

MASSAGE THERAPY

CARING, HONESTY, RESPECT, RESPONSIBILITY, INCLUSIVENESS

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The YMCA of Regina offers remedial massage therapy sessions. We have five massage therapists who are all registered with the Massage Therapist Association of Saskatchewan.

For appointment bookings please see the Member Service Desk.

The therapists are:

Karen Surtees
Women's Membership Plus Director
Remedial Massage Therapist
Cranio Sacral Therapy
Monday-Friday 9am-5pm

Mike Dunster
Men's Membership Plus Director
Remedial Massage Therapist
Tuesday-Thursday 7:30am-3:30pm
Friday 8:30am-4:30pm
Saturday 10am-5pm

Kerri Murray
Remedial Massage Therapist
Monday-Friday 10am-6pm

Dave Stadnyk
Remedial Massage Therapist
Cranio Sacral Therapy
Tuesday-Saturday 9am-5pm

Richard Pearson
Remedial Massage Therapist
Monday 5pm-9pm

What is Massage Therapy?

Massage therapy is the therapeutic manipulation of the soft tissues of the body. It affects the muscles and other soft tissues, the nervous system, the circulation and lymphatic system, the skeletal system, the respiratory and digestive system.

How Can Massage Therapy Help You?

- Massage therapy is used in the treatment of musculoskeletal problems, treatment of imbalances and injuries such as repetitive strain injuries like carpal tunnel or golfer's/tennis elbow.
- Massage therapy is helpful for the relief and management of pain from back, hips and neck.
- Massage therapy can provide relief of headache problems, TMJ dysfunctions and stiff and sore muscles.
- Massage therapy helps to improve muscular health and to balance and improve posture.
- Massage therapy is very helpful in relieving stress because of its relaxing and sedating effect on the nervous system.

What are the Benefits of Massage Therapy

- Massage can help with the prevention of injuries by increasing joint range of motion, muscular flexibility and improving muscle tissue health.
- It aids in strengthening the immune system and helps in the prevention of disease.
- Massage can promote deeper, easier and healthier breathing. Many people with asthma and other respiratory problems find massage beneficial, as regular therapy treatments will improve breathing.
- It also aids in the digestive system and relief from some digestive disorders.
- The Massage therapists at the YMCA of Regina can help to develop a specific treatment plan to suit each individual's need and goals for a healthy lifestyle.

- Massage can help in improving athletic performance, recovery and treatment of an injury, and maintaining a healthy body.
- Many problems and illnesses can be prevented with massage therapy. However massage therapists at the YMCA Clinic recognize that some conditions are outside of the scope of massage therapy. They are trained to be aware of these conditions and will refer patients to the appropriate profession within the network that has been established according to the patient's choice.

Does My Insurance Cover Massage Treatment?

Most insurance companies cover massage therapy to insurance holders.

- WCB
Workers Compensation claims are covered. Check with your contact person at WCB. Please specify when booking your appointment if you are covered under WCB.
- SGI
Check with your SGI insurance adjuster for coverage information. Please specify when booking your appointment if you are covered under SGI.
- Blue Cross/Group Medical
Check with your plan to see what you are covered for.
- Private Insurance
Most private insurance policies cover massage therapy, whether it is under your group health policy at work or on your own. Check your plan for the benefits you have.

Do I Have to Be a YMCA Member to Have a Massage?

No, everyone is welcome.

Massage Therapy Rates:

	½ hr	45 min	1 hr
Membership Plus	\$35.00	\$46.00	\$61.00
Adult	\$37.00	\$49.00	\$65.00
Public	\$40.00	\$53.50	\$71.00

~all prices are subject to GST~

Massage clients may use of the Membership Plus locker room including showers, lockers, whirlpool and steam room.

Cranio-Sacral, Pregnancy and Infant Massage Therapy is available.