

Services Guide

Massage Therapists

**NOTE 1: This information is pulled from credible sources. This information is a guide. Any information used from this guide must be re-contextualized (no copying and pasting). Re-contextualize information incorporating SEO and business specifics.*

**NOTE 2: For MCP websites, stick to general information and avoid specifics.*

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1. MASSAGE THERAPISTS OVERVIEW

1.1 GENERAL INFORMATION

https://secure.rmtao.com/Message_Therapy/regulation_of_mt/what_is_a_rmt.htm

<http://www.crmta.ca/?page=7>

<https://en.wikipedia.org/wiki/Massage>

<http://www.yellowpages.ca/tips/pointers-on-the-regulation-of-massage-therapy-in-canada/>

- Massage therapy involves working and acting on the body with pressure – structured, unstructured, stationary, or moving – tension, motion, or vibration, done manually or with mechanical aids.
- Massage may be applied with the hands, fingers, elbows, knees, forearm, feet, or a massage device.
- Depending on the application and technique used, massage is used to promote relaxation and well-being, and is beneficial in treating sports injuries and other problems affecting the musculature of the body.
- Massage therapy is a regulated health profession in BC, Ontario, Newfoundland/Labrador, and New Brunswick only. Massage therapists in other provinces are unregulated, but may be members of a massage therapist association.
- There are Massage Therapist Associations in Alberta, BC, Saskatchewan, Manitoba, Ontario, New Brunswick, Nova Scotia, PEI, Newfoundland/Labrador, and NWT. Members of the Massage Therapist Association in each of these provinces are also members of the Canadian Massage Therapist Alliance.
- A RMT is an individual who has:
 - Completed competency-based education at educational institutions recognized by the government of their province
 - Studied anatomy, physiology, pathology, physical assessment, neurology, treatments, ethics and other subjects
 - Successfully completed examinations from and have been "registered" by the college of massage therapists in their province
 - Maintained their registration by participating in continuing education and a Quality Assurance Program that assists them in the maintenance of high professional standards and quality care of their clients.
- Only members of the college are permitted to use the title Massage Therapist or Registered Massage Therapist or the designation of RMT or MT.

1.2 SEO

Keywords

○ Reflexology	○ Massage Therapy	○ Swedish Massage	○ Deep Tissue Massage
○ Prenatal Massage	○ Hot Stone Massage	○ Aromatherapy	○ Back Massage
○ Foot Massage	○ Myofascial Release	○ Trigger Point Therapy	○ Neuromuscular Therapy
○ Sports Massage	○ Lymphatic Drainage Massage	○ Infant Massage	○ Pregnancy Massage

2. TYPES OF TREATMENTS

2.1 DEEP TISSUE MASSAGE

<https://www.verywell.com/deep-tissue-massage-89738>

General:

- Deep tissue massage is a type of massage therapy that focuses on realigning deeper layers of muscles.
- It is used for chronic pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.
- Some of the strokes are the same as those used in classic massage therapy, but the movement is slower and the pressure is deeper and concentrated on areas of tension and pain in order to reach the sub-layer of muscles and the fascia (the connective tissue surrounding muscles).

<http://www.everesttherapeutics.com/deep-tissue-massage-vancouver>

Treatment	Description	Benefits
Deep Tissue Massage	<ul style="list-style-type: none">○ The massage therapist uses strong squeezing, pressuring and kneading movements to stimulate the internal layers of muscles.○ Deep tissue massage encourages the muscles, tendons and connective tissue to release acids,	<ul style="list-style-type: none">○ Reduces muscle tension○ Releases stress within the muscles○ Provides optimum relief from overuse○ Encourages natural blood circulation and lymph flow, which

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	<p>toxins and other body wastes. The cleansing achieved not only becomes the basis for re- invigoration and healing of the body, but also the release of stress from nerve tissues, helping with stress management.</p> <ul style="list-style-type: none"> ○ The techniques used in deep tissue massage can be direct and indirect. <ul style="list-style-type: none"> ● Direct techniques attempt to find resistance in the body. Pressure is applied to the muscle in order to locate the resistance, and then applied until the muscle resistance is released. ● The indirect method moves in the opposite direction of the resistance. The amount of resistance will determine the amount of pressure that needs to be applied. 	<p>stimulates the circulatory system and dramatically increases much needed oxygen flow throughout the body</p> <ul style="list-style-type: none"> ○ Increased oxygen promotes greater flexibility, improved range of motion and lowers susceptibility to muscle injury and/or strain. The result is an overall reduction of inflammation. ○ Breaks up scar tissue
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Tips and What to Expect:

<http://www.everesttherapeutics.com/deep-tissue-massage-vancouver>

	Description
Eating	<ul style="list-style-type: none"> ○ Don't eat a heavy meal before the massage
Discomfort	<ul style="list-style-type: none"> ○ Be prepared for some discomfort during a deep tissue massage. The pressure and stretching techniques used may be a bit more demanding than a typical massage therapy treatment.
Muscle Soreness	<ul style="list-style-type: none"> ○ In most cases, you will experience some muscle soreness after treatment. Avoid strenuous activity after a massage, and stretch to prevent muscle pain. The soreness will go away after a couple of days.
Water	<ul style="list-style-type: none"> ○ Drinking water after the massage may help to flush out toxins that are released from muscles and properly rehydrate muscles, which can help to reduce muscle aches and stiffness after a massage. Try to supply your body with a steady flow of hydration by sipping about two liters of water

throughout the day after your massage.

2.2 LYMPHATIC DRAINAGE MASSAGE

<https://www.verywell.com/deep-tissue-massage-89738>
https://en.wikipedia.org/wiki/Massage#Lymphatic_drainage

General:

- Manual lymphatic drainage is a technique used to gently work and stimulate the lymphatic system, to assist in reduction of localized swelling. The lymphatic system is a network of slow moving vessels in the body that carries cellular waste toward the heart, to be filtered and removed.
- The technique was developed in Germany for treatment of lymphedema, an accumulation of fluid that can occur after lymph nodes are removed during surgery (most often a mastectomy for breast cancer).
- The impact of the lymphatic system on our health is so far-reaching that many of our minor day-to-day aches and pains, and/or low energy and susceptibility to colds and flu may be due to a sluggish lymphatic system.
- Manual lymphatic drainage can be used in many circumstances to increase overall well-being.
- In a typical and healthy individual, this therapy can be used to improve immunity, relieve the pain and swelling from an injury, reduce stress by calming the nervous system and effectively aid skin healing due to the slow gentle stretching action of the lymphatic massage.

<http://www.everesttherapeutics.com/lymphatic-drainage-vancouver>
<http://www.drweil.com/health-wellness/balanced-living/wellness-therapies/lymphatic-massage-therapy/>

Treatment	Description	Benefits
Lymphatic Drainage Massage	<ul style="list-style-type: none">○ A lymphatic massage session for women who develop lymphedema after surgery for breast cancer starts with a light massage on the surface of the skin of the neck.○ The therapist gently rubs, strokes, taps or pushes the skin in directions that follow the structure of the lymphatic system so that accumulated lymph fluid can drain through proper channels.○ Lymphatic drainage is very gentle, is	<ul style="list-style-type: none">○ Greater range of motion○ Improved circulation○ Topical scars will be less visible○ The scar will be less or no longer palpable○ Pain will decrease greatly or disappear○ Overall increase in tissue health○ Nerve sensory reception may return

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	<p>not painful and doesn't have a stimulating effect.</p> <ul style="list-style-type: none"> ○ In a typical and healthy individual, this therapy can be used to improve immunity, relieve the pain and swelling of an injury, reduce stress by calming the nervous system and effectively aid skin healing due to the slow gentle stretching action of the lymphatic massage. ○ MLD is an effective treatment for old scars where the tissue has become hard and fibrotic. MLD has the ability to liquefy the collagen in the scar tissue from its gelatinous state which creates greater ease in transporting it away from the area. ○ It can be used on scar tissue from contusions, lacerations, skin ulcers, acne, radiation, keloids, and surgical incisions/procedures. 	
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Tips and What to Expect:

<http://www.fortcollinslymph-massage.com/massage-tips.html>

	Description
Drink Water	<ul style="list-style-type: none"> ○ Arrive at your appointment well hydrated. Dehydration will severely impair your ability to detoxify and rebuild
Movement	<ul style="list-style-type: none"> ○ Plan and allow for a period of movement immediately after your session. ○ Your lymph collects toxins and places them into the blood stream for removal. ○ 10 to 15 minutes of gentle movement and breathing is recommended, such as a short walk before getting into your car after the session, walking your dog, hitting the gym or a gentle yoga class
Rest	<ul style="list-style-type: none"> ○ Plan and allow for a period of rest after treatment and movement if needed. Your body's resources and nutrients will go toward "cleaning up shop" and this may include an immune response to cleanse any bacteria or foreign cells that don't belong. Rest will allow the body to regenerate

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	and heal.
Illness	<ul style="list-style-type: none"> ○ If you are already sick, fighting an illness, or recovering from illness, consider shortening your session or contact your therapist to identify the best time to receive lymph work. ○ The first acute 24-48 hours of illness is not the appropriate time to receive massage.

2.3 PRE-NATAL MASSAGE

<http://www.somastudio.net/services/pregnancy-massage/>

General:

- During pregnancy your body experiences a multitude of changes – more stress is put on your back, neck, shoulders and abdominal muscles.
- An aching lower back is a common sensation for many pregnant women, while others may experience aching legs, sore hips, swelling and/or insomnia.
- Pre-natal massage therapy is a wonderful way to cope with these adjustments and ease the discomfort.
- A massage during pregnancy brings about a sense of well-being through relaxation.
- There are pre-natal massage tables and pillows that can make the experience more comfortable.

<http://www.whattoexpect.com/prenatal-massage.aspx>

Treatment	Description	Benefits
Pre-natal Massage	<ul style="list-style-type: none"> ○ A technique involving deep bodywork designed to improve your circulation, take some of the strain off your muscles and joints, and generally re-energize you. 	<ul style="list-style-type: none"> ○ Soothes tired and tense muscles ○ Improves sleep ○ Relieves muscle cramps, spasms and tension in the lower back, neck, hips and legs ○ Reduces the release of stress hormones ○ Reduces heart rate and blood pressure ○ Improves blood and lymph circulation, which can reduce

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- swelling (edema)
- Can improve labour outcome and ease pain

Tips and What to Expect:

<http://www.everesttherapeutics.com/pregnancy-massage-vancouver>

<https://www.babble.com/pregnancy/first-trimester-massage-5-reasons-why-you-need-one/>

<http://www.pghhealthandhealing.com/blog/2011/03/common-misconceptions-about-pregnancy-massage-during-the-first-trimester-pittsburgh-cer>

Safety	<ul style="list-style-type: none"> ○ Some massage therapists will have you wait until after the first trimester to have a pregnancy massage due to the increased risk for miscarriage in the first 12 weeks. ○ However, I can't find any studies linking 1st trimester massages and miscarriage, and many sources say they are perfectly safe when they are done by a trained pre-natal massage therapist.
Tables/Positioning	<ul style="list-style-type: none"> ○ Some massage therapists may use pregnancy tables that have a hole cut out with a fabric hammock for supporting your belly. Some people find these tables comfortable, but they may not be reliable and can still apply pressure to the abdomen, or allow the abdomen to dangle, causing uncomfortable stretching of the uterine ligaments. ○ Other massage therapist will have you lay on your side on a comfortable, flat massage table with a body cushion and pillow to provide all the necessary support.
Massage pressure	<ul style="list-style-type: none"> ○ Pressure is changed to moderate or light, so that both mother and baby remain within a state of relaxation, and do not feel any fight or flight stressors. ○ Communication is very important throughout the treatment to ensure calm and comfort level is maintained.
Post-treatment	<ul style="list-style-type: none"> ○ After treatment, allow yourself time to get up, especially if you are prone to dizziness. Sit on the table before standing and allow your body time to adjust to the change in position. ○ Drink plenty of water and have a small snack after treatment if necessary. ○ Your therapist will also give home-care exercises and ideas to incorporate into your routine that will aid you.

2.4 POST-NATAL MASSAGE

<http://medspa.ca/postnatal-massage.php>

<http://americanpregnancy.org/first-year-of-life/postpartum-massage/>

<https://nownzen.net/postpartum-massage/>

Treatment	Description	Benefits
Post-natal Massage	<ul style="list-style-type: none">○ Post-natal or postpartum massages are tailored to women who have recently given birth.○ Pregnancy massage techniques in postpartum treatments are a combination of Swedish and therapeutic manipulations designed to provide relief and promote healing.○ Gentle stretches and joint manipulations are also incorporated into the treatment.	<ul style="list-style-type: none">○ Regulates hormones - studies indicate that massage reduces the stress hormone cortisol. Certain essential oils may also bring hormone and mood balance.○ Massage reduces naturally occurring biochemicals associated with depression (dopamine and serotonin) and cardiovascular problems (norepinephrine)○ Alleviates the muscle strain of labour and childbirth○ Promotes pelvic floor healing and rebalances the pelvis and spine○ Restores and normalizes abdominal structures and facilitates healing after a caesarian section○ Restores normal walking patterns○ Prevents and reduces back and neck pain caused by new-born care

Tips and What to Expect:

<https://nownzen.net/postpartum-massage/>

<http://be-calm.ca/2012/massage-therapy/maternity-massage/postpartum/>

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Babies welcome	<ul style="list-style-type: none"> ○ Some therapists encourage postpartum massage clients to bring their baby to their appointment. Some mothers may find this more convenient due to breastfeeding schedules or a desire to remain close to their baby
Tables/Positioning	<ul style="list-style-type: none"> ○ Some massage therapists may use tables that have breast recesses for nursing mothers, so that they can lie comfortably on their stomach. ○ If your baby is with the client and needs feeding, therapists can switch the client to lie on their side.
Safety	<ul style="list-style-type: none"> ○ Some clinics recommend that post-natal massage clients wait until their 6-week postpartum appointment to receive medical clearance for massage. ○ Other clinics say postpartum massage therapy can begin as soon as the mom is recovered from the delivery process, which is usually within 2 to 9 days. They say the immediate postpartum period (first 6 weeks after birth) is the most taxing on a new moms' body and is when massage therapy is most beneficial

2.5 INFANT MASSAGE

- https://en.wikipedia.org/wiki/Infant_massage
- <http://www.whattoexpect.com/first-year/benefits-of-infant-massage.aspx>
- <http://www.allseasonsmassage.ca/?page=36373>
- <http://www.parents.com/baby/care/newborn/how-to-massage-baby/>

Treatment	Description	Benefits
Post-natal Massage	<ul style="list-style-type: none"> ○ There are a variety of different massage techniques, applying light pressure on the abdomen, head, chest, arms, back, legs, and feet ○ There are no significant risks for adverse events with massage theory with either full term or pre-term infants. 	<ul style="list-style-type: none"> ○ Infant massage has enormous benefits for helping babies grow and thrive. ○ It can help babies' digestion and teething pains ○ Babies who are massaged sleep better, and are calmer and more alert when awake. ○ Boosts muscle development ○ Research in pre-term infants and low birth weight infants has found evidence that massage improves weight gain,



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increases bone density, reduces cortisol, and improves cognitive and motor development in later months.

2.6 SPORTS MASSAGE

<http://www.coasttherapy.ca/sports-massage/>

<http://www.sportsinjuryclinic.net/treatments-therapies/sports-massage/sports-massage-benefits-effects>

<http://www.pacificcollege.edu/news/blog/2014/07/21/benefits-sports-massage>

Treatment	Description	Benefits
Sports Massage	<ul style="list-style-type: none"> ○ The primary goals in sport therapy are to help rehabilitate current injuries, prevent new injuries from happening, and to treat and prevent secondary problems; ultimately enhancing athletic performance. ○ During physical activity—especially strenuous—muscle tension builds up in the body’s soft tissues. Due to overextension or overuse, minor injuries and lesions occur in these tissues that can cause a great deal of pain and poor athletic performance. ○ Sports massage helps alleviate pain and prevent such injuries that greatly affect flexibility, mobility, response time, and overall performance in athletic events. ○ Specific techniques and instruction in therapeutic exercises help enhance athletic performance and prevent overuse problems. Some therapists also focus on the biomechanics of various sports and how those movements affect the body in order to further prevent future sports-related injuries. 	<ul style="list-style-type: none"> ○ Pumping - The stroking movements in massage suck fluid through blood vessels and lymph vessels. By increasing the pressure in front of the stroke, a vacuum is created behind. This is especially important in tight or damaged muscle tissue as a tight muscle will squeeze blood out like a sponge, depriving the tissues of vital nutrients and energy to repair. ○ Increased tissue permeability - Deep massage causes the pores in tissue membranes to open, enabling fluids and nutrients to pass through. This helps remove waste such as lactic acid, and encourage the muscles to take up oxygen and nutrients which help them recover quicker. ○ Stretching - Massage can stretch tissues that could not be stretched in the usual methods. Bundles of muscle fibres are stretched lengthwise as well as

- Treatment often includes identifying soft-tissue and joint restrictions, areas of hypertonus (ie. “tight” muscles or spasms), neuromuscular firing, and of course circulation and lymphatic drainage.
 - **Break down scar tissue** - Scar tissue is the result of previous injuries or trauma and can affect muscle, tendons and ligaments. This can lead to inflexible tissues that are prone to injury and pain.
 - **Improve tissue elasticity** - Hard training can make tissues hard and inelastic. This is one reason why hard training may not result in improvements. Massage helps reverse this by stretching the tissues.
 - **Opens micro-circulation** - Massage increases blood flow to tissues, but so does exercise. However, massage also opens or dilates the blood vessels. Stretching them enables nutrients to pass through more easily.
 - **Pain reduction** - Tension and waste products in muscles can often cause pain. Massage helps reduce this in many ways including releasing endorphins.
 - **Relaxation** - Muscles relax through heat generation, circulation and stretching. Mechanoreceptors which sense touch, pressure, tissue length and warmth are stimulated causing a reflex relaxation.
 - **Anxiety reduction** - through the effects mentioned above relaxation, is induced and so reduces anxiety levels.
- sideways. Massage can also stretch the fascia that surrounds the muscle, releasing any tension or pressure build up.

2.7 FOOT MASSAGE

<http://barefootoasis.ca/services/>

<http://www.lifehack.org/articles/lifestyle/9-unexpected-benefits-foot-massage-that-make-you-want-have-one-now.html>

Treatment	Description	Benefits
<p>Reflexology</p>	<ul style="list-style-type: none"> ○ Foot reflexology may relieve the stress of the entire body. ○ Pressure points on the feet correspond to specific parts of the body and are massaged to reduce various types of strain and pain experienced in these parts. 	<p>Reflexology may:</p> <ul style="list-style-type: none"> ○ Relieve stress and tension ○ Relax one’s mind and body ○ Reduce chronic pain ○ Boost blood circulation ○ Strengthen immune system ○ Detoxify body waste ○ Shorten post-operative recovery time ○ Help with pregnancy and post-partum effects. ○ Aid kidney function and kidney stones ○ Help children with behavioral problems ○ Help children with colic and constipation ○ Relieve women’s menopause symptoms
<p>Foot Massage</p>	<ul style="list-style-type: none"> ○ Involves stretching the muscles and applying pressure to the heel, arch, ankle, and toes 	<ul style="list-style-type: none"> ○ Improves circulation: The muscles in the feet hardly get any exercise, and circulation is often impaired by tight and uncomfortable shoes. A 10 to 20 minute massage session can greatly improve circulation in the lower extremities, which is particularly important for people suffering from diabetes. ○ Helps heal foot and ankle injuries: Massaging the feet can help with joint pain and aid recovery after an injury, as well as reduce muscle soreness.

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		<ul style="list-style-type: none"> ○ Lowers blood pressure ○ Helps relieve pain from flat feet and plantar fasciitis ○ Reduces the effects of edema: swelling due to fluid retention in the feet and ankles, is very common in pregnant women, mostly in the last trimester. This condition can be combated by massaging the feet on a daily basis, coupled with plenty of rest and the right diet.
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2.8 CRANIOSACRAL MASSAGE

<https://www.messageenvy.com/massage/massage-types/cranial-sacral-therapy/>

<http://www.lifehack.org/articles/lifestyle/9-unexpected-benefits-foot-massage-that-make-you-want-have-one-now.html>

<http://dominelliwellness.com/craniosacral-therapy/>

Treatment	Description	Benefits
Craniosacral therapy	<ul style="list-style-type: none"> ○ Craniosacral therapy (CST) is a gentle, non-invasive form of bodywork that addresses the bones of the head, spinal column and sacrum. The goal is to release compression in those areas to alleviate stress and pain. ○ Craniosacral therapy seeks to restore the natural position of the bones and support the body as it heals itself, and to optimise its functional level. ○ Adjusts the flow of cerebrospinal fluid so that it is symmetrical and smooth. ○ A practitioner of craniosacral therapy may also apply light touches to a patient's spine and pelvis. 	<ul style="list-style-type: none"> ○ Can relieve migraines, dizziness, balance problems, neuropathic pain and other neurological issues. ○ It can decrease stress from chronic injuries as well as provide relief from migraine headaches, neck and back pain, temporomandibular joint disorder (the inflammation of the joint that connects the lower jaw to the skull) and more.

2.9 TENDINITIS MASSAGE

<https://www.messageenvy.com/massage/massage-benefits/massage-for-tendinitis/>

Treatment	Description	Benefits
Tendinitis massage	<ul style="list-style-type: none">○ Every time you stretch, twist or bend, your tendons – the tissues that attach your muscles to your bones – go into action. Too much action can result in tendinitis or tendonitis, the inflammation which is caused by repetitive motion as well as by aging and injuries that tear your muscle fibers.○ Giving the irritated area time to heal makes sense, but often people can't take as much time as needed to let the muscle rest. While tendinitis usually goes away within a month, continued use of the joint can result in chronic tendinitis. <p>Tendinitis massage may include:</p> <ul style="list-style-type: none">○ Deep Tissue Massage, which helps reduce inflammation and eliminate scar tissue that can create tightness in muscles, tendons and ligaments○ Sports Massage, which targets muscle-tendon junctions to improve endurance and flexibility while also helping reduce fatigue and prevent injury	<ul style="list-style-type: none">○ If the tissue sheath surrounding your tendon becomes too narrow due to scarring or disease, chronic tendinitis can result in the joint "locking up." Massage can help provide relief before that happens, regardless of whether your tendinitis is caused by overuse or other factors.○ Factors like injury frequently result in scar tissue, but regular massage therapy can loosen that tissue to keep it from clogging your muscle fibers. This not only helps you sustain your range of motion, but also keeps your muscles more supple to reduce the chance of further injury.

Process

<http://gainesvillemassagetherapy.com/articles-about-therapeutic-massage/how-massage-therapy-can-help-tendinitis-and-tendinosis/>

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Steps	Description
Orthopedic testing	<ul style="list-style-type: none"> Identifies and locates the injured tissue
Cyriax frictioning	<ul style="list-style-type: none"> Done at the precise location revealed by the testing. This orthopedic massage technique stimulates a mild local inflammatory healing response, which will enable the scar tissue to remodel. Performed for only a few minutes per massage session. The rest of the session relieves the tension caused by injury overcompensation, postural problems and other patterns that contribute to the problem.
Release of tension	<ul style="list-style-type: none"> Occurs in adjacent muscles that have had to work harder to compensate for the injured tendon Treatment is most effective when combined with targeted stretches (creating elasticity in the healing tissue) and rehabilitative exercises (creating strength in the healing tissues). A strong elastic scar or remodeled tendon will be much more functional, and much less likely to be re-injured.
Opening of constricted areas	<ul style="list-style-type: none"> Due to postural patterns that may be contributing to the strain at the injured site
Instructions for client self-care	<ul style="list-style-type: none"> Besides proper directed exercises for the specific site of injury, patients must take care to eat, hydrate, and rest well. Patients should also look at any areas of life that are causing stress. All stress, whether physical, chemical, emotional or mechanical, is perceived by the body's chemistry, raising stress hormones. This, in turn, affects our immune system and our ability to heal.

2.10 NEUROMUSCULAR THERAPY MASSAGE

<http://muscularhealth.massagetherapy.com/what-is-neuromuscular-therapy>

https://en.wikipedia.org/wiki/Neuromuscular_therapy

<http://www.massagetherapy101.com/massage-techniques/neuromuscular-therapy.aspx>

<http://www.sbodytherapies.com/blog/post/3472482>

Treatment	Description	Benefits
Neuromuscular therapy	<ul style="list-style-type: none"> Neuromuscular therapy is a specialized form of deep tissue massage in which digital pressure and friction are used to release 	<ul style="list-style-type: none"> Neuromuscular therapies are used to treat conditions such as chronic pain, sciatica, rotator cuff dysfunction, carpal tunnel

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- areas of strain in the muscle.
 - Neuromuscular Therapy balances the nervous system with the muscular and skeletal systems, and naturally brings the body back into alignment. It addresses postural and muscular imbalances, nerve entrapment, ischemia (reduced blood flow to an area of the body) and muscular trigger points.
 - A variety of musculoskeletal symptoms that people have are usually related to misalignment and muscular imbalances, resulting in strain and stress occurring within the muscles, tendons, ligaments and joints.
 - Treatment is directed towards helping patients return to an improved state of muscular balance and skeletal alignment, thereby reducing the strain on the body.
 - Neuromuscular therapy is used to treat many different soft tissue problems.
 - First the therapist will locate the muscle spasm in the back and then concentrate the hands-on treatment to this area by applying continuous pressure for about 30-seconds with their fingers, knuckles and elbows. The same pressure must be maintained by the massage therapist for the entire 30-seconds in order to encourage proper blood flow in the area.
- syndrome, temporomandibular joint dysfunction (TMJ) and migraines, as well as traumas, including abuse-related trauma.
 - NMT is the most effective type of massage therapy for lower back pain.
 - Used to locate and release spasms and contractions in tissues, NMT aids the healing process for injured tissues, assists in venous and lymphatic flow, restores postural alignment, and imparts flexibility to the tissues.

2.11 WHEELCHAIR MASSAGE

<http://www.strelcheckchiro.com/our-services/therapeutic-massage/wheelchair-massage/>

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Treatment	Description	Benefits
Wheelchair massage	<ul style="list-style-type: none"> ○ Spending time in a wheelchair causes muscles to become tight and weakened due to lack of use. It can also cause other muscles to become overworked, sore and achy. Massage therapy is a great tool to eliminate trigger points and decrease muscular pain and tightness in both, overused and underused muscles. ○ Wheelchair-bound patients also experience poor circulation due to a sedentary lifestyle. ○ Decreased circulation and prolonged positioning in the wheelchair can also cause pressure sores. ○ Some patients will be able to be moved to the massage table, while others will receive massages in their wheelchair (including hand, arm, foot, lower leg, scalp, face, neck and shoulder massage) 	<ul style="list-style-type: none"> ○ Massage helps to decrease chronic pain by releasing endorphins, the body's natural painkiller. It has also been shown to help decrease stress levels in wheelchair bound patients by relaxing the body ○ Massage stimulates tissues to increase blood flow to the muscle and eliminate toxins. Enhanced blood flow can improve healing time after a surgery or injury and help to alleviate pressure sores.

2.12 SWEDISH MASSAGE

<https://www.messageenvy.com/massage/massage-types/swedish-massage/>

<http://www.encyclopedia.com/medicine/encyclopedias-almanacs-transcripts-and-maps/swedish-massage> - in-depth explanation

Treatment	Description	Benefits
Swedish massage	<ul style="list-style-type: none"> ○ Swedish massage is the best-known and most popular type of massage therapy ○ One of the primary goals of the Swedish massage technique is to relax the entire body. This is 	<ul style="list-style-type: none"> ○ Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, and improving circulation and flexibility while

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	<p>accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart.</p> <ul style="list-style-type: none"> ○ Additional Swedish massage techniques include circular pressure applied by the hands and palms, firm kneading, percussion-like tapping, bending and stretching. (effleurage, petrissage, friction, vibration, and tapotement.) 	<p>easing tension.</p> <ul style="list-style-type: none"> ○ Swedish massage helps promote healing while targeting pain, injuries, stress and stiffness <p>Other benefits include:</p> <ul style="list-style-type: none"> ○ Loosening tight muscles and stretching connective tissues ○ Relieving cramps and muscle spasms, and decreasing muscle fatigue ○ Loosening joints and improving range of motion ○ Increasing muscle strength ○ Calming the nervous system ○ Stimulating blood circulation ○ Firming up muscle and skin tone ○ Relieving symptoms of disorders such as asthma, arthritis, carpal tunnel syndrome, chronic and acute pain syndromes, myofascial pain, headaches, temporomandibular joint (TMJ) dysfunction, and athletic injuries ○ Speeding up healing from injury and illness ○ Improving lymphatic drainage of metabolic wastes
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2.13 RELAXATION MASSAGE

<http://mobilehealthnetwork.ca/therapeutic-and-relaxation-massage-whats-the-difference>

http://www.naturaltherapypages.com.au/article/what_is_relaxation_massage

Treatment	Description	Benefits
Relaxation	<ul style="list-style-type: none"> ○ Typically, you'll find relaxation 	<ul style="list-style-type: none"> ○ Lowering blood pressure

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<p>massage</p>	<p>massage at a spa, either as a service on its own or as part of a “spa day” package that includes other services such as paraffin treatments, manicures or facials. The massage will be pleasurable and relaxing, but don’t expect detailed discussion of your health needs in these locations.</p> <ul style="list-style-type: none"> ○ As the name suggests, relaxation massage is all about relaxing. It focuses on giving the client time to recover from the stresses of daily life. 	<ul style="list-style-type: none"> ○ Improvements to peripheral circulation ○ Improvements to skin tone and appearance ○ Improvements to gastrointestinal motility/regularity ○ Some reduction in muscle tension including the relief of muscle tension headaches ○ Improvements to any stress-related symptoms. This can include providing a gentle boost to the immune system if you undergo regular treatments.
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What to Expect

- Long smooth gliding strokes that are rhythmic and flowing
- Pressure that is deeply relaxing, but not painful
- A treatment that is designed to soothe and relax you, not to relieve chronic pain or other underlying ailments
- A therapist who also takes the massage environment into account – soothing music, warm luxurious towels, and occasionally the use of essential oils to enhance both the environment and the effects of the massage

2.14 AROMATHERAPY

<http://bayviewsheppardrmt.com/aromatherapy/>

<http://www.annmacdonaldrmt.ca/Aromatherapy.aspx>

<http://www.massagetherapycanada.com/technique/making-scents-of-aromatherapy-1239>

Treatment	Description	Benefits
<p>Aromatherapy</p>	<ul style="list-style-type: none"> ○ Aromatherapy is the art and science of using essential oils to enhance the well-being of body, mind and spirit. ○ Essential oils are only derived from 	<ul style="list-style-type: none"> ○ Only by using a variety of applications such as baths, steam inhalations, environmental fragrancing, massage or therapeutic creams

recently-living plant material. The most common method of extraction is distillation and it is usually of fresh plant material. Sometimes the plant is dried, partly dried or slightly fermented.

- The therapeutic power of touch combined with the healing and balancing properties of essential oils is by far the most effective method to use essential oils.
- The therapeutic use of essential oils and massage can affect all the systems of the body – in particular the muscular, circulatory, lymphatic (immune) and nervous systems.
- Pure essential oils can be used within any massage therapy treatment.
- Massage therapy and aromatherapy can have similar goals, i.e. reducing stress and relieving muscle pain, but have only one area in common – massage.
- To apply essential oils to the skin, carrier oils (pure vegetable oils) are used to dilute the essential oils and "carry" them to the skin. Common carrier oils include sweet almond oil, apricot kernel oil and grapeseed oil.
- There are some oils that are antibacterial and antiviral which may ward off infections.
- There are three types of oils: stimulating, relaxing, and balancing.

can you achieve results with aromatherapy

- Oils that are applied to the skin are believed to be absorbed into the bloodstream.
- Aromatherapy massage can help relieve
 - Stress and anxiety
 - Headaches
 - Aches and pains
 - Arthritis
 - Colds and flus
 - Depression
 - Insomnia
 - Muscular and joint aches

2.15 HOT STONE MASSAGE

<https://www.messageenvy.com/massage/massage-types/hot-stone-envy/>
<http://spas.about.com/od/hotstonemassage/a/Hotstone.htm>

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Treatment	Description	Benefits
Hot Stone Massage	<ul style="list-style-type: none">○ Hot stone massage is a specialty massage where the therapist uses smooth, heated stones as an extension of their own hands, or by placing them on the body.○ The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly.○ The stones used are typically river rocks or other very smooth-surfaced stones made of basalt. The high iron content in basalt helps the stones retain heat during the massage.○ The hot stones also expand blood vessels, which encourages blood flow throughout the body.	<ul style="list-style-type: none">○ Melts away tension, eases muscle stiffness and increases circulation and metabolism○ The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.○ Provides relief from pain associated with fibromyalgia, arthritis, carpal tunnel syndrome and other chronic conditions○ Decreases pain and muscle spasms○ Reduces chronic stress and tension○ Increases flexibility in joints, aiding in easier mobility and movement○ Relieves pain and tension created by strained and contracted muscles

2.16 TRIGGER POINT THERAPY

General:

<https://www.painscience.com/tutorials/trigger-points.php>

- May also be called “myofascial release”
- Trigger point therapy is experimental and it doesn’t work for everyone – it’s hard to back it up with evidence
- Trigger Point therapy may help people suffering with Myofascial Pain Syndrome
- Massage therapists have a lot of hands-on experience of muscle tissue, but their training for myofascial pain syndrome may vary and the RMT program doesn’t cover it extensively.

2.16.1 Trigger Points

<https://www.painscience.com/tutorials/trigger-points.php>

<http://www.massage-education.com/trigger-point-therapy.html>

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- A trigger point is a “knot” – a small patch of tightly contracted muscle, an isolated spasm affecting just a tiny patch of muscle tissue (not a whole-muscle spasm like a “charlie horse”). In theory, that small patch of muscle chokes off its own blood supply, which irritates it even more — a vicious cycle called a “metabolic crisis.”
- Trigger points can cause pain in other parts of the body. A trigger point in the back, for example, may produce referral pain in the neck. The neck, now acting as a satellite trigger point, may then cause pain in the head.
- Trigger point pain may be sharp and intense or a dull ache.
- A few trigger points here and there are usually just an annoyance. Many bad ones is a syndrome: myofascial pain syndrome (MPS)
- What makes trigger points clinically important is their triple threat. They can:
 - Cause pain problems - Trigger points can cause pain *directly*. Trigger points are a “natural” part of muscle tissue
 - Complicate pain problems - Whatever’s wrong, you can count on them to make it *worse*, and in many cases they actually begin to overshadow the original problem.
 - Mimic other pain problems: Many trigger points feel like something else. It is easy for an unsuspecting health professional to mistake trigger point pain for practically anything but a trigger point. For instance, muscle pain is probably more common than repetitive strain injuries (RSIs), because many so-called RSIs may actually be muscle pain. A perfect example of this is shin splints.
- Trigger points can be caused by:
 - Repetitive overuse injuries (using the same body parts in the same way hundreds of times on a daily basis) from activities such as typing/mousing, handheld electronics, gardening, home improvement projects, work environments, etc.
 - Sustained loading as with heavy lifting, carrying babies, briefcases, boxes, wearing body armor or lifting bedridden patients.
 - Habitually poor posture due to sedentary lifestyle, de-conditioning and poorly designed furniture
 - Muscle clenching and tensing due to mental/emotional stress.
 - Direct injury such as a blow, strain, break, twist or tear (from car accidents, sports injuries, falling down stairs, etc)
 - Trigger points can even develop due to inactivity such as prolonged bed rest or sitting.
- Common forms of referred pain include headaches, sinus pain, jaw pain, earaches, or stiffness in joints.
- Types of trigger points include:
 - Latent trigger point - a dormant area that can act like a trigger point
 - Secondary trigger point - a very irritable spot in the muscle that can become active if there is muscular overuse in another muscle
 - Satellite myofascial point - an irritable spot within a muscle that becomes inactive due to regional pain of another trigger point

2.16.2 Myofascial Pain Syndrome

<https://www.painscience.com/tutorials/trigger-points.php>
https://www.tptherapy.com/instructions/trigger_points

- Myo-fascial = muscle-connective tissue
 - The inside of the body is covered with soft tissue called fascia. This tissue covers every structure including organs, muscles, nerves and blood vessels.
 - The fascia that covers your muscles is call myofascia. When the myofascia is stressed from overuse or trauma, it can tear and adhere together. These adhesions are called trigger points and can prevent the muscles from working well.
- Myofascial Pain Syndrome and Fibromyalgia (FM) sometimes get mistaken for each other
 - FM may be a more clearly neurological disease, while MPS may be more of a dysfunction of muscle tissue
 - Fibromyalgia’s famous “tender points” are a very different idea than trigger points. Trigger points describe localized pain in almost any location which can come and go, but there are only 18 official, specific tender points that are persistent features of FM
 - Therapy for MPS seems to be helpful for some FM patients as well

2.16.3 Trigger Point Therapy

<https://www.messageenvy.com/massage/massage-types/trigger-point-therapy/>

Treatment	Description	Benefits
Trigger Point Therapy	<ul style="list-style-type: none">○ Trigger point massage therapy is specifically designed to alleviate the source of the pain through cycles of isolated pressure and release.○ In this type of massage, the recipient actively participates through deep breathing as well as identifying the exact location and intensity of the discomfort.○ Trained massage therapists know which referral areas are responsible for pain in each part of the body	<ul style="list-style-type: none">○ Constricted areas in the muscles are released, alleviating pain○ You can experience a significant decrease in pain after just one treatment.○ Receiving massage with trigger point therapy on a regular basis can help naturally manage pain and stress from chronic injuries○ One of the advantages of Trigger Point Therapy when compared to other massage therapies that are used to manage and treat pain is that it identifies and works very

Services Guide: Massage Therapists

specific points of the body, specifically the locations where the pain occurs to provide the best method of treatment for the pain.

What to Expect:

<http://www.myofascialtherapy.org/myofascial-therapy/index.html>

- Many patients experience relief from pain during the first treatment. For others, several treatments are needed before their pain starts to diminish.
- It is common for patients to experience some soreness for one or two days after treatment. This usually resolves after the first few treatments.
- You may experience fatigue as the chronically-held musculature is allowed to relax and return to a normal tone; however some patients experience an increase in energy.
- As the work-load of the musculature shifts, pain patterns may change. This is a temporary and normal stage of recovery from chronic pain.
- It is not uncommon for people to experience relief from symptoms they were not seeking treatment for, such as chronic hand and forearm pain clearing up after being treated for a stiff neck.
- Returning to normal activities without pain is most often accelerated by adherence to the self-care program given to you by your therapist. Minimizing stress, pacing your activities and avoiding overexertion (as well as focusing on what you can do instead of your limitations) are of prime importance.
- Your rate of improvement depends on many conditions:
 - Type of injury and length of time since it occurred
 - Overall physical health and level of fitness
 - Perpetuating factors (many can be eliminated, others cannot)
 - Underlying skeletal abnormalities
 - Nutrition (vitamin and mineral deficiencies, poor diet etc.)
 - Quality of sleep
 - Depression or anxiety
 - Patient compliance with self-care and eliminating or reducing perpetuating factors.
 - Other medical conditions (i.e. allergies, diabetes, thyroid dysfunction, etc.)

Process:

<http://www.lavidamassage.com/massage/trigger-point-massage-therapy.html>

Steps

Description

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1. Positioning	<ul style="list-style-type: none">○ The therapist will have the guest lie down in a way which is both comfortable for the guest, in the sense that other trigger points are not aggravated, and easy for the therapist to work the area.
2. Locating the trigger points	<ul style="list-style-type: none">○ The therapist will then canvass the body in order to locate the exact area of where the trigger point is located. Location of the trigger point can be uncomfortable for many, especially if they have more than one.
3. Breaking the trigger points down	<ul style="list-style-type: none">○ After locating the trigger point or points, the therapist will use several different finger techniques of varying pressure on and around the points in order to break down the build-up of the knot. Because of the direct pressure applied to the area which is affecting the guest the most, this can be uncomfortable.○ Depending on the size of the trigger point, it may take several visits to the therapist in order to be assured that the entire trigger point has been deactivated.
4. Staying hydrated	<ul style="list-style-type: none">○ Once the trigger point has been effectively treated or removed, no matter how many visits it has taken, it is important for the guest to remain hydrated.○ The breaking down of the trigger point takes all of the toxins that have built up in these areas and releases them into the blood stream.○ Drinking plenty of water and other healthy beverages allows for the toxins to wash out of the blood stream in a short period of time, allowing the patient to continue their lives both toxin and trigger point free.
5. Epsom salt bath	<ul style="list-style-type: none">○ Additionally, many therapists will recommend that you take an epsom salt bath to assist with removing toxins and muscle soreness.

3. RELATED SERVICES

3.1 ACUPUNCTURE

<https://chriskresser.com/chinese-medicine-demystified-part-iv-how-acupuncture-works/>

What Does Acupuncture Do?

Promotes Blood Flow

- This is significant because everything the body needs to heal is in the blood, including oxygen, nutrients we absorb from food, immune substances, hormones, analgesics (painkillers) and anti-inflammatories. Restoring proper blood flow is vital to promoting and maintaining health.
- Blood flow decreases as we age and can be impacted by trauma, injuries and certain diseases

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	<ul style="list-style-type: none">○ Acupuncture has been shown to increase blood flow and vasodilation in several regions of the body
Stimulates the body's "built-in" healing mechanisms	<ul style="list-style-type: none">○ Acupuncture creates "micro traumas" that stimulate the body's ability to spontaneously heal injuries to the tissue through nervous, immune and endocrine system activation○ As the body heals the micro traumas induced by acupuncture, it also heals any surrounding tissue damage left over from old injuries
Releases Natural Pain Killers	<ul style="list-style-type: none">○ Inserting a needle sends a signal through the nervous system to the brain, where chemicals such as endorphins, norepinephrine and enkephalin are released
Reduces Both the Intensity and Perception of Chronic Pain	<ul style="list-style-type: none">○ It does this through a process called "descending control normalization," which involves the serotonergic nervous system
Relaxes Shortened Muscles	<ul style="list-style-type: none">○ This in turn releases pressure on joint structures and nerves, and promotes blood flow
Reduces Stress	<ul style="list-style-type: none">○ This is perhaps the most important systemic effect of acupuncture. Recent research suggests that acupuncture stimulates the release of oxytocin, a hormone and signaling substance that regulates the parasympathetic nervous system. You've probably heard of the "fight-or-flight" response that is governed by the sympathetic nervous system. The parasympathetic nervous system has been called the "rest-and-digest" or "calm-and-connect" system, and in many ways is the opposite of the sympathetic system○ Research has implicated impaired parasympathetic function in a wide range of autoimmune diseases, including arthritis, lupus, rheumatoid arthritis and inflammatory bowel disease

3.2 CHIROPRACTIC

<http://performancehealthgroup.ca/services/chiropractic/>

- A health care profession specializing in the diagnosis, treatment and prevention of conditions related to the:
 - Muscles
 - Ligaments

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- Tendons
- Nerves
- Joints of the body
- Chiropractors not only look at the symptoms but also address the cause.
 - Physical examinations often include a functional movement screen and/or a selective functional movement assessment that detects abnormal movement patterns which increase the likelihood of injury

For treatment methods, see the chiropractor service guide.

3.3 HERBOLOGY

[http://www.wavelengthwellness.com/services/botanical-medicine/?doing_wp_cron=1476910197.3616271018981933593750'](http://www.wavelengthwellness.com/services/botanical-medicine/?doing_wp_cron=1476910197.3616271018981933593750)
<http://www.takingcharge.csh.umn.edu/explore-healing-practices/botanical-medicine>
<http://www.drweil.com/health-wellness/balanced-living/wellness-therapies/herbal-medicine/>

- Also known as herbalism, botanical medicine or herbal medicine
- The use of plants and substances that come from plants for medicinal purposes. Used to prevent and/or treat disease.
- Herbs can be administered via tinctures, capsules, teas, and topical preparations. Medicinal plants are safe and effective when used correctly.
- Naturopaths are experienced in the use of recognizing which herbs are safe and effective for your condition, and anticipate possible drug-herb interactions that may affect your health.
 - Some herbs can have serious adverse effects if not used properly and can interact with prescription or over-the-counter medicines. Consult with a trained expert before taking any herbal medicines.

Popular Examples of Botanical Medicine:

Herbal Remedy	What It's Used For
Aloe	<ul style="list-style-type: none">○ Minor burns, skin irritation and inflammation○ Topical
Chamomile Tea	<ul style="list-style-type: none">○ Upset stomach, heartburn, indigestion○ Ingested
Echinacea	<ul style="list-style-type: none">○ Colds, flu, sore throat○ Ingested
Garlic	<ul style="list-style-type: none">○ Cholesterol, blood pressure, fungal infections, colds○ Ingested

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Ginger	<ul style="list-style-type: none"> ○ Nausea, motion sickness, inflammation ○ Ingested
Ginseng	<ul style="list-style-type: none"> ○ General health and stamina
Milk Thistle	<ul style="list-style-type: none"> ○ Liver damage
Peppermint oil/tea	<ul style="list-style-type: none"> ○ Digestive problems ○ Ingested
St. John's Wort	<ul style="list-style-type: none"> ○ Depression ○ Ingested
Tea Tree Oil	<ul style="list-style-type: none"> ○ Fungal infections ○ Topical
Valerian	<ul style="list-style-type: none"> ○ Sleeping problems ○ Ingested

3.4 LASER THERAPY

<http://physiovancover.ca/view/lib/laser-therapy/151>

General:

- Low powered (cold) laser is a treatment used in physiotherapy clinics for soft tissue injuries.
- Laser is a pain-free and quick treatment.
- Effective in treating:
 - Trigger points
 - Tendinopathies
 - Carpal tunnel syndrome
 - Wound healing

	Description
Process	<ul style="list-style-type: none"> • Different dosages are determined by the physiotherapist based on factors such as: <ul style="list-style-type: none"> ○ The depth of the injured area ○ The age of the patient ○ The amount of soft tissue lying over the treatment location
Benefits	<ul style="list-style-type: none"> • Help with pain relief • Decrease muscle spasms

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	<ul style="list-style-type: none">• Decrease inflammation• Increase cell regeneration and healing
Warning	<ul style="list-style-type: none">• Laser treatment cannot be used:<ul style="list-style-type: none">○ Over a pregnant uterus○ Over the eyes○ In areas of hemorrhage○ Where there is cancer

3.5 PHYSIOTHERAPY

<http://physiovancover.ca/view/lib/what-is-physiotherapy/30>

- Physiotherapy deals with restoring and maintaining functional movement, reducing pain and promoting health in individuals.
- Physiotherapists are extensively trained in manual therapy which means they are “hands on” with their patients.
 - This may include massage and joint mobilization and manipulation, as well as muscle stretching which physiotherapists achieve using a wide variety of techniques.
 - To complement their manual skills, they sometimes make use of different modalities to reduce pain and inflammation including:
 - Hot packs
 - Ice
 - TENS (Transcutaneous Electrical Nerve Stimulation)
 - Ultrasound
 - Laser treatment
 - Acupuncture and trigger point therapy are also widely practiced by physiotherapists.
 - Physiotherapists are highly trained in exercise prescription and often give our patients exercises to do at home to help resolve their conditions.
- Physiotherapy includes:
 - Health promotion
 - Injury prevention
 - Acute care
 - Rehabilitation
 - Maintenance of functional mobility
 - Chronic disease management
 - Patient and caregiver education
 - Occupational health

For treatment methods, see the physiotherapy service guide

3.6 ACUPRESSURE

<https://en.wikipedia.org/wiki/Acupressure>

<http://www.drweil.com/health-wellness/balanced-living/wellness-therapies/acupressure/>

General:

- An alternative medicine technique similar in principle to acupuncture. It is based on the concept of life energy which flows through "meridians" in the body.
- In treatment, physical pressure is applied to acupuncture points with the aim of clearing blockages in these meridians. Pressure may be applied by hand, by elbow, or with various devices.
- Some medical studies have suggested that acupressure may be effective at helping manage nausea and vomiting, for helping lower back pain, tension headaches, stomach ache, among other things, although such studies have been found to have a high likelihood of bias. Like many alternative medicines, it may benefit from a placebo effect.
- Acupressure therapy can be used to relieve pain, reduce tension in muscles, improve circulation and promote deep states of relaxation.