



Massage Prep Curriculum Unit Program	Massage Prep Curriculum Unit Program
MESSAGE PREP ACADEMY - <b>UNIT 1</b> (ASSESSMENT, PLANNING AND MEDICAL TERMINOLOGY)	MESSAGE PREP ACADEMY - <b>UNIT 25</b> ((MUSCLE TUTORIALS OF: ABDUCTOR DIGITI MINIMI, ABDUCTOR DIGITI MINIMI PEDIS, ABDUCTOR HALLUCIS, ABDUCTOR POLLICIS BREVIS, ABDUCTOR POLLICIS LONGUS, ADDUCTOR HALLUCIS, ADDUCTOR LONGUS, ADDUCTOR BREVIS, ADDUCTOR MAGNUS, ADDUCTOR POLLICIS)
MESSAGE PREP ACADEMY - <b>UNIT 2</b> (INDICATIONS AND CONTRAINDICATIONS OF MASSAGE, BUSINESS, LAW, COPYRIGHT & PATENT, MEDICAL ERRORS, AND ETHICS)	MESSAGE PREP ACADEMY - <b>UNIT 26</b> (MUSCLE TUTORIALS OF: ANCONIUS, ANTERIOR SCALENES, BICEPS BRACHII, BICEPS FEMORIS, BRACHIALIS, BRACHIORADIALIS, CORACOBRAHIALIS, DELTOID, DIAPHRAGM, AND DIGASTRIC)
MESSAGE PREP ACADEMY - <b>UNIT 3</b> (MASSAGE ENVIRONMENT, BODY AND TABLE MECHANICS, CLINICAL AND ENERGY BODYWORK, AND EASTERN MASSAGE MODALITIES)	MESSAGE PREP ACADEMY - <b>UNIT 27</b> (MUSCLE TUTORIALS OF: DORSAL INTEROSSEI DORSAL INTEROSSEI PEDIS, EXTENSOR CARPI RADIALIS BREVIS, EXTENSOR CARPI RADIALIS LONGUS, EXTENSOR CARPI ULNARIS, EXTENSOR DIGITI MINIMI, EXTENSOR DIGITORUM, EXTENSOR DIGITORUM BREVIS, EXTENSOR DIGITORUM LONGUS, EXTENSOR HALLUCIS BREVIS, AND EXTENSOR HALLUCIS LONGUS.)
MESSAGE PREP ACADEMY - <b>UNIT 4</b> (SWEDISH MASSAGE, MASSAGE MANIPULATIONS AND TECHNIQUES, AND ADAPTIVE MASSAGE FOR DIFFERENT POPULATIONS)	MESSAGE PREP ACADEMY - <b>UNIT 28</b> (MUSCLE TUTORIALS OF: EXTENSOR INDICIS, EXTENSOR POLLICIS BREVIS, EXTENSOR POLLICIS LONGUS, EXTENSOR INTERCOSTALS, EXTERNAL OBLIQUES, FIBULARIS PERONEUS BREVIS, FIBULARIS PERONEUS LONGUS, FLEXOR CARPI RADIALIS, FLEXOR CARPI ULNARIS, AND FLEXOR DIGITI MINIMI BREVIS.)
MESSAGE PREP ACADEMY - <b>UNIT 5</b> (HISTORY OF MASSAGE, BASIC FIRST AID, INFECTION AND CONTROL, OCCUPATIONAL SAFETY, DRAPING AND HYGIENE, BLOOD-BORN PATHOGENS, AIDS AND PHARMACOLOGY)	MESSAGE PREP ACADEMY - <b>UNIT 29</b> (MUSCLE TUTORIALS OF: FLEXOR DIGITORUM BREVIS, FLEXOR DIGITORUM LONGUS, FLEXOR DIGITORUM PROFUNDUS, FLEXOR DIGITORUM SUPERFICIALIS, FLEXOR HALLUCIS BREVIS, FLEXOR HALLUCIS LONGUS, FLEXOR POLLICIS BREVIS, FLEXOR POLLICIS LONGUS, GASTROCNEMIUS, GEMELLUS INFERIOR, AND GEMELLUS SUPERIOR.)
MESSAGE PREP ACADEMY - <b>UNIT 6</b> (OVERVIEW OF HYDROTHERAPY, APPLICATIONS OF HYDROTHERAPY, CONTRAINDICATIONS OF HYDROTHERAPY, AND OILS AND HYDROTHERAPY)	MESSAGE PREP ACADEMY - <b>UNIT 30</b> (MUSCLE TUTORIALS OF: GENIOHYOID, GLUTEUS MAXIMUS, GLUTEUS MEDIUS, GLUTEUS MINIMUS, GRACILIS, ILIACUS, ILIOCONSTALIS, INFRASPINATUS, INTERNAL INTERCOSTALS, AND INTERNAL OBLIQUES.)
MESSAGE PREP ACADEMY - <b>UNIT 7</b> (AROMATHERAPY, AYURVEDA, FIVE ELEMENTS AND CHAKRAS, AND INTRODUCTION TO MERIDIANS)	MESSAGE PREP ACADEMY - <b>UNIT 31</b> (MUSCLE TUTORIALS OF: INTERSPINALIS - MUSCLE TUTORIAL, INTERTRANSVERSARI, LATERAL PTERYGOID, LATISSIMUS DORSI, LEVATOR SCAPULAE, LONGISSIMUS, LONGUS CAPITIS, LONGUS COLLI, LUMBRICALS OF THE FOOT, AND LUMBRICALS OF THE HAND)
MESSAGE PREP ACADEMY - <b>UNIT 8</b> (INTRODUCTION TO SPORTS MASSAGE, SPORTS MASSAGE PROCEDURES AND TECHNIQUES FOR DIFFERENT BODY PARTS, MUSCLE ENERGY AND STRETCHING TECHNIQUES)	MESSAGE PREP ACADEMY - <b>UNIT 32</b> (MUSCLE TUTORIALS OF: MASSETER, MEDIAL PTERYGOID, MIDDLE SCALENE, MULTIFIDUS, OBLIQUE CAPITIS INFERIOR, OBLIQUE CAPITIS SUPERIOR, OBTURATOR EXTERNUS, OBTURATOR INTERNUS, OCCIPITOFONTALIS, AND OMOHYOID)



MESSAGE PREP ACADEMY - <b>UNIT 9</b> (CELLS AND TISSUES AND CIRCULATORY SYSTEM)	MESSAGE PREP ACADEMY - <b>UNIT 33</b> (MUSCLE TUTORIALS OF: OPPONENS DIGITI MINIMI, OPPONENS POLICIS, PALMAR INTEROSSEI, PALMARIS LONGUS, PECTINEUS, PECTORALIS MAJOR, PECTORALIS MINOR, PIRIFORMIS, PLANTAR INTEROSSEI, AND PLATYSMA)
MESSAGE PREP ACADEMY - <b>UNIT 10</b> (DIGESTIVE SYSTEM AND ENDOCRINE SYSTEM)	MESSAGE PREP ACADEMY - <b>UNIT 34</b> (MUSCLE TUTORIALS OF: POPLITEUS, POSTERIOR SCALENE, PRONATOR QUADRATUS, PRONATOR TERES, PSOAS MAJOR, PSOAS MINOR, QUADRATUS FEMORIS, QUADRATUS LUMBORUM, RECTUS ABDOMINUS, RECTUS CAPITIS POSTERIOR MAJOR, AND RECTUS CAPITIS POSTERIOR MINOR)
MESSAGE PREP ACADEMY - <b>UNIT 11</b> (LYMPHATIC SYSTEM AND LYMPHATIC DRAINAGE MASSAGE TECHNIQUES)	MESSAGE PREP ACADEMY - <b>UNIT 35</b> (MUSCLE TUTORIALS OF: RECTUS FEMORIS, RHOMBOID MAJOR, RHOMBOID MINOR, ROTATORS, SARTORIUS, SEMIMEMBRANOSUS, SEMISPINALIS CAPITIS, SEMITENDINOSUS, SERRATUS ANTERIOR, AND SOLEUS)
MESSAGE PREP ACADEMY - <b>UNIT 12</b> (MUSCULAR SYSTEM AND MASSAGE MANIPULATIONS AND TECHNIQUES)	MESSAGE PREP ACADEMY - <b>UNIT 36</b> (MUSCLE TUTORIALS OF: SPINALIS SPLENIUS CAPITIS, SPLENIUS CERVICIS, STERNOCLEIDOMASTOID, STERNOHYOID, STERNOHYOID, SUBCLAVIUS, SUPINATOR, SUPRASPINATUS, AND TEMPORALIS)
MESSAGE PREP ACADEMY - <b>UNIT 13</b> (MUSCLE KINESIOLOGY, MUSCLE ANATOMY, AND MUSCLE PHYSIOLOGY)	MESSAGE PREP ACADEMY - <b>UNIT 37</b> (MUSCLE TUTORIALS OF: TENSOR FASCIA LATAE, TERES MAJOR, TERES MINOR, THYROID, TIBIALIS ANTERIOR, TIBIALIS POSTERIOR, TRANSVERSUS ABDOMINUS, TRAPEZIUS, VASTUS INTERMEDIUS, VASTUS LATERALIS, AND VASTUS MEDIALIS)
MESSAGE PREP ACADEMY - <b>UNIT 14</b> (NERVOUS SYSTEM)	MESSAGE PREP ACADEMY - <b>UNIT 38</b> BODY AND TABLE MECHANICS INCLUDES: BASIC POSTURE PRINCIPLES, BENDING PROPERLY, LIFTING WITH YOUR BACK NOT, MINDFUL LIFTING TECHNIQUES, REACHING PUSHING AND PULLING, SELF AWARENESS, AND NUTRITION AND HEALTH)
MESSAGE PREP ACADEMY - <b>UNIT 15</b> (VOCABULARY OF PATHOLOGY, MIX AND MATCH REVIEW OF PATHOLOGY, PATHOLOGY INDICATIONS AND CONTRAINDICATIONS, PATHOLOGY SIGNS AND SYMPTOMS, CONDITION MASSAGE ASSESSMENTS.))	MESSAGE PREP ACADEMY - <b>UNIT 39</b> (DEEP TISSUE MASSAGE INCLUDES: MASSAGE ASSESSMENT OF DEEP TISSUE MASSAGE, BENEFITS OF DEEP TISSUE MASSAGE, INDICATIONS OF DEEP TISSUE MASSAGE, CONTRAINDICATIONS OF DEEP TISSUE MASSAGE, COMPONENTS OF MUSCLES AND STRETCHING PRINCIPLES, AND SEVERAL DEEP TISSUE MASSAGE TECHNIQUES)
MESSAGE PREP ACADEMY - <b>UNIT 16</b> (RESPIRATORY SYSTEM)	MESSAGE PREP ACADEMY - <b>UNIT 40</b> (HISTORY OF REFLEXOLOGY, INTRODUCTION TO REFLEXOLOGY, THEORY OF REFLEXOLOGY, MUSCLES OF THE FIRST TOE, MUSCLES OF THE FOOT AND LEG, BONES OF THE FOOT, HYGIENE, INFECTION CONTROL, AND MAPPING FOOT REFLEXOLOGY OF SEVERAL AREA OF THE BODY)



MASSAGE PREP ACADEMY - <b>UNIT 17</b> (URINARY SYSTEM)	MASSAGE PREP ACADEMY - <b>UNIT 41</b> (CHAIR MASSAGE INCLUDES: TARGET MARKETS, ORGANIZATIONAL SKILLS, STRATEGIC APPROACH, BODY AND MECHANICS, CORPORATE MASSAGE, MARKETING AND ADVERTISING, HOSPITAL CLIENTS, SELECTION OF CHAIR MASSAGE AND TECHNIQUES, CHAIR MASSAGE - PART 1, CHAIR MASSAGE - PART 2, WHEEL CHAIR MASSAGE TECHNIQUES - PART 1, AND WHEEL CHAIR MASSAGE TECHNIQUES - PART 2)
MASSAGE PREP ACADEMY - <b>UNIT 18</b> (REPRODUCTIVE SYSTEM)	MASSAGE PREP ACADEMY - <b>UNIT 42</b> (BENEFITS OF HOT AND COLD STONE MASSAGE, CONTRAINDICATIONS OF HOT STONE MASSAGE, ENERGY MODALITIES AND STONES, HOT STONE MASSAGE SESSION, RECTIONS TO HOT AND COLD TEMPERATURES, SETTING UP THE HOT STONE MASSAGE ROOM, THE SEVEN CHAKRAS, AND TYPES OF STONES - HOT AND COLD STONE MASSAGE)
MASSAGE PREP ACADEMY - <b>UNIT 19</b> (INTEGUMENTARY SYSTEM)	MASSAGE PREP ACADEMY - <b>UNIT 43</b> (FINAL SIMULATED MBLEX - EXAM PART 1, FINAL SIMULATED MBLEX - EXAM PART 2, FINAL SIMULATED MBLEX - EXAM PART 3, FINAL SIMULATED MBLEX - EXAM PART 4, AND FINAL SIMULATED MBLEX - EXAM PART 5)
MASSAGE PREP ACADEMY - <b>UNIT 20</b> (SKELETAL SYSTEM AND LANDMARKS OF THE BODY)	MASSAGE PREP ACADEMY - <b>UNIT 44</b> (FINAL SIMULATED MBLEX - EXAM PART 6, FINAL SIMULATED MBLEX - EXAM PART 7, FINAL SIMULATED MBLEX - EXAM PART 8, FINAL SIMULATED MBLEX - EXAM PART 9, AND FINAL SIMULATED MBLEX - EXAM PART 10)
MASSAGE PREP ACADEMY - <b>UNIT 21</b> (STUDY GUIDES FOR ADDUCTORS, ERECTOR SPINAE, GLUTEALS, HAMSTRINGS, HIP OUTWARD ROTATORS, ILIOPSOAS, ANKLE, FOOT ELBOW, WRIST, FOREARM, HIP AND KNEE MOVEMENTS)	MASSAGE PREP ACADEMY - <b>UNIT 45</b> (FINAL SIMULATED MBLEX - RANDOM EXAM PART 1, FINAL SIMULATED MBLEX - RANDOM EXAM PART 2, FINAL SIMULATED MBLEX - RANDOM EXAM PART 3, FINAL SIMULATED MBLEX - RANDOM EXAM PART 4, AND FINAL SIMULATED MBLEX - RANDOM EXAM PART 5)
MASSAGE PREP ACADEMY - <b>UNIT 22</b> (MUSCLES OF MASTICATION, MUSCLES OF SCAPULAR MOVEMENT, MUSCLES OF THE HEAD AND NECK, MUSCLES OF THE TRUNK, PULMONARY AND RESPIRATION MUSCLES, PES ANSERINUS, MUSCLES OF SCALENES AND STERNOCLEIDOMASTOID, SUBOCCIPITALS, AND TRANSVERSOSPINALIS)	MASSAGE PREP ACADEMY - <b>UNIT 46</b> (FINAL SIMULATED MBLEX - RANDOM EXAM PART 6, FINAL SIMULATED MBLEX - RANDOM EXAM PART 7, FINAL SIMULATED MBLEX - RANDOM EXAM PART 8, FINAL SIMULATED MBLEX - RANDOM EXAM PART 9, AND FINAL SIMULATED MBLEX - RANDOM EXAM PART 10)
MASSAGE PREP ACADEMY - <b>UNIT 23</b> (ANKLE MUSCLES (DORSAL FLEXORS), ANKLE MUSCLES (PLANTAR FLEXORS), ANTERIOR WRIST MUSCLES (FLEXORS), ELBOW MUSCLES, ELBOW MOVERS OF THE FOREARM, HIP ABDUCTION AND ADDUCTION HIP EXTENSORS, HIP FLEXORS, KNEE EXTENSORS, AND KNEE FLEXORS)	MASSAGE PREP ACADEMY - <b>UNIT 47</b> (FINAL SIMULATED MBLEX - RANDOM EXAM PART 11, FINAL SIMULATED MBLEX - RANDOM EXAM PART 12, FINAL SIMULATED MBLEX - RANDOM EXAM PART 13, FINAL SIMULATED MBLEX - RANDOM EXAM PART 14, AND FINAL SIMULATED MBLEX - RANDOM EXAM PART 15)
MASSAGE PREP ACADEMY - <b>UNIT 24</b> ((LATERAL ROTATORS OF THE HIP, MUSCLES OF THE TRUNK, MUSCLES OF THE NECK, POSTERIOR WRIST MUSCLES (EXTENSORS), QUADRICEPS FEMORIS MUSCLES, ROTATOR CUFF MUSCLES, SHOULDER MUSCLES, AND, SCAPULAR MUSCLES)	MASSAGE PREP ACADEMY - <b>UNIT 48</b> (FINAL SIMULATED MBLEX - RANDOM EXAM PART 16, FINAL SIMULATED MBLEX - RANDOM EXAM PART 17, FINAL SIMULATED MBLEX - RANDOM EXAM PART 18, FINAL SIMULATED MBLEX - RANDOM EXAM PART 19, AND FINAL SIMULATED MBLEX - RANDOM EXAM PART 20)