

MASSAGE THERAPY

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LICENSING

Registered Massage Therapists in B.C. (RMTs) have the highest educational standards in North America. In B.C. RMTs must complete a minimum 3 year specialized education and training program at an accredited college. The government approved curriculum requires rigorous study and a thorough understanding of related sciences such as pathology, neurology, anatomy, exercise, kinesiology, physiology and clinical sciences. To maintain this standard of practice, RMTs are required to attain continuing education credits with post-graduate courses. These credits need to be obtained every two years.

TECHNIQUES

RMTs are extensively trained in a wide variety of techniques.

These techniques may include:

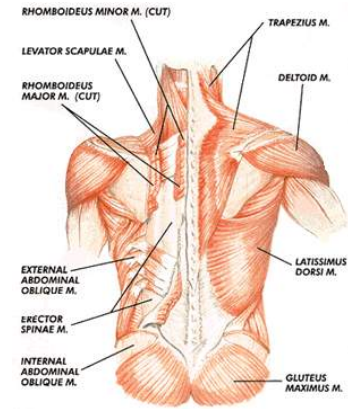
- General Swedish Massage
- Neuromuscular Therapy (Trigger Point Therapy)
- Connective Tissue Massage (Also known as Fascial Release)
- Muscle Energy Techniques
- Manual Lymphatic Drainage (treatment of lymphedema and congestion)
- Joint Mobilizations
- Hydrotherapy

Massage Therapy is a very viable adjunct therapy to be used in conjunction with medical protocol in aiding recovery, pain management, and stress reduction. Massage therapy acts directly upon the muscular, nervous and circulatory systems to rehabilitate physical injuries and improve health.



Massage therapy is often recommended by physiotherapist & physicians for, but not limited, to the following conditions:

- Work Injuries
- Car Accidents
- Sports Injuries
- Whiplash
- Headaches
- Back and neck pain
- Sprains/strains
- Arthritis
- Tendonitis
- Fibrositis
- Carpal tunnel syndrome
- Neurological conditions



TREATMENT

BEFORE YOUR TREATMENT:

- Your medical history and needs will be assessed

DURING YOUR TREATMENT:

- For greatest results, give feedback to your therapist. (pressure too heavy/light, temperature too hot/cold, or any discomforts you may have.)

AFTER YOUR TREATMENT:

- Home care recommendations may be suggested to enhance the benefits of the treatment.

BENEFITS

- Stress Reduction
- Pain Relief
- Increase Circulation
- Increase Range of Motion
- Sleep Pattern Improvements
- Detoxification