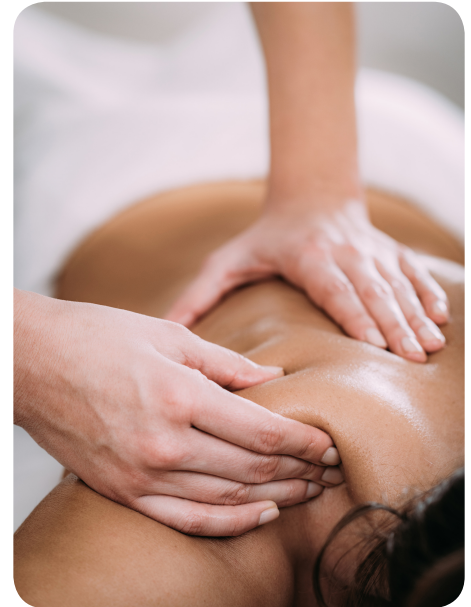




Massage for all athletes



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 represents 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.

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

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.

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For more information, please contact
The Fédération québécoise des massothérapeutes agréés (FQM): 514 597-0505 or 1 800 363-9609
or visit our [website: www.fqm.qc.ca](http://www.fqm.qc.ca)



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