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## MARCH 2006 NEWSLETTER

### NEW AVAILABILITY

Monday & Tuesday  
9:00 to 3:00  
Wednesday  
3:00 pm to 8:00 pm  
Thursday & Friday  
12:00 am to 8:00 pm  
Saturday  
3:00 pm to 6:00 pm

### MASSAGE MENU

- ★ Swedish massage
- ★ Thai Massage
- ★ Myofascial Release
- ★ Lymphatic Drainage
- ★ Triggerpoint Therapy
- ★ Insurance receipts
- ★ Gift Certificates
- ★ **NEW: HOT STONE**
- ★ Visa / MC welcome

### OTHER NEWS

Lee-Ann is speaking and demo-ing on stretching at the Orleans Running Room on March 16<sup>th</sup> at 6:30 pm. She loves doing demo's and talks about the benefits of massage, stretching and strengthening, so if you're interested in having Lee-Ann at a venue, please call or email for more information.

Lee-Ann is bowling for Big Brothers/Big Sisters on Sunday March 5th at Walkley Lanes. Did you know she not only worked there almost 20 years ago, but also met her life partner there? Thanks to all supporters who contributed donations!

conduct a routine, on-site quality assurance review on members to ensure (among other things) hygiene and functionality of clinic space, secure record-keeping and complete charting is maintained. Solomon Massage was peer assessed In September 2005.

**Did you know? The Massage Therapy Act decrees that: no person other than a member shall use the title "massage therapist" (this includes any variations, abbreviations, or equivalents in another language).**

There are fabulous body-workers and orthotherapists that give great massages and do good work, however, there is a great amount of variability and ambiguity with respect to education, experience, standards, and liability. If such a therapist caused you harm, who could you file a complaint with to ensure that they were investigated, reprimanded and corrected (if not suspended)? Do they have liability insurance in the case of being taken to court for damages?

In summary: being "registered" with the College of Massage Therapists (CMTO) ensures that your RMT has satisfied and is governed by the standards set by the Ontario government.

### WHAT DOES BEING "REGISTERED" MEAN?

People who are relatively new to the massage therapy experience often ask me what the difference is between a registered massage therapist and a non-registered one. Here is some info to set the stage and hopefully help in understanding why the difference is huge and important! (Warning: some of it may be dry!)

In the Ontario Regulated Health Professions Act (RHPA) there are about 21 health professions which include chiropractic, dentistry, medicine, pharmacy, midwifery, nursing, physiotherapy, psychology, occupational therapy, and massage therapy. Under the RHPA, each of these professions have their own Ontario Act which outlines various rules, regulations, definitions and restrictions that conduct each profession specifically. Each profession also has a health regulatory board which is called a "College", and has 42% to 49% public representation. The purpose of the College is to govern its members in order to serve and protect the public's interest, while also strengthening the profession. This means that there are certain standards of education and training that must be met before practice on the public is allowed. Then there are standards of practice, a code of ethics, and continuing education that must be adhered to. Colleges also

### GEO-THERMO-THERAPY (huh?)

In other words, *hot stone massage* ... is a new offering at Solomon Massage that incorporates heated stones with massage and energy work au naturel. Energy created this planet and has been with us before the earth was formed. Nature is the strongest element on earth, and our planet came about as a result of nature's forces working together. The rocks and stones of our planet are millions of years old and contain energy which people have been drawn to since the dawn of time.

In addition to a full body hot stone treatment, I've been incorporating two heated stones into my regular treatments and clients have reported that they love it because of the soothing and therapeutic effects.

**I hope this information was helpful, and if you have any questions please do not hesitate to contact me.**