



# Health Careers In Alaska

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## Massage Therapist

**M**assage Therapists are trained in the use of different techniques utilized in body massage. The national standard for minimal training of a massage therapist is 500 hours. This training includes Swedish massage techniques, physiology, anatomy, pathology, ethics, business, and table massage. The scope of practice for massage therapy is defined by the American Massage Therapy Association (AMTA): A massage therapist would be trained in the skillful manipulation of soft tissue, connective tissue, and/or body energy fields with the intention of maintaining or improving

health by affecting change in relaxation, circulation, nerve responses, or patterns of energy flow.

After a massage therapist has completed basic training there are a wide variety of techniques that can be studied in advanced course work. This type of continuing education might include techniques such as Sports, Cranial Sacral, Deep Tissue, Thai, Asian, Reflexology, Acupressure, or Chair massage, broadening a massage therapists skills and abilities to work with a variety of clients in a variety of settings.

## Massage Therapist Facts:

### Where do massage therapists work in Alaska?

Massage Therapists find employment in private practice (setting up their own clinic and working with other massage therapists), in the medical field (including working in hospitals, at alternative medical clinics, and with Chiropractors), working at sports facilities and with athletes, and at salons and spas. There is also a demand for qualified, well-trained massage therapists at resorts and within the cruise industry.

### Educational Requirements

- Graduation from high school.
- Completion of a post-secondary accredited Massage Therapy training program or 500 hours or more.
- A national certification examination is offered by the National Certification Board for Therapeutic Massage and Body Certification (NCBTMB).

### Hourly Wage Range:

\$18.54-\$59.26 (Mean \$41.47)

### Years in School:

2 years or less (after high school graduation).

### Academic Programs in Alaska

#### The Oriental Healing Arts School of Massage Therapy

Phone: (907) 279-0135

Website: <http://www.touchoftao.com/>

#### Career Academy

Toll free: (800) 770-7575

Website: <http://www.careeracademy.edu/>

### State Contact:

American Massage Therapy Association, Alaska Chapter

Phone: (907) 952-7061

Email: [info@amtaalaska.com](mailto:info@amtaalaska.com)

Web site: <http://www.akamta.com/>

### National Contacts:

American Massage Therapy Association

Phone: 847-864-0123

Web site: <http://www.amtamassage.org>

American Organization for Bodywork Therapies of Asia

Phone: (856) 782-1616

Website: <http://www.aobta.org/>

