



## “RMTs - Leaders in Soft Tissue Health Care.”

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### Research Shows:

#### Massage Therapy Reduces Health Care Costs.

The use of massage therapy for the treatment of soft tissue disorders has shown substantial improvement in function for the patient, and an overall reduction in future health care cost.

A recent evidentiary review, by the *American College of Physicians*, published in the *Annals of Internal Medicine* (June 2003) has determined that massage may actually reduce the costs of health care after an initial course of therapy. As stated in the review, “data from one RCT [randomized, controlled trial] suggest that the initial costs of a course of massage therapy may be justified by the substantial improvements in functional outcomes and reduced use of health care services for back pain during the year after treatment.”\* Massage therapy is a cost-effective health care option for British Columbians.

Massage therapy in B.C. is a regulated health care profession committed to restoring and maintaining optimal health and pain-free function of the body. This is achieved through safe and effective assessment, diagnosis and treatment of the soft tissue and joints to positively affect the muscles and joints, as well as the nervous, circulatory, respiratory and lymphatic systems.

#### Massage Therapy is an Effective Treatment for Back Pain

The *Annals of Internal Medicine* (June 2003) evidentiary review states that “three trials designed to evaluate massage as a treatment for sub acute and chronic back pain have all found positive effects, especially on patient function.”\*

Registered Massage Therapists (RMTs) are leaders in the treatment of soft tissue disorders. RMTs utilize best practice standards in formulating an effective treatment plan that is designed for individual needs. It is widely understood that massage therapy decreases stress and helps control pain. Perhaps less known is the effectiveness of massage therapy in treating deeper structures of the body such as ligaments, joints, fascia and other soft tissues. Massage therapy can provide relief for many common conditions such as migraine headaches, tendonitis, arthritis, osteoporosis, fibromyalgia, sports injuries and various other soft tissue conditions.

- Cherkin, Daniel “A Review of the Evidence for the Effectiveness, Safety and Cost of Acupuncture, Massage Therapy and Spinal Manipulation for Back Pain” *Annals of Internal Medicine*, June 2003 Volume 138;898-906.



## REGISTERED MASSAGE THERAPISTS

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### WHO WE ARE, WHAT WE DO...

#### Who we are:

Registered Massage Therapists (RMTs) in British Columbia are health care professionals committed to restoring and maintaining optimal health and pain-free function of the body.

#### What we do:

RMTs in BC are extensively trained to accurately assess and treat your condition with techniques which include but are not limited to massage and manual therapy, joint mobilization, hydrotherapy, and rehabilitative exercise such as stretching, strengthening, postural exercise and patient education.

#### When to choose a Registered Massage Therapist:

If you suffer from a specific injury, medical condition, or simply wish to incorporate a wellness plan into your life then massage therapy may be for you. It is widely understood that massage therapy decreases stress and helps control pain. Perhaps less known is the effectiveness of massage therapy in treating many common conditions such as whiplash, migraine headaches, tendonitis, arthritis, fibromyalgia, sports injuries and various other soft tissue sprains and strains.

#### Where to find an RMT:

To book an appointment please visit us online at [www.bodysmarthealth.com](http://www.bodysmarthealth.com) or call (604)888-1177.

#### Why choose an RMT:

“Safe, Smart, Effective Healthcare” - RMTs in BC have the highest educational standards in North America and are among the world’s most thoroughly trained practitioners of manual therapy. Massage therapy is a drug-free way to take care of your body and health.



## Registered Massage Therapy – Helping you stay in the game!

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With summer almost upon us, many people are making their way back to the golf courses, baseball diamonds, and tennis courts. If you are like many people, chances are you have not trained specifically for your sport during the winter months. Many of us return to our summer activities with a lack of conditioning, without proper warm-up, and sometimes without having treated injuries from the previous season.

A little advice and treatment from a Registered Massage Therapist (RMT) can go a long way in helping you prevent a new injury or to deal effectively with an existing one. He/she can demonstrate how to warm-up properly for your particular sport, and how to stretch and strengthen the muscles specific to your activity. A Registered Massage Therapist is trained to identify specific injuries and to provide the safe, effective treatment needed to speed healing and prevent re-injury.

Some common ailments that can be treated with massage therapy are “golfer’s elbow” and “tennis elbow” (tendonitis), rotator cuff (shoulder) injuries, “runner’s knee”, muscle cramping, and many other common sprains and strains.

If an injury has already put you on the sidelines, see your local Registered Massage Therapist to help you get back in the game!

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## REGISTERED MASSAGE THERAPISTS

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### The Natural Solution for Muscle and Joint Pain

British Columbians are placing more emphasis on finding effective, drug-free ways to relieve pain, according to a recent B.C. poll.

The February survey found that the majority of adults in the province ranked drug-free treatment as “very important” when asked to place value on finding effective ways to take care of their pain and illness. The McIntyre & Mustel Research survey found that more of us are choosing massage therapy over medications to treat soft tissue problems. Sandra Coldwell, president of the MTABC, says she sees people making the shift toward healthier pain-management choices every day in her practice as a Registered Massage Therapist (RMT).

“Massage therapy is a safe, effective and smart health-care option” says Coldwell. “The demand for drug-free ways to take care of your body has never been higher and B.C.’s RMTs have the answer”

Public access to massage therapy has never been easier. Referrals from your medical doctor are no longer required and most insurance plans now cover massage therapy from a Registered Massage Therapist (RMT). Coldwell recommends British Columbians check with the government medical services plan (MSP) or their private health care plans to confirm the extent of their coverage.

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