



The official newsletter of the National Certification Board for
Therapeutic Massage and Bodywork (NCBTMB)



ncbconnection

approved providers spotlight 

Denver Certificate Has Her Feet Up On Continuing Education

While there are many unique continuing education programs that Nationally Certified practitioners can pursue to fulfill recertification requirements, one Denver-based bodyworker has a foot up on her competition.

Nationally certified since 1995, Ruthie Piper Hardee has been involved in the massage field for more than 15 years.

“I had a strong upbringing in the medical profession, but I didn’t want to go into medicine,” said Hardee, whose father, a doctor, and mother, a nurse, spent years as medical missionaries treating people with tropical diseases in Africa. “I wanted to run my own business and make people feel good.”

For years Hardee specialized in deep tissue techniques and quickly built a following of professional athletes and blue-collar workers. But that strenuous work took its toll on her hands and aggravated two chronic back ailments she had since childhood.

“I loved what I was doing, but the daily pain was too much,” said Hardee. “I thought I would have to give up massage, I was convinced that there was nothing that I could do.”

However, one day while working on the set of a movie providing massage sessions to the film’s cast and crew, Hardee came up with an idea for a new technique to lessen the stress on her body.

She was working on a 250-pound stunt man on a portable table in a grip electrical truck and knew she was not going to effectively relieve his stiffness and soreness without injuring her wrist and back even more. Instinctively, she got up on the massage table unbeknownst to the client and fit her fingers through the tiny holes in a metal grid on the truck’s ceiling that was part of equipment used on the set. She began to deliver and combine Swedish effleurage and myofascial strokes instinctively with her feet.

Ashiatsu Oriental Bar Therapy™ was born. Today, Hardee offers four different levels of classes in nine different training facilities that provide up to 25 continuing education units per course.

Because of the untraditional training apparatus, her classes are limited to eight people. But still she graduates about 60 practitioners through her program each month.

“So many massage therapists contact me and they are burnt out emotionally and physically,” said Hardee. “Through this barefoot technique we have invigorated them and have gotten them excited about their field again.”

To learn more about Ashiatsu Oriental Bar Therapy, visit www.deepfeet.com. For more information about re-certification or to locate approved providers in your area, visit NCBTMB’s Web site at www.ncbtmb.com.