
WHAT IS MASSAGE THERAPY?

A Massage Therapist is a regulated health professional.

- Only members of the College of Massage Therapists of Ontario are permitted to use the title Massage Therapist or Registered Massage Therapist and use the letters MT or RMT with their names.
- Massage therapists have completed a 2-3 years diploma programme from a recognized massage therapy school.
- Massage therapists participate in a Quality Assurance Programme that assists them in the maintenance of high professional standards and quality care of their clients.

Massage therapy is a comprehensive intervention involving a range of techniques to manipulate the soft tissues and joints of the body. The purpose of massage therapy is to prevent, develop, maintain, rehabilitate or augment physical function or relieve pain (Massage Therapy Act, 1991). It is a clinically-oriented health option that achieves undeniable results in the relief of an array of discomforts stemming from stress, muscular overuse and many chronic pain syndromes

The therapeutic process is a partnership between client and therapist, working together towards common and realistic goals.