

Massage Therapy:

"The practice of massage therapy is the assessment of the soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissues and joints by manipulation to develop, maintain, rehabiliate or augment physical function or relive pain"

Registered massage therapy is a regulated health profession, which means in Ontario you must obtain a certificate of registration from the college of massage therapists of Ontario. Once registered therapists must complete approximately 20 hours of continuing education per year in order to maintain their status and to keep their skills current

What we do:

• From acute injuries to chronic neck and back pain our RMT's encompasses the alleviation of most soft tissue and stress-related conditions.

The following is a list of the types of massage we will incorporate into many of our treatments:

- Swedish Massage- general massage techniques (includes myofasical release techniques)
- Deep Tissue Massage- addresses the deeper layers of the muscle and connective tissue
- Trigger Point Therapy- Specific pressure is applied to the area of pain or "Knot" in a muscle, which often can refer pain to other areas of the body
- Pregnancy Massage- Prenatal massage is a safe and affective way to help relieve many of he discomforts with pregnancy in all stages
- Sports Massage- geared towards sports related injuries and helps to prevent future injuries