



CAREER INSTITUTE

Faster than you ever thought possible, you can be ready to start performing Massage Therapy. U.S. Career Institute trains you in Swedish Massage, Sports Massage, Deep Tissue Massage, Medical Massage, Hydrotherapy and much, much more.

You get everything you need to complete your training, including easy-to-follow video demonstrations, step-by-step lessons, special supplements, learning aids and supplies. You get it all.

This outline gives you a preview of what you will learn.

Instruction Pack I

Lessons:

- *The Past, Present and Future of Massage Therapy*
- *Popular Bodywork Approaches—An Overview*
- *Ethics in the Therapeutic Setting*
- *Anatomical Terms and Locations*

Video: *An Introduction to Massage Therapy*

Special Supplement:
*Communication Skills—
The Key to Success*



Instruction Pack II

Lessons:

- *Organ Systems from Respiratory to Reproductive*
- *Organ Systems from Skin to Muscular*
- *Movement and Support I—Shoulder Girdle and Arm*
- *Safety Precautions for the Practitioner and the Client*
- *Swedish Massage I—Theory and Techniques*

Video: *Professionalism to Practice*

Anatomy Flashcards

Terminology Flashcards

CD: *Terminology*

Professional Development I:
Professional Image



A fun, fast and easy way to learn professional massage terminology. Includes pocket folder and flashcards.

Instruction Pack III

Lessons:

- *Movement and Support II—The Forearm and Hand*
- *Movement and Support III—The Head and Neck*
- *Swedish Massage II—Procedures*
- *Movement and Support IV—The Torso: Front and Back*



Total convenience! Your lessons, equipment...everything...is delivered right to your doorstep. What could be easier?

- *Theory of Traditional Chinese Medicine*
- Video:** *Swedish Procedures*
- Anatomy Flashcards**
- Terminology Flashcards**
- Special Supplement:** *Exercises for the Massage Therapist*
- Professional Development II:**
Managing Stress, Time and Money

Instruction Pack IV

Lessons:

- *Movement and Support V—The Pelvis and Thigh*
- *Movement and Support VI—The Knee, Leg and Foot*
- *The Therapeutic Setting—Client Comfort and Client Records*
- *Energy Techniques*
- *Hydrotherapy Techniques*

Additional Terminology and Anatomy Flashcards

Special Supplements:
Guide to Tracing Your Meridians
Aromatherapy for Massage Therapists

Professional Development III:
Career Advancement

Instruction Pack V

Lessons:

- *Sports Massage I—Theory and Techniques*
- *Sports Massage II—Procedures*
- *Massage Contraindications and Cautions*
- *Disease and First Aid Education*
- *Legal Issues for the Massage Therapist*

Video: *Sports Massage*

Special Supplement: HIPAA

Professional Development IV:

Career Starter Kit

Massage Gift Pack:

Exciting assortment of lotions and oils to enhance the massage experience you provide.

Letter of Academic Achievement

When you complete the academic portion of your training, you will receive written notification attesting to your accomplishment. The Letter of Academic Achievement also advises you that you are now ready to proceed to the advanced, final stage of the course, should you choose to do so.



A USC exclusive! Our new up-to-date *Jobs Finder* supplement gives you valuable guidance on building upon your training and starting your career.

Exciting Hands-On Opportunity!

If your goal is to work as a Professional Massage Therapist, you will want to check regulations in your area. Completing the USC hands-on training prepares you for graduation. This training is conducted by our expert, credentialed Massage instructors at our Fort Collins, CO, facility.



When you graduate, you will receive a free, one-year membership to *Associated Bodywork & Massage Professionals* (ABMP). This membership comes complete with several helpful tools as you start your career: \$2 million insurance coverage for your massage practice, free subscription to *Massage & Bodywork* magazine, free subscription to the *Knead to Know* newsletter, business and marketing materials in the *Successful Business Handbook* and access to the ABMP web community.

Your Nationally Recognized U.S. Career Institute Certificate:

Proud symbol and evidence that you have graduated and successfully completed all requirements of the program. Since U.S. Career Institute is accredited by the Accrediting Commission of the Distance Education and Training Council in Washington, D.C., you can take pride in displaying your nationally recognized Certificate as soon as you graduate.



Accredited by the Accrediting Commission of the Distance Education and Training Council



U.S. Career Institute®

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Here's What You Get!

All this is yours to use and keep! Everything you need—videos, books, lessons, learning aids and more!

Pam

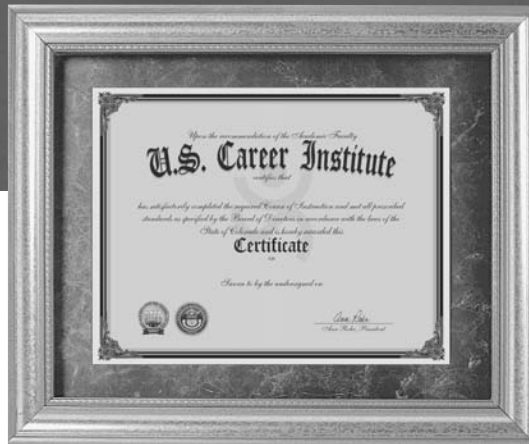


• **Sturdy Handsome Binder**—Keeps your lessons organized for quick and easy use and storage.

• **Massage Gift Pack**—to add that special touch to the massage experience.

• **Special Video and Audio Instruction**—There's no guesswork when you watch and listen to step-by-step demonstrations of professional massage techniques!

We reserve the right to substitute items of equal or greater value when it becomes necessary.



You'll be specially trained at home to perform one of today's most popular alternative health treatments...Massage Therapy.

Your Certificate from U.S. Career Institute designates you as a committed individual who has completed the finest training of its kind available. You will be proud to display it in your home or office as a symbol of your achievement!



Every U.S. Career Institute Massage Therapy graduate has received comprehensive training in Swedish Massage, Sports Massage, Deep Tissue Massage, Medical Massage, Hydrotherapy and much, much more. Plus as a graduate of this course, you will receive a free, one-year membership to *Associated Bodywork & Massage Professionals*—complete with several tools to help you begin your new career. See enclosed bonus flyer for more details.

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When we started our school over 25 years ago, our goal was to place special emphasis on making it easy for people to train at home for medical and health careers.

We've trained thousands of people to start making a good living working in a career they love. We know we can do the same for you—you have our word on that!

Pam Weston