

What to Expect at Your Massage Therapy Session

First off, a Registered Massage Therapist is a regulated health professional. Only members of the College of Massage Therapists of Ontario are permitted to use the title Massage Therapist or Registered Massage Therapist and use the letters MT or RMT after their names. Massage therapists have completed a 2-3 year college diploma program from a recognized massage therapy school. Before graduating they have completed extensive hours in a supervised clinical setting treating clients.

If it's your first time seeing the massage therapist, they will ask you to fill out a case history form. This is so we can understand your current physical condition, medical history, and life style and stress level. We also assess specific areas where you might be feeling pain or discomfort. Also mention if there is anything specific you want addressed during the massage treatment.

The massage therapist needs to make sure there aren't any conditions present that rule out having a massage due to any health risks. The massage therapist also needs to know what your needs are regarding the massage and be sure both of you are clear about what your expectations and goals for the treatment are.

Next you will be given clothing removal options for when the therapist leaves the room. You should only take off as much clothing as you feel comfortable. The reason why clothing removal is an option is because massage therapists use an oil or lotion to perform the treatment and skin on skin contact allows them to use the majority of the techniques that they know. Two sheets are provided one to lie on and one to cover yourself with. The therapist will uncover only the part of the body being massaged at that time. It is also a good idea to remove any jewelry that might interfere with the massage.

Expect a peaceful and comfortable environment for the massage. The massage takes place on a comfortable, padded massage table. The massage therapist will tell you what position to lie in on the table. The massage therapist will have music playing during the massage for your relaxation.

Depending on your requirements the massage therapist will massage either the full body or only specific areas that need treatment. A session for a localized injury, pain, or tightness will be focused on a specific area. It is possible to spend most of an entire session on only one area. If this is not the case an overall full body massage is revitalizing. A full body massage generally includes back, neck, arms and legs.

Always remember if there is anything that does not feel comfortable such as the pressure or technique being used you have the right to ask the massage therapist to stop or modify the massage.

After the massage is finished the therapist will leave the room to allow you to get dressed. The therapist may have suggestions for care at home such as heating, icing or stretching. Also the therapist will usually recommend when to book your next visit depending on what they have found during the massage.

There is also the option of a seated massage. You sit in a specially designed massage chair. Seated massages are usually shorter sessions that typically run from 10 to 30 minutes. Since the chairs are highly portable, seated massages can take place in a variety of settings, including the workplace.

Let your massage therapist know in advance if it is your first massage experience. This is so they may take the extra time to go over all the procedures with you. It also allows the therapist to help decide how long the session should be. Usually they offer half hour, three quarter hour and hour treatments. If cost is an issue, check your extended health care plan, most companies cover registered massage therapy treatments.

Angie Hallman RMT
ReNu Health & Wellness
519-662-6277