

**REND LAKE COLLEGE**



**... setting the standard  
for leadership  
and excellence.**



**468 N KEN GRAY PKWY  
INA, ILLINOIS 62846**

**REND LAKE COLLEGE**

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**THERAPEUTIC  
MASSAGE**



**[www.rlc.edu](http://www.rlc.edu)**

# Therapeutic Massage

Welcome to the exciting and rewarding world of therapeutic massage. It is a profession which provides personal as well as business benefits. Reasons for pursuing this avenue of professional growth are as individual as the student.

The Therapeutic Massage program is designed to provide a basic education in the profession of therapeutic massage, including classroom theory, laboratory practice and clinical experience in the public setting. Instruction in CPR / First Aid, business and ethics also is included.

This program prepares individuals for careers in massage and bodywork. Practitioners use their hands to apply various scientific principles to the muscles and soft tissue. Therapeutic Massage is used to facilitate relaxation, health improvement and pain relief.

Upon successful completion of the Rend Lake College Therapeutic Massage Certificate program, the student will be eligible for Illinois state licensure and to take the National Certification Exam. The program is approved by the Illinois Community College Board and recognized by the National Certification Board for Therapeutic Massage and Bodywork. It consists of 29 credit hours (600 contact hours). The program is housed at the Rend Lake College MarketPlace in Mt. Vernon.

## THERAPEUTIC MASSAGE

*Occupational Certificate*

Therapeutic Massage prepares individuals for careers in massage and bodywork. Practitioners use their hands to apply various scientific principles to the muscles and soft tissue. Therapeutic Massage is used to facilitate relaxation, health improvement and pain relief. The program provides education in the human body, clinical experience, business, professional and personal development. Swedish Massage techniques are utilized as the foundation of practice. Graduates may work in a variety of settings, including medical facilities, beauty salons, private practice and sports clinics.

An Illinois State Police background check is required.

Upon successful completion, students are qualified to take the national certification exam. ■ **Total = 26 hours**

| First Semester                            | Cr. Hrs.  |
|---|-----------|
| THM 1201 Intro to Therapeutic Massage     | 2         |
| THM 1202 Therapeutic Mass. Techniques I   | 3         |
| THM 1203 Human Body for Mass. Therapy I   | 3         |
| THM 1208 TM Business Practices and Ethics | 3         |
| THM 1209 Responding to Client Emerg.      | 1         |
|   | <u>12</u> |

| Second Semester                          | Cr. Hrs.  |
|--|-----------|
| THM 1210 Human Body for Mass. Therapy II | 3         |
| THM 1211 Therapeutic Mass. Techniques II | 4         |
| THM 1212 Therapeutic Massage Clinical I  | 4         |
| THM 1222 Therapeutic Massage Clinical II | 1         |
| THM 1223 Nat'l Certification Exam Review | 2         |
|  | <u>14</u> |

**Classes held at the RLC MarketPlace in Mt. Vernon**

## PROGRAM REQUIREMENTS

This is not an open-entry program. Application requirements include:

- Admission to Rend Lake College
- Graduation from an accredited high school or GED certificate
- Passing score on pre-entrance exam
- Proof of sound health by a physician, physician assistant or nurse practitioner
- Documentation of health screenings and immunizations
- Membership in a national massage association with liability insurance
- Completion of each class with a grade of "C" or better
- Passing of a background check

## TESTING INFORMATION

The pre-entrance exam is a standardized test encompassing reading and verbal skills and basic math knowledge. Testing is scheduled at intervals during the year. Contact the Academic Counseling Center at (618) 437-5321, Ext. 1266, for details.

## EXPENSES

- Pre-entrance exam fee
- Background check fee
- Tuition
- Books
- Fees (lab / insurance / association membership)
- Uniforms / shoes for clinical rotations
- Physical exam, immunizations / lab tests
- Transportation costs
- Massage tables, linens, lotions, etc.
- Professional massage

## EMPLOYMENT OPPORTUNITIES

Varied employment opportunities exist in the field of therapeutic massage, including (but not limited to): working along with other health care professionals in a clinical setting – hospitals, chiropractors' and physicians' offices, physical therapy and pain management clinics – spa settings, beauty shops, corporations and, in many cases, self-employment, both full- and part-time.

## FINANCIAL AID

The college tries to assist individuals who demonstrate financial need, and in most cases, financial aid is available. The college has been approved as a participating institution for grants made by the Illinois Student Assistance Commission and also is approved for federal student aid programs, including veterans benefits. Locally endowed scholarships are available to full-time students through the RLC Foundation.

FOR MORE INFORMATION, PLEASE CONTACT:

**Rend Lake College  
Allied Health Division**  
468 N Ken Gray Pkwy • Ina, IL 62846  
Phone ~ (618) 437-5321, Ext. 1251 / 1225  
Toll-Free (In-District) ~ 1-800-369-5321  
Fax ~ (618) 437-5677  
advising@rlc.edu

**RLC MarketPlace**  
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Mt. Vernon, IL 62864  
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