

## About Massage Therapists

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Registered Massage Therapists, or RMTs, are Regulated Healthcare Professionals in Ontario.

RMTs :

- Complete competency based education at schools recognized by the Government of Ontario.
- Are tested and registered by the College of Massage Therapists of Ontario (CMTO) according to the Regulated Health Professions ACT (RHPA) and the Massage Therapy Act (MTA).
- Have completed at least 150 clinical hours of practical experience.

### For More Information About Massage Therapists or Massage Therapy

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College of Massage Therapists of Ontario  
(CMTO)

[www.cmto.com](http://www.cmto.com)



Ontario Massage Therapists Association  
(OMTA)

[www.onta.com](http://www.onta.com)



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### Registered Massage Therapist

Phone:

Email:

Hours:

For more information about Family Physiotherapy Centre and all of our locations please visit our website:

[www.familyphysio.com](http://www.familyphysio.com)

# MASSAGE THERAPY

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How it can help you to  
“Minimize Pain and  
Maximize Mobility”



# How can Massage Therapy help me?

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A well rounded Massage therapy program can melt away stress and tension, relieving associated headaches and muscular aches and pains. Massage Therapy can expedite the healing process from injury or over-use, and is an excellent form of preventive health care.

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## MASSAGE BENEFITS

What can massage treat?

### Stress Management:

- Reduces injury and illness
- Relieves asthma, anxiety, and insomnia
- Provides supportive therapy

### Injury Recovery:

- Soothes Tendinitis
- Reduces pain of Carpal-Tunnel syndrome
- Reduces swelling, pain, and scar formation
- Increases flexibility and strength

### Prevents complications because it:

- Improves circulation
- Lowers blood pressure
- Improves posture
- Stimulates intestinal movement

Massage therapy is safe and effective if used for stress management but it is also widely used to help patients obtain relief from many specific conditions, including the following:

- Post injury rehabilitation
  - Whiplash
  - Respiratory problems
  - Arthritis
  - Circulatory problems
  - Frozen shoulder
  - Neuritis/neuralgia
  - Tendinitis/bursitis
  - Neck and shoulder tension
  - Low back pain
  - Digestive/lower bowel problems
  - Muscle spasm
  - Pseudo-sciatica (leg aches)
  - Migraine
  - Chronic Fatigue Syndrome
  - Fibromyalgia
  - Multiple Sclerosis
  - Parkinson's
  - Stroke
  - Palliative/ Long-Term Care
  - Pregnancy
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## Individualized Treatment Plan

You and your massage therapist will develop an effective treatment plan based on your needs and that fits your goals and lifestyle.

*To find out if massage therapy can help you, please contact a Registered Massage Therapist near you or, ask your Physician, Chiropractor, Physiotherapist, or Dietician for a referral.*

## Massage Therapy and You...

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Massage is a gentle, touch therapy that can relieve pain and bring balance to your life. Massage is not a substitute for medical care but it can reduce or eliminate the need for medication or surgery.

Massage Therapy is beneficial for people of all ages. Therapeutic Massage can be used in treatment of acute and chronic conditions, and as can enhance your physical and emotional well being.

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## Using Massage Therapy as Part of your Health Maintenance Plan

Therapeutic massage is an important part of your health maintenance plan, by:

- Reducing or eliminating pain
- Improving joint mobility
- Improving circulation
- Improving immune system functioning
- Increasing lymphatic drainage
- Reducing depression and anxiety
- Reducing tension within muscles
- Increasing body awareness

