Our Services – Massage therapy

**What is Massage Therapy?**

Massage involves a manual application of pressure and movement to soft body tissues the skin, muscles, tendon, ligaments, and fascia (membranes surrounding muscles). Massage increases blood circulation and flow of lymph (fluid from body tissues that flows into the blood stream). It helps the body to heal itself by promoting the flow of blood and lymph, stimulating nerves, conditioning the skin, and stretching and loosening muscles to keep them elastic. Massage Therapy works on the soft tissues and joints of the body to decrease pain and improve flexibility, decrease scar tissue, reduce knots and release trigger points. Massage stimulates the circulatory system, reduces the harmful effects of stress on your body, helps to eliminate toxins, and can aid in overall health.

Massage also has a positive psychological effect. When we are stressed, our breathing becomes more rapid and shallow, our hearts work harder and digestion slows down. Chronic stress can influence a number of illnesses including migraines, depression, and hypertension. Massage therapy can help to relieve tension and counteract the effects of stress on the body. Our Registered Massage Therapist understands how the various systems in the body move and interact and why these structures may cause pain or become injured. We aim to restore normal movement allowing the affected tissues to repair in a balanced and appropriate way.

Massage is a preventative and proactive health care safe for all age groups. Whether you’re a newborn or a great-great grandparent massage can help in so many ways!

Regular massage by a Registered Massage Therapist can **help in the treatment of:**

* Fibromyalgia
* Repetitive strain injuries (RSI)
* Headaches and migraines
* Neck shoulder and back pain
* Jaw pain
* Muscle tension and spasms
* Sciatica
* Low back pain
* Anxiety and depression
* oedema
* Post Trauma
* Insomnia
* Post-surgical rehabilitation
* Sports injuries
* Stress and stress related conditions
* Tendonitis
* Pregnancy and labour support
* Strains and sprains
* Whiplash

 Our therapist will also take the time to explain your injury and provide professional, individually tailored advice; empowering you, the client, to prevent problems from returning or even from happening in the first place.

What does the treatment involve?

Your massage therapist will begin by taking a detailed history.

There are many of specialised massage techniques in use today. The most common types are:

* Swedish Massage uses long strokes, kneading and pressing, friction, and drumming hand movements applied to the muscle groups to promote circulation and relaxation. This technique is often used for a full body massage.
* Deep Tissue Massage uses deep finger pressure and slow strokes on achy or tense areas of the body particularly useful for muscle spasm.
* Sports Massage uses massage to prepare the body before exercise or to help the body recover after exercise. It focuses on the use of massage to assist training, prevent injury, and treat sports injuries.
* Acupressure Massage uses pressure at specific points on the body with the Eastern philosophical belief that this will enhance the energy flow through the body and restore balance.
* Neuromuscular Massage (also called Trigger-point Therapy) uses finger pressure on painful areas in muscles called trigger points.

 The therapist will work with you to develop a treatment plan that takes into account your lifestyle, leisure activities, general health, and goals. This will include advice on how you can help yourself; for example, you may be shown exercises and stress reduction techniques that you can do between treatment sessions.

Our therapists are dedicated to providing you with the best care available. We are all licenced with our respective regulatory colleges and we participate in the continuing education requirements. This is done by ensuring all staff undertake and attain regular professional education and attendance at professional courses and literature reviews.

Massage therapy deals with movement at all stages of life. We are here to help you move well and maintain a comfortable and active life.

**Do I need a referral to see a Massage Therapist?**

In Ontario, you do **not** require a doctor’s referral as physiotherapists are independently licenced and regulated health care professional.

* However, most extended health insurance providers do require a doctor’s referral in order for your treatment to be reimbursed.
* Patients going through WSIB do need to see their doctor first to get both a referral and claim number.
* Patients going through Motor Vehicle Accident Insurance do not need to have a doctor’s referral, but should try to bring the paperwork provided by their MVA insur company
* Patients going through Department of Veteran’s Affairs (DVA) do require a doctor’s referral

For third party payers (WSIB, MVA, and DVA) we will bill directly to the relevant authority.

If you would like to know more about Massage Therapy and how the skills and qualifications of a therapist can help you, here are some useful links:

Registered Massage Therapists’ Association of Ontario - [www.omta.com](http://www.omta.com)

College of Massage Therapists of Ontario - [www.cmto.com](http://www.cmto.com)