

Sports Massage Therapist Job Description

Duties and Responsibilities:

- Provide massage and body treatments for guests and members of the spa
- Perform therapeutic massages of joints and soft tissues
- Perform assessment of range of motion and muscle strength; propose and implement client therapy plans
- Massage and knead muscles and soft tissues to provide treatment for medical conditions, injuries, or wellness maintenance
- Maintain patient treatment records by writing reports, covering initial evaluation of patients, progress, and treatment recommendation
- Provide massage therapies in a variety of modalities such as: Swedish, Deep Tissue, Hot Stone, Reflexology, Aromatherapy Prenatal, Sports, Relaxation, chair, etc., to spa guests, members, etc
- Perform deep tissue massage or sports massage
- Operate heat lamps and related equipment
- Keep linen and towel supplies stocked
- Keep massage room clean and stocked for the next client or therapist in a presentable manner
- Work closely and communicate frequently with other staff to stay aware of any changes to the clients' schedule
- Participate in programs to promote massage and wellness
- Execute any individual or team plans to increase results
- Ensure schedule is always up-to-date for two-weeks and built for growth
- Demonstrate strong knowledge of all current retail product packages, services, pricing, and promotions offered so that all services and sales effort are tailored to meet each client's unique needs
- Make confirmation calls to clients and follow up with scheduled clients who haven't shown up for their appointments

- Using hand to manually manipulate muscles and soft tissue to relieve pain and stress
- Maintain a clean, calm, and soothing environment that enables the client to relax.

Sports Massage Therapist Requirements – Skills, Knowledge, and Abilities

- Education and Training: To be a sports massage therapist you require a minimum of High school diploma or General Education Diploma (GED) and a combination of experience, training, and certification
- License: Sports massage therapist must hold a current Massage Therapy License, and current CPR & First Aid Certification is required
- Professional Certification: Sport Massage Therapy Certification from reputable organization like American Massage Therapy Association (AMTA) is preferred
- Knowledge: Sports therapists should be skilled in Clinical Massage Therapy (Deep Tissue, Trigger point, Sports) in order to work with individuals who need specific, deeper tissue work
- Excellent relaxing massage modalities as well as awareness of biomechanics, body landmarks, and methodologies to treat injury in an appropriate manner
- Physical dexterity: When performing the duties of a sports massage therapist, you will be frequently required to stand for prolonged periods, reach with hands and arms, stoop, kneel, crouch, or crawl. It also involves frequent lifting and/or moving up to 10-25 pounds
- Vision abilities: Sport massage therapists require certain vision abilities which include: close vision, distance vision, peripheral vision, and depth perception, and the ability to adjust focus while performing the tasks of this job
- Listening and communication skills: Sports massage therapists require the ability to listen to clients' need and interact with people of all ethnic backgrounds, ages, and lifestyles. They must have clear and concise writing skills and excellent verbal communication skills to present clients' findings and recommendations

- Customer service skills: Sports massage therapists should be able to handle customer complaints in a positive manner and enthusiastically welcome and assist each client in preparation for his/her massage
- Time management skills: Massage therapists require this skill to enable them to set priorities and make utmost use of their time. They need to arrive early for each appointment, start and end a session according to schedule
- Math skills: They should have basic math skills to handle tasks involving: discounts, interest, commissions, proportions, percentages, and volume
- Sales Skills: They require salesmanship skills to be able to promote the business, build on referrals, build customer loyalty, and increase customer base for the business
- Computer skills: They should be skilled in operating MS Office packages for basic record keeping and database management
- Follow-up skills: They should have strong follow through skills to give a human touch and build rapport with clients, as well as keep in touch with clients who do not make it to appointments.