

Monarch Laser & Wellness Centre

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Registered Massage Therapy Frequently Asked Questions

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

- Carpal tunnel syndrome (repetitive strain)
- Fractures, dislocations and edema
- Headaches and insomnia
- Multiple Sclerosis
- Back and neck pain
- Parkinson's disease
- Post surgical rehabilitation
- Sports injuries
- Stress and stress related conditions
- Tendonitis, arthritis, bursitis
- Asthma, emphysema, COPD
- Muscle tension and spasm
- Fibromyalgia
- Gastrointestinal disorders
- Scoliosis and other spine curvatures
- Anxiety and depression
- Chronic Fatigue Syndrome
- Cancer
- Palliative care
- Pregnancy
- Strains and sprains
- Stroke
- Whiplash

What is a Registered Massage Therapist (R.M.T.)

An individual who has:

- Completed competency-based education at educational institutions recognized by the Government of Ontario;
- Studied anatomy, physiology, pathology, physical assessment, neurology, treatments, ethics and other subjects;
- Completed a minimum of 150 clinical hours;
- Successfully completed examinations from and have been "registered" by the College of Massage Therapists of Ontario education and a Quality Assurance Program that assists them in the maintenance of high professional standards and quality of care of their clients.

What are the benefits of massage?

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 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.

What is the cost?

One hour \$70

½ hour \$45