

# Services

## Massage Therapy

### Massage Therapy

Massage therapy is the manual mobilization/manipulation of soft tissue (Muscles, tendons, Ligaments, or fascia) for the purpose of improving health. All of our therapists are Registered Massage Therapists (RMT) with the Canadian Massage Therapist of Ontario.

Massage therapy has therapeutic effects on the musculoskeletal system, the circulatory system, and the nervous system. It can improve on how these systems function and aid in injury recovery, muscle tension relief and general stress management. The benefits can be physical, psychological and emotional in nature.

Many people access massage therapy on a regular basis for maintenance due to the daily physical and mental demands on their bodies. This helps to control the adverse accumulated effects over weeks or months of a stressful work or home life.



### Can Massage Therapy help me?

If you're under pressure at work, school or in your family life, you probably know how soothing it can be to have a neck or back massage. Even reaching behind your head and rubbing your own neck can help to relieve tension.

Massage therapy takes that relief to the next level as it is performed by educated, licensed healthcare professionals who understand human anatomy and how these manual techniques can relieve pain and tension, improve circulation and a whole host of other benefits.

Whether you are an athlete who is constantly on the move, or an office worker who sits in front of a computer most of the day, massage therapy can help improve the quality of your life.

But this type of treatment is not merely for stress and minor aches and pains. It can also be used to treat a variety of more serious injuries as well as chronic conditions.

If you've been suffering from the pain of an injury, you may be wondering whether massage therapy can help. Possibly, you even have concerns that it might cause you even more discomfort. When you book an appointment with Hamilton Physio & Rehab, you'll be given a full assessment to determine the cause and extent of your condition. From there, we'll develop a personalized treatment plan which may or may not include massage therapy.

## **Benefits of massage therapy include:**

- Alleviating tension in the muscles
- Promoting healing of injured tissues
- Helping with relaxation
- Stimulating tissue neural connections
- Relieving pain and reducing inflammation
- Promoting flexibility and range of motion in the joints
- Improving blood circulation

## **Among the conditions that massage therapy has been proven to be helpful with include:**

- Repetitive stress injuries
- Frozen shoulder
- Neck and back pain
- Osteoarthritis
- Stiff joints
- Insomnia
- Tight muscles
- Post-surgical rehabilitation

## **Why Choose Hamilton Physio & Rehab ?**

At Hamilton Physio & Rehab we pride ourselves on our patient-focused approach and developing a treatment plan for you. While we may start with massage therapy, we will integrate that technique into your overall plan and we are able to work closely with your family doctor as well.

## **Insurance and Billing**

If you have extended healthcare coverage with your employer, your massage therapy may be covered. We are able to work directly with your insurance company (including direct Online reimbursement with most providers) to make the process as easy and as convenient as possible for you.

## **Physical and Mental Benefits that Hamilton Physio & Rehab offers :**

- **NECK & SHOULDER**  
*muscle tension*
- **STRESS**  
*Relaxation & Manage Stress*
- **POST-OPERATIVE**  
*Post-Operative swelling*
- **LOWER BACK**  
*Chronic Lower back pain*

- **SPORTS**

*Sports-Related Massage*

- **HEADACHES**

*Tension-Related Headaches*