

THERAPEUTIC MASSAGE™

Baldvin Vidarsson

RMT

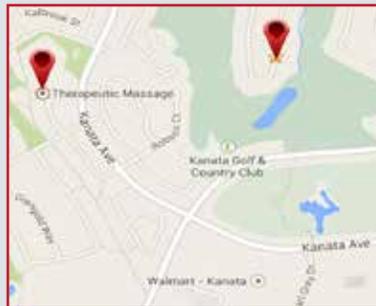
613 271-8227



Baldvin has been working as a massage therapist for over 15 years. During such time, he has had the amazing opportunity to take such extensive courses such as myofascial release, sports massage, deep muscle tissue therapy and stretching, cranial sacral massage, and TMJ treatments. He continues to actively learn new techniques through such continuing education programs.

He has worked in multiple settings and in conjunction with other health care professionals such as physiotherapists, chiropractors, medical doctors, and case managers. He is also experienced in working with Motor Vehicle Accident clients, Blue Cross, and Workman's compensation Board. Being Icelandic, he has spent over a year working with athletic clubs in his native country.

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Designed by
Rent a Drupal
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Sohaila Moghadam

RMT

613 435-2435



Sohaila has been working as a registered massage therapist for over 15 years. She has practiced in most professional settings, including, Medical buildings, on-site office work, sports medicine rehabilitation clinics, and spas. Prior to Massage Therapy,

Sohaila completed her bachelor of Science in Kinesiology at the University of Ottawa and spent many years working as a fitness trainer. She has had the amazing opportunity to aid in the testing and training of professional sports teams such as the Ottawa Senators and the Ottawa 67's in the mid 1990's.

Sohaila@thearpueticmassage.ca

TESTIMONIAL



Entrance around the back to Therapeutic Massage

I pulled my shoulder tendon and couldn't move, I was in agony. After a couple of treatments from Baldwin at Therapeutic Massage my shoulder was great again.

Joe

TESTIMONIAL



Visit our newly renovated rooms

For 20 years I suffered from lower back pain which could not be correctly diagnosed. Bali quickly found the problem and in three months time I was walking straight and in comfort with no pain at all.

Ron

TESTIMONIAL



One of our clients enjoying a session in our hot tub

After the first session I knew he was the person that could help me with my lower back issue. He is very professional and he knows his stuff. "They don't call him the meat tenderizer for nothing".

Eric

BENEFITS OF MASSAGE

Massage therapy treatment has a therapeutic effect on the body and optimizes health and well-being by acting on the muscular, nervous and circulatory systems. Physical function can be developed, maintained and improved; and physical dysfunction and pain and the effects of stress can be relieved or prevented through the use of Massage Therapy.

Therapeutic massage is an important part of your [health maintenance plan](#), by:

- Reducing or eliminating pain
- Improving joint mobility
- Improving circulation
- Improving immune system functioning
- Increasing lymphatic drainage
- Reducing depression and anxiety
- Reducing tension within muscles
- Increasing body awareness

WHAT TO EXPECT

As mandated by our Code of Ethics, clients are never exposed during a massage as sensitive areas are always adequately covered. Further, any part of the body that is not being treated must be properly covered. This ensures that the client feels secure at all times. Many different body positions are used to enable the Massage Therapist to adequately treat the client or some clients may simply be more comfortable in certain positions.

The practice of massage therapy involves the [assessment and treatment](#) of the soft tissue and joints of the body by means of:

- Range-of-Motion testing
- Muscle testing
- Soft tissue manipulation
- Hydrotherapy
- Remedial exercise programs
- Client self-help programs

SPORTS INJURIES

Sports Massage Therapy is used by athletes, both professional and amateur, as part of their regular physical routine. Our registered massage therapists understand the importance of sports rehabilitation and can assist you in the path to recovery, through [exercise and rehabilitation](#) exercises.

Therapeutic Massage therapists assists athletes of all ages in preventing injury and enhancing recovery with regular massage visits. They have handled stress and strain and accidental injuries to help correct muscular imbalances, overuse injuries, and any postural issues occurring.

“As an athlete, I include massage as part of my exercise routine”

BENEFITS

EXPERIENCE

SPORTS