

Excellence in Massage Therapy

Earlier this year, the Massage and Treatment Clinic won the Consumers Choice Award for Business Excellence in Massage Therapy for Ottawa-Gatineau.

Established in 2003 by Amanda-Lyn Smith and Julie Tessier Woodcock, the Massage and Treatment Clinic's sole dwelling is located in a peaceful Orleans neighborhood, which houses a diverse and skilled staff. Smith uses verbs like humbled and overwhelmed to describe the way she and her co-owner reacted to the good news.

"We're not very big so we felt like really little fish in an awfully big pond," Smith says.

In just over five short years, the Massage and Treatment Clinic has earned acclaim from critics and clients alike. The clinic provides its patrons stress reduction treatment, myofascial release, PNF stretching, acupressure, muscle therapy, pregnancy massages, and is one of the only clinics in the city's east end that specializes in therapeutic ultrasounds for ailments like tendonitis, frozen shoulder and sports injuries. The clinic also carries pregnancy support pil-

lows for all stages. All our therapists are Registered Massage Therapists with the College of Massage Therapists of Ontario.

Smith and Tessier Woodcock specialize in injury rehabilitation and relieving chronic back and neck pain; they are no strangers to working with motor vehicle accident injuries such as whiplash.

"I have a patient who I have been seeing since January and who could barely walk when he first came in," says Smith. "Six months later, he has reduced his pain medications and has gone from missing one or two days of work a week to about one every six to eight weeks." She points out that the man has recently returned to the gym, the first time he has been able to do so in six years.

Smith, Tessier Woodcock and their colleagues at the clinic say the point of having a business that espouses community involvement is to have a positive connection with the public; as such, they donate many gift certificates to local charities.

The Massage and Treatment Clinic offers bilingual services, direct billing for



Registered Massage Therapists Julie Tessier Woodcock and Amanda-Lyn Smith

the RCMP and Veterans Affairs, and out-of-office service for businesses.

"Once a year, a local company will have an employee health week so we go in and put on a clinic," says Smith, who will be getting her Infant and Pediatric Massage Teaching Certificate for holding workshops for parents at the end of

November. "They see it as an investment because massage therapy prevents sick days, disabilities and time off work."

In the new year, the clinic is looking to sell a variety of products such as epsom salts, lotions, and ice/hot packs etc, and will soon be adding the service of online booking.



The Massage and Treatment Clinic

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