



Massage Therapy Career Guide

What is the role of a massage therapist?

A massage therapist is a health care professional who helps clients alleviate pain and improve well-being through manual treatments and self-management programs. They work with clients to identify their specific needs and concerns and tailor each session accordingly.

The therapist begins by conducting an initial consultation and assessment to gain a thorough understanding of the client's medical history, physical condition, and lifestyle. This information helps the therapist to determine the most effective treatment approach.

Massage therapists must have a strong foundation in anatomy, physiology, the principles of massage therapy and therapeutic relationships. In addition to practical training, therapists must stay current with the latest developments in the field.

Massage therapists play a key role in promoting physical and emotional wellness. They possess expertise in a range of modalities and techniques that enable them to address a variety of health concerns and conditions, including chronic pain, stress, and muscle tension.

Where can I work as an RMT?

If you are wondering where you can work as a Registered Massage Therapist (RMT), the answer is almost anywhere. Massage therapists have the flexibility to work in various environments. After you graduate, you can choose to work for yourself in your own clinic or even from home. You can also work with other therapists in a dedicated massage clinic, in a wellness center with other healthcare professionals like physiotherapists or chiropractors, or at a gym or yoga studio. If you want to know more about the workplaces 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 job prospects will depend on your skills and training. Vicars School of Massage Therapy graduates are highly sought after, with a consistent employment rate of 95% or higher in their first year of practice. We believe that our graduates do so well because of the quality of our curriculum, our exceptional instructors, and the invaluable experience students receive at our supervised clinic.

What kind of training do I need?

Choosing the right massage school is a critical decision that will shape your career path. In today's job market, a quality education is essential to remain competitive and adapt to industry changes. Therefore, it is essential to select a massage school that adheres to the highest recognized standards. Currently, the Canadian Massage Therapy Council for Accreditation is the organization that grants independent accreditation status to massage schools across Canada. Vicars received CMTCA accreditation in 2022.

Apart from accreditation, it is vital to consider training that suits your individual requirements as a student. Therefore, you should ask practical questions about schedules, facilities, and resources. Additionally, you can meet with faculty members, experience the student clinic services, and take a virtual or in-person tour of the campus to make an informed decision. By taking these steps, you can ensure that you receive the best education and training to launch a successful career in massage therapy.

How long will my massage therapy career last?

In order to continue serving others, it's important to take care of yourself first. Massage therapy is a physically demanding job, and like any other physical job, there is a risk of occupational injuries. However, most of these injuries can be prevented if you practice proper technique and self-care. This will allow you to have a long, satisfying and fulfilling career in massage therapy.

The keys to longevity in this profession are proper body mechanics and self-care. Your Vicars instructors will teach you the safest ways to perform massage. It is important to prioritize your physical fitness and avoid overworking yourself. Respect your body and choose an employer who also values your well-being, and you will be able to continue massaging comfortably for years to come!

Learn how to give a professional-style massage by registering for the Massage Therapy for Beginners Workshop. The workshop, taught by an experienced Vicars instructor, provides a fun introduction to massage therapy, allowing you to experience what working as a massage therapist feels like.

To learn more about the program, please call 1-866-491-0574 or email us at welcome@vicarsschool.com.