**Degrees, Qualifications & Certifications**

* Licensed Massage Therapist (LMT), with the National Certification Board For Therapeutic Massage and Bodyworks (NCBTMB) 2012.
* Certified Personal Trainer (CPT) 2013.
* Certified Mobility Tape Practitioner (CMTP) 2014.
* Pain Management Therapist 2017.
* Associate’s Degree in Allied Health 2013
* Bachelor’s Degree in Health and Wellness 2015
* Master’s Degree in Sports Medicine 2017.

Jamal has received many hours of hands on experience and training in fields such as Active Isolated Stretching, Active Release Therapy, Clinical and Medical Massage, Trigger Point Therapy, Dynamic and Static Stretching, Corrective Movement & Exercise Therapy, MyoFascial Release, Pain Management, Physical Rehabilitative Therapy, Sports Massage, Instrument Assisted Soft Tissue Mobilization (IASTM), Ultrasound Therapy, Rapid Release Therapy, and the list goes on. By combining all of his skills, credentials, educations, and experience, Jamal has developed his very own unique technique to produce amazing results.

Jamal's interest in this field peaked due to an injury 2009 that resulted in two surgeries and a few years of physical therapy and chiropractic care. As a result, he understands all aspects of physical health and well-being. Jamal believes in the benefits and results of health management and enjoys being a part of the positive growth of others. As a result, he is always increasing his skill base to better serve you.