



25 GOOD REASONS to get a MASSAGE



Benefits of massage therapy*

- Relieves stress
- Boosts immunity
- Reduces hypertension
- Reduces anxiety
- Relieves lower back pain
- Enhances exercise performance
- Relieves tension headaches
- Improves cardiovascular health
- Helps relieve neck pain
- Increases range of motion
- Eases symptoms of depression
- Reduces joint replacement pain
- Alleviates symptoms of Carpal Tunnel Syndrome
- Promotes relaxation
- Decreases rheumatoid arthritis pain
- Helps reduce fibromyalgia
- Decreases migraine frequency
- Improves sleep quality
- Reduces chemotherapy-related nausea
- Reduces muscle tension
- Provides relieve to long-term care patients
- Reduces pain of osteoarthritis
- Tempers effects of dementia
- Improves balance in older adults
- Decreases stress in cancer patients

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

In Québec, there are three major approaches:

- Biomechanical
- Psycho-Physical
- Energetic

Many massage techniques are offered, including:

Swedish: This highly popular biomechanical technique using oil rehabilitates tired, atonic or inhibited muscles.

Californian: This psycho-physical technique (also called Body & Mind) is the anti-stress massage *par excellence* as it provides long-lasting tension relief.

Shiatsu: This energetic massage uses accupressure with the thumbs, elbows and feet, focused on the meridians and energy points.

Also available: Thai Yoga Massage, Jin Shin Do®, Momentum, Trager® Approach, Amma, Polarity, Trigger Point massage, lymphatic drainage massage, deep tissue massage, pregnancy massage, etc.

* References: Field, T. & al. (2002): Fibromyalgia pain and substance P decrease and sleep improves after massage therapy ; Perlman AI et al. (2012): Massage therapy for osteoarthritis of the knee: a randomized dose-finding trial ; Hou, W.H. & al. (2010): Treatment effects of massage therapy in depressed people: a meta-analysis ;

Billhult A. & al. (2007): Massage relieves nausea in women with breast cancer who are undergoing chemotherapy; Braun LA & al. (2012): Massage therapy for cardiac surgery patients - a randomized trial ; Fritz, S. (2005): Sports & Exercise Massage: Comprehensive Care in Athletics, Fitness & Rehabilitation.



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