

Garry Adkins, LMT, APCE

20704 Knobwoods Dr., #104 • Southfield, MI 48076
(248) 701-8306 • garryaadkins@gmail.com
GarryAdkins.com

Professional Profile

Highly accomplished massage therapist, educator, and continuing education provider with over three decades of expertise in clinical massage, sports therapy, and manual therapy instruction. Recognized internationally for contributions to the advancement of massage therapy, including professional publications, national lectures, and service to elite athletic organizations. Demonstrated excellence in curriculum development, advanced therapeutic techniques, and the integration of evidence-informed manual therapy into educational settings. Committed to elevating massage therapy as a respected and accessible healthcare modality.

Education

Irene's Myomassology Institute, Inc. — 500-Hour Diploma
Southfield, MI | September 1989 – June 1992

Detroit College of Business — Business & Finance Coursework
Dearborn, MI | April 1988 – June 1990

Henry Ford Community College — Business Administration Coursework
Dearborn, MI | June 1978 – February 1981

Certifications & Licensure

- **National Certification Board for Therapeutic Massage & Bodywork (NCBTMB)** – Board Approved Continuing Education Provider (since June 2007)
- **American Massage Therapy Association (AMTA)** – Professional Member (since August 2011)
- **Associated Bodywork & Massage Professionals (ABMP)** – Certified Member (since September 2002)
- **Verified Certificate AT1x Human Anatomy: Musculoskeletal Cases** – Course of study offered by an online learning initiative of Harvard University (May 26, 2025)
- **State of Michigan Board of Massage Therapy** – Licensed Massage Therapist, #750100469 (since October 2014)

Professional Experience

Massage Program Instructor

Dorsey College – Dearborn/Detroit, MI | 2022–2024 - Develop and teach four therapeutic massage modules: Kinesiology, Lower Body, Capstone, and Massage Clinic. - Train future professionals in therapeutic massage, anatomical function, and clinical application. Support advanced curriculum development - Taught two full course cycles annually.

Operations Manager & Lead Sports Massage Therapist

Tri-Covery Massage & Flexibility - Specialize in deep tissue sports massage and treatment of professional and elite athletes. - Collaborate with athletic trainers and healthcare providers to enhance performance and recovery.

Manual Therapy Consultant

Pesi Continuing Education / Cross Country Education - Evaluate and determine the quality and viability of new CE courses for physical therapy and healthcare.

Elite Athlete & Team Engagements

- Signed to consult and provide therapy for:
 - 2014 **U.S. Olympic Paralympic Cycling Team**
 - 2018 **New York Giants**
 - 2022 **Chicago White Sox**
 - 2022 **Detroit Lions**
- Team Massage Therapist at the **2007 Bobsled and Skeleton World Championships**, St. Moritz, Switzerland.
- Selected member of the **2002 Winter Olympic Massage Team**, Salt Lake City, UT.
- Coordinator, **2018 Detroit Free Press/Chemical Bank Marathon Massage Team**.
- Team Massage Therapist, **2016 Olympic Training Center**, Chula Vista, CA.
- First massage therapist to demonstrate techniques at the **1992 World's Fair**, Seville, Spain (United States Pavilion).

Leadership & Honors

- Inductee, **Massage Therapy Hall of Fame** (Cherokee, NC – 2023)
 - Honored, **Lakewood School of Therapeutic Massage** (Port Huron, MI – 2024)
 - Past President (three-year term), **Association of Michigan Myomassologists, Inc.** (2004)
 - Levy LuXe Therapist Advisory Council (TAC) Manager, **Massage Luxe** (2025)
-

Teaching & Instruction Experience

Seminar Instructor

Pesi Continuing Education, Inc. — Brentwood, TN | 2008–2024 - Creator and instructor of three national 6-hour CE courses: *Mastering Myofascial Release* and *Repetitive Strain & Self-Help for Carpal Tunnel Syndrome and Sciatica*. - Teach up to six seminars per month across the United States.

Workshop Instructor

Lakewood School of Massage — Port Huron, MI | 2001–Present - Teach a 16-hour therapeutic sports massage program focused on enhancing athletic performance. - Additional workshops: Hot Stone Massage, Carpal Tunnel Therapy. - Offer workshops three times per year.

Myomassology / Manual Therapy Instructor

Irene’s Myomassology Institute, Inc. — Southfield, MI | 2000–2024 - Teach advanced manual therapy courses including Injury Prevention, Sciatica Treatment, and Dynamic Stretching. - Served as primary faculty and support advanced curriculum development. - Courses delivered four times per year.

Guest & Featured Speaker Engagements

- Natural Health Practitioners of Canada National Conference, Banff, AB., 2012
- AMTA National Convention, 2019.
- Michigan Chiropractic Society Fall Convention, 2005.
- Humanistic Medicine Procedure Lecture, Wayne State Medical School, 2004.
- AMTA Maine Chapter Meeting, 2014, 2024

Publications

Magazine & Journal Articles

- *Massage Magazine* — “Myofascial Release” (Issue 288, May 2020)
- *Massage Today* — “Improving Palpation” (Volume 6, Issue 5, May 2006)
- *Healing Garden Journal* — “Stuck in the Carpal Tunnel” (Volume 6, Issue 3, July/August 2006)

Book Contribution

- Contributing author, *The Essential Massage Companion* by Bryan A. Born, D.C. (February 2005)
-

Professional Affiliations

- National Certification Board for Therapeutic Massage & Bodywork (since 1994)
 - U.S. Olympic Committee Sports Medicine Society (since 2005)
 - Alliance for Massage Therapy Education (since 2012)
 - International Association of Healthcare Practitioners (since 1994)
 - American Massage Therapy Association — Professional Member (since 2011)
 - Fascia Research Society (since 2019)
 - St. John Neuromuscular Therapy Alumni Association (since 1994)
-

References

Available upon request.