



JULIE A. LONG

L/BCMT, MOVEMENT SPECIALIST

PROFILE

After a dance injury, I started out in Kinesiology which led me to the Athletic Training world of Sports Medicine pursuing rehabilitation and injury prevention. I pursued Massage Therapy as a compliment treatment protocol for rehab among athletes. I realized the recovery time among those with injuries was shortened with the application of massage and regular physical therapy, other rehab treatment protocols like hydrotherapy modalities and stim, along with doctor care. As I continued to explore massage therapy within the clinic, spa, and even in behavioral and mental health field, I started believing that massage is truly more than just beneficial but also, vital to the positive health and homeostasis of the "whole" body.

CONTACT

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HOBBIES

Performing, Choreographing and Teaching dance, music
Reading/ Writing
Creative Art and Design
Playing the Flute, Horn, and Bass

EDUCATION

Virginia Commonwealth University

August 1995 – December 2001

B.S. HPEX- Athletic Training/ Minor in Dance and Choreography

Virginia School of Technology

January 2002 – June 2002

MASSAGE THERAPY & BODYWORK CERTIFICATION

WORK EXPERIENCE

Hand & Stone L/CMTP

Sept. 2009- Apr. 2025

Provide clients with massage and bodywork treatments may include TP or MYO, Deep Tissue, Hot or Cold Sone, Sports Massage, Cupping, etc.

Massage Envy L/CMTP

June 2021– June 2023/ Oct. 2024- Present

VA DMAS- CONSUMER SERVICES PCA/COUNSELOR/CRISIS COUNSELOR

May 2005– Present

Support consumer with supervision and ADLs as needed

MPOWER CAREER TRAINING-Massage Therapy Training Instructor

Aug. 2021- July 2024

Instruct students in the field of massage therapy including courses in Kinesiology, Anatomy, Physiology, Therapeutic/ Allied Massage Therapy

BON SECOURS-MRMC Nursing Assistant/PCT

Oct. 2005–March 2007

Support healthcare team and patients, perform vitals and labs

SKILLS

Sports & Deep Tissue Specialty Certification
Lymphatic Drainage Certification
Organizational Planning
Oncology/ Medical Certification
Customer Service & Patient Care
Administrative & Clerical Skills (50 WPM)
Behavioral & Mental Health/ Crisis Counseling
Spanish Fluent Reader