

Massage therapy is effective in the treatment of short- and long-term symptoms and in the management of many conditions including:

- Fibromyalgia
- Motor vehicle accident injuries
- Back and neck pain
- Piriformis syndrome
- Carpal tunnel syndrome
- Thoracic outlet syndrome
- Frozen shoulder
- Tension headache
- Plantar fasciitis
- Constipation
- Muscle pain and joint stiffness
- Lymphatic obstruction
- Oedema
- Postural deviation
- Sprains and strains
- Tendinitis
- TMJ dysfunction
- Workplace/repetitive strain injuries
- Stress related conditions



For further information, please  
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## Massage Therapy:

**A brief introduction for  
the medical practitioner**



Produced by  
The Association of New  
Brunswick Massage Therapist,  
working with the medical  
community to provide quality  
healthcare to the people of  
New Brunswick

## Who are we?

The ANBMT is an Association of Registered Massage Therapists (RMT) that uses competency standards as a requirement for membership. All members must graduate from a school with a curriculum accepted by the College or Board from a province with legislated standards of practice (Ontario, British Columbia, Newfoundland & Labrador)

Recognized comprehensive massage therapy training programs include:

- Swedish massage and hydrotherapy in theory and in application
- Joint mobilisations
- Orthopaedic and postural assessment
- Assessment and treatment of musculoskeletal dysfunctions
- Kinesiology and biomechanics
- Remedial exercises
- Human anatomy (myology, arthrology, osteology, neurology)
- Human physiology (cardiac, respiratory, endocrine, renal, gastrointestinal, musculoskeletal)
- Human pathology
- Ethics and jurisprudence

Upon completion of training, members must carry professional liability insurance and fulfill continuing education requirements.

## What do we do?

Massage therapy is the treatment and prevention of physical dysfunction and pain of the soft tissues and joints of the body.

To assure a safe and effective treatment a detailed medical history is obtained to help determine symptom aetiology, general health and reveal general and local precautions and contraindications to massage therapy. Blood pressure is monitored before initiating treatment.

Deviations in dynamic equilibrium of the body are detected through postural, gait and range of motion assessment. Special orthopaedic and neurological tests are also conducted to more accurately assess the nature and extend of soft tissue involvement.

A treatment plan is then developed to address both the immediate symptom profile and long-term goals. A variety of massage techniques, facilitated stretching and myofascial release techniques are employed to achieve the desired therapeutic effect.

Clients are routinely instructed in remedial exercise (both stretching and strengthening) and encouraged to participate in the treatment process to help achieve long-term and lasting results.

## How can we assist you?

A massage therapist treatment generally lasts for a full hour. During this time, both through conversation and direct observation and assessment, a great deal of information can be obtained about the soft tissue health of the client.

Massage therapists make no attempt to diagnose disease. A major focus of our training however is to provide us with the ability to recognise signs and symptoms of a wide variety of disease pathologies.

The amount of direct tissue access and duration of treatment time available to massage therapists often enables us to detect signs of disease not evident to the patient, in which case they are immediately referred to their physician.

In addition to being a safe and effective modality in the treatment and management of pain due to stress and musculoskeletal dysfunction, massage therapy plays a valuable role in the prevention of long-term structural dysfunction and disability.