



MH VICARS SCHOOL  
of MASSAGE THERAPY

# Massage Therapy Career Guide

## What does a massage therapist do?

As a massage therapist, you will be a front-line health care professional and play an important role in your clients' wellness routine.

You will have the training to reduce their stress, decrease their pain, and treat or alleviate the symptoms of a wide range of injuries and physical conditions.

Every treatment that you do will be unique to your client and their needs. You're not simply performing a pre-set sequence of strokes and techniques. You'll begin by talking to your client and doing an assessment. This will allow you to create a treatment plan. The massage itself will be customized for your client.

That's why massage therapists have to have to learn so much anatomy, physiology, and theory along with their hands-on training.

## Where do massage therapists work?

Almost anywhere you want!

Massage therapists work in many different environments, so you will have a lot of choice when you graduate. You could work for yourself in your own clinic or from home; with other therapists in a dedicated



massage clinic; in a wellness centre with other health care professionals like physiotherapists or chiropractors; or at a gym or yoga studio.

## Will I be able to find a job?

Massage therapy is a fast-growing industry in Alberta and across Canada. As in any profession, your personal job prospects will depend on how good a therapist you are, and what kind of training you have.

Vicars therapists are in high demand wherever they go. The employment rate of our graduates in their first year of practice is consistently 95% or higher.

We believe that the reason that Vicars School graduates do so well is because of



the quality of our curriculum, our first-rate instructors, and the valuable experience students get at our supervised practicum clinic.

## What kind of training do I need?

A good massage therapy school will not only prepare you for today's job market: it should also set you up for success as the industry changes.

Massage therapy is not yet a provincially regulated profession in Alberta. This means that there is no official entry-to-practice standard right now.

In Alberta, only therapists who have graduated from a 2200-hour diploma program are able to get insurance billing numbers. They do that by joining one of the professional associations.

But at MHVicars School, we don't think that counting hours is good enough. It matters what you're learning in school, not just how much time you spend studying.

We believe that the education standards should be about what you learn and what you can do—competencies.

This is why we made sure that our 2200-hour program meets the national curriculum and delivery standards set by

the Canadian Consortium of Massage Therapy Regulators. This is the standard that schools in regulated provinces have to follow, and that will be mandatory in Alberta when it becomes regulated.

## How long will my career last? Should I worry about physical burn-out?

In order to take care of others, you need to take care of yourself. Massage therapy is an active career, and like other physical jobs there is a risk of occupational injuries. But most of these are highly preventable, and if you practice good technique and self-care you can plan on a long and satisfying massage career.

The keys to longevity in massage is good body mechanics and self-care. Your Vicars instructors will teach you the safest ways to perform massage. Poor body mechanics can lead to exhaustion and repetitive stress injuries, not to mention a sub-par massage! It's also important to keep fit and avoid overworking yourself.

Respect your body, choose an employer who does the same, and you'll be comfortably massaging for years to come.

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I hope this has helped answer some of your questions about massage therapy as a career. For a sense of what it's like to give a professional-style massage, we recommend that you register for a Massage Therapy for Beginners Workshop. It's a fun introduction to relaxation massage, taught by an actual Vicars instructor.

To learn more about the program, please call 1-866-491-0574 or email us at [info@mhvicarsschool.com](mailto:info@mhvicarsschool.com).