M.T. Wellness – Medical Model Massage Institute Curriculum Classes / Hours

Basic LMT	**Term 1 -Winter**	**Term 2 -Spring**	**Term 3- Summer**	**Term 4-Fall**
Anatomy & Physiology-Pathology / 3hrs/day x 3days/wk. x 8 wks/Term. x 4 Terms +2 hr Final x 4 = **296 hrs**	Intro, Skin, Axial & Appendicular Skeleton, Joints, Muscles –part 1 Hip, LE, Trunk (Ch. 1, 5, 7, 8, 9, 11)	Muscles –part 2 Trunk, UE, Head & Neck, Spinal Cord & Nerves, Brain & Cranial Nerves, Sensory, Motor Integrative, Special Senses, Autonomic, Endocrine (Ch 11, 13, 14, 15, 16, 17, 18)	Physiology (Ch 2, 3, 4, 6, 10, 12)	Physiology (Ch 19-24)
Functional Anatomy / (2.5rs/wk x 8 weeks/Term x 2 Terms+ 2 hr Final x 2 = **44 hrs**.			----------Posture, Movement, LE	Gait, Spine, UE
Assessment Skills / 1.25 hrs/wk. x 8 wks/Term x 2 Terms + 2 hr Final x 2 = **24 hrs.**			----------Posture, LE, Spine,	UE

Total = 364 hours

	Term 1	**Term 2**	**Term 3**	**Term 4**
Massage Theory & Procedures –Phase 1 4 terms + 3hr. Final x 4 = **300 hrs**	Kellogg / Swedish 9hrs/wk x 8 wks/Term	Integrated Passive Massage-NMT / Sport Massage/ Myofascial / PROM 15hrs/wk x 8 wks/Term	OrthoRelease 3hrs/wk x 8 wks/Term	Concentric/ Eccentric Muscle Pairs Treatment Techniques 9hrs/wk x 8wks/Term

Application Lab / 40 hrs. ----------1 hr/wk x 8 wks = **8 hrs**----------2 hrs/wk x 8 wks = **16 hrs**----------2 hrs/wk x 8 wks = **16 hrs.**

Passive Massage Clinic / 16hrs (2 hrs/wk x 8 wks.)----------Cervical/ Upper Thoracic / UE /LE / Lower Back

Total = 356 hours

	Term 1	**Term 2**	**Basic LMT Total**
Ethics / 25 hrs. ---------- (3 hr/wk x 8wks + 1 hr. Final)			
Business & Law / 25 hrs. ---------- (3 hr/wk x 8wks + 1 hr. Final - Includes **Functional Information** / 11 hrs.)			**770 hours**