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Sarah Small

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Seeking a position as a remedial massage therapist using my skills effectively to accommodate my client's needs and further develop my remedial massage skills.

# professional Experience

**Hartz Rehabilitation Center** Albany, NY

*Remedial Massage Therapist* June 2008 – Present

* Performed approximately 10 remedial massages a day based on clients' needs
* Used the appropriate and most effective techniques required for each client, including effleurage, deep tissue massage, trigger point therapy, lymphatic drainage, shiatsu, and passive stretching
* Assessed the needs of my clients' physical condition and developed an appropriate individualized treatment plan for them
* Assessed and treated my clients' specific injuries, including sports injuries
* Provided rehabilitation as well as general health advice for each client

**Elan Spa Bar** Harbor, ME

*Remedial Massage Therapist* 2003 – 2007

* Performed effective massage on my clients using deep tissue, sports massage, and shiatsu techniques
* Examined and evaluated my clients’ soft tissue condition, joint function, muscle strength, and range of movement
* Used balancing aids, wet compresses, ice, infra-red lamps, and whirlpool baths to aid in supporting my clients' recovery
* Massaged and pressed muscles and soft tissues of the body to provide treatment and relief for clients' medical conditions, and sports injuries

# Education

**The College of Massage Therapy** Poughkeepsie, NY

*Diploma of Shiatsu and Oriental Therapies* 2002

**The College of Massage Therapy** Poughkeepsie, NY

*Diploma of Remedial Massage* 2002

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