

Facts about Massage Therapy

Studies Show:

- Massage therapy is the most frequently used therapy for musculoskeletal problems, and is especially useful in controlling pain.
- Massage therapy improves the immune systems of people with a variety of conditions.
- 95% of surveyed massage therapy patients said it improved their condition.
- Cancer patients experience less pain, swelling, and improved mobility
- Reduction in pain and stiffness in people with fibromyalgia.
- Oxygen capacity of the blood can increase up to 15% after massage therapy.
- Massage therapy can help reduce anxiety, tension, depression, pain, and itching in burn victims.



Latitude Rehabilitation Consultants, Ltd.

3386 Falconbridge Hwy
Garson, Ontario
P3L 1E3

Phone: 705-693-WELL (9355)

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Massage Therapy

**We believe recovery is a process
taken a degree at a time.**

Phone: 705-693-WELL (9355)
Fax: 705-693-4808
E-mail: latituderehab@bellnet.ca
<http://www.latituderehab.com>

Massage Therapy



Massage Techniques

Massage therapy may include effleurage (gliding strokes), petrissage (lifting and kneading), or percussion to stretch and loosen connective tissues and muscles.

Other modes or techniques may include:

Deep Tissue Massage

Trigger Point Massage

Myofascial Therapy

Manual Lymphatic Drainage, etc.

Benefits of Massage Therapy

Massage may be used in the treatment of acute and chronic stages of specific conditions and can help with a wide range of conditions such as:

Back/Leg/ Neck Pain

Fractures/Edema

Cancer

Post-surgical Rehabilitation

Whiplash

And many more...

An Important Part of Your Health Maintenance Plan

Massage therapy benefits people of all ages by:

Reducing or eliminating Pain

Improving joint mobility

Improving circulation

Increasing lymphatic drainage

Improving Immune system functioning

Reducing Depression and Anxiety

Together, you and your therapist at Latitude Rehabilitation Consultants, Ltd will develop a treatment plan based upon your unique needs.

Service hours are from 9:00am to 7:00pm.

Please call for an appointment and pricing. Costs may be covered by Group or Insurance Benefits.

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