



Massage therapy is a very effective treatment for a wide range of conditions including:

- headaches
- muscle strain
- tendonitis
- back pain
- whiplash
- stress

It is a proactive treatment that embraces a drug-free, non-invasive, and preventative approach to restoring and maintaining a healthy lifestyle.

The benefits of massage therapy are many. Treatments improve your health and have a therapeutic effect by acting directly on the muscular, nervous, circulatory, and immune systems.

Here are just some of the rewards:

- Reduces pain and promotes faster recovery
- Decreases stress and tension
- Loosens and stimulates muscles
- Improves circulation
- Lowers blood pressure and heart rate
- Calms the nervous system
- Increases relaxation and feeling of well being
- Increases range of motion and flexibility
- Strengthens the immune system
- Promotes mental alertness and creativity

Meridian Spine & Joint

PHYSIOTHERAPY CENTRE

Our Locations

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Day and evening hours available.
Weekend hours
available at our 350 Oxford Street
office for emergencies.

a division of:

www.meridianhealthgroup.ca

IN PAIN? STRESSED?

**Registered
Massage Therapy
can help**



Meridian

Spine & Joint

PHYSIOTHERAPY CENTRE

www.spineandjointcentre.com

Who Can Benefit from Massage?

Whether you are on the road to recovery or aspire to maintain your current level of mobility, massage therapy is a worthwhile investment in your future health.

From infants to seniors, from the over stressed and over worked to the recreational gardener or athlete, massage therapy is extremely beneficial for all of us.

Thanks to extended health care plans, massage therapy is an affordable component of a healthy lifestyle.

What does Massage Therapy Do?

Massage therapy is one of the oldest methods of healing, dating back to the 4th century B.C. In those days it involved the rubbing of joints to promote circulation and relieve pain.

Today, therapeutic massage incorporates systematic manual manipulation of the body's muscular structure and soft tissues. The therapist's hand movements physically stretch muscles, tendons, and fascia.

By applying this gentle stretching action to both the muscles and their connective tissues, therapists can relax the muscles, keep tissues elastic, increase the circulation of the blood, and restore the metabolic balance of the body.

The primary objectives of this therapy are to:

- Rehabilitate or maintain physical function
- Relieve and prevent pain
- Relax muscles
- Improve the circulatory and immune systems
- Reduce physical and mental stress

Massage therapy continues to promote the body's natural ability to heal itself through a wide range of additional techniques such as swedish massage and trigger point therapy.

An Effective Antidote for Stress

Ongoing stress can subconsciously have a negative effect on many of our body's systems. When tension builds up in the muscles, circulation decreases and the delivery of nutrients to our tissues is severely restricted. For example, stress can contribute to a decreased immune system, gastrointestinal conditions, heart disease, and even memory loss.

Massage therapy is one of the best antidotes for stress. It boosts our body's immune system and reduces the tension in our muscles thus allowing the flow of vital nutrients to various tissues. It also enhances the removal of metabolic waste from our systems.

A therapeutic massage can help increase your energy, improve your concentration, and give you a feeling of overall well being. In fact, just taking the time out for a relaxing massage is in itself a great stress reliever!

Massage for Athletes

Whether you are a recreational or competitive athlete, massage therapy is an effective treatment both before and after an event. It aids in both the prevention of muscle and tendon injuries and the treatment of existing pain, strain, and discomfort. Should injury occur, athletes are able to recover more quickly having participated in therapeutic massage. Massage therapy also helps calm the nerves thus mentally preparing the athlete for optimum performance.

Pregnancy Massage

Massage therapy is an important component of pre and perinatal care. It provides nurturing and support for the mom-to-be and prepares the body for labour.

After the baby is born, massage therapy helps mom recover from labour and the physical and emotional fatigue that comes from caring for a newborn.

Our Therapists

All our massage therapists are registered with the College of Massage Therapists of Ontario and are dedicated professionals committed to quality care for each and every patient.

To be licensed as an RMT (Registered Massage Therapist), our therapists completed 2,200 hours of study focusing on anatomy, physiology, pathology, and clinical assessment. They then had to pass both the written and practical provincial exams as administered by the College of Massage Therapists of Ontario.

Our Massage Therapists are committed to continually updating their skills and expanding their knowledge so that you will receive the best possible care.

Massage therapy is both peaceful and enjoyable in our private, relaxing treatment rooms. Our dedicated professionals are there to support you every step of the way. We understand that life is hectic, therefore we offer evening and weekend appointments to accommodate your schedule.

