

Registered Massage Therapy

The practice of massage therapy is the assessment of soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissue and joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain.

~Massage Therapy Act 1991

What Is An R.M.T.?

An R.M.T. or Registered Massage Therapist is a regulated health professional, who is registered with the College of Massage Therapists of Ontario (CMTO). Being registered with the college means the therapist is in good standing - they have met all the educational requirements (including testing with the CMTO), and they agree to the Health Professions Act, follow Massage Therapy regulations, uphold ethical practice, carry a minimum liability and agree to continuing education.

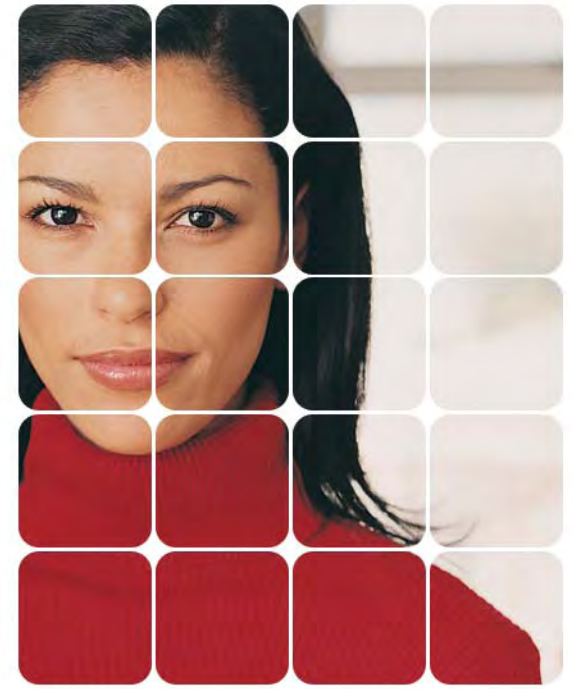
R.M.T.'s:

- ♦ *Have a minimum of 2200 hours of training at a recognized massage therapy school. There, they undergo extensive training in human anatomy, physiology, kinesiology and pathology.*
- ♦ *Are trained in Swedish Massage, hydrotherapy, remedial exercise and thorough assessment of the human body.*

City Centre Chiropractic
and Massage

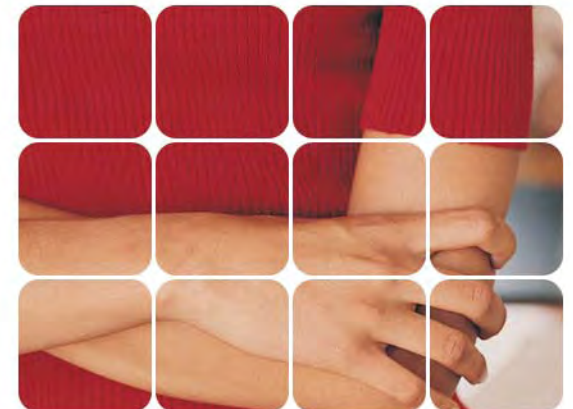
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MASSAGE THERAPY

~Relax, Rejuvenate, Re-Balance~



How Can Massage Help?

Physical Benefits

- ♦ Relieves stress and aids relaxation
- ♦ Relieves muscle tension and stiffness
- ♦ Fosters faster healing time
- ♦ Reduces pain, swelling, and formation of excessive scar tissue
- ♦ Provides greater joint flexibility and range of motion
- ♦ Enhances athletic performance
- ♦ Improves circulation
- ♦ Enhances health and nourishment of skin
- ♦ Strengthens the immune system
- ♦

Psychological Benefits

- ♦ Promotes a relaxed state and mental alertness
- ♦ Helps relieve mental stress
- ♦ Improves ability to monitor stress signals and to respond appropriately
- ♦ Enhances capacity for calm thinking and creativity
- ♦ Satisfies need for nurturing touch
- ♦ Fosters a feeling of well-being
- ♦ Reduces level of anxiety
- ♦ Increases the of mind-body connection

Conditions Treated By Therapeutic Massage

- ♦ Postural dysfunctions
- ♦ Headaches/ migranes
- ♦ Back pain
- ♦ Sprains, strains, fractures, spasms
- ♦ Carpal tunnel, thoracic outlet,sciatica
- ♦ Tendonitis and bursitis
- ♦ Anxiety and depression
- ♦ Degenerative disc disease
- ♦ Central Nervous System conditions
- ♦ Pre and post surgical conditions
- ♦ Arthritic conditions
- ♦ Respiratory problems (asthma,bronchitis, emphysema)
- ♦ Whiplash and associated disorders
- ♦ Menstural pains/dismenorrhea
- ♦ Digestive problems (IBS, constipation)
- ♦ Chronic Fatigue Syndrome
- ♦ Fibromyalgia
- ♦ TMJ dysfunction
- ♦ Pregnancy Discomforts
- ♦ Lymphatic disorders

Frequently Asked Questions

Are there any preparations I need to make prior to my appointment?

It is best not to eat for at least 60 minutes before your treatment. Also, do not drink any alcohol, and let your therapist know of any new medications you have taken that day.

What can I expect on my first visit?

On your first visit you will complete a confidential health history form, which your therapist will go over with you to determine your treatment needs and goals. Your therapist will also conduct an assessment so as to find specific areas on your body that need focus, and to see if there are any risks or contra-indications to your treatment that need to be avoided.

Must I undress for my massage?

Massage may be done through your clothes if you choose, but certain techniques are more effective when applied directly to the skin. During the massage you will be draped, and only one area will be uncovered at a time, and then re-draped.

I bruise easily; can I still get a massage?

Your therapist will work within your comfort level. Unless there is an underlying condition which causes the bruising, massage is not a risk to you.

Am I expected to talk during the massage?

It is your choice whether or not you wish to talk during your massage. However, your therapist will need your feedback on pain and other health information.

After my treatment, is there anything I need to have on hand or anything specific I should do?

A drink of water is recommended after the treatment to flush out any toxins released by the body during the treatment and to keep your tissues hydrated. An Epsom salt bath is also recommended to soothe and calm muscles, and enhance the benefits of the massage.

Did you know?

Only those registered with the CMTO may use the title Registered Massage Therapist or Massage Therapist or use RMT or MT after their name.