

Massage Therapy

Breast Massage with Asha Mokrosz R.M.T.



Benefits of Breast Massage:

- Optimizes healthy tissues to enhance circulation and drainage
- Restores softness
- Assists with breast monitoring
- Educates in self-examination & self massage
- Reduces upper body restriction
- Improves scar quality
- Prevents and/or relieves mild to severe Pain, discomfort, and congestion from:
 - Premenstrual and menopausal tenderness
 - Pregnancy, breastfeeding
 - Bra compression/chronic restriction
 - Breast trauma (car accidents, falls)
 - Benign breast diseases
 - Poor quality scarring
 - Surgical procedures (cosmetic, diagnostic, medical treatment)

Breasts are treated using a combination of general Swedish massage, connective tissue work, and manual lymph drainage.

Chiropractic

Chiropractic for Pregnancy with Dr. Rachel Ramsey D.C.



Benefits of Chiropractic Care During Pregnancy:

- Optimize health for both mother and baby
- Prevents and/or alleviates low back pain during pregnancy with using the Webster Technique
- Prepares the pelvis for an easier pregnancy and birth
- Reduces torsion of the ligaments that support the uterus
- Reduces interference to the mother's vital nervous system which allows for better baby development
- Pelvic balance allows the baby greater room to develop
- Offers the baby the room to move into the best possible position for birth. With proper baby positioning, there is a significant decrease in dystocia (difficult birth) and the potential for unnecessary intervention (i.e. surgery)

CALL TODAY (905) 695-1212

Physiotherapy

Pelvic Physiotherapy with Jackie Grunebaum P.T.



Benefits of Pelvic Health Physiotherapy:

- **Maintains continence** of our bladder and bowel (addressing stress, urge and mixed incontinence)
- Reduces pain with sex and improves sexual dysfunction
- Provides support to our internal organs including (bladder, uterus, and rectum) thereby reducing and preventing **prolapses**
- Provides support for our low back and pelvic structures, reducing and preventing hip, low back, and pelvis pain
- Frequency, urgency, rectal leakage, CI, and endometriosis can all be treated (among other conditions)
- Prevents and treats symptoms during pregnancy and postpartum, improving return to normal activity

Pelvic floor rehabilitation is for men and women. It is a highly specialized treatment provided by a registered physiotherapist.

Massage Therapy

Infant Massage with Sarah Rabinovitch R.M.T.



The benefits of infant massage include:

- Helps regulate sleep patterns, and deepen sleep
- Helps relieve colic and gas
- Increases healthy parent-infant interaction (increases bonding)
- The relief of stress through relaxation (for both the infant and the parent)
- Provide sensory stimulation, necessary for growth and development
- A means of communication between caregiver and the baby:
- Increases awareness of infant cues, helps the parent learn to respond to baby's needs
- Helps facilitate motor co-ordination
- Helps strengthen the immune system

Come in for a session with Sarah to learn how to massage your baby at home.



Get In Touch

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women's health

