

# Our Services

## Massage Therapy

Massage Therapy is one of the oldest forms of human touch and has been around in many different forms since ancient Chinese and Egyptian times. We inadvertently rub an injury when it is sore, and we massage our loved ones at every age from our babies to our elderly.

Massage Therapy is a great tool to use in the recovery of many different injuries including sports, motor vehicle accident and workplace injuries. Massage Therapy is used to treat and prevent pain and stress of the soft tissues and joints of the body. Conditions such as stress, arthritis, tendonitis, muscle strains, headaches, swelling and whiplash are commonly treated with massage therapy.

All of ProActive's registered massage therapists are registered with the College of Massage Therapists of Ontario (CMTO). Our RMTs will work with you to create a comprehensive treatment plan that outlines your goals, timelines and outcomes. This structured approach to massage therapy ensures that your course of treatment is safe, effective and customized for your recovery.

Our RMTs are continually upgrading their skills and have additional qualifications in advanced cervical techniques, myofascial techniques, acupressure, chronic/persistent pain and manual lymph drainage.

Your first appointment will include a one on one assessment with your registered massage therapist that includes a detailed health history intake, a consent form, postural assessment and sometimes range of motion testing and special testing.

During your massages you will remain fully covered with sheets; only the area(s) being treated will be uncovered. A variety of techniques and varying levels of pressure may be used for your massage depending on your needs and condition. Your therapist will always work within your pressure tolerance.

Your massage may include a combination of techniques such as the ones listed below.

**Swedish:** effleurage, petrissage, tractioning, recoil, myofascial trigger point, and cross fibre frictioning and rocking/shaking

**Non-Swedish:** myofascial release, rhythmic mobilization, joint play, scar tissue release, and manual lymph drainage

**Other Modalities:** passive stretching, hydrotherapy, heat/ice, range of motion exercises, post isometric relaxation and acupressure.

Insurance receipts are provided to you if you are claiming massage therapy through your private extended health benefits plan. Your insurance company may require a doctor's referral before they will cover your claim. Approval from your auto insurance or WSIB is necessary if you have a motor vehicle accident claim or work place injury.

Our current MASSAGE THERAPY SERVICE hours are Monday 7:30 am–7:30 pm, Tuesday 7:30 am–7:30 pm, Wednesday 7:30 am–7:30 pm, Thursday 7:30 am–7:30 pm, Friday 7:30 am–5:30 pm.