



WELL-BEING at work is profitable!



Choose your massage therapist carefully!

In Québec, massage therapy, also called massotherapy, is not regulated by the Professional Code. This means its practise is not supervised by an existing professional order. It also means that the title of massotherapist (or massage therapist) is not reserved for the exclusive use of members of a professional order. Therefore, anyone can claim to be a massotherapist.

Founded in 1979, the Fédération québécoise des massothérapeutes (FQM) is a professional association representing over 5,600 massotherapists in Québec. Our mission is to supervise our members' full qualification and to support them in their professional practice as well as to inform and protect the public.

The FQM is also the only association of massotherapists in Québec to be ISO 9001:2008 certified for its quality management system, and to support the regulation of massotherapy by the Professional Code. For your own well-being and safety, always choose an FQM-accredited massotherapist. To find one near you, search our directory on our homepage.

Benefits for all

The employee

- Stress reduction
- Energy boost
- Fortified Immune system
- Prevention of injuries caused by repetitive work (tendonitis, bursitis, back pain, etc.)

The company

- Enhanced productivity
- Improved concentration at work
- Decreased absenteeism
- Better quality of life at work

A study by the Touch Research Institute (Miami) in 1996 showed that only two 15-minute massages per week were enough to significantly increase work productivity in a workplace.

Helpful tips

These should be a prior agreement between the company and the massage therapist to set:

- The day and place (an existing space)
- The duration of the massage (5, 10, 15 min)
- The appointment scheduling (person in charge)
- Billing (employer or insurance)
- Fill in a short health questionnaire
- The massage is given over clothing (which saves time)
- The chair massage usually mixes different techniques like Swedish massage, Shiatsu and Amma
- The massage focuses mainly on the upper back (shoulders, neck, back, arms)

For more information please contact
the Fédération québécoise des massothérapeutes (FQM): 514-597-0505 or 1 800-363-9609
or visit our website: www.fqm.qc.ca



Fédération
québécoise
des massothérapeutes
agréés

DEPUIS 1979