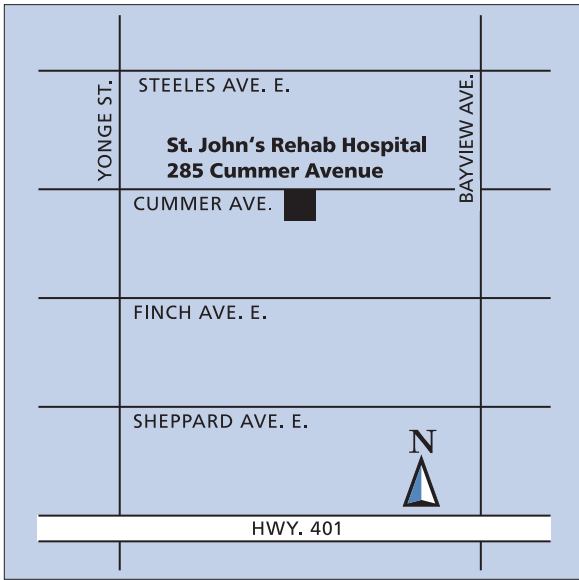
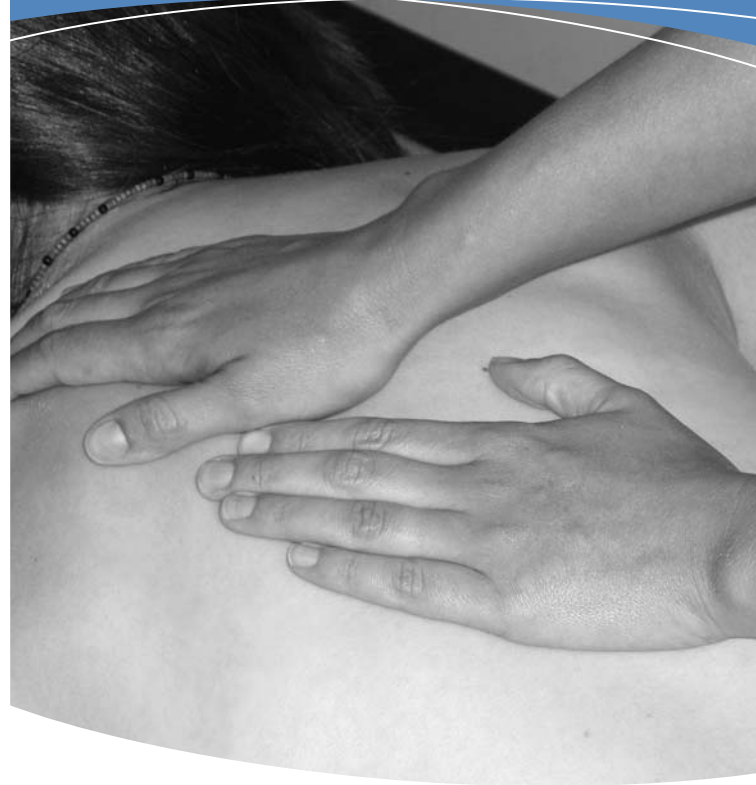


MASSAGE THERAPY



Massage Therapy Clinic Hours

Monday to Friday day and evening appointments available.

To book an appointment please call (416) 226-6780 ext. 7019.

Located on the Ground Floor, Agnew Wing.



A TEACHING SITE OF
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ON HEALTH SERVICES ACCREDITATION



St. John's Rehab
HOSPITAL

Rebuilding people's lives

285 Cummer Avenue
Toronto ON M2M 2G1
(416) 226-6780
www.stjohnsrehab.com



St. John's Rehab
HOSPITAL

Rebuilding people's lives

The Massage Therapy Clinic

at St. John's Rehab is staffed by Registered Massage Therapists (RMT) licensed through the College of Massage Therapists of Ontario. Treatment-based massage therapy is available to inpatients, outpatients and members of the community.

WHAT IS MASSAGE THERAPY?

Massage therapy is the assessment and treatment of soft tissues and joints of the body to help resolve and prevent physical dysfunction. By acting directly on muscular, nervous, lymphatic and circulatory systems, massage therapy treatments can improve and maintain your health.

WHY WOULD I NEED TO VISIT A MASSAGE THERAPIST?

Some of the essential ways in which massage therapy can help people include:

Treatment – treating soft tissue damage and pain related to injuries, disease and surgeries.

Health Promotion – improving sleep, relaxation, managing and decreasing stress and anxiety, and improving your general sense of wellness are some of the benefits.

Prevention – maintaining a healthy body and a healthy mind is vital in preventing long-term disability and chronic illness.

WHAT IS AQUATIC MASSAGE THERAPY?

Aquatic Massage Therapy (AMT) is a water-based treatment that uses the low-gravity provided by hydrostatic pressure in a warm therapeutic pool. The goal of AMT is to improve soft tissue mobility by facilitating movements that are not possible on land. This program is designed for individuals with fibromyalgia, chronic fatigue, sleep disturbances, stroke, arthritic conditions, and other musculoskeletal disorders.

WHAT CAN MASSAGE THERAPY DO FOR ME?

Massage therapy can alleviate:

- Muscle tightness and restrictions
- Pain
- Swelling
- Muscle spasm
- Anxiety and stress

Massage therapy can also:

- Improve joint mobility
- Increase circulation
- Promote tissue health
- Increase relaxation, and
- Improve immune system function

HOW MUCH DOES MASSAGE THERAPY COST?

OHIP does not cover massage therapy, but most extended health care plans cover these costs. The cost of massage therapy treatments will apply for an initial assessment and subsequent treatment sessions. Please call for information about our fees.