

There are many conditions that Massage Therapy can help with; some examples are:

- Sports injuries
- Strains/sprains
- Muscle tension
- Back & neck pain
- Inflammatory conditions (arthritis, bursitis)
- Carpal tunnel syndrome
- Repetitive strain
- Tendonitis
- Asthma/emphysema
- Headaches
- Insomnia
- Fibromyalgia
- Chronic fatigue
- Gastrointestinal disorders
- Stress
- Stroke
- Multiple sclerosis
- Parkinson's disease
- Cancer
- Whiplash
- Post-surgical rehabilitation
- Pregnancy
- Sciatica



A Massage Therapist is a Regulated Health Professional

Only members of the College of Massage Therapists of Ontario are permitted to use the title Massage Therapist or Regulated Massage Therapist and use the letters MT or RMT with their names.

Massage therapists have completed a 2-3 year diploma program from a recognized massage therapy school and studied anatomy, physiology, pathology, physical assessment, neurology, treatments, ethics and other subjects.

Massage therapists participate in a Quality Assurance Program that assists them in the maintenance of high professional standards and quality care of their clients.



Where Your Journey Begins

200 James St. South
Suite 303
Hamilton, ON
L8P 3A9
Tel: 905-963-9024
Fax: 905-308-9282

Email: info@atow.ca
Web: atow.ca



Massage Therapy

Benefits



What is Massage Therapy?

Massage Therapy has firmly established its role as a clinically oriented health option used to relieve a variety of discomforts because it achieves undeniable results. Massage Therapy improves circulation by bringing oxygen and other nutrients to body tissues. It relieves muscle tension and pain, increase flexibility and mobility and helps clear lactic acid and other waste, which reduces pain and stiffness in muscles and joints.

● **Massage Therapy** relieves stress; it's thought to help the body's stress response by lowering levels of hormones such as cortisol. Massage therapy also appears to enhance immune function.

It can be preventative or restorative, helping to maintain, rehabilitate, augment physical function or relieve pain.

Massage can help alleviate the soft tissue discomfort associated with everyday stress, muscular overuse and many chronic pain syndromes. If employed early enough after accidents involving trauma and injury, massage therapy can greatly reduce the development of painful muscular patterning.

What can Massage Therapy do for you?

The benefits of Massage Therapy can be used in the treatment of the acute and chronic stages of specific conditions. Treatment also enhances an individual's overall sense of emotional and physical well-being and quality of life.

Who can Benefit from Massage?

Massage therapy benefits people of all ages. While it benefits the injured, the ill and the stressed, the real strength of massage therapy lies in prevention.

Therapeutic massage is an important part of your health maintenance plan, by:

- Reducing or eliminating pain
- Improving joint mobility
- Improving circulation
- Improving immune system functioning
- Increasing lymphatic drainage
- Reducing depression and anxiety
- Reducing tension within muscles
- Increasing body awareness

Massage Therapy may include other modalities or specific techniques, such as:

- Hydrotherapy (the use of hot and cold)
- Trigger point therapy
- Deep tissue massage
- Rhythmic mobilizations
- Manual lymphatic drainage



Everyone can benefit by maintaining vitality and health through massage therapy.

How often should you have Massage Therapy?

Some people believe that one treatment is enough; however, massage therapy is most beneficial in acute conditions when used over a series of treatments and then followed up with maintenance or preventive treatments.

Through mutual discussion, your Massage Therapist can help you establish a program which fits your physical needs and lifestyle. Your Massage Therapist is most interested in your recovery and in the maintenance of your health.