



Illinois Institute of Massage is a Massage Therapy School approved by the Illinois Board of Higher Education

In this catalog you will find a description of the **Illinois Institute of Massage Therapy School**. It includes the total cost of the program, how the program is broken into 2 semesters, length of the program, classes within the program, and the description of material covered in these classes.

Cost

Tuition and Fees:

Non-Refundable Registration Fee	\$ <u>250.00</u>
Tuition:	<u>\$5,000.00</u>
Books and Supplies (Included):	\$ <u>0.00</u>
Miscellaneous Expenses:	\$ <u>0.00</u>
Total Cost for the Program-----	<u>\$5,250.00</u>

The total cost for the Illinois Institute of Massage Therapy School is \$5250.00. Payment plans are available with a deposit of \$1,000 and even monthly payments for those who qualify. Payment plans are available in 6, 12, 18, and 24 months with deferment options available.

Illinois Institute of Massage’s refund policy states that in the event a student does not complete the massage program, whether they drop out of school, or are dismissed due to attendance, grades, or any other reason, they are entitled to a prorated refund of their tuition.

Illinois Institute of Massage has enrolled 9 students in the past 12 months. Of those 9 students 5 have graduated, 3 are currently enrolled, and 1 has withdrawn. All 5 of the Graduates have attempted the MBLEx and 3 have passed. 2 of the 3 students that have passed the MBLEx have been placed in the field via placement assistance from the Institution and 1 is unable to be placed at this time. 2 Graduates that attempted the MBLEx but did not receive a passing grade are reported as working in a different field without placement from the Institution.

Illinois Institute of Massage is a Private Business & Vocational School regulated by the Illinois Board of Higher Education. The Institution does not have national accreditation and therefore credits earned from this Institution may not be transferrable to other Institutions.

Know someone who may be interested in earning their Massage Therapy License? Referral bonuses are available up to \$500 if it leads to successful enrollment.

This Institution is not regulated by U.S. Department of Education or a recognized Accrediting Body.

COMPLAINTS AGAINST THIS SCHOOL MAY BE REGISTERED WITH THE BOARD OF HIGHER EDUCATION

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This course of study is based on the principles of Swedish Massage that provide the solid foundation for other massage modalities to build upon. The minimum length of the program is 648 hours. The program length for the day and night schedule is 52 weeks. Illinois Institute of Massage students are trained using Susan G. Salvo's Massage "Therapy Principles and Practices, Mosby's 'Essential Sciences for Therapeutic Massage," Andrew Beils's "Trail Guide to the Body" and Martin Ashley's, "Massage, "A Career at Your Fingertips." The curriculum utilizes verbal, written, visual, and hands-on instruction throughout the classroom and clinic floor practicums. The program offers hands-on practice along with theory generally presented in an alternating schedule, so the theory portion is followed by hands-on demonstrations and supervised practice whenever possible. At 20 weeks, the students begin the "mock clinic" stage, where they work with the public. Here, the students will continue to refine their skills, further their knowledge and techniques and take their learning to the next level. This also serves to build the confidence necessary for success in the future. Along with high quality technical training, students will learn career skills such as client consultation, business development, and marketing strategies.

COURSE OBJECTIVES:

Upon completion of the 648 hours, the student will have been fully trained, evaluated, and their technical abilities will have been approved. They will have achieved or exceeded a 70% GPA for the academic (theory) portion of the program. Students must also achieve approximately 250 hours of hands-on practice that incorporates both classroom training and supervised clinic appointments. After graduation from the program, it is strongly recommended that our students take the MBLEX.

MASSAGE MODALITIES STUDIED:

Swedish, Therapeutic massage, Athletic/sports, Reflexology, Chair massage, Aromatherapy, Trigger Point Release, Deep Tissue Techniques, Stretching, MET, as well as an introduction to energy techniques, prenatal, geriatric and other supplemental techniques, such as Hot stones, as time permits. Other techniques such as Cranio-sacral or Rolfing or Esalen require extensive or advanced training and can be sought after and learned by the student after graduation from the program.

MASSAGE THEORIES STUDIED:

Historical overview of Massage, Business, Ethics, Safety and Sanitation, Tools, Products and equipment, Anatomy, Physiology, Kinesiology and Pathology, Indications and contraindications for massage, Effects and Benefits of massage, consultation and assessment, SOAP charting, Requirements for employment in a spa, a nursing home, and working with special needs clients. Self-care and nutrition are also taught. Students will complete an overview of The Massage business and its practices.

METHODS OF INSTRUCTION:

Lecture, video, teaching aids, demonstrations, testing (written and verbal) student participation and practice, as well as essays are all methods we use to instruct and prepare our students.

UNITS OF STUDY:	HOURS:
Massage & Bodywork, assessment/theory/ Instruction/ Application/Clinic Supervision	350
Anatomy, Physiology & Kinesiology & Pathology	242
Supplemental Therapies	16
Ethics and Professionalism	20
Business practices	10
Self-Care and Nutrition	10
TOTAL HOURS	648

ATTENDANCE-

Massage Therapy is a unique combination of theory and technique built upon prior knowledge learned. It is also a program based on hourly requirements. Missing class severely hampers the student's ability to grasp the class material and stay up to date with the speed of the advanced program. Therefore, attendance is critical in this program. While we understand that people have times of sickness, and family emergency, we encourage each student to make every effort to attend every class. We do reserve the right to dismiss a student from the program if tardiness or absences become a consistent problem or are found to interfere with the class as a whole. Each student is allowed up to two absences per semester without the required makeup of clock hours, missed assignments will be required as makeup even on these absences. If the student misses, it is required that they contact the instructor and let them know that they will be absent, and it is entirely up to each student to make up the work they missed.

MESSAGE THERAPY GRADING POLICY:

The school maintains complete records on each student. All students receive theory and practical tests scheduled throughout the course. Students must pass these evaluations in a satisfactory manner and a final exam at the conclusion of their program in order to graduate. Each student is graded on their theory and practical work, appearance, and attitude.

Written progress reports are maintained by the School. The progress Reports will be distributed informally to the students monthly, so that the students can keep track of their progress. At the end of the first semester, a formal progress Report will be issued which the student must sign and return to school

F (0-69)

D (70-78)

C (79-85)

B (86-92)

A (93-100)

CLASS AVAILABILITY:

Classes are conducted in the school Monday 9-6, Saturday 9-6, Sunday 9-6.

SUBJECTS

Massage & Bodywork Techniques, assessment, supervised clinic-350 hours

- Basic Massage Movements
- Procedures for complete body Massage, including face and scalp
- Hydrotherapy
- Generic and special Populations
- Deep tissue
- Sports massage
- Reflectology
- Seated (chair Massage)
- Stretching
- Asian Bodywork Therapy
- Trigger Point massage
- Pre-Natal Massage
- Aromatherapy

Anatomy, Physiology, Kinesiology and Pathology for Massage-242 hours

- Anatomy and Physiology objectives, Anatomical Positions
- Medical and Anatomical Terminology, The systems of the human body
- The Integumentary System
- Skeletal System
- The Muscular System, The Circulatory System,
- The Nervous System, The endocrine System
- The Respiratory System, The Digestive System, The Excretory System
- The Human Reproductive System
- Kinesiology- The study of Movement and Body Mechanics
- PATHOLOGY- The effects of disease on structure and function of the body.

Supplemental Therapies- 16 hours

Possible options for supplemental therapies may include:

- Esalen
- Energy modalities
- May include any special interests that the students have interest in.

Ethics and Professionalism-20 hours

- Professional Ethics for the Massage Practitioner
- Requirements for the Practice of Massage
- The Consultation
- Equipment and Products
- Effects and Benefits of Massage
- Endangerment Sites
- Contraindications for Massage

Business Practices-10 hours

- Employment opportunities and types of Employment
- Insurance information
- Developing a resume
- Business Entities
- Job Interviews
- Developing a Business Plan

Self-Care & Nutrition-10 hours

- Career Longevity
- Physical Wellness
- Occupational Wellness

Mock Clinic – 40 hours

At the Illinois Institute of Massage, our Instructor supervised Student Clinic provides our students with opportunities to function in “real life” situations. Here is where our students learn to integrate all that they have learned in this program, to treat real clients with real issues. Student Clinic aids our students transition from the school environment to their massage job environment. This experience also allows our students to demonstrate independence while still working in a safe, Instructor monitored environment. Students will gain valuable feedback from their student clinic clients. Their Student Clinic experience includes professional phone communications, scheduling, Client Intake Forms, Client Assessments, developing Client Treatment Plans, documentation of massage sessions, and office filing. Our students will be CPR certified and show proof of immunizations before participating in clinic.

Upon completion of this program, the Illinois Institute of Massage students will be prepared to take the MBLEx. Assessments, quizzes, and tests throughout the 40 week program will be presented to our students in a format consistent with the MBLEx. MBLEx practice exams will be utilized to ensure coverage of pertinent material to prepare our students to sit for the exam.