





## **What is Massage Therapy?**

Massage therapy is a regulated health profession in Ontario and registered massage therapists are members of the College of Massage Therapists of Ontario (CMTO).

The practice of massage therapy is the assessment and treatment of the muscles, tissue and joints of the body.

Treatment entails applying specific techniques to:

- Prevent physical dysfunction
- Rehabilitate individuals with injuries
- Improve physical function and mobility
- Relieve pain.

## **How can Laser compliment Massage Therapy?**

Laser Therapy is often used in combination with other treatment modalities and provides additional benefits including reduced inflammation, accelerated muscle tissue healing, improved circulatory functions as well as powerful analgesic effects.





## **What are the Benefits of Massage Therapy?**

- Reduces stress levels, anxiety and depression
- Improves alertness and concentration at the workplace
- Improves immune system function and thus increasing resistance to colds and flus
- Improves blood circulation
- Decreases high blood pressure
- Improves respiratory function

## **What Conditions can be treated by combining Laser and Massage Therapy?**

- Soft tissue injuries, such as strains, sprains, dislocations, fractures, whiplash, bursitis, tendonitis, trigger points,
- Myofascial restrictions
- Inflammation
- Acute and chronic pain
- Fibromyalgia
- Constipation and IBS
- Arthritic conditions such as osteoarthritis and rheumatoid arthritis,
- Disc Herniation
- Repetitive strain injuries such as carpal tunnel syndrome and thoracic outlet syndrome





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LASER REHABILITATION CENTRE



## For More Information

Please visit [www.bioflexlaser.com](http://www.bioflexlaser.com) to find the nearest clinic.

