



# The BENEFITS of Massage Therapy



## 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)

## Do you know all the benefits of massage therapy ?

We all know that massage therapy is a source of comfort, relaxation and healing. Today 66 % of all Quebecers who see a massage therapist do so for health-related problems.

### Benefits\*

- Relieves pain  
(back pain, work-related repetitive pain, chronic pain, etc.)
- Reduces stress and relaxes muscles, tendons, ligaments and connective tissue
- Decreases muscles stiffness, body aches
- Improves heart rate
- Helps rehabilitation, recovery following an accident or injury
- Increases self-esteem and self-worth
- Increases stress resistance and breathing capacity
- Improves digestion, sleep and muscles' flexibility

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 acupressure with the thumbs, elbows and feet, focused on the meridians and energy points.

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

\* References: Walach, H. & al. (2003): Efficacy of massage therapy in chronic pain: a pragmatic randomized trial. *J Altern Complement Med.* 9(6), 837-46 ; Izreen Supa'at & al. (2013): Effects of Swedish Massage Therapy on Blood Pressure, Heart Rate, and Inflammatory Markers in Hypertensive Women, *Evid Based Complement Alternat Med.* 2013; 2013: 171852 ;

- Bakowski, P. & al. (2008): Effects of massage on delayed-onset muscle soreness, *Chir Narzadow Ruchu Ortop Pol,* 73(4):261-5 ; Field, T. & al. (2007): Lower back pain and sleep disturbance are reduced following massage therapy, *Journal of Bodywork and Movement Therapies,* 11(2) 141-145.



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