Information on when to refer your client to a physician for assessment
- A basic LDM routine

You Will Receive: *Postural Assessment*, by Jane Johnson, guide with instructions, exam of 57 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Understanding Deep Vein Thrombosis

8 CE hours • Cost: \$85.00

Have you ever wondered if a client you are treating shows signs or symptoms of a blood clot? The 9 CE hour Understanding Deep Vein Thrombosis (DVT) will provide you with the must know information in order to provide safe and effective massage care to clients affected by DVT. This course will cover DVT definitions, causes, risk factors, signs, symptoms, treatment, prevention, prognosis, massage contraindications, client referral, client education, and educational resources.

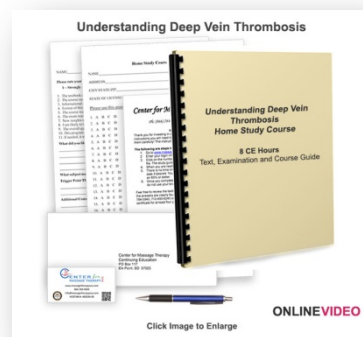
You will be presented with:

- Definition of DVT and its related issues, such as pulmonary embolism
- DVT statistics, risk factors, prevention, diagnosis, and treatment
- Managing DVT risk in your massage practice
- When to refer a client with possible DVT signs and symptoms
- Information to educate clients on the subject of DVT and pulmonary embolism

You Will Receive: *Understanding Deep Vein Thrombosis* text, by [Melissa Dawahare, ND](#), online video clips, guide with instructions, multiple choice exam of 60 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Postural Assessment Fundamentals

8 CE hours • Cost: \$90.00

The 8 CE hour Postural Assessment Fundamentals home study course defines and explains how to assess your clients' posture. Postural assessment is a guide to determining muscular or fascial imbalance in the body and whether that imbalance contributes to a client's pain or dysfunction. Detailed photos outline the assessment process and explain how to identify anatomical relationships. This course is great for any massage therapist looking to further their knowledge of the human body and its anatomical relationships.

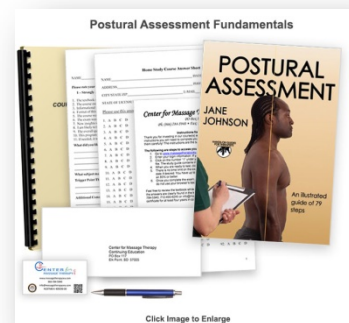
This Course Will Present:

- A description of ideal posture and factors which affect posture
- Definition, contraindications, and benefits of assessing a client's posture
- Illustrated postural assessment charts which you can reproduce and use in your practice
- Step-by-step information on executing postural assessments from standing posterior, lateral, and anterior views as well as with the client in a seated position

You Will Receive: *Postural Assessment*, by Jane Johnson, guide with instructions, exam of 57 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

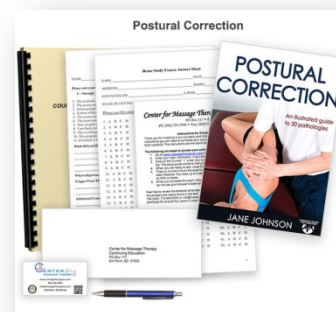
1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Postural Correction

8 CE hours • Cost: \$90.00

The 8 CE hour Postural Correction course presents 30 of the most commonly occurring postural conditions, providing massage therapists with the knowledge and resources to address malalignments when treating clients. This course gives a brief description of the postural condition, how to assess for the condition, and then provides specific techniques to improve posture for the purpose of symptom relief. Techniques provided vary for each posture and include deep tissue, passive stretching/lengthening, soft tissue release, trigger point therapy, and traction.



This Course Will Present:

- Definition, contraindications, and benefits of assessing and correcting your client's posture
- 30 of the most commonly occurring postural conditions such as neck flexion, kyphosis, lordosis, scoliosis, pelvic tilt, hip rotation, and elevated shoulder
- The 5 steps to postural correction
- Massage techniques to use when helping with postural correction
- Client self-help strategies

You Will Receive: *Postural Correction*, by Jane Johnson, guide with instructions, exam of 57 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Prescription Medication and Massage

8 CE hours • Cost: \$90.00

The 8 CE hour Prescription Medication and Massage course is an essential course for all massage therapists whose clients take medications or use herbs! This course lists many specific drugs and how the medication may affect the massage treatment. This course also gives detailed lists of common prescription medications as well as over-the-counter medications; then gives possible side effects and massage considerations.



This Course Will Present:

- Description of how drugs are regulated
- Charts suggesting strokes for those on medications falling into various specific drug classifications
- Side effects and cautions in the treatment of clients who take any of several popular herbs
- Charts highlighting restrictions and considerations for use of heat, pressure and positioning assistance for clients taking a variety of commonly prescribed and over-the-counter medications

You Will Receive: *Searching for the Missing Link*, by Mary C. Galipeau, guide with instructions, exam of 54 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

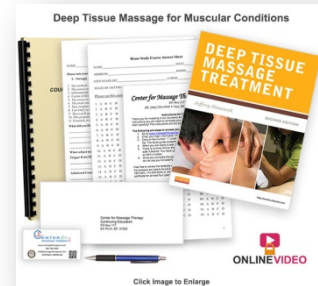
Deep Tissue Massage for Muscular Conditions

8 CE hours • Cost: \$90.00

The Deep Tissue Massage for Muscular Conditions provides basic theory, anatomy, assessment, and deep tissue massage application for 22 common muscular, neuromuscular, and connective tissue disorders. It presents each condition, giving a brief overview with anatomy, and then provides a step-by-step deep tissue massage treatment routine using techniques such as trigger point therapy, friction techniques, myofascial techniques, and stretching. Downloadable assessment/intake forms and 90 minutes of video on deep tissue massage techniques are also included.

This Course Will Present:

- The definition of deep tissue massage and techniques used
- Assessment strategies for common muscular imbalances
- Deep tissue massage routines for 22 common muscular disorders
- Downloadable assessment/intake forms
- 90 minutes of video demonstrating deep tissue techniques



You Will Receive: *Deep Tissue Massage Treatment* textbook, by Jeffrey A Siamancek, online access approximately 90 minutes of video clips, guide with instructions, exam of 40 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

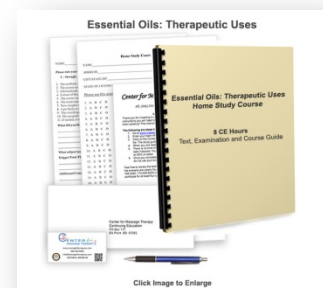
Essential Oils: Therapeutic Uses

8 CE hours • Cost: \$85.00

The 8 CE hour Essential Oils: Therapeutic Uses home study course focuses on common medical conditions and how essential oil application may be used as a complimentary treatment. This course is broken into three parts: how to use the course, basic essential oil application methods, and essential oil uses for commonly seen medical conditions. More than 120 common medical conditions are outlined with specific oils which may be helpful for their treatment.

This Course Will Present:

- Definition of essential oils
- Safety tips when working with essential oils
- Basic application methods of essential oils
- Quick reference charts for application of essential oils
- Essential oil treatment for over 120 commonly seen medical conditions



You Will Receive: *Essential Oils: Therapeutic Uses* text, by Melissa M. Dawahare, ND, guide with instructions, exam of 65 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Soft Tissue and Trigger Point Release

7 CE hours • Cost: \$80.00

The 7 CE hour Soft Tissue and Trigger Point Release course is a practical guide to understanding and applying soft tissue release (STR), including how it can be used to deactivate trigger points and maximize client treatment outcomes. This course thoroughly explains 3 types of STR - passive, active-assisted, and active - and provides step-by-step descriptions for performing each type.

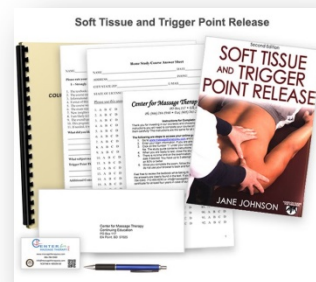
This course will:

- Define STR and the three types of STR used on the body
- List indications and contraindications to STR
- Outline basic STR techniques and how to incorporate them into your massage routine, as well as how to use STR to deactivate trigger points
- Explain how to set up a program of care individualized for each client
- Provide case studies with examples of how STR was used with clients with differing problems

You Will Receive: *Soft Tissue and Trigger Point Release* textbook, by Jane Johnson, guide with instructions, exam of 40 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Massage and Fibromyalgia Syndrome

7 CE hours • Cost: \$75.00

The 7 CE hour Massage and Fibromyalgia Syndrome home study course defines fibromyalgia syndrome (FMS) and how it relates to the massage therapy profession. This course will educate you on the signs, symptoms, causes, and different treatments for fibromyalgia. It will also discuss different massage modalities that can be effective in treating fibromyalgia. This course is a great resource for all massage therapists.

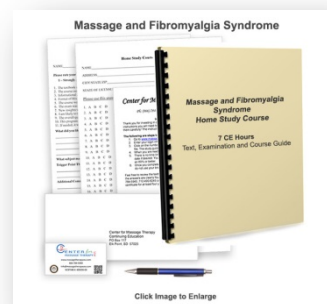
This Course Will Present:

- The signs, symptoms, and causes of fibromyalgia
- How fibromyalgia is diagnosed
- How to treat fibromyalgia
- What massage modalities best treat fibromyalgia
- What massage techniques to concentrate on when treating clients with fibromyalgia

You Will Receive: *Massage and Fibromyalgia Syndrome* text, by Melissa M. Dawahare, ND, guide with instructions, exam of 60 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Massage and TMJ Disorders

7 CE hours • Cost: \$75.00

TMJ disorders are a group of conditions which include chronic or acute pain and inflammation in the temporomandibular joint and its associated muscles. The 7 CE hour Massage and TMJ Disorders course outlines what TMJ disorders are, causes of TMJ disorders, risk factors of TMJ disorders, how a diagnosis is made, treatment options for people with TMJ disorders, types of massage that may help TMJ pain, specific techniques for treating TMJ pain, benefits of massage on TMJ disorders, and contraindications to massage.

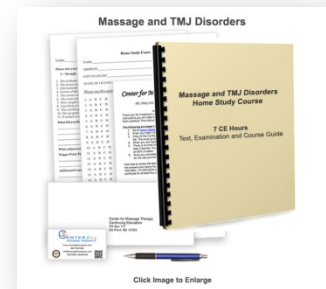
This Course Will Present:

- TMJ disorder signs and symptoms
- Causes of TMJ disorders
- Different treatment methods of TMJ pain
- Massage modalities that may help TMJ disorders
- Specific massage techniques for treating the jaw and its surrounding tissues
- Benefits and contra-indications of massage for treating TMJ pain

You Will Receive: *Massage and TMJ Disorders* text, by Melissa M. Dawahare, ND, guide with instructions, exam of 60 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Business Ethics

6 CE hours • Cost: \$70.00

Develop the business skills necessary to succeed in massage therapy with the 6 CE hour Business Ethics course. This course outlines everything you need to know about professionalism and business in massage therapy. Whether you are an employee or employer, you will learn comprehensive skills for managing a massage practice. This course also includes a companion CD with practice management software which will allow you to create client records, set appointments, and enter documentation.

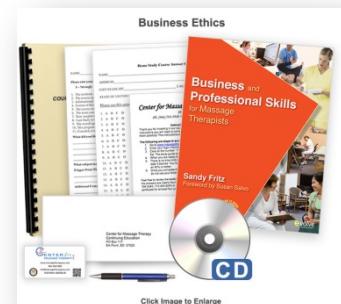
This Course Will Present:

- Information on professionalism and sexual appropriateness
- Legal and ethical issues in massage
- Documentation and storage of records
- Proper written and oral communication
- Information on marketing a massage practice
- Insurance and accounting concepts

You Will Receive: *Business and Professional Skills for Massage Therapists* textbook, by Sandy Fritz, massage office software CD, guide with instructions, exam of 51 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Ethics Overview

6 CE hours • Cost: \$70.00

The 6 CE hour Ethics Overview home study course offered here is one of many comprehensive ethics courses we offer. This course will outline everything you need to know about ethics in the massage and bodywork profession such as values, codes of ethics, laws, rules and regulations, boundaries, policies and procedures, conflict resolution, and secrets of success. In the massage profession, a periodic review of ethics is recommended, not to mention we all need it for license renewal!

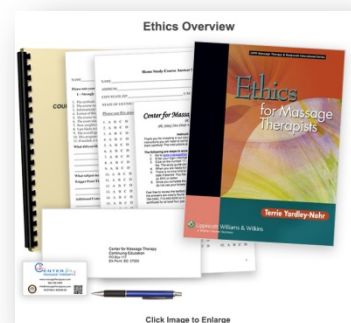
This Course Will Present:

- A code of ethics for practicing massage therapists
- Exercises to help you determine client expectations
- Information on ethical boundaries and limitations
- Information on massage laws, rules, and regulations
- Example scenarios from working massage therapists

You Will Receive: *Ethics for Massage Therapists*, by Terrie Yardley-Nohr, guide with instructions, exam of 45 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Professional Ethics

6 CE hours • Cost: \$70.00

The 6 CE hour Professional Ethics home study course offered here is one of the best you will find. It outlines everything you need to know about ethics in the massage and bodywork profession including professionalism, roles and boundaries, and ethical business practices. In a field such as massage and bodywork, professional ethics is an absolute must, not to mention we all need it for license renewal!

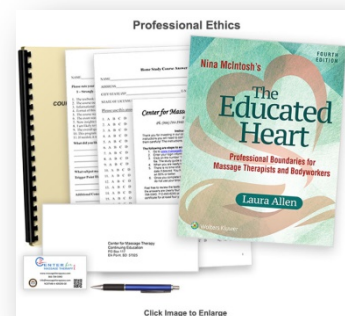
This Course Will Present Information On:

- Roles and boundaries for practicing massage therapists
- Framework for massage therapy practices
- Ethical boundaries and limitations
- Sexual boundaries
- Financial boundaries

You Will Receive: *The Educated Heart, 3rd Edition* textbook, by Nina McIntosh, guide with instructions, exam of 46 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Research and Massage Therapy

6 CE hours • Cost: \$70.00

The 6 CE hour Research and Massage Therapy course will present a review of what is reliably known about the effects of touch in clinical conditions. It will highlight massage research studies in the areas of stress reduction, pain reduction, growth and development, immune function, and auto-immune disorders. This course meets the NCBTMB's new Board Certification requirement for research. You receive 6 CE hours in research, all of which can be used toward renewal!

This Course Will Present:

- How research studies in massage are performed
- Various methods of research in massage
- An outline of more than 30 current massage research studies

You Will Receive: *Massage Therapy Research* textbook, by Tiffany Field, guide with instructions, exam of 50 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Advanced Swedish Massage

6 CE hours • Cost: \$65.00

The 6 CE hour Advanced Swedish Massage course will outline and illustrate the methods for performing the foundational massage therapy techniques of Swedish massage and the advanced applications of Swedish techniques for common complaints you may encounter in your practice. For both beginner and advanced therapists, this course will present the basic strokes used in Swedish massage and give two different sequences for performing a full body Swedish massage as well as indications of Swedish techniques for common complaints. Draping procedures are also presented as well as room preparation and contraindications.

This Course Will Present:

- Definition of Swedish massage strokes and the effect they have on the body
- Application of Swedish techniques for common complaints you may encounter such as arthritis, back pain, chronic fatigue, headaches, muscle tension, and sciatica
- Two different sequences for a general full-body Swedish massage

You Will Receive: *The Visual Guide to Swedish Massage* textbook by Mark F. Beck, *Advanced Application of Swedish Techniques*, by Corrine Mollet Rubida, BS, LMT, guide with instructions, exam of 48 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Bach Flower Therapy Basics

6 CE hours • Cost: \$65.00

The 6 CE hour Bach Flower Therapy Basics course will introduce you to the principles and practice of Bach Flower Therapy and how you can incorporate it into your existing massage practice. Bach Flower Therapy concerns itself with the role played by mental/emotional stress in precipitating disease. The course will give information about what the Bach Flower Remedies are and how they work, as well as listing the 38 existing Flower Remedies and the principles of each. The course will also give instructions on how the Remedies can be administered - orally, in compresses, baths, and /or creams.



This Course Will Present:

- Definition and history of Bach flower therapy
- Complete listing of the 38 existing Flower Remedies and descriptions of each
- 1 hour of online video clips discussing the history of the Bach Flower Remedies and giving information
- Sample indication chart and questionnaire you can print and use in your practice
- Complete description of how the Remedies can be used
- A list of the different ways the Remedies can be taken and/or applied on the body

You Will Receive: *Bach Flower Therapy* textbook, by Mechthild Scheffer, applications guide, sample charts, approximately 1 hour of online videos, guide with instructions, exam of 40 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

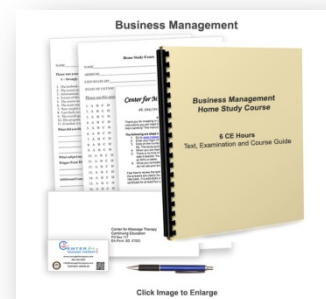
Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Business Management

6 CE hours • Cost: \$65.00

The 6 CE hour Business Management course encompasses a wide variety of massage business topics from business planning and organization to networking and communication skills. With so many topics and ideas, a massage therapist's mind can run wild with how to incorporate these practices into their current or future practice. This course will breakdown the individual components of the business side of massage therapy, making the reality of owning and operating your own massage practice a little less daunting. This course is created for both those massage therapists who want an in depth look into the business side of owning a massage practice as well as those therapists who already own their own massage practice.



This course will present information on:

- Business planning for startup and established businesses
- Cost cutting organization practices and dealing with the competition
- Networking and public speaking
- Marketing strategies and analysis

You Will Receive: *Business Management* text, by Stephan Shipe, guide with instructions, exam of 30 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

General Aromatherapy

6 CE hours • Cost: \$65.00

The 6 CE hour General Aromatherapy course will present over 500 recipes for aromatherapy use. It presents aromatherapy formulas for everyday uses such as massage oils, room refreshers, and homeopathic remedies. From stress relief to snoring remedies, this course will empower you to create the best smelling environment for your clients.

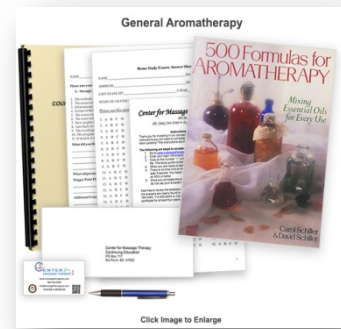
This Course Will Present:

- The history of aromatherapy and its applications
- Aromatherapy formulas for specific ailments
- Benefits and contraindications to essential oils and aromatherapy
- Aromatherapy formulas for use in massage oils, candles, and room fresheners

You Will Receive: *500 Formulas for Aromatherapy* textbook, by Carol Schiller and David Schiller, guide with instructions, exam of 58 questions, course evaluation, certificate of achievement upon completion and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Introduction to Polarity Therapy

6 CE hours • Cost: \$65.00

The 6 CE hour Polarity Therapy home study course explains polarity energy balancing and how energy can be manipulated throughout the body. Polarity therapy is a type of energy medicine which uses physical and non-physical techniques to influence the body's natural energy flow. This course presents general information on polarity therapy as well as types of touch used in polarity therapy. It outlines basic polarity techniques and specific moves for addressing problem areas in the body. This course is a great resource for all massage and bodywork therapists.

This Course Will Present:

- Definition of polarity therapy and life-force (energy)
- Benefits and contraindications of polarity therapy
- Basic polarity hand positions
- Ways to polarize (balance) energy flow in the body

You Will Receive: *Your Healing Hands, The Polarity Experience* textbook by Richard Gordon, guide with instructions, exam of 50 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

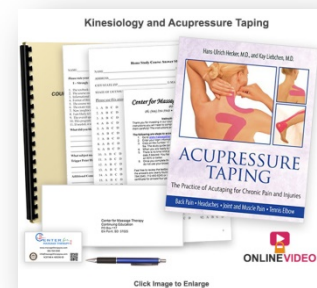
1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Kinesiology and Acupressure Taping

6 CE hours • Cost: \$65.00

The 6 CE hour Kinesiology and Acupressure Taping course will introduce you to the principles and practice of using kinesi- and acutaping in your massage therapy practice. In kinesiology and acupressure taping, elastic cotton tape is placed over painful muscles and joints to provide support, relieve pain, and improve lymph drainage, while encouraging full freedom of motion. Taping protocols for all areas of the body are outlined, as well as indications and contraindications. Over 2 hours of online video clips demonstrating kinesiotaping procedures are included in this course.



This Course Will Present:

- Definition of kinesiology and acupressure taping
- Brief history of Chinese medicine
- 2 hours of online video techniques demonstrating kinesiology taping
- Indications and contraindications to kinesiology and acupressure taping
- Full-color diagrams and charts clearly showing how to properly tape body areas

You Will Receive: *Acupressure Taping* textbook, by Hans-Ulrich Hecker, MD and Kay Liebchen, MD, approximately 2 hours of online technique demonstrations, guide with instructions, exam of 40 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

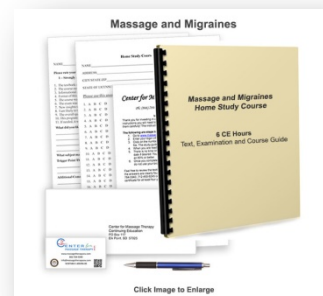
Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.

Massage and Migraines

6 CE hours • Cost: \$65.00

Have you ever treated clients who experience migraine headaches? Migraines are a complex neurological syndrome which affect up to 28% of people in their lifetime. The 6 CE hour Massage and Migraines course outlines exactly what a migraine is, the stages of a migraine headache, statistics relating to migraines, massage treatment strategies for people with migraines, and benefits and contraindications of massage treatment for migraines.



This Course Will Present:

- Migraine signs and symptoms
- Migraine statistics, risk factors, and prevention strategies
- Information on diagnosis and treatment of migraines
- Types of massage used with migraines and pressure point techniques
- Benefits and contra-indications of massage for treating migraines
- The appropriate time to refer a client with migraines

You Will Receive: *Massage and Migraines* text, by Melissa M. Dawahare, ND, guide with instructions, exam of 55 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Reflexology Basics

6 CE hours • Cost: \$65.00

The 6 CE hour Reflexology Basics course will introduce you to the principles and practice of reflexology on the hands and feet. The hands and feet contain points and zones that relate to individual glands, nerves, muscles, and organs. Working with these points, the practice of reflexology alleviates energy blockages that may cause pain or disability in the body, restoring optimum health and providing complimentary holistic treatment. This course gives a background in reflexology and then provides charts as well as a whole feet and hand reflexology session.

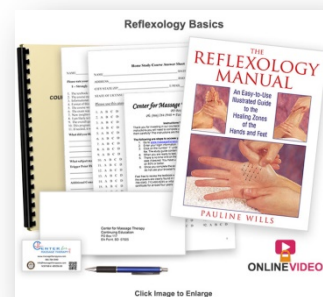
This Course Will Present:

- Definition and history of reflexology
- A step-by-step photographic guide for a full reflexology session
- 2 hours of online video techniques demonstrating basic reflexology strokes
- Contraindications to reflexology and when to refer your clients to another healthcare professional
- Full-color diagrams and charts clearly showing reflexology points on the hands and feet

You Will Receive: *The Reflexology Manual* textbook, by Pauline Willis, approximately 2 hours of online technique demonstrations, guide with instructions, exam of 40 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Soft Tissue Release

5 CE hours • Cost: \$55.00

The 5 CE hour Soft Tissue Release home study course will introduce you to soft tissue release (STR) and how it can be used on the body. It will guide you in understanding and applying the three types of STR: active, passive, and active-assisted. It will outline STR applications, indications, contraindications, as well as setting up a treatment program. The course includes a textbook and an online video bank of technique demonstrations. This course will give you the basic tools to incorporate STR into your everyday routine!

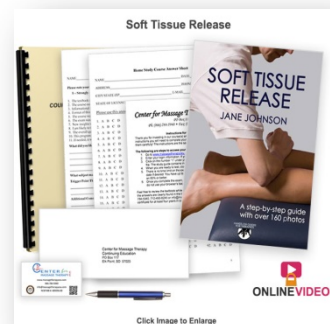
This Course Will:

- Define STR and the three types of STR used on the body
- List indications and contraindications to STR
- Outline basic STR techniques and how to incorporate them into your massage routine
- Explain how to set up a program of care individualized for each client
- Provide you with 2 1/2 hours of online technique demonstrations

You Will Receive: *Soft Tissue Release* textbook, by Jane Johnson, approximately 2 1/2 hours of online technique demonstrations, guide with instructions, exam of 40 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your courses instantly and test online.



Infant Massage

5 CE hours • Cost: \$55.00

The 5 CE hour Infant Massage home study course will introduce you to infant massage, benefits of infant massage, and present an entire step by step infant massage routine. Infant massage has been proven to benefit healthy and special needs babies in many ways. This course is great for therapists wanting to perform infant massage as well as for therapists who are interested in educating parents on how to massage their own infant. It outlines basic infant massage techniques using techniques you may already know and also outlines proper infant positioning for massaging babies of all ages. This course is a great resource for all massage therapists.

This Course Will Present:

- The definition and history of infant massage
- Benefits and contraindications of infant massage
- An infant massage routine including proper positioning of the infant
- Benefits of infant massage for common health conditions and disorders

You Will Receive: *An Infant Massage Guidebook For Well, Premature and Special Needs Babies* textbook by Mary Ady, CIMI, online video clips, guide with instructions, exam of 40 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



Massage Carpal Tunnel Syndrome

5 CE hours • Cost: \$55.00

The 5 CE hour Massage and Carpal Tunnel Syndrome home study course defines carpal tunnel syndrome and how it relates to the massage therapy profession. This course is twofold - explaining how massage therapy can benefit your clients with carpal tunnel syndrome and also explaining how to treat and prevent carpal tunnel syndrome as a massage therapist. This course is a great resource for all massage therapists.

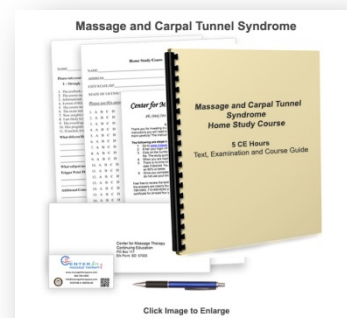
This Course Will Present Information On:

- The signs and symptoms of carpal tunnel syndrome
- Vital statistics relating to carpal tunnel syndrome
- Who is most at risk for developing carpal tunnel syndrome
- How to treat carpal tunnel syndrome
- What to do if you have clients with carpal tunnel syndrome
- What to do if you are experiencing symptoms of carpal tunnel syndrome

You Will Receive: *Massage and Carpal Tunnel Syndrome* text, by Melissa M. Dawahare, ND, guide with instructions, exam of 48 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Reiki Basics

5 CE hours • Cost: \$55.00

The 5 CE hour Reiki Basics home study course will introduce you to the theory and practice of Reiki therapy. Reiki, pronounced "ray-key", is a spiritual healing process founded in Japan by a man named Mikao Usui. The practice of Reiki involves transferring energy through the practitioner laying their hands on the client using different hand positions. This course will present you with detailed information explaining the history of Reiki, how Reiki works on the body, and what you can do if you are interested in practicing Reiki on your clients. It will also explain basic hand positions and contraindications to Reiki therapy.

This Course Will Present:

- Definition and history of Reiki therapy
- Benefits and contraindications of Reiki
- Different degrees of Reiki training and how you can become a Reiki practitioner
- Sample case studies of how Reiki can heal the body

You Will Receive: *Reiki Basics* text, guide with instructions, exam of 48 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Stone Massage Basics

5 CE hours • Cost: \$55.00

The 5 CE hour Stone Massage Basics course will introduce you to the principles and practice of hot stone and gem massage. Using basalt stones, hot stone massage not only dispels tensions and soothes the soul but also enhances lymph flow, removes toxins, and fortifies the immune system. The course provides over one hour of online technique demonstrations as well as step-by-step, fully illustrated instructions for treatments for each area of the body. It also includes details on more than 50 gemstones, showing how to further enhance the benefits of hot stone massage with gemstone chakra treatment. A brief background in Chinese medicine is discussed as well as indications and contraindications to hot stone and gem massage.

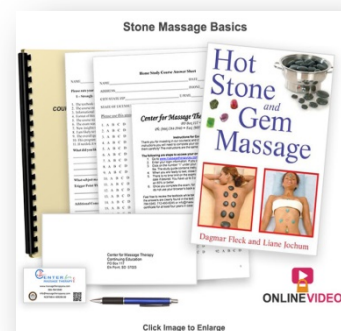
This Course Will Present:

- A step-by-step photographic guide for a full body hot stone massage session
- 1 hour of online video techniques demonstrating stone massage
- Contraindications and indications to hot stone massage
- Information on body meridians and chakras

You Will Receive: *Hot Stone and Gem Massage* textbook, by Dagmar Fleck and Liane Jochum, approximately 1 hour of online technique demonstrations, guide with instructions, exam of 40 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Course materials mailed to you. Exam is completed online.
2. Course materials mailed to you. Exam is completed on paper.



All about Marketing

4 CE hours • Cost: \$45.00

It's time to kick your practice up a notch with the 4 CE hour All about Marketing course! This course was made for massage therapists looking to start marketing their practices as well as therapists searching for those extra marketing tricks. In this course, you will learn about the importance of marketing and how to establish your game plan. Then you will jump into the marketing idea factory filled with massage marketing strategies, ideas, and marketing channels such as business cards, billboards, networking, websites, and even social media. Finally, the course presents some tactics you will be able to use in your practice to measure the performance of your different marketing strategies.



This course will present information on:

- Personal marketing strategies and techniques
- Strategies to utilize the internet in your marketing plan
- How to conduct a thorough market analysis and create a winning massage marketing plan
- Implementation of massage marketing strategies and post implementation analysis

You Will Receive: *All About Marketing* text, by Stephan Shipe, guide with instructions, exam of 20 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Business Finance

4 CE hours • Cost: \$45.00

The 4 CE hour Business Finance course was created to help massage therapists navigate the financial waters of business. By learning techniques to plan, implement, and quantify financial decisions, massage therapists will have a better understanding of the financial side of their already existing or yet to be established practice. You will learn why, how and when to review your business's finances so that you can start tracking your entrepreneurial journey. Other topics that are covered include choosing a bank, banking online, knowing how to implement a cost benefit analysis, how much should be saved to start a practice or expand, and so many other strategies and tactics.



You will be presented with information on:

- How to organize and plan your business finances
- How to establish whether or not certain strategies are profitable or worth continuing
- Descriptions and benefits of client and general practice financial policies
- Utilizing technology for finance specific tasks

You Will Receive: *Business Finance* text, by Stephan Shipe, guide with instructions, exam of 20 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Communicable Disease – Hepatitis A-E

4 CE hours • Cost: \$45.00

The 4 CE hour Communicable Disease - Hepatitis A-E home study course will further your knowledge of all hepatitis types (A through E) and provide valuable information on how to protect yourself and your clients from exposure to hepatitis. You will learn vital statistics relating to hepatitis, ways hepatitis can and cannot be contracted, the different types of hepatitis, and what you can do as a massage therapist to protect yourself and your clients from exposure to hepatitis. The course will also explain how massage therapy can benefit hepatitis infected clients. This course is a great resource for all massage therapists.

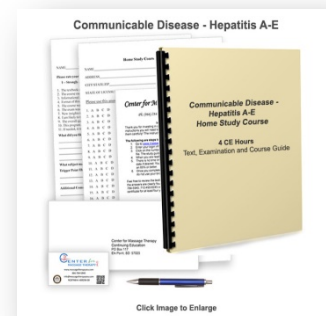
This Course Will Present Information On:

- The ways hepatitis can and cannot be contracted
- Different types of hepatitis and the infection and treatment process
- Precautionary steps you can take to protect yourself and your clients from hepatitis
- Benefits and contraindications of performing massage on hepatitis infected clients

You Will Receive: *Communicable Disease - Hepatitis A-E* text, by Melissa M. Dawahare, ND, guide with instructions, exam of 39 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Massage and Pharmacology

4 CE hours • Cost: \$45.00

The 4 CE hour Massage and Pharmacology home study course will explain classifications of medications and their effects on the body as well as effects of massage strokes on the body. Basic massage strokes may have different effects on clients who are taking medications, both over the counter and by prescription. This course will explain the varied effects massage techniques can have, and how to better treat your clients receiving drug therapy. It will also explain how massage techniques can be modified for clients on a drug therapy Regimen. This course will also present a sample medication assessment intake form for your clients.

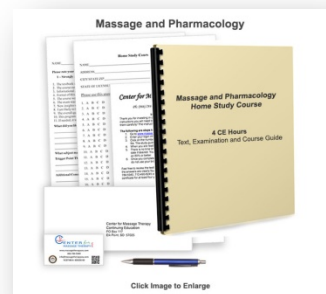
This Course Will Present:

- How different medications affect each body system
- The different effects basic massage strokes have on the body
- How clients on drug therapy can be affected by certain massage strokes
- When to refer your clients to another healthcare professional

You Will Receive: *Massage and Pharmacology* text, by Cindy Hummel, LMT, LPN and Corrine Mollet Rubida, BS, LMT, guide with instructions, exam of 32 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Ethics for Massage Therapists

4 CE hours • Cost: \$45.00

This 4 CE hour home study ethics course provides a general overview of ethics topics such as scope of practice, professionalism, confidentiality, consent, business practices, and record keeping. It outlines the code of ethics and standards of practice that regulate the massage therapy profession. After completion of this course you will have a full understanding of what is required of you as a professional massage therapist.

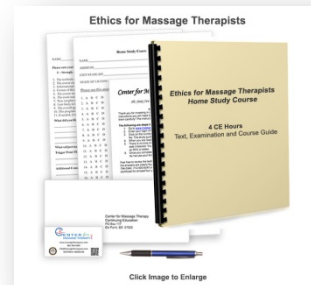
This Course Will Present:

- A general outline of the NCBTMB's ethical guidelines and standards of practice
- Information on boundaries, transference, sexual conduct, and dual relationships
- Information on the scope of practice for massage therapists
- Sample soap charts for use in your practice

You Will Receive: *Ethics for Massage Therapists* text, by Corrine Mollet Rubida, BS, LMT, guide with instructions, exam of 32 questions, course evaluation, certificate of achievement upon completion and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Startup Guide for Massage Therapy Practices

4 CE hours • Cost: \$45.00

Always dreamed of starting your own massage practice? Starting your own business is a fulfilling accomplishment, but there is a lot of planning needed before you can turn your dream into a reality. That is exactly why this course was created. The 4 CE hour Startup Guide for Massage Therapy Practices will help you create an effective business plan for a massage practice. Walking through every step of the business plan ensures that all topics of starting a massage business are covered. When completing the course, you will feel confident in your ability to think about business situations in a new way and establish a thorough plan for the creation of your dream massage practice.

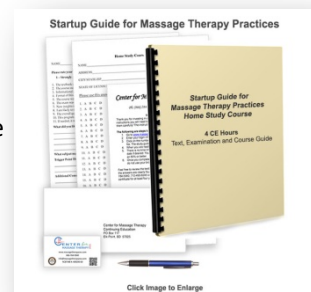
You will be presented with information on:

- What decisions you must make before starting your own massage practice
- How to analyze and create business goals
- The components of and how to create a winning business plan

You Will Receive: *Startup Guide for Massage Therapy Practices* text, by Stephan Shipe, guide with instructions, exam of 20 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Thumbs-Free Massage

4 CE hours • Cost: \$45.00

As bodywork tools, the thumbs are often overused and easily injured. The 4 CE hour Thumbs-Free Massage course will present you with a whole body massage routine without the use of your thumbs. You will learn how to safely and effectively work on clients without ever using your thumbs as well as self-care tips for therapists. The techniques presented are adapted from Swedish massage, Lomi Lomi, sports massage, Thai massage, myofascial release, and other modalities. They can be incorporated into the work you already do and you can begin using the techniques on your very next client!



This Course Will Present:

- A whole body massage without the use of your thumbs, including prone, supine, and side-lying positioning
- Self-care tips for therapists suffering from thumb and/or wrist pain
- A 90 minute DVD as well as over 60 minutes of online videos

You Will Receive: *Thumbs-Free Massage* DVD, by Kay Rynerson, LMP, RTT, guide with DVD explanations and instructions, 65 minutes of online videos demonstrating self-care as well as thumbs-free techniques, exam of 28 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

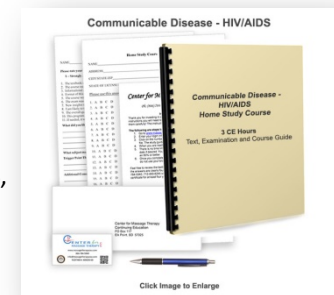
Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Communicable Disease – HIV/AIDS

3 CE hours • Cost: \$35.00

The 3 CE hour Communicable Disease - HIV/AIDS home study course will further your knowledge of HIV/AIDS and provide valuable information on how to protect yourself and your clients from exposure to HIV. This course is an expanded version of the HIV/AIDS Universal Precautions home study course. You will learn vital statistics relating to HIV/AIDS, ways HIV can and cannot be contracted, the stages of the HIV infection and what you can do as a massage therapist to protect yourself and your clients from exposure to HIV/AIDS. The course will also explain how massage therapy can benefit HIV/AIDS infected clients.



This Course Will Present Information On:

- The ways HIV can and cannot be contracted
- The HIV/AIDS infection and treatment process
- Precautionary steps you can take as a therapist to protect yourself and your clients from HIV
- Benefits and contraindications of performing massage on HIV/AIDS infected clients

You Will Receive: *Communicable Disease - HIV/AIDS* text, by Corrine Mollet Rubida, BS, LMT, guide with instructions, exam of 28 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Ethics Refresher

3 CE hours • Cost: \$35.00

This 3 CE hour home study course provides an overview of general ethics topics relevant to the massage therapy profession. This course covers topics such as scope of practice, boundaries, transference, office policy, sexual conduct, and financial procedures. It lists the code of ethics and standards of practice that regulate the massage therapy profession. After completion of this course you will be up to date on ethics in the massage therapy field.



This Course Will Present:

- A general outline of ethical guidelines in the massage therapy field
- Information on the scope of practice for massage therapists
- Information on boundaries, transference, sexual conduct, and dual relationships

You Will Receive: *Ethics Refresher* text, by Corrine Mollet Rubida, BS, LMT, guide with instructions, exam of 28 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

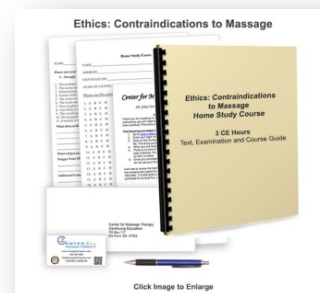
Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Ethics: Contraindications to Massage

3 CE hours • Cost: \$35.00

The 3 CE hour Ethics: Contraindications to Swedish Massage home study course will further your knowledge of common contraindications, medical precautions, headaches, and endangerment sites relating to Swedish massage. It will also present information on proper intake forms, formulation of treatment plans, professionalism, and informed consent. You will learn when massage is appropriate, when massage is not appropriate, and when to refer a client to another health care professional.



This Course Will Present Information On:

- Absolute and systemic contraindications to massage
- Medical precautions and endangerment sites
- Updated information for 2017 on contraindications, professionalism, and intake forms
- Headaches and when or when not to treat certain types of them
- Professionalism, intake forms, informed consent, office policy, and SOAP charting
- Sample intake forms, informed consent, and SOAP charts are given for use in your practice

You Will Receive: *Ethics: Contraindications to Swedish Massage* text, by Cindy Hummel, LMT, LPN and Corrine Mollet Rubida, BS, LMT, guide with instructions, exam of 19 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

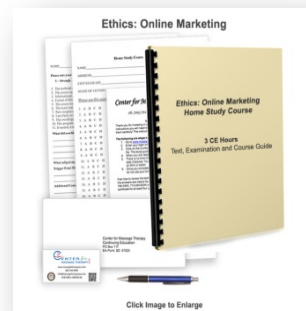
Ethics: Online Marketing

3 CE hours • Cost: \$35.00

So much of today's business is done online that massage therapists who are not promoting themselves on or utilizing the benefits of online marketing are behind the ball. The 3 CE hour Ethics: Online Marketing course was created to keep massage therapists in the loop and provide them with ethical, professional online marketing options that fall within the NCBTMB's Standards of Practice. This course discusses a wide variety of online marketing topics, all of which are options to massage therapy practices. This course discusses both the more traditional professional online marketing channels including email marketing, websites, and online newsletters as well as non-traditional online marketing channels including Groupon.

You will be presented with information on:

- How to use different ethical, professional marketing channels
- How to perform a market analysis
- Ways to determine which marketing techniques are worth keeping
- How to ethically differentiate your practice from the competition online



You Will Receive: *Ethics: Online Marketing* text, by Stephan Shipe, guide with instructions, exam of 15 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

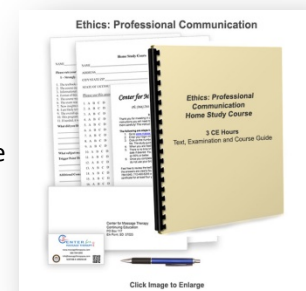
Ethics: Professional Communication

3 CE hours • Cost: \$35.00

The ability to communicate effectively is a skill needed by all current or aspiring massage entrepreneurs. The 3 CE hour Ethics: Professional Communication course will give massage therapists the ability to professionally and ethically communicate in their massage practice. A massage therapist's knowledge of how to convey their thoughts and more importantly have someone understand them is a direct reflection on their massage practice and their ethical standards. We created this course to build communication bravery in massage therapists.

You will be presented with information on:

- The steps and techniques needed to write a relevant and effective resume
- Professional public speaking and how to become a better public speaker
- The stages of the interviewing process and how to prepare for and perform well in an interview
- How to network with fellow massage therapists, local business owners, and potential employers to aid in your career



You Will Receive: *Ethics: Professional Communication* text, by Stephan Shipe, guide with instructions, exam of 15 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

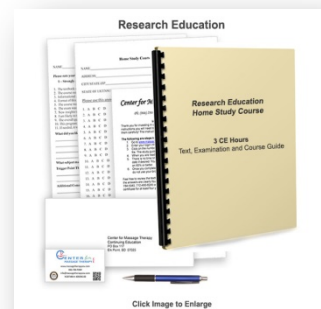
Research Education

3 CE hours • Cost: \$35.00

The 3 CE hour Research Education home study course introduces you to research in the massage therapy field. It covers the definition of research, history of research, and the research process. The course discusses and compares and contrasts different types of research, such as qualitative and quantitative. This course will also explain why research is so important in the massage therapy field and what current research says about massage therapy.

This course will present information on:

- The definition of research
- How the research process works
- Different types of research
- What current science says about the effectiveness of massage
- 15 current massage research studies that have been performed
- Links to resources and websites to locate further research studies



You Will Receive: Research Education text, by Corrine Mollet Rubida, BS, LMT, guide with instructions, exam of 28 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Massage Therapy Research

3 CE hours • Cost: \$35.00

The 3 CE hour Massage Therapy Research home study course will introduce you to massage research and what current research says about the effects of massage therapy. It will cover the definition of research, history of research, and the research process. This course compares and contrasts different types of research, such as qualitative and quantitative and provides about 2 1/2 hours of online videos discussing massage therapy research. This course will also explain why research is so important in the massage therapy field. This course meets the NCBTMB's 3 CE hour research requirement.

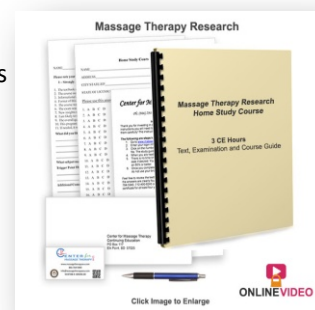
This course will present information on:

- The definition of research
- How the research process works and different types of research
- What current science says about the effectiveness of massage
- 2 1/2 hours of online videos discussing current massage therapy research
-

You Will Receive: Massage Therapy Research text, by Corrine Mollet Rubida, BS, LMT, 2 1/2 hours of online videos, guide with instructions, exam of 15 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Ethics in Massage – Roles and Boundaries

2 CE hours • Cost: \$25.00

The 2 CE hour Ethics In Massage - Roles and Boundaries home study course is a general ethics course and covers many issues that massage therapists face every day including:

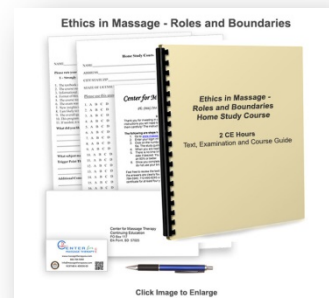
- Limitations and scope of practice of licensed massage therapists
- Responsibilities of massage therapists to their clients
- Transference and counter-transference
- Prevention of sexual behavior between the therapist and client
- Dual relationships that may harm the client/therapist relationship

This course provides you with great information on how to operate an ethical massage practice and is NCBTMB approved and accepted by state boards which require 2 CE hours of ethics.

You Will Receive: *Ethics in Massage - Roles and Boundaries* text, by Corrine Mollet Rubida, BS, LMT, guide with instructions, exam of 20 questions, course evaluation, certificate of achievement upon completion and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Florida Laws and Rules

2 CE hours • Cost: \$25.00

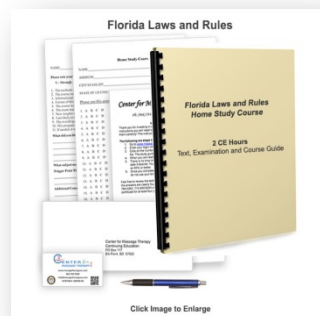
The 2 CE hour Florida Laws and Rules home study course outlines the codes, laws, rules, and regulations that affect your massage practice as a licensed massage therapist in the State of Florida. This course covers Florida Laws and Rules Chapter 480 and 456 and Florida Statutes and Rule Chapter 64B7, F.A.C. as required by the State of Florida for renewal of your massage therapy license.

This course is approved by the NCBTMB and the State of Florida (NCBTMB #409296-00 FL #50-7946).

You Will Receive: Florida Laws and Rules text as written by the Florida Board of Massage Therapy, guide with instructions, exam of 20 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Prevention of Medical Errors

2 CE hours • Cost: \$25.00

The 2 CE hour Prevention of Medical Errors home study course discusses common medical errors made in the American health care system as well as in the massage therapy profession. This course will discuss solutions to these problems and what massage therapists can do to prevent them from happening in the future. This course will help any massage therapist to improve their practice and profession!

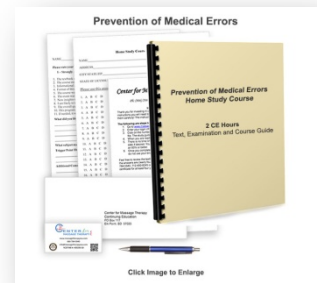
This Course Will Present:

- Different types of medical errors made by healthcare workers
- Statistics on medical errors
- How medical errors affect massage therapists
- Common medical errors made by massage therapists
- What massage therapists can do to prevent medical errors from happening

You Will Receive: *Prevention of Medical Errors* text, by Corrine Mollet Rubida, BS, LMT, guide with instructions, exam of 20 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Social Networking for Massage Practice

2 CE hours • Cost: \$25.00

Social networking can significantly increase your massage business. Given all the different social networking and social media options available to market a massage therapy practice, it is easy to become overwhelmed. Which ones are most popular? Which ones are best for marketing massage skills and services? What will it cost? The 2 CE hour Social Networking for Massage Practice will answer these questions and many more. This course will outline and explain social networking sites such as Facebook, Twitter and LinkedIn as well as social media sites such as Flickr and YouTube.

This Course Will Present:

- The definition of social networking and social media
- How the use of social media can help increase your massage practice
- Specific social networking sites and how to join and use them

You Will Receive: *Social Networking for Massage Practice* text, by Melissa M. Dawahare, ND, guide with instructions, exam of 20 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

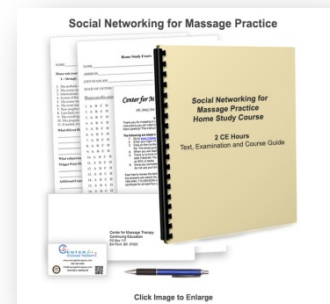


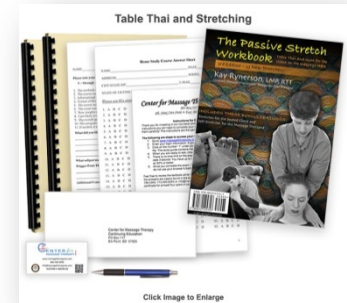
Table Thai and Stretching

2 CE hours • Cost: \$25.00

The 2 CE hour Table Thai and Stretching course will introduce you to Thai techniques and stretching for the client on the massage table. This course also illustrates stretching for the seated client as well as self-stretches for the massage therapist. The stretches can be performed with the client clothed or draped and can easily be instantly incorporated into your daily massage routine. This course will also explain the stretch reflex and three basic types of stretching.

This course will present:

- Table Thai techniques
- Full-body table Thai and passive stretch routine
- Self-stretches for the therapist
- Information on the stretch reflex and types of stretching



You Will Receive: *The Passive Stretch Workbook*, *Table Thai and More for the Client on the Massage Table*, by Kay Rynerson, LMP, RTT, guide with instructions, exam of 18 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

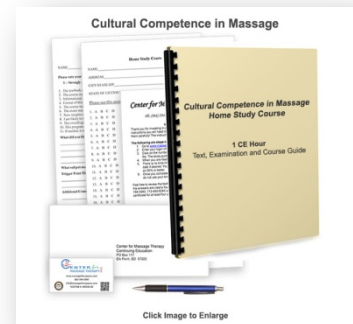
1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Cultural Competence in Massage

1 CE hours • Cost: \$12.00

The 1 CE hour Cultural Competence in Massage course answers the following questions:

- What is culture?
- What is cultural competence?
- What is diversity?
- How do cultural competence and diversity relate to massage?
- What is cultural bias?
- What are some common cultural differences?
- How will being cultural diverse help my business?
- How do I become culturally competent?
- What other resources are available on cultural competency?



This course meets the State of Maryland's 1 CE hour requirement on cultural competency and diversity.

You Will Receive: *Cultural Competence in Massage* text, by Corrine Mollet Rubida, BS, LMT, guide with instructions, exam of 15 question, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Ethics Question and Answer

1 CE hours • Cost: \$12.00

This 1 CE hour home study course is a general ethics course answering the following questions:

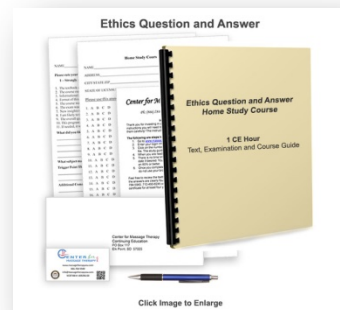
- What is ethics?
- What is scope of practice?
- What are boundaries?
- What is an office policy?
- What is transference?
- What is countertransference?
- What is informed consent?
- What intake forms should my clients fill out?

This course presents a general outline of ethical guidelines in the massage therapy field, information on boundaries, transference, sexual conduct, and dual relationships, as well as information on the informed consent and client intake forms.

You Will Receive: *Ethics Question and Answer* text, by Corrine Mollet Rubida, BS, LMT, guide with instructions, exam of 15 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



HIV/AIDS Universal Precautions

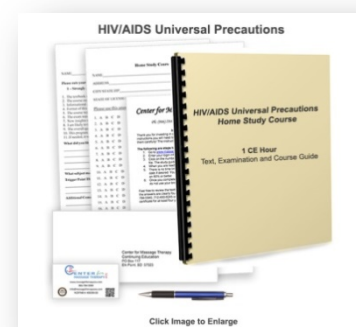
1 CE hours • Cost: \$12.00

The 1 CE hour HIV/AIDS Universal Precautions home study course will further your knowledge of HIV/AIDS and provide valuable information on how to protect yourself and your clients from exposure to HIV. You will learn statistics relating to HIV, ways HIV can and cannot be contracted, and what you can do as a massage therapist to protect yourself and your clients from exposure to HIV/AIDS. Many massage therapists overlook the possibility that they may someday be exposed to HIV or treat clients infected with HIV/AIDS. This course will keep you well informed and prepared on the subject of HIV and AIDS prevention, infection, and treatment.

You Will Receive: *HIV/AIDS Universal Precautions* text, by Corrine Mollet Rubida, BS, LMT, guide with instructions, exam of 15 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Human Trafficking and Massage

1 CE hours • Cost: \$12.00

The 1 CE hour Human Trafficking and Massage is meant to provide you with information on human trafficking in the United States and how it impacts the massage industry. PLEASE NOTE: The NCBTMB does not approve courses on human trafficking, so this course is not NCBTMB approved. It is approved by state boards and meets the requirements of Florida and Texas.

This course will present:

- The different types and means of human trafficking
- How human trafficking impacts the massage industry
- The definition of an illicit massage business
- Facts and Myths of human trafficking
- What you can do to prevent and report human trafficking in the community
- About 30 minutes of video education on human and sex trafficking
- Resources and assistance available to victims of human trafficking

You Will Receive: *Human Trafficking and Massage* text, by Corrine Mollet Rubida, BS, LMT, guide with instructions, exam of 12 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Coronavirus (COVID-19) Overview

1 CE hours • Cost: \$12.00

This 1 CE hour home study course will provide you with information on the novel coronavirus originating in China in December 2019 and the disease it causes referred to as COVID-19. It provides a COVID-19 waiver for you to use in your practice and links to the CDC's Youtube channel with the most up-to-date videos.

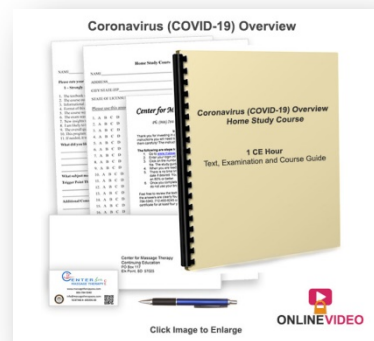
It will provide you with information on:

- The origin of COVID-19
- How COVID-19 is spread
- Who is at highest risk for serious COVID-19
- The symptoms of COVID-19
- What you can do to protect yourself and your clients from exposure to COVID-19
- How to communicate with clients about COVID-19
- Information on the risk of DVT and PE in COVID-19 patients

You Will Receive: *Coronavirus (COVID-19) Overview* text, by Corrine Mollet Rubida, BS, LMT, guide with instructions, exam of 12 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Carpal Tunnel Syndrome

1 CE hours • Cost: \$14.00

The 1 CE hour Carpal Tunnel Syndrome home study course will introduce you to carpal tunnel syndrome and how massage therapy can be used to help treat the associated symptoms. This course covers signs and symptoms, causative factors, contraindications, and assessment and treatment strategies. The text used is an updated excerpt from Celia Bucci's Condition-Specific Massage textbook.

It will provide you with information on:

- What the carpal tunnel is and the structures involved
- Contraindications and special considerations when treating clients with symptoms of carpal tunnel syndrome
- Client assessment techniques such as questions to ask and ROM testing
- Massage techniques appropriate for treating carpal tunnel syndrome and contributing trigger points
- Client self-care including stretching and strengthening

You Will Receive: *Carpal Tunnel Syndrome, an excerpt from Condition-Specific Massage*, by Celia Bucci, guide with instructions, exam of 9 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Hyperkyphosis and Massage

1 CE hours • Cost: \$14.00

The 1 CE hour Hyperkyphosis and Massage course will introduce you to what hyperkyphosis is, signs and symptoms of it, and massage techniques you can use in your practice to help alleviate symptoms of client's suffering from hyperkyphosis. The text used is an updated excerpt from Celia Bucci's Condition-Specific Massage textbook.

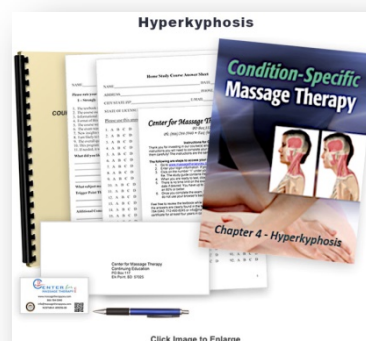
It will provide you with information on:

- The definition of hyperkyphosis
- Contraindications and special considerations
- Client assessment techniques such as postural assessment and ROM testing
- Massage techniques appropriate for treating hyperkyphosis
- Client self-care and suggestions for further treatment

You Will Receive: *Hyperkyphosis, an excerpt from Condition-Specific Massage*, by Celia Bucci, guide with instructions, exam of 9 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

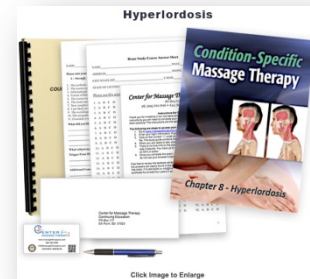
1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Hyperlordosis and Massage

1 CE hours • Cost: \$14.00

The 1 CE hour Hyperlordosis and Massage home study course will introduce you to hyperlordosis and low back pain and how massage therapy can be used to help treat the associated symptoms. This course covers signs and symptoms, causative factors, contraindications, and assessment and treatment strategies. The text used is an updated excerpt from Celia Bucci's Condition-Specific Massage textbook.



This Course Will Present:

- What hyperlordosis is and the structures involved
- Contraindications and special considerations when treating clients with symptoms of hyperlordosis and low back pain
- Client assessment techniques such as questions to ask and ROM testing
- Massage techniques appropriate for treating hyperlordosis and contributing trigger points
- Client self-care including stretching and strengthening

You Will Receive: *Hyperlordosis (Low Back Pain)*, an excerpt from *Condition-Specific Massage*, by Celia Bucci, guide with instructions, exam of 9 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Ligament Sprains

1 CE hours • Cost: \$14.00

The 1 CE hour Ligament Sprains home study course will introduce you to information on ligament sprains and how massage therapy can be used to help treat the associated symptoms. This course covers signs and symptoms, causative factors, contraindications, and assessment and treatment strategies. The text used is an updated excerpt from Celia Bucci's Condition-Specific Massage textbook.



This Course Will Present:

- What a ligament sprain is and common signs and symptoms
- Types of ligament sprains
- Contraindications and special considerations when treating clients with symptoms of a ligament sprain
- Client assessment techniques such as questions to ask and ROM testing
- Massage techniques and strategies appropriate for treating ligament sprains
- Client self-care including stretching and strengthening

You Will Receive: *Ligament Sprains*, an excerpt from *Condition-Specific Massage*, by Celia Bucci, guide with instructions, exam of 9 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Muscle Strains

1 CE hours · Cost: \$14.00

The 1 CE hour Muscle Strains home study course will introduce you to information on muscle strains and how massage therapy can be used to help treat the associated symptoms. This course covers signs and symptoms, causative factors, contraindications, and assessment and treatment strategies. The text used is an updated excerpt from Celia Bucci's Condition-Specific Massage textbook.

This Course Will Present:

- What a muscle strain is and common signs and symptoms
- Types of muscle strains
- Contraindications and special considerations when treating clients with symptoms of a muscle strain
- Client assessment techniques such as questions to ask and ROM testing
- Massage techniques and strategies appropriate for treating muscle strains
- Client self-care including stretching and strengthening

You Will Receive: *Muscle Strains*, an excerpt from *Condition-Specific Massage*, by Celia Bucci, guide with instructions, exam of 9 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Patellofemoral Syndrome

1 CE hours · Cost: \$14.00

The 1 CE hour Patellofemoral Syndrome home study course will introduce you to patellofemoral syndrome (anterior knee pain) and how massage therapy can be used to help treat the associated symptoms. This course covers signs and symptoms, causative factors, contraindications, and assessment and treatment strategies. The text used is an updated excerpt from Celia Bucci's Condition-Specific Massage textbook.

This Course Will Present:

- What patellofemoral syndrome is and the structures involved
- Contraindications and special considerations when treating clients with symptoms of patellofemoral syndrome and knee pain
- Client assessment techniques such as questions to ask and ROM testing
- Massage techniques appropriate for treating patellofemoral syndrome and contributing trigger points
- Client self-care including stretching and strengthening

You Will Receive: *Patellofemoral Syndrome*, an excerpt from *Condition-Specific Massage*, by Celia Bucci, guide with instructions, exam of 9 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

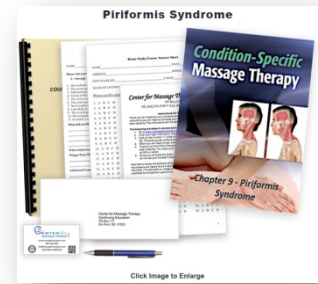
1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Piriformis Syndrome

1 CE hours · Cost: \$14.00

The 1 CE hour Piriformis Syndrome home study course will introduce you to piriformis syndrome and how massage therapy can be used to help treat the associated symptoms. This course covers signs and symptoms, causative factors, contraindications, and assessment and treatment strategies. The text used is an updated excerpt from Celia Bucci's Condition-Specific Massage textbook.



This Course Will Present:

- What piriformis syndrome is and the structures involved
- Contraindications and special considerations when treating clients with symptoms of piriformis syndrome and radiating pain
- Client assessment techniques such as questions to ask and ROM testing
- Massage techniques appropriate for treating piriformis syndrome and contributing trigger points
- Client self-care including stretching and strengthening

You Will Receive: *Piriformis Syndrome, an excerpt from Condition-Specific Massage*, by Celia Bucci, guide with instructions, exam of 9 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Plantar Fasciitis

1 CE hours · Cost: \$14.00

The 1 CE hour Plantar Fasciitis home study course will introduce you to Plantar Fasciitis (inflammation of the plantar fascia) and how massage therapy can be used to help treat the associated symptoms. This course covers signs and symptoms, causative factors, contraindications, and assessment and treatment strategies. The text used is an updated excerpt from Celia Bucci's Condition-Specific Massage textbook.



This Course Will Present:

- What plantar fasciitis is and the structures involved
- Contraindications and special considerations when treating clients with symptoms of plantar fasciitis
- Client assessment techniques such as questions to ask and ROM testing
- Massage techniques appropriate for treating plantar fasciitis and contributing trigger points
- Client self-care including stretching and strengthening

You Will Receive: *Plantar Fasciitis, an excerpt from Condition-Specific Massage*, by Celia Bucci, guide with instructions, exam of 9 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.

Tension Headaches

1 CE hours • Cost: \$14.00

The 1 CE hour Tension Headaches home study course will introduce you to common types of headaches and how massage therapy techniques can be used to help treat tension headaches. This course covers signs and symptoms, causative factors, contraindications, and assessment and treatment strategies. The text used is an updated excerpt from Celia Bucci's Condition-Specific Massage textbook.

This Course Will Present:

- Different types of headaches and how to differentiate between types of headaches
- Contraindications and special considerations when treating tension headaches
- Client assessment techniques such as questions to ask and ROM testing
- Massage techniques appropriate for treating tension headaches and contributing trigger points
- Client self-care including stretching and strengthening

You Will Receive: *Tension Headaches*, an excerpt from *Condition-Specific Massage*, by Celia Bucci, guide with instructions, exam of 9 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Thoracic Outlet Syndrome

1 CE hours • Cost: \$14.00

The 1 CE hour Thoracic Outlet Syndrome home study course will introduce you to thoracic outlet syndrome and how massage therapy techniques can be used to help treat signs and symptoms of thoracic outlet syndrome. This course covers signs and symptoms, causative factors, contraindications, and assessment and treatment strategies. The text used is an updated excerpt from Celia Bucci's Condition-Specific Massage textbook.

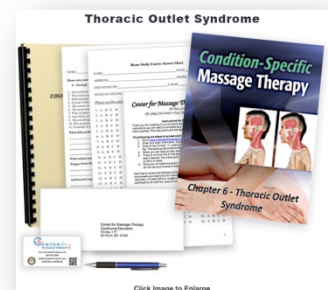
This Course Will Present:

- What the thoracic outlet is and the structures involved
- Contraindications and special considerations when treating clients with symptoms of thoracic outlet syndrome
- Client assessment techniques such as questions to ask and ROM testing
- Massage techniques appropriate for treating thoracic outlet syndrome and contributing trigger points
- Client self-care including stretching and strengthening

You Will Receive: *Thoracic Outlet Syndrome*, an excerpt from *Condition-Specific Massage*, by Celia Bucci, guide with instructions, exam of 9 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Treating Trigger Points

1 CE hours · Cost: \$14.00

The 1 CE hour Treating Trigger Points home study course will introduce you to information on myofascial trigger points and how massage therapy can be used to help treat and deactivate them. This course covers signs and symptoms, causative factors, contraindications, and assessment and treatment strategies. The text used is an updated excerpt from Celia Bucci's Condition-Specific Massage textbook.

This Course Will Present:

- What a myofascial trigger point is and common signs and symptoms
- Types of trigger points
- Contraindications and special considerations when treating clients with trigger points
- Client assessment techniques such as questions to ask and ROM testing
- Massage techniques and strategies appropriate for treating trigger points
- Client self-care including stretching and strengthening

You Will Receive: *Myofascial Trigger Points*, an excerpt from *Condition-Specific Massage*, by Celia Bucci, guide with instructions, exam of 9 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Understanding Myofascial Restrictions

1 CE hours · Cost: \$14.00

The 1 CE hour Understanding Myofascial Restrictions home study course will introduce you to information on fascia, myofascial restrictions, and assessing and treating myofascial restrictions. The text used is an updated excerpt from Celia Bucci's Condition-Specific Massage textbook.

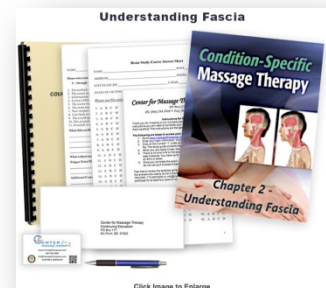
This Course Will Present:

- What fascia is, different types of fascia, and what it is made up of
- Causes and contributing factors to myofascial restrictions
- Contraindications and special considerations when treating clients with myofascial restrictions
- Client assessment and treatment techniques
- Research studies that have been done on the effects of myofascial release

You Will Receive: *Fascia*, an excerpt from *Condition-Specific Massage*, by Celia Bucci, guide with instructions, exam of 9 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



Understanding Tendinopathies

1 CE hours • Cost: \$14.00

The 1 CE hour Understanding Tendinopathies home study course will introduce you to information on tendinosis, tendinitis, and tenosynovitis; and how massage therapy can be used to help treat the associated symptoms with each. This course covers signs and symptoms, causative factors, contraindications, and assessment and treatment strategies. The text used is an updated excerpt from Celia Bucci's Condition-Specific Massage textbook.



This Course Will Present:

- What a tendinopathy is, associated structures, and common signs and symptoms
- Types of tendinopathies such as tendinosis, tendinitis, and tenosynovitis
- Contraindications and special considerations when treating clients with symptoms of tendinopathies
- Client assessment techniques such as questions to ask and ROM testing
- Massage techniques and strategies appropriate for treating tendinopathies
- Client self-care including stretching and strengthening

You Will Receive: *Tendinopathies*, an excerpt from *Condition-Specific Massage*, by Celia Bucci, guide with instructions, exam of 9 questions, course evaluation, certificate of achievement upon completion, and unlimited phone support for any of your questions.

Ordering Options:

1. Download your course instantly and test online.
2. Course materials mailed to you. Exam is completed online.
3. Course materials mailed to you. Exam is completed on paper.



To place an order online, please go to:
www.masagetherapyceu.com.

To place an order by phone, please call:
712-490-8245.

ORDER FORM

Order anytime at www.masagetherapyceu.com. To place an order by mail, please complete the following form and mail to:

Center for Massage Therapy Continuing Education, LLC

PO Box 117

Elk Point, SD 57025

SHIPPING INFORMATION

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

State of licensure and license #: _____

BILLING INFORMATION

Check if same as shipping

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

PAYMENT INFORMATION

Check enclosed Please charge my credit card

Name on card: _____ Exp. Date: _____

Card Number: _____

Signature: _____

COURSE INFORMATION

Course Title	Quantity	Subtotal	Total
SHIPPING			\$10.00
TOTAL – Thank you!		\$	



Choose from more than 110 home study/online CE courses.

www.massagetherapyceu.com • 712-490-8245
