

# TRI-C MASSAGE THERAPY PROGRAM

*is a Popular Health Care Career Option*

Growing program attracts students with diverse interests including holistic health, sports training, business management

**T**hirty-nine year old Nicole Carpenter holds two degrees from Ohio University. She entered college with the goal to heal people. But life threw Carpenter a curveball. She became ill and experienced unplanned weight gain as a result.

Due in part to this occurrence, Carpenter became certified as a personal trainer — a track that worked well with her original goal of becoming a healer. As the owner of Moore Fitness Studio in Richmond Heights, she became interested in the massage therapy approach to healing alongside personal training. Although the two disciplines have separate protocols under the State of Ohio Medical Board, knowledge of both is beneficial. After completing Cuyahoga Community College's Massage Therapy program, Carpenter says understanding the two approaches "makes sense from a business standpoint." Carpenter liked the program so much that after she graduates in August she plans to go on for an advanced certification.

Tri-C's Massage Therapy program



Faculty member Brendan Smith with a Massage Therapy class.

is a convenient way for students to start or advance their career by earning a certification, an associate degree or a post-degree certificate. With topics including anatomy and physiology, applied muscular-skeletal anatomy, bioethics and small business management along with specific massage elements, the program prepares graduates to run an independent practice or work closely with other health care providers such as physical therapists and chiropractors. Many graduates work for

medical facilities, spas, health clubs or sports teams.

At 20 years old, John-Paul Duff is the youngest student in the current Massage Therapy class and will graduate in August. As a sports enthusiast and a Tri-C soccer player, he has had first-hand experience with sports-related injuries. "I know what it's like being on the other side," he says. For Duff, there is a satisfaction in seeing how pain relief affects a body when the soft tissue is manipulated through massage. "It's like a workout

in that the client experiences an endorphin rush. Blood flows to the muscles and flushes out toxins.” Duff says that many clients feel energized post-massage. “It can really turn their day around.”

While this outcome sounds simple enough, classes are not. Duff explains, “I tell people ‘don’t think the program is going to be easy.’ It’s a lot of science. But don’t be scared away either. There are phenomenal instructors who really want the students to succeed.”

Instructor Brendan Smith concurs. A licensed massage therapist with a degree from The Ohio State University, Smith joined the Tri-C faculty in 2015. “I’ve never been part of a school that is so student-oriented,” he says. “The massage curriculum is about 50/50 in terms of lecture/lab and the massage clinic. You have to pass both. The instructors work together to bring the whole program to students, from anatomy to small business management to actual massage techniques.” Smith cites Tri-C’s state-of-the-art Massage Clinic, located at the Eastern Campus in Highland Hills, as a wonderful way for students to



From left to right: Nicole Carpenter, John-Paul Duff and Nicole Fisher at Tri-C Massage Clinic at Eastern Campus.

gain hands-on technical expertise and a cost-effective option for the public to take advantage of the relaxation benefits of massage.

Smith says interest in massage therapy continues to grow and is being prescribed by physicians in areas as disparate as oncology, physical therapy enhancement and obstetrics. As part of the curriculum, Tri-C massage therapy students visit the Cleveland Clinic to see how massage is offered in a health care setting.

Nicole Fisher is pursuing a post-degree professional certificate through the program. In her past career, she designed corporate wellness programs. She hopes to become an independent contractor for a massotherapy clinic. She sees massage as beneficial in myriad ways, even simply in terms of relaxation within our workaholic society.

“No matter what physical state a person is in, a relaxation massage positively affects the nervous system immediately,” Fisher explains. “Even from passive touch — you can watch it happen, you can just see the client calm down and unwind. It is extremely beneficial to overall health and to achieving a state of balance, which allows natural healing to occur.”

### MESSAGE CLINIC:

The clinic follows the academic calendar — June through August, September through November and January through April on specific dates and times. Cost to the public is \$30 for the spring/summer sessions and \$35 for the fall session. To make an appointment at the Massage Clinic, call 216-987-2417.



### DEGREE/CERTIFICATE OPTIONS:

- Associate of Applied Science Degree
- Certificate of Proficiency
- Post-Degree Professional Certificate
- Advanced Short-Term Certificate (for graduates of the Certificate of Proficiency and Post-Degree Certificates)

### PROGRAM HIGHLIGHTS:

- Certificate can be completed in one year
- Students who complete may apply for State Medical Board of Ohio licensure after passing the MBLEx exam
- Tri-C program grads have had a 100% MBLEx exam pass rate every year since 2012
- Certificate credits transfer to associate degree
- High student completion rate
- Low tuition

For more enrollment information, visit [www.tri-c.edu/massage](http://www.tri-c.edu/massage) or call 216-987-4247.