



25 GOOD REASONS to get a MASSAGE



Benefits of massage therapy

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

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. That's why we created the Certified Massage Therapist® designation.

Founded in 1979, the Fédération québécoise des massothérapeutes (FQM) is a professional association representing nearly **5,000 massage therapists®** 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 9001:2015** 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.

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

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For more information, please contact

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Fédération québécoise
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