

# Joseph Watts

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(859) 553-4190

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## *Professional Summary:*

Licensed Massage Therapist in Kentucky and Ohio with advanced training and work experience in a rehabilitation and Chiropractic center, a medical pain management center, and owning and operating Nicholasville Orthopedic Massage Center.

## *Licenses:*

Licensed Massage Therapist (LMT) State of Kentucky  
Licensed Massage Therapist (LMT) State of Ohio

## *Education:*

**Lexington Healing Arts Academy (2009)**  
Lexington, KY  
Certificate of Massage Therapy, 650 hours

**Baldwin Wallace College (2004)**  
Berea, OH  
BA in Communication Studies

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## *Areas of Practice/Expertise:*

- Orthopedic Massage
- Lymphatic Drainage
- Myoskeletal Alignment Technique
- MyoKinesthetic Technique
- Positional Release
- Fascial Release

## *Teaching Expertise:*

- Assisted teaching in James Waslaski's (Center for Pain Management) Orthopedic and Integrated Massage Therapy Lower Body Class
  - Qualified to assist in teaching Lymphatic Drainage I (Chickly Health Institute).
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## *Professional Experience:*

### **2012-Present Massage Therapist/Owner: Nicholasville Orthopedic Massage Center**

- Operated all aspects of business, including finances, product sales, tax paperwork, networking and client care.
- Worked in the public to educate about the benefits of massage therapy and its positive effects on the entire community.

### **2010-2013 Massage Therapist/Rehab Manager: Health Source Chiropractic and Progressive Rehab**

- Managed Rehab center including massage, exercise rehab, spinal decompression, and proper insurance coding.
- Organized the schedule of part time therapist
- Directed the flow of patients through rehab and to the Doctor.
- Headed advertising outreach to community

### **2009-2010 Massage Therapist: Chamber Medical Group**

- Facilitated Massage modalities and supervised exercise for personal injury patients.
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## *Skills and Qualifications:*

- Communicates effectively
- Works well within a team setting and also excels independently
- Excellent time management skills
- Proficient in Microsoft Office

*Publications:*

“Ouch: What’s with Physical Pain?” *MedHum Mondays: The Daily Dose Blog*. June 8, 2015. Online.

*Continued Education:*

Orthopedic Massage: Treatment for complicated medical conditions: 140 CEU’s

Lymphatic Drainage: 96 CEU’s

Myoskeletal Alignment: 28 CEU’s

MyoKinesthetic Technique: 28 CEU’s

Medical Massage: 24 CEU’s

Positional Release Technique: 16 CEU’s

Anatomy Trains: 16 CEU’s

*Professional Affiliations:*

Member, American Massage Therapy Association