

SARA TOOGOOD

NCLMBT #2353

OBJECTIVE

To provide dependable, highest quality, effective & client centered massage therapy, while working in conjunction with other health care providers.

EDUCATION

B.S. Degree in Physical Education emphasis in Exercise Technology, from Pacific Union College, Angwin, CA. August 1985

Sports Massage, 100 Hours from Sports Massage Training Institute, Encinitas, CA, September 1987

Certified Massage Therapist and Health Educator, 500 hours from National Holistic Institute, Emeryville, CA graduated September 1989

Nationally Certified & Licensed in North Carolina, 2001 NCLMBT#2353

Continuing Education, 1989 – Present: Inclusive of:

- ❖ **Muscle Relief Therapy** (MRT-25 hrs),
- ❖ **Kinesio Taping** (*30 hrs*),
- ❖ **Rossiter** (12 hrs),
- ❖ **Professional Bodywork Strategies:** (AMTA State & National Conventions)
Anatomical Quadrant techniques:
 - **Head, Neck/Shoulder.** Cynthia Riberio, WIN therapies 6 hrs, Stephenson 4 hrs. **Frozen Shoulder Syndrome**, 6 hrs.
 - **Trunk/Low Back**, Cynthia Riberio, WIN Therapies, **Mechanical Low Back**, 12 hrs. David Kent
 - **Foot, Ankle/lower leg**; Robert King 6 hrs, Cynthia Ribeiro, 4 hrs.
 - **Hand, Wrist & Forearm**; Stephenson 6 Hour, Ben Benjamin 4 hrs
 - **Assessment & Care for Common Knee Injuries**, Robert King 6 hrs.,
- ❖ **Neuromuscular Evaluation**, Price. 6 hrs
- ❖ **Clinical Flexibility & Therapeutic Exercise**, David Kent, 6 hrs,
- ❖ **USA Sports Massage**, Benny Vaughn, 4 hrs.
- ❖ **Therapeutic Muscle Stretching**, 4 hrs.
- ❖ **Equine/Canine Massage Therapy** (100 hrs),
- ❖ **Oncology Massage** AMTA-NC(12 hrs)
- ❖ **NRT Neural Reset Therapy.** (current 16 hours with more scheduled)

PROFESSIONAL EXPERIENCE

2001 – Present Bodywork Connections, Holly Springs, NC 919-567-5371

Private Practice of Integrative Massage Therapy. www.bodyworkconnections.com

Duties include: scheduling, bookkeeping, record keeping, continuing education, mentoring other therapists & providing optimal massage therapy sessions for clients for their over-all well-being and health. Inclusive of Sports Injury prevention & rehabilitation; Swedish, deep tissue, transverse friction, compression, PNF/AIS stretching, Joint Range of Motion, and Kinesiotaping. Working in cooperation with Chiropractors/Physical Therapists/GP/ATC & other health care practitioners.

1989 – 2001 Bodywork Connections, St. Helena, CA

Private Practice of Integrative Massage Therapy.

Duties: as stated above. Relocated to North Carolina to be close to family 2001.

1986 – 1988 Sonoma County YMCA, Santa Rosa, CA

Associate PE Director. Training and Teaching in all capacities.

Duties included: Planning and implementing weight training programs, adult physical fitness testing & evaluation. Pre-natal health and exercise programs. Instructor training and management. Program budget accountability.

1975 – 1986 Pacheteau's Hot Springs, Calistoga, CA

Lifeguard, Head Lifeguard, Swim Instructor, Pool Manager, Massage Therapist

Duties included: injury prevention, pool supervision, facility maintenance, swim lessons, hiring & scheduling of lifeguards, and massage therapy within the Spa.

PROFESSIONAL MEMBERSHIPS

American Massage Therapy Association (AMTA 29 years)

Kinesio Taping Association (2 years)

VOLUNTEER EXPERIENCE

2012 London, England Summer Olympics

London Olympic Committee Volunteer

Duties included: providing sports massage for Olympic Basketball Athletes and assisting the Medical team as necessary: medical room set up, data entry and room maintenance. Met & worked with ATC of Team USA Basketball and provided massage for the team.

2004 Athens, Greece Summer Olympics

Athens Health Services International Sports Massage Team

Duties included: volunteering sports massages for Olympic Athletes & Dignitaries in the Olympic Village Athens, Greece (July 2004)

2003 Medical Mission Trip to Chennai, India

Duties included; volunteering and assisting Indian Medical team with rural health clinics. Initial intake forms and Blood Pressure screening. In addition, to some limited massage.

1995 – 2001 American Red Cross, Silverado Chapter

Duties included: teaching First Aid, CPR, CPR for the Professional, WSI, Lifeguard Training, and Swim lessons. Program Director for the Learn to Swim Program; trained and supervised 6 swim instructors and lifeguards.

1990-1991 Exertec Physical Therapy, Napa, CA Dr. White MD.

Duties included: 30 Minute Deep Tissue, restorative massage and assisted PT's with traction, ultra sound and patient exercises.

1984 California State University at Sacramento Pre-Physical Therapy Department. Dr. Elizabeth Stevenson PhD RPT

Duties included working with a 20 year old Cerebral Palsy patient. Non-weight bearing, wheel chair dependent, severely spasmodic. One semester of massage and stretches; goal achieved in overriding reflexes and achieved a "Criss-Cross" position.

AWARDS RECEIVED

2008 AMTA-NC Meritorious Award Recipient

2012 AMTA-NC Humanitarian of the Year

REFERENCES

Sunset Ridge Chiropractic: Drs Tom and Wendy Popow, DC 919-577-3974

Fonke Chiropractic: Dr. Ben Fonke, DC 919-234-1809

Brit Fit Personal Training: Jackie Miller, Ironman Triathlete, Personal Trainer 919-552-2817

Village Physical Therapy: Melanie Humphries & Sarah Ferguson MPTs 919-577-9200

Tamma Klassen, MPT, PTLJ 919-552-2152