



# Jessica Rivers

## SPORTS MASSAGE THERAPIST

(303) 555-1234

jessica.rivers@example.com

United States, Denver, CO

### SKILLS

In-depth knowledge of anatomy and kinesiology	Expert
Sports injury prevention and rehabilitation	Expert
Mastery of stretching techniques	Expert
Client education on self-care	Expert
Experience with high-performance athletes	Expert

### AWARDS

- Excellence in Sports Massage Therapy Award – Colorado Sports Therapy Association
- Top Sports Massage Therapist – Voted by Denver Athletes Association

## PROFESSIONAL SUMMARY

Certified Sports Massage Therapist with 8+ years of experience treating athletes and active individuals. Adept in injury prevention, rehabilitation, and performance enhancement using specialized massage techniques.

## EXPERIENCE

August 2018 - Now

### Sports Massage Therapist

Peak Performance Massage Clinic / United States, Denver, CO

- Provide targeted massage therapy to athletes, including pre- and post-event treatments to enhance performance and recovery.
- Specialize in deep tissue, trigger point therapy, and myofascial release to reduce pain and promote healing.
- Collaborate with physical therapists and trainers to create personalized treatment plans for clients recovering from injuries.
- Develop strong client relationships and contributed to a 30% increase in repeat customers.

June 2016 - August 2018

### Massage Therapist

Body Balance Studio / United States, Boulder, CO

- Delivered sports massages, Swedish massage, and deep tissue therapy to clients with varying physical activity levels.
- Assisted in the development of educational workshops on injury prevention and recovery for gym-goers and athletes.
- Managed scheduling and client follow-up to ensure satisfaction and maintain a high level of service.

## EDUCATION

2015 - 2016

### Certificate in Sports Massage Therapy

Colorado Institute of Massage Therapy / United States, Denver, CO

### Functional Movement Screening Workshop

NASM / 2024

### CPR/First Aid

American Red Cross / January 2023