**Unlock the Mystery:**

**Understanding the Iowa**

**Massage Therapy Law**

**(Includes 2016 updates)**

The goal of this three hours CE class is to introduce/review correct body mechanics in order to ensure a long, productive career with the least amount of mechanical stress to your body.

Learning Objective for this hands on class

The participants will be able to:

\*Perform common massage techniques (effleurage, petrissage, forearm glide, compression, and static digital pressure) with while demonstrating the basic principles and theories of body mechanics: leverage, balance and biomechanics.

\* Demonstrate proper body mechanics to allow the practitioner’s body to be efficient in the delivery of bodywork

\* Demonstrate the proper table height for maximum body mechanics

\* Demonstrate proper body mechanics to allow the practitioner’s body to be efficient in the delivery of bodywork as demonstrated through class discussion, participation in group hand on exercise and successful participation in hands-on portion of curriculum.

\* Demonstrate the use of the strongest and largest muscles in the body through good posture and balance through class discussion, participation in group hand on exercise and successful participation in hands-on portion of curriculum.

\*Identify common errors/effects of poor body mechanics and determine how to correct those deficiencies

 Chris Bio info

Since 1994, Chris Rider has been a licensed massage therapist in the State of Iowa. Chris has been an instructor at Carlson College of Massage Therapy (Anamosa, IA) since 2000.  Carlson College of Massage Therapy is Iowa’s only school accredited by the Commission on Massage Therapy Accreditation (COMTA).  In 2008 she became President and Owner of the school and took over the daily oversight and management of the massage therapy training programs.  In her teaching, Chris is responsible for Swedish Massage (including body mechanics), Business Practices (series of 6 classes), Professional Ethics (series of 3 classes) and more!

Chris is actively engaged in the American Massage Therapy Association-Iowa Chapter, where she served in several positions including Treasurer, First Vice President and President since beginning her volunteer service in 1998. Currently Chris serves as the Iowa Chapter Immediate Past President and a national AMTA volunteer as the Commissioner of Elections.

Regularly described by her students for having the ability to make a class fun, Chris enjoys the challenge of educating students and changing their preconceived notions about a topic.