



Registered Massage Therapists'  
Association of Ontario

1243 Islington Avenue, Suite 704  
Toronto, Ontario M8X 1Y9

Tel 416.979.2010  
Toll Free 1.800.668.2022  
Fax 416.979.1144

RMTAO.com  
RMTFind.com

June 23, 2021

The Honourable Patty Hajdu, MP  
Minister of Health  
House of Commons  
Ottawa, Ontario,  
Canada  
K1A 0A6

Dear Minister:

On June 10, 2021, I participated in a teleconference call with you as part of the Organizations for Health Action (HEAL). During the meeting you expressed the Federal Governments concern with the the heavy burden placed on health care professionals during the pandemic and the struggles with burnout that many health care professionals are experiencing. As expressed during the meeting, representatives of health associations present would be supportive of an initiative to address this issue.

As the representative of the Canadian Massage Therapy Alliance (CMTA) at these meetings, I wanted to reinforce that the Alliance see this as a significant issue that needs to be addressed.

On behalf of the Registered Massage Therapist Association of Ontario (RMTAO), I would like to, more tangibly, offer my support to promote the need to recognize the severity of this issue and to assist in the development of any initiatives to address this issue. Moreover, I realize that the execution of these initiatives depends on negotiations and collaboration with provincial governments. To lend further support, I would be happy to advocate with the Provincial Government in Ontario to support you.

Registered Massage Therapist are one of 26 Regulated Health Professions in Ontario. The RMTAO advocates for approximately 14,000 Registered Massage Therapists (RMTs) across Ontario. We have over 7,000 members. As regulated health professionals, our members are exposed to the burnout that many health care professionals experience.

RMTs play a vital role in providing health services to Ontarians. They assist with rehabilitation, and help alleviate the physical symptoms of depression, stress and anxiety. RMTs help people relieve their musculoskeletal pain so they can remain at work longer, continue to enjoy the activities that they love and in some cases avoid further medical care from doctors or hospitals. Massage therapy has been recognized as a potential non-drug alternative to opioids in the treatment of chronic pain.

We help Ontarians alleviate the effects of social isolation and prolonged stress caused by the pandemic. Studies have indicated that massage therapy can be beneficial to reduce

stress, promote mental health, and improve the quality of life, which is incredibly important during these times.

Please keep us in mind in your efforts to address health worker burnout. I would welcome the opportunity to speak with you or your staff further on this issue.

Yours sincerely,

A handwritten signature in black ink, appearing to read "M. Feraday", is centered within a light gray rectangular background.

Michael Feraday  
Executive Director and Chief Executive Officer  
Registered Massage Therapists' Association of Ontario