



Massage Therapy

A Hands-On Approach
to your Good Health



What is Massage Therapy?

Massage therapy is the manipulation of the soft tissues of the body to gain a therapeutic response. Swedish massage is currently the most common form of therapy practiced. However, Massage therapists may use a variety of therapies and techniques, depending on your needs and their specialties. These include hydrotherapy (hot and cold packs, ice baths, etc.) trigger point therapy, remedial and postural exercise recommendations.

Massage— A Healthcare Alternative

Massage therapy provides an alternative health option to help alleviate the soft tissue discomfort associated with everyday and occupational stresses, muscular overuse and many chronic pain syndromes. It can also greatly reduce the development of painful muscular patterning, if employed early enough after accidents involving trauma and injury.

What to Expect

On your first visit you will be asked for a confidential medical history which will help your therapist form your assessment and treatment plan. Massage therapy takes place in an atmosphere of safety and confidence. It is a partnership between you and your therapist, who will help you understand the processes behind your pain and how you can work together to alleviate it.

Massage therapists are examined and registered by the College of Massage Therapists of Ontario under the Ministry of Health Regulated Health Professions Act.

Who Pays for Massage Therapy?

While massage therapy is not covered by the Ministry of Health, many private insurance companies provide full or partial coverage under extended health care plans. Government group medical insurance may cover massage under specific criteria.

*Under the 'no fault' automobile insurance system, full coverage for treatments of injuries sustained in a motor vehicle accident is available.

*Most insurance companies require a physician's referral. Please review your policy.

What We Offer

- Therapeutic Massage
- Hydrotherapy
- Sports Massage and Injury Therapy
- Stress Reduction and Relaxation
- Craniosacral Therapy
- Shiatsu Techniques
- Myofascial Trigger Point Therapy
- Deep Tissue Massage
- Post-traumatic stress treatments
- Speaking engagements for special interest groups.
- Classes offered in massage techniques, craniosacral techniques and infant massage.

Benefits of Massage

- Decreases and relieves Pain and Stiffness
- Increases Range of Motion
- Increases Circulation
- Decreases Toxicity of Tissues
- Sedates or Stimulates the Nervous System
- Drugless Approach to Health
- Decreases Emotional and Postural Stresses
- Decreases Stress and anxiety
- Increased body awareness

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It is also Effective in the Treatment of:

- Headaches, Migraines and Insomnia
- Back and Neck Pain
- Whiplash and Motor Vehicle Accident Injuries
- Hypertension
- Arthritis and Joint Dysfunction
- Sprains, Strains and Muscle Spasms
- Respiratory Conditions
- Sciatica
- Carpal Tunnel Syndrome
- Repetitive Strain Injuries
- Constipation
- Anxiety
- Fibromyalgia
- Chronic Fatigue Syndrome
- Post-traumatic stress disorder
- and much more.....

Pregnancy Massage

Pregnancy is a time of change for a woman both physically and emotionally. Pregnancy massage is very effective in dealing with the discomforts of lower back pain, upper back neck, shoulder and abdomen, leg stiffness, sore feet, swelling (edema), fatigue, headaches and stress. massage therapy. It relieves pain and discomfort caused by postural changes, muscle weakness and tension.

Post Partum Massage

Post partum massage is designed to help in restoring your body to its pre-pregnancy condition and to address the stress of carrying and caring for a newborn.

Infant Massage

Infant massage is an ancient tradition in many cultures, which has been rediscovered in the West. Clinical evidence shows that loving, touching, nurturing contact between caregiver and infant has a positive impact upon subsequent development. Massage is one of the easiest and most pleasant methods of providing this early positive interaction.

Studies show that premature babies who were massaged everyday developed more rapidly, both physically and neurologically. Many newborn nurseries are adopting Infant Massage as a regular part of their parent education programs. These programs help promote well-being and the loving bonds between parents and their babies.

Infant Massage classes available.

Craniosacral Therapy

The Craniosacral system consists of membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. It extends from the bones of the skull, face and mouth – which make up the cranium – down to the sacrum, or tailbone.

Craniosacral therapy is used to locate and solve problems. It encourages your own natural mechanisms to improve the functioning of your brain and spinal cord, to dissipate the negative effects of stress, and to enhance your general health and resistance to disease.

It is Recommended for:

- Chronic Pain Syndrome
- Brain and Spinal Cord Injuries
- Ear Problems/Tinnitus/Vertigo
- Migraine Headaches
- Chronic Fatigue
- Chronic Neck and Back Pain/Injury/Trauma
- TMJ/ Jaw Pain and Dysfunction
- Post-traumatic Stress Disorder/ Emotional Stress



Hands On Health Care

Massage Therapy & Craniosacral Therapy

617 Brock Street South
Whitby, Ontario L1N 4L1
(905) 666-1393

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