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## **PCC showcases its new high-tech Massage Therapy program facility**

**PUEBLO** – Pueblo Community College’s Massage Therapy program students have already had the highest-quality instructors teaching them. Now they have the ability to receive training in state-of-the-art facilities as well.

Today, PCC is showcasing its new headquarters at the corner of Lincoln and Abriendo avenues following a ribbon-cutting ceremony involving college and chambers of commerce representatives. It was designed both for teaching massage therapy and providing “hands-on” clinical experience.

Among the features of the state-of-the-art facility are:

- A 360-degree ceiling camera and video projection onto 3 walls
- 4 hydraulic massage tables that adjust to decompress the lumbar region
- The Maniken system of building Anatomy in Clay
- A posture-analysis grid

"This facility was specifically designed to provide the most effective learning environment possible for massage therapy education," said Lynne Ross, Chair of the Massage Therapy program. "The camera and projector system allows students to follow the instructors' demonstration from any position around the body, from any place in the room. Students are seeing, touching, moving and hearing instruction all at the same time, so we are effectively delivering content to all learning styles – visual, tactile, kinesthetic, auditory.

"The open classroom space needed for massage instruction easily transforms into 7 private areas for clinical practice," she added. "Our new curriculum and facility provides a maximum number of students hands-on practice both in class and in a clinical setting each and every semester. That's how real learning occurs – repetitive real-life practice in an environment that caters to all learning styles."

PCC launched the Massage Therapy program in the fall 2006 semester and since then has upgraded its curriculum to meet a new state law requiring massage therapists to be registered and have a minimum of 500 contact hours. While the initial graduates of the program completed 615 contact hours, the class of 2011 will complete 855 contact hours.

Students must complete 42 credits to earn a certificate from PCC in order to be registered as a massage therapist in Colorado and sit for the national certification exam. Students learn from highly-qualified faculty that:

- Have more than 82 years combined experience in massage therapy
- Are trained teachers with expertise in Massage Therapy
- Have diverse backgrounds that include a registered nurse, exercise physiologist, chiropractor, physical therapy assistant, licensed esthetician, psychiatric technician and specialty certifications in lymphatic drainage, myofascial release, Reiki, geriatric massage, energy therapies, neuromuscular therapy, medical massage therapy and sports massage.

The clinical experience that students receive is designed to provide mastery of the basics, a thorough understanding of the musculoskeletal system, and experiential introduction to several subspecialty areas of massage including:

- Lifestyle wellness
- Neuromuscular (trigger point) therapy
- Myofascial release
- Lymphatic drainage
- Energy therapy
- Acupressure
- Aromatherapy
- Reflexology
- PNF (Proprioceptive Neuromuscular Facilitation) stretching

According to the U.S. Department of Labor's Bureau of Labor Statistics, employment of massage therapists is expected to increase by 19 percent through 2018, faster than the average for all occupations. Median hourly wages of massage therapists, including gratuities, were \$16.78 in May 2008.

More information about the program is available by contacting Ross at 549-3075 or [lynne.ross@pueblocc.edu](mailto:lynne.ross@pueblocc.edu).

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*Founded in 1933, Pueblo Community College is a premier teaching institution focused on providing academic and service excellence to help its students acquire the 21<sup>st</sup> Century skills needed to better their lives. An educational and technological leader, PCC fosters economic development and utilizes strong partnerships in the communities it serves through its Pueblo, Fremont and Southwest campuses.*