

Massage Therapy

Benefits of Massage Therapy

There are tremendous benefits to be achieved through regular massage therapy treatments from a Registered Massage Therapist. Whether your need is to have a moment of relaxation, reduce muscle tension or attain relief from chronic pain, a therapeutic massage can enhance your overall sense of emotional and physical well-being as well as your quality of life.

Massage therapy benefits people of all ages. While it benefits the injured, the ill and the stressed, the strength of massage therapy in preventing illness and conditions before they develop cannot be overlooked. Massage therapy can be used in the treatment of both acute and chronic stages of conditions.

The following is a list of conditions for which massage therapy, when provided by a Registered Massage Therapist, can prove beneficial:

- Anxiety and depression
- Back, leg, and neck pain
- Carpal tunnel syndrome (repetitive strain)
- Dislocations
- Fractures and edema
- Headaches
- Insomnia
- Multiple sclerosis
- Muscle tension and spasm
- Post-surgical rehabilitation
- Sports injuries
- Stress and stress related conditions
- Tendinitis
- Asthma and Emphysema
- Cancer
- Chronic Fatigue syndrome
- Fibromyalgia
- Gastrointestinal disorders
- Inflammatory conditions such as arthritis and bursitis
- Kyphosis and Scoliosis
- Parkinson's disease
- Palliative care
- Pregnancy and labour support
- Strains and sprains
- Stroke
- Whiplash