

# MY NEXT MOVE

## Massage Therapists

**Also called:** Certified Massage Therapist (CMT), Licensed Massage Practitioner (LMP), Licensed Massage Therapist (LMT), Massage Therapist

### What they do:

Perform therapeutic massages of soft tissues and joints. May assist in the assessment of range of motion and muscle strength, or propose client therapy plans.

### On the job, you would:

- Confer with clients about their medical histories and problems with stress or pain to determine how massage will be most helpful.
- Massage and knead muscles and soft tissues of the body to provide treatment for medical conditions, injuries, or wellness maintenance.
- Maintain massage areas by restocking supplies or sanitizing equipment.

## KNOWLEDGE

### Business

- customer service
- sales and marketing

### Arts and Humanities

- English language

### Math and Science

- biology
- psychology

### Health

- medicine and dentistry

## SKILLS

### Basic Skills

- listening to others, not interrupting, and asking good questions
- talking to others

### Problem Solving

- noticing a problem and figuring out the best way to solve it

## ABILITIES

## Verbal

- communicate by speaking
- listen and understand what people say

## Hand and Finger Use

- hold or move items with your hands
- keep your arm or hand steady

## Endurance

- exercise for a long time without getting out of breath

## Physical Strength

- exercise for a long time without your muscles getting tired

# PERSONALITY

People interested in this work like activities that include **helping people, teaching,** and talking.

They do well at jobs that need:

- **Concern for Others**
- **Dependability**
- **Integrity**
- **Self Control**
- **Cooperation**
- **Independence**

# TECHNOLOGY

You might use software like this on the job:

## Spreadsheet software

- Microsoft Excel 🔥

## Medical software

- ICS Software SammyUSA
- WinCity Custom Software WinCity Massage SOAP Notes

## Word processing software

- Microsoft Word 🔥

# EDUCATION



**certificate after high school** or  
**associate's degree**

usually needed

# JOB OUTLOOK

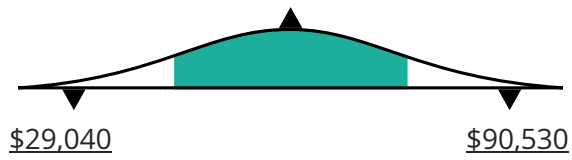


New job opportunities are **very likely** in the future.

**Bright**

SALARY:

**\$49,860**



## EXPLORE MORE

- [Occupational Therapy Aides](#)
- [Occupational Therapy Assistants](#)
- [Physical Therapist Aides](#)
- [Physical Therapist Assistants](#)
- [Recreational Therapists](#)

You might like a career in one of these industries:

- [Service](#)
- [Health & Counseling](#)