

MARKUS HUGHES, NCTMB

OVERVIEW

- Nationally Certified Massage Therapist
- More than 10 years of professional experience
- Over 1500 hours of training and education, with an emphasis in Orthopedic Massage

EMPLOYMENT

May 2008 – Present **San Juan Sports Massage**
Pagosa Springs, CO

Practice based in Pagosa Springs, Colorado. Provides therapeutic, deep tissue massage to clients and during athletic events throughout summer months. San Juan Sports Massage also provides massage to residents at Pine Ridge Assisted Living. Often works with Physical therapists on massage treatment plans.

November 2000 – Present **Private Practice**
Boulder, CO

Significant experience working directly with physicians, chiropractors, acupuncturists, and psychotherapists on specific treatment plans; practice focusing mainly on neuromuscular rebalancing and deep tissue work. Experience treating and working with the following conditions: Fibromyalgia, whiplash, Thoracic Outlet Syndrome, Sciatica, arthritis, carpal tunnel, TMJ Dysfunction, joint problems & conditions, headaches, hypertension, chronic fatigue syndrome and more.

June 2003 – Present **Juniper Village**
Louisville, CO

Responsible for treating patients in assisted living facility, most notably patients that suffer from varying degrees of dementia and Alzheimer's disease. Massage has proven to relieve pain, reduce unnecessary stress and create a better overall quality of life for patients.

May 2005 – Present **AMTA CO Sports Massage Team**

Travel to athletic events throughout Colorado as a Team to provide sports massage for athletes participating in various events. Currently assisting in development of Western CO team.

June 2003 – March 2008

Standley Lake Massage
Westminster, CO

Responsible for treating a large variety of clients with varying requests, ranging from relaxation to medical massage including insurance billing.

PROFESSIONAL MEMBERSHIPS

AMTA

Professional member status with \$6 million liability insurance coverage for up to 3 clients

Boulder College of Massage Therapy Alumni Association

Member since 2000

Pagosa Springs Health and Wellness Directory

Member of network working with healthcare providers in Pagosa Springs

EDUCATION

June 2000

Boulder College of Massage Therapy
Boulder, Colorado

Associate of Occupational Studies in Massage Therapy, with advanced training in sports, orthopedic, and medical massage

Nationally Certified Massage Therapist

- Over 1500 hours of education
- Additional continuing education completed in Shiatsu, Cranial Sacral, Trauma Therapy, Normalization of Soft Tissue Systems, Integrative, Swedish, clinical and structural kinesiology, sports massage, and medical massage therapy
- *Sports Medicine Internship – Steamboat Springs*
Worked over 40 hours in physical therapy clinic, affiliated with Yampa Valley Medical Center - on a variety of clients and conditions. Used muscle energy techniques to prepare clients for physical therapy session and post-therapy treatment.

REFERENCES

Trip Advisor provides an excellent source of client references. Additional references available upon request.