

Massage therapy is effective in the treatment of short- and long-term symptom 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



Massage Therapy



For further information, please contact **ANBMT** at:

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The Association of New
Brunswick Massage
Therapists

The ANBMT is an Association of Registered Massage Therapists that uses competency standards and accepts massage therapists with training accepted by the CMTO (College of Massage Therapists of Ontario). All members must graduate from a school with a curriculum accepted by a province with provincially legislated standards for practice (Ontario, British Columbia, Newfoundland & Labrador).

Recognized comprehensive massage therapy training programs include:

- Swedish massage and hydrotherapy theory and 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

ANBMT members must carry professional liability insurance and fulfill continuing education requirements.

What to expect from your Registered Massage Therapist

Massage therapists work to enhance well-being, reduce the physical and mental effects of stress and tension, prevent disease, and restore health.

To assure a safe and effective treatment, at your first visit you will complete a confidential health history form. Your therapist will go over your health history form with you to determine your treatment needs and goals.

Your massage therapist may then ask for your consent to perform a variety of assessment techniques including range of motion and other special tests to determine the structures that may be contributing to your discomfort.

A treatment plan is then developed to address both the immediate symptoms and long-term goals.

You always have the right to accept, refuse or alter the treatment plan proposed by your massage therapist.

Massage therapists are required to cover/drape you with a sheet so that they expose only the area which they are working on. It is the client's choice to undress for therapy. However, you do not need to expose yourself in any way that you are uncomfortable. Massage can also be done over your clothes or over the sheets.

A variety of massage techniques will be used during your treatment. These may include stroking, kneading, compression, vibration, rocking, friction, and pressure to the muscles or soft tissues of the body. This may also include passive or active movement. The use of oils, lotions, and powders may also be included to reduce friction on the skin.

Your massage therapist may also recommend some exercises or stretches for you to do at home.