

Restorative Massage Clinic

Core Course

*Anatomy, Physiology & Kinesiology: 50 hours

This study of human anatomy and physiology provides an understanding of the body relevant to the massage therapist's perspective, with an emphasis on the detailed anatomy of muscles and bones and an introduction to pathology and structural kinesiology. The Kinesiology course consists of learning muscle anatomy and actions by working with hands on Anatomy with drawing the muscles, an innovative learning method in which the student builds each muscle on each other.

*Massage Theory & Technique: 100 hours

You'll learn to give a Swedish/deep tissue-style massage, with time in class to practice on each other. This course also includes aromatherapy, seated massage, body mechanics, self-care, sanitation and hygiene, ethics, communication, professional development, and the effects, uses and contraindications of massage.

Total: 50 hours of Anatomy, Physiology & Kinesiology, and 100 hours of Hands on Techniques= 150 hours

Apprenticeship Course

*Neuromuscular Therapy (advance class): 10 hours

A hands-on course in musculoskeletal anatomy and kinesiology and the therapeutic techniques of Neuromuscular Therapy. This course provides an understanding of the clinical causes of soft tissue pain and techniques to relieve it, including specific releases for individual muscles and trigger point therapy. Origins, insertions, actions, palpation, and anatomically specific techniques are covered for each of the major muscles.

*Hawaiian Lomilomi (advance class): 10 hours

An introduction to traditional Hawaiian massage techniques characterized by long, flowing, graceful strokes.

*Acupressure & Asian Bodywork (advance class): 10 hours

An introduction to Shiatsu and acupressure methods, using pressure at specific points along acupuncture meridians to enhance the flow of energy through the body. Techniques learned include Back Shiatsu, Jin Shin Acupressure releases, and treatment of common therapeutic points.

*Reflexology (advance class): 5 hours

Using pressure points in the feet to treat reflex areas in other parts of the body.

*Sports Massage (advance class): 5 hours

How to use massage to prepare an athlete's body for competition, help the body recover after athletic activity, therapeutic stretching, body mobilization techniques, and treatment of common sports injuries.

*Treatment of Common Conditions (Office work): 48 hours

An integration of assessment, orthopedic massage, and other techniques found to be effective in treating various conditions commonly seen by Massage Therapists. Specific treatments designed for acute injuries, chronic pain, headaches, muscle strain, spasm, tendonitis, whiplash, low back pain, pregnancy, constipation, sciatica, and other conditions will be practiced in class. An introduction to Polarity and/or Cranio-Sacral Therapy will be included.

*Professional Development/Clinical Practice Skills/Assessment (Office work): 15 hours

Students learn the specifics of professional practice skills and knowledge including history of massage, ethics, boundary and sexual issues, client assessment and history taking, record keeping, treatment goals and planning.

*Business Practices (Office work): 7 hours

How to set up a private massage therapy practice, bill insurance companies, and apply for a job.

*Clinical Internship (Hands on Clinic Work): 310 hours

During the second semester, you'll develop your professional career skills by giving massages to the public in our supervised student clinic. This experience helps develop confidence and integrates the academic, business, communication and practical skills you're learning in class. All treatments are supervised by experienced and knowledgeable instructors who are available to help with challenging cases and to demonstrate and consult as needed.

*CPR: 6 hours

Students receive training and American Heart Association certification in Adult/Child/Infant CPR and AED use.

Total: 310 In Clinic Hands on Hours, 40 Advance class hours, 70 office work hours = 420 hours

Extra hours

Wellness & Stress Management: 6 hours

A presentation of comprehensive models of wellness, the physiology of stress, stress and lifestyle assessments, stress management approaches, stress reduction techniques and wellness practices.

Therapeutic Exercise: 8 hours

Movement therapy, stretches and strengthening for self-care as well as client care.

Anatomy Review, Exam Preparation & Final Exam: 12 Hours

Preparation for Hawaii State Licensing and National Certification Exams as well as our Final Exam.

Community Outreach: 24 hours

Community service events focusing on special needs groups such as critically ill patients, the elderly, handicapped children and athletes.

Refund policy

CORE-

Within the first 6 class days, you choose not to stay in our massage course we will provide a full refund - the price of books and the 200 deposit.

Apprenticeship-

With in any time the student may leave apprenticeship with a refund, pro-rate base for the hours received in the clinic over our supervision.

Deposit may be returned within 14 day notice of starting class date.

Books and equipment are ordered within 7 days of class date and can be refunded if asked before order.