



# The BENEFITS of Massage Therapy



## 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.**

**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

## 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.

- 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 capacity

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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