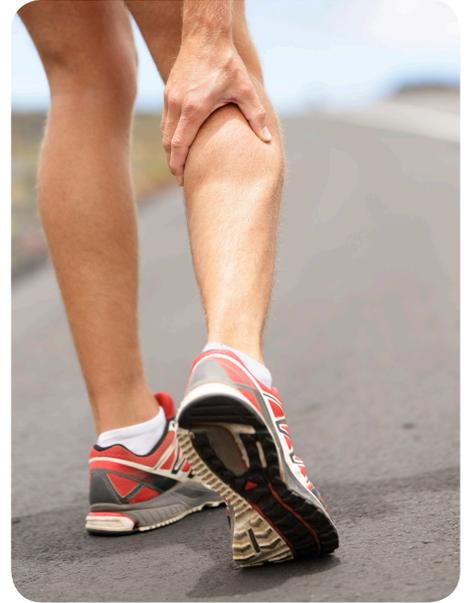




# Massage

## for all athletes



## Benefits\*

Athletes of all levels **see massage therapists** for the following reasons:

- to increase muscle flexibility and elasticity
- to eliminate tension and muscle cramp
- to eliminate tensions due to muscle knots
- to obtain or regain maximum range of motion
- to reduce knee pain due to muscular tension overload
- to relieve muscle pain associated with shin splint
- to relieve tiredness in the back due to repetitive impacts
- to dissolve the adhesions that occur following surgery

**The main purpose of massage therapy** is to keep your muscles healthy with:

- Good muscle tone
- Elasticity
- Flexibility

## Choose your massage therapist carefully!

Founded in 1979, the Fédération québécoise des massothérapeutes (FQM) represents over 5,600 massage therapists in Québec. Our mission is to supervise our members' full qualification and to support them in their practice as well as to inform and protect the public. The FQM is the only association of massage therapists in Québec to be ISO 9001:2008 certified for its quality management system, and the only one to support the establishment of a professional order.

This means massage therapy is not regulated by the Professional Code, and the practice is not supervised by an existing professional order. It also means that the title of massage therapist is not reserved for the exclusive use of members of an order. Therefore, anyone can claim to be a massotherapist.

For your own well-being and safety, always choose an FQM-accredited massotherapist. To find one near you, search our directory on our homepage : [www.fqm.qc.ca](http://www.fqm.qc.ca)

Sports massage is not a massage technique, it is seen more as an approach that combines several techniques such as:

- Swedish Massage
- Deep Tissue Massage
- Fasciotherapy
- Kinesitherapy

Except in emergencies, the sports massage should last about twenty minutes at least and be in a relaxing atmosphere.

A recent study states that a therapeutic massage within 10 minutes after exercising can reduce swelling and inflammation.\*

\* J.D. Crane, D. I. Ogborn, C. Cupido, S. Melow, A. Hubbard, J. M. Bourgeois, M.A. Tarnopolsky. «Massage Therapy Attenuates Inflammatory Signaling After Exercise-Induced Muscle Damage». *Science Translational Medicine*, 2012 ; 4 (119).

\* References: Nyland, J., Nolan, M.F. (2004): Therapeutic modality: rehabilitation of the injured athlete. *Clin Sports Med*, 23(2):299-313, vii ; Farr, T., Nottle, C. & al. (2002): The effects of therapeutic massage on delayed onset muscle soreness and muscle function following downhill walking. *J Sci Med Sport*, 5(4):297-306 ;

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