

Research

The Registered Massage Therapists' Association of British Columbia has a dedicated research department.

Increasingly, scientific research supports the use of massage therapy as an effective Health Care approach.

RMTs work with illness, injury and disability in diverse and broad patient populations. They are primary health care professionals that focus on disorders of the musculoskeletal and related systems.

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"Research shows that massage therapy including remedial exercise can reduce pain, anxiety and stress, improve joint movement, sleep and ones quality of life."

Marc White, PhD, Executive Director
Canadian Institute for the Relief of Pain and Disability

Testimonials

"Massage therapists provide a special dimension of health care to help some patients in ways that no other discipline can match. Massage therapists are an essential element of world-class treatment and prevention of acute and chronically painful conditions. If I were setting up a clinic in Vancouver I would certainly seek to partner with a registered massage therapist."

Dr. Karim Khan, Professor, Department of Family Practice, UBC

"For 10 years I hobbled around with a chronic plantar fasciitis problem...no one could help me...then I went to see a Registered Massage Therapist...they pointed out the problem and...oh my gosh the relief. Now I know – I should have seen the RMT first."

Stu McNish, Executive Producer & Head of Research, Oh Boy Productions

Registered Massage Therapists'
Association of British Columbia



Improving BC Health Care



BC RMTs & You

BC's Registered Massage Therapists (RMTs) are primary health care professionals committed to every aspect of health and pain-free functioning of the body.

RMTs evaluate health needs and provide active and passive techniques for complete patient care.

Modalities may include:

- Massage Therapy
- Manual Therapy
- Joint mobilization
- Hydrotherapy
- Rehabilitative exercise



RMTs in BC have:

- Legislation by the government under the BC Health Professions Act
- The highest training standards in North America
- Mandatory continuing education and professional development.



Conditions Treated

Condition Subtypes

Public Demand

Autoimmune Rheumatic Disorders	<ul style="list-style-type: none"> • Raynaud's Disease • Systematic Lupus Erythematosus
Bursa, Muscle & Tendon Disorders	<ul style="list-style-type: none"> • Bursitis • Fibromyalgia • Muscle Cramps • Tendinopathies (tendonosis) • Contusions • Muscle Tension/Spasm • Sprains • Strains
Foot and Ankle Disorders	<ul style="list-style-type: none"> • Medial Plantar Nerve Entrapment • Metatarsalgia • Plantar Fasciosis
Joint Disorders	<ul style="list-style-type: none"> • Rheumatoid Arthritis (RA) • Osteoarthritis (OA)
Neck and Back Pain	<ul style="list-style-type: none"> • Sciatica • Degenerative Disc Disease (slipped disc) • Facet pain • Whiplash and associated disorders • Scoliosis • Thoracic outlet syndrome
Hand Disorders	<ul style="list-style-type: none"> • Carpal Tunnel Syndrome • Osteoarthritis of the Hand • Dupuytren's Contracture
Shoulder & Elbow Conditions	<ul style="list-style-type: none"> • Frozen Shoulder • Golfers/tennis elbow (tendonopathy)
Headaches	<ul style="list-style-type: none"> • Tension • Migraine • TMJ dysfunction
Hip, Leg & Knee Disorders	<ul style="list-style-type: none"> • Iliotibial Band Impingement Syndrome • Patellar Tracking Dysfunction • Shin splints (compartment syndrome) • Ligament tear
Psychological Disorders	<ul style="list-style-type: none"> • Anxiety • Depression • Post Traumatic Stress Disorder (PTSD)
Cancer Care	<ul style="list-style-type: none"> • Post Mastectomy Care • Nausea • Pain • Lymphoedema
Female Health	<ul style="list-style-type: none"> • Pregnancy (Pre and Post Care) • Labour Care • Pelvic Pain
Paediatrics	<ul style="list-style-type: none"> • Colic • Infant massage
Neurological disorders	<ul style="list-style-type: none"> • Multiple sclerosis • Spastic paralysis • Stroke • Parkinsons
Respiratory care	<ul style="list-style-type: none"> • Asthma • COPD • Emphysema

Medical physicians regularly refer patients to an RMT. These referrals are made because registered massage therapy is both accessible and effective in the treatment of numerous medical and health conditions.

Committed to providing quality, reliable, health care services and improving health outcomes, RMTs are an integral part of the BC health care fabric today and in the future.



Public demand for registered massage therapy has risen significantly in BC. This is attributed to:

- Higher educational standards
- Research studies showing the efficacy of massage therapy
- Increased public interest in non-surgical and drug-free treatment for musculoskeletal conditions and pain

