

# Services

## Massage Therapy

### **Registered Massage therapists in BC are trained in:**

1. The assessment and diagnosis of soft tissue and joints of the body
2. The treatment and prevention of injury, pain and physical disorders

Our Registered Massage therapists are primary health care professionals that focus on disorders of the musculoskeletal and related systems. We are committed to providing quality, reliable, health care services and improving health outcomes. RMTs are an integral part of the BC health care fabric today and in the future.

Massage Therapy focuses primarily on restoring muscles to optimal length, strength and balance. Whether the cause of the pain is primarily muscular or a secondary reaction to a trauma, muscles will react to protect and guard the affected area. By reducing muscle pain, we allow the body to relax and recuperate.

When muscles become knotted, tense or injured; therapeutic massage provides a healing treatment. Our experienced practitioners will deliver a customized treatment that can either be gentle or strong, deep or shallow, according to the client's specified needs. This form of massage holistically treats the body.

Therapeutic massage uses several specialized techniques to locate and repair damage to affected muscles, tendons and joints. Remedial Massage supports and speeds up the body's own repair mechanisms. Some common techniques such as deep tissue massage, cross fibre massage, myofascial/trigger point release, muscle attachment release, stretch massage, neuromuscular therapy. These forms of massage therapy can be applied through clothing or over bare skin using a lotion.

### **Key benefits of Remedial Massage include:**

- removal of toxins in the body
- relieves pain and discomfort
- tones and relaxes the muscles
- improves joint mobility
- Muscular and skeletal dysfunctions are often addressed with remedial massage. These include, muscle tightness and pain, arthritis, frozen shoulder, tennis elbow, whiplash, fibromyalgia, osteoporosis, neck and back pain, scoliosis, headaches and sports injuries.