

# Need a good massage therapist?

# We can help!

PHYSIOTHERAPY  
MASSAGE  
FITNESS  
738-8299



749 River Valley Drive  
humanperformancecentre.ca

*Question: What difference does it make which massage therapist I see?*

The answer is multifaceted and lies on the premise of a “match” between you and the therapist. All registered massage therapists are professionally trained, have college approved educations and have standards to uphold. All RMT’s can treat ailments like whiplash and carpal tunnel syndrome and all can perform relaxation massages from head to toe.



*Alexandra Sullivan, Massage Therapist, BA, RMT, Personal Fitness Trainer*

*If you have any questions or concerns for Alex, please contact her directly at alexandra.sullivan@humanperformancecentre.ca.*

The difference lies not only in the education, experience, skill level, passion and personality of the therapist, it’s the environment, atmosphere and the lasting lessons you learn from that massage therapist.

Treatments are learning experiences for both the client and the therapist. We discover what ails you through the question and answer portion of the visit as well as the palpating and physical testing. The subsequent treatment performed is based on what will give you the best result. Results range from a decrease in pain,

an increase in blood flow, an increase on how well you can move a limb. All massages make you feel good and leave you rejuvenated. Treatment is individualized to you for you.

A massage is not all about muscles – it’s the entire treatment, the warmth and the relationship built between therapist and client, the care. We care deeply that our clients receive the best treatment for their individual therapy needs.

Find the best match for you at the Human Performance Centre, we have three registered

massage therapists and offer many different experiences.

Please call to book your appointment

Massage  
Team  
Associates:

*Miranda  
Foster,  
RMT*



*Martin  
Salkey,  
RMT*



**Human  
Performance  
Centre**

Achieve Your Best  
... We Can Help.