



Massage Therapy Career Guide

What does a massage therapist do?

As a massage therapist, you will be a front-line health care professional. 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 can I work as an RMT?

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. For real-life examples of where Vicars graduates work, check out our blog!).

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?

Choosing a massage school is the most important decision you will make in your career. The right education will prepare you for today's job market and set you up for success as the industry changes.



You need to choose a school that meets the highest Canadian massage therapy education standards, will prepare you for the specific requirements of your own province, and will offer a learning experience that fosters your unique gifts.

The first two criteria are the easiest to verify. Your school should have either full or preliminary accreditation status from the Canadian Massage Therapy Council for Accreditation. This is the standard that schools in regulated provinces have to follow, and CMTCA-approved schools exceed the current standards in all non-regulated provinces (like Alberta).

Figuring out if a school that suits your individual needs as a student is a more subjective, but it's still important. Ask questions about practical things like schedules and facilities. Meet faculty, get a massage at the student clinic, and take a virtual or in-person tour. When you find the school that feels like the right fit for you, you'll know.

How long will my career last?

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!

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 welcome@vicarsschool.com.