



How Massage Therapy Can Help

Presented by Samantha Soucy
Certified massage therapist &
Reiki practitioner

What does “massage” mean?

- Massage is the manipulation of superficial and deeper layers of muscle and connective tissue to enhance function, aid in the healing process, and promote relaxation and well-being.

- http://en.wikipedia.org/wiki/Massage_therapy

Some benefits of massage therapy

Physiological

- Increases relaxation
- Decreases tone in muscles that are rigid
- Prevents joint stiffness & contractures
- Improves digestion
- Increases blood flow & circulation

Emotional/psychological

- Stress & anxiety relief
- Improves mood, self-esteem & self-confidence
- Helps one develop a more optimistic outlook on life with MS
- Increase the body-mind-soul connection

“The extent to which a massage can be beneficial depends on the receiver's ability to surrender” .



Choosing the right massage therapist for you



Find a massage therapist who:

- Is a member of an association
- Is empathetic
- You feel you can trust
- You are comfortable with
- Maintains a clean, sterile environment
- Is reliable & flexible (i.e.: cancellation policy)
- Is respectful
- Able to meet to your needs

Things to be cautious about



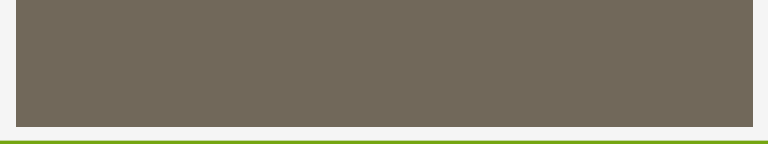
Different types of massages

(Over 80 different massage modalities)

- Californian
- Swedish
- Hot Stone therapy (To be avoided if sensitive to heat)
- Esalen
- Lymphatic drainage
- Myofascial release
- Self-massage

References

- Fédération québécoise des massothérapeutes
www.fqm.qc.ca
1-800-363-9609
- Registered Massage Therapists' Association of Ontario
www.rmtao.com
www.rmtfind.com
- General info (Massage therapy in Canada)
www.massage.ca
416-929-9759
- Centre Orchidée, Massage therapy school
www.centreorchidee.com
(819) 775-4222
info@centreorchidee.com
- College of Massage Therapists of Ontario
www.cmta.com
1-800-465-1933 (Toll-free in Ontario)



Inner silence promotes clarity of mind; it makes us value the inner world; it trains us to go inside to the source of peace and inspiration when we are faced with problems and challenges."

Deepak Chopra

"Massage Therapists uniquely tailor treatment plans to individual cases based on assessment and most importantly, individual people and their needs".

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The image shows a presentation slide. The background is a light green color with a pattern of faint, overlapping hexagons. On the right side, there is a white rectangular box with a thin black border. Inside this box, the text "Thank you!" is written in a green, sans-serif font. Above the text, there is a solid dark grey rectangular area. At the bottom of the white box, there is a thick, solid green horizontal bar.

Thank you!