

Registered Massage Therapists are Primary Health Care Providers in Ontario

A Registered Massage Therapist is a primary health care provider in Ontario. Anyone may visit an RMT of their own choice. A referral or prescription is not required to visit an RMT.

The services of an RMT are not covered under the Ontario Health Insurance Plan (OHIP); however, many extended health benefit plans will cover all or part of the services provided by an RMT. Massage therapy treatments may also be reimbursed by automobile insurance companies, if the client was in a motor vehicle accident, or in the case of workplace injuries, by the Workplace Safety and Insurance Board (WSIB).

Looking for a Registered Massage Therapist?

Visit RMTFind.com to locate a Registered Massage Therapist close to your home or business using your postal code.

www.RMTFind.com



About the Registered Massage Therapists' Association of Ontario

The RMTAO is the professional voice of the massage therapy profession in Ontario. Established in 1936, it is a member-driven non-profit association that provides leadership and advocates on behalf of the profession. The RMTAO advances the profession by promoting massage therapy to the public, educational institutions, the government, business, and other health care professions.



Registered Massage Therapists'
Association of Ontario

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Massage Therapy

What it Can Do For You

What is Massage Therapy?

Massage therapy is the manipulation of soft tissues of the body including muscles, connective tissue, tendons, ligaments and joints. Massage therapy is a clinically-oriented health care option that helps alleviate the discomfort associated with everyday and occupational stresses, muscular over-use and many chronic pain conditions.



What is a Registered Massage Therapist?

Massage therapy is a regulated health profession in Ontario and massage therapy should only be performed by a Registered Massage Therapist (RMT). RMTs are primary health care professionals in Ontario.

A Registered Massage Therapist is an individual who is registered with the College of Massage Therapists of Ontario (CMTO) in accordance with the *Regulated Health Professions Act* and the *Massage Therapy Act*. Only members of the CMTO are permitted to use the title Registered Massage Therapist or Massage Therapist or the designation of RMT or MT.

Look for this symbol on display:



The Benefits of Massage Therapy

There are significant benefits to be achieved through the use of regular massage therapy treatments from a Registered Massage Therapist (RMT). Massage therapy can be an important part of your health maintenance plan by:

- Reducing or eliminating pain
- Improving joint mobility
- Improving circulation
- Improving lymphatic drainage
- Reducing depression and anxiety
- Reducing muscular tension

Massage therapy can be used as a treatment for both acute and chronic conditions. RMTs can work with a wide variety of patients in the treatment of illness, injury rehabilitation and disability.

The following is a list of conditions for which massage therapy can prove beneficial:

- Anxiety and Depression
- Arthritis
- Asthma and Emphysema
- Cancer
- Carpal Tunnel Syndrome
- Chronic Fatigue Syndrome
- Dislocations
- Edema
- Fibromyalgia
- Headaches
- Inflammatory Conditions
- Insomnia
- Lymphoedema
- Multiple Sclerosis
- Muscle Tension and Spasm
- Parkinson's Disease
- Plantar Fasciitis
- Post-Surgical Rehabilitation
- Post-Traumatic Stress Disorder (PTSD)
- Pregnancy and Labor Support
- Sciatica
- Scoliosis
- Sports Injuries
- Strains and Sprains
- Stress and Stress-Related Conditions
- Stroke
- Tendinitis
- Whiplash



What to Expect When You Visit a Massage Therapist

On the first visit you will complete a confidential health history as part of your assessment. The Registered Massage Therapist will assess your individual needs as well as other factors that may be contributing to your injury or condition.

The Registered Massage Therapist will then develop a treatment plan with you to ensure you receive appropriate treatment. The treatment plan can be changed at any time you wish and will be reassessed at an appropriate time. You have no obligation to undergo any part of a treatment.

Your treatment will begin once you have given your informed consent. This involves setting realistic goals for treatment, discussing possible responses to treatment, and being informed of alternative care options.



As a health professional, your massage therapist needs to know your complete health history, including details regarding any medications you may be taking at the time of your visit, as well as other health professionals from whom you are seeking treatment. There are many situations where massage therapy treatments need to be modified or not provided depending on the circumstances of your condition or the medications you may be taking. Don't hold any information back. As a health professional, your massage therapist is obligated to keep your health history strictly confidential and secure.