



Materials List: Massage Therapy

Massage therapy is the manipulation of the soft tissues of the body to promote health, to rehabilitate, to relax, to prevent dysfunction, and to relieve pain. This direct, hands-on treatment has a therapeutic effect on the neuromuscular, circulatory and hormonal systems of the body.

Applying their knowledge of anatomy and physiology, massage therapists use a variety of modern and well-established massage techniques, as well as orthopedic assessment, remedial exercise, hydrotherapy and other therapies to assess and treat their clients.

(<http://www.cmtnl.ca/our-purpose/about-massage-therapy/>)

Student Kit List

Students must order and pay for their equipment online at *Know Your Body Best*
Please follow the directions for ordering on the accompanying handout.

The kits will be then delivered to the campus and distributed by the program instructor.

The following items are contained in the complete student kit from Know Your Body Best:

- 1 Stethoscope – 22"
- 1 Massage Bottle & Holster
- 2 White Headrest Covers – Fitted, Jersey Material
- 4 White Flat Sheets – 60 x 100", Percale
- 2 White Pillow Cases – 21 x 34", Percale
- 4 Standard Hand Towel – 16 x 28"
- 4 Standard Bath Towel - 22 x 44"
- 1 Thermophore Heating Pad, Large, 14 x 27"
- 1 White Thermal Cotton Blanket
- 1 Goniometer – 8"
- 1 Manual Blood Pressure Cuff
- 1 Reflex Hammer – 8"
- 1 Neurological Pinwheel – 7.5"

The following clothing items can be obtained from the local suppliers listed on the back of this sheet.

- 1 Scrub Shirt and Pants (Must be BLACK)



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Notes:

1. Further purchases may be required. Please verify with your instructor.
2. Textbooks also have to be purchased for courses.
3. Students should meet with their instructors **before** making any purchases, including used textbooks.
4. Suggested suppliers:

Kit Supplies

- Purchased through Know Your Body Best (*follow directions on ordering handout*). They will be distributed by your program instructor when they arrive on campus.

Scrub Shirt/Pants

- Professional Uniforms and Mats – St. John's - 576-0794
- Mark's Work Wearhouse
 - Corner Brook - 634-0169
 - St. John's - 722-9870/576-6275
 - Mount Pearl - 368-9677

IMPORTANT:

Items must be purchased before the start of the clinical component of the program.

Where applicable, students can enquire about student discounts available with each supplier before purchase.