

# CHRIS MACGREGOR

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## EDUCATION

### Diploma of Sports and Medical Massage Therapy (900 hours)

Indiana Wellness College,  
Carmel, IN December 2014

### Associate of Applied Science in Kinesiology and Exercise Science

Ivy Tech Community College,  
Fort Wayne, IN, May 2013

## KEY SKILLS

- Massage as part of medical treatment plan
- Collaborating with chiropractors, PTs, surgeons, trainers, and doctors
- Active listening
- Sports massage
- Integrative techniques
- First Aid and CPR
- Biomechanics and body landmarks

## CERTIFICATIONS

- Licensed Massage Therapist (LMT), state of
  - Indiana, 2014
  - Pennsylvania, 2018
- Board Certification in Therapeutic Massage and Bodywork (BCTMB®), including Speciality Certificate in Sports Massage
- Personal Trainer, 2013

Experienced Licensed Massage Therapist who holds a National Board Certification with a Specialty Certificate in Sports Massage and over six years in practice at private medical or sports clinics offering massage. Certified personal trainer with field-level first aid and massage experience for a range of levels, from high school to professional. Exceptional at building relationships and working collaboratively with a team of healthcare professionals with other specializations.

## PROFESSIONAL EXPERIENCE

### Sports Massage Therapist

Pittsburgh Pirates, Pittsburgh, PA | October 2019 – Present

- Evaluate athlete's injuries caused during practices or games.
- Design sessions around specific problem areas or concerns are communicated by players or coaches.
- Provide field-level support services during home games.
- Educate players and team staff about the benefits of sports massage therapy.
- Coordinate with coaches and other major-league club healthcare professionals regarding injury management.

### Sports/Medical Massage Therapist

Body First Wellness, Evansville, IN | March 2016 – October 2019

- Assessed each client's conditions and worked with the individual to develop a treatment plan that served their needs.
- Collaborated with physiotherapists and chiropractors to develop treatment plans for clients.
- Implemented social media campaigns for clinic that resulted in over 20K additional follows/page likes.
- Educated clients on rehabilitative stretches and exercises they could do at home based on their unique conditions.
- Served as a member of the clinic's "Field Line" program, and traveled with local sports road trips to away games about once a month to provide immediate evaluation and aid for injuries.

### Medical Massage Therapist

Premier Health Clinic, Fort Wayne, IN | January 2014 – February 2016

- Addressed client's specific conditions or injuries with medical massage techniques.
- Grew annual revenue for massage services by 20%.
- Specialized in sports and trauma injuries.
- Worked with an array of demographics and physical ailments, from athletes to cancer patients.
- Documented treatment progress in detail with SOAP notes and updated other members of client's health team on progress and concerns.