

## Benefits of Massage Therapy

There are tremendous benefits to be achieved by massage therapy. 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 & physical well being.

The following is a list of conditions for which massage therapy can be a treatment:

- Anxiety
- Arthritis
- Acute / Chronic Pain
- Bells Palsy
- Bursitis
- Carpal Tunnel
- Constipation
- Depression
- Fibromyalgia
- Frozen Shoulder
- Headaches & Migraines
- Leg Cramps
- Low Back Pain
- Multiple Sclerosis
- Muscle Aches & Spasms
- Neck pain
- Parkinson's Disease
- Plantar Fasciitis
- Sleep Disorders
- Sports Injuries
- Stress
- TMJ
- Whiplash
- Rotator Cuff Injury

## Fees & Rates

### Massage Therapy

30 Minute Massage	\$50
45 Minute Massage	\$75
1 Hour Massage	\$90
1 1/2 Hour Massage	\$125

### Hot Stone Massage

75 Minute	\$125
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**Please note:** All prices include HST

THE  
*Therapeutic  
Massage*  
CENTRE

REGISTERED MASSAGE THERAPY



THE  
*Therapeutic  
Massage*  
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THE  
*Therapeutic  
Massage*  
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## Hours

Monday	9 am - 7 pm
Tuesday	9 am - 7 pm
Wednesday	9 am - 7 pm
Thursday	9 am - 7 pm
Friday	9 am - 6 pm

By Appointment  
**613.969.1172**

265 Cannifton Road  
Quinte Sports & Wellness Center  
Belleville, ON K8N 4V8

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## Massage Therapy

*"Massage therapy is a comprehensive intervention involving a range of techniques to manipulate the soft tissue and joints of the body. The purpose of massage therapy is to prevent, develop, maintain, rehabilitate or augment physical function or relieve pain."*

*Massage Therapy Act, 1991*

Massage is the manual manipulation of superficial and deeper layers of muscle and connective tissue using various techniques to enhance function, aid in the healing process as well as promoting relaxation and well-being.

Massage therapy involves working on the body with pressure, tension and motion done manually by a massage therapist.

Target tissues may include muscles, tendons, ligaments, fascia, skin, joints, connective tissue as well as lymphatic vessels.

Massage therapy is a naturally based, clinically oriented health option that can achieve amazing results in the relief of various dysfunctions stemming from muscle overuse, stress and other chronic pain syndromes.

## What to Expect..

On your first visit, you will be required to fill out a medical health history which is kept confidential in accordance with strict policy legislation.

Based on the focus of your care, you and your therapist will develop a treatment plan. This entails the areas of the body to be worked on, the types of techniques and pressure, your goals, risks, benefits as well as self care.

You have the right at any time to ask questions, change or stop your treatment plan.

During treatment, your therapist will ensure you are always covered by a sheet, only exposing the area worked on. Massage is more effective directly on the skin, however, if you are uncomfortable with this, you may remain clothed.

Feel free to ask questions at any time.



## Our Team

The Therapeutic Massage Centre is one of the very first Massage Therapy clinics available in the Quinte area. We opened in 1996 to a community which embraced the opportunity to participate in their own naturally based health care. Our philosophy has always remained the same, "client care is our number one priority."

Our business has maintained a wonderful reputation throughout the area and as a result we have built our clinic with referrals from chiropractors, physiotherapists, physicians, naturopaths and most importantly, through past and present clients.

All of our therapists are registered with the College of Massage Therapy. They are extremely well trained and experienced in the methods of assessment, treatment, prevention and rehabilitation. Our goal is to better your overall well-being.

Our team of Registered Massage Therapists offer a variety of styles of massage. Please let us know what your preferences are when booking your appointment to maximize your massage experience.



## Services Offered

- Deep Tissue Massage
- Trigger Point Therapy
- Therapeutic Massage
- Soft Tissue Mobilization
- Pregnancy Massage
- Sports Injury Massage
- Joint Mobilization
- Relaxation Massage
- Hot Stone Massage
- Motor Vehicle Claims

