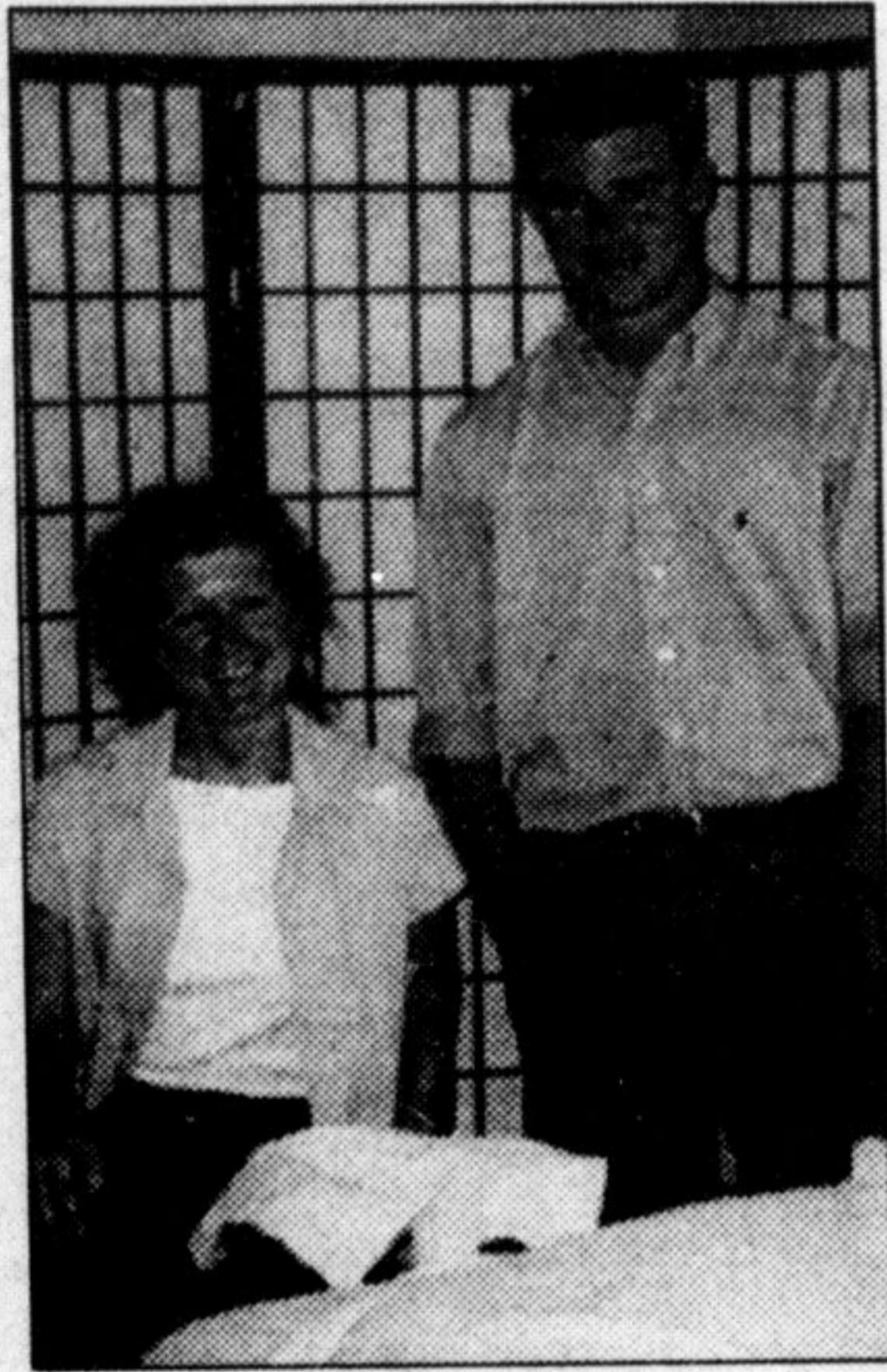


# Discover Your Downtown

## A 'hands on' alternative approach to health



**T**he Milton Therapeutic Massage Clinic provides an alternative approach to health care in a relaxing medical environment. Jillian Guard and Ryan Weaver are Registered Massage Therapists who both grew up in Milton and are excited and pleased to start

their careers in their hometown. Located in the Milton Medical Buildings, Ryan and Jillian opened the clinic doors January 4th, 2000 and have enjoyed steady growth.

Massage Therapy is the manipulation of the soft tissues of the body by a qualified professional to gain a therapeutic response. The therapist uses techniques to increase range of motion, decrease pain and stretch and loosen muscles, tendons, ligaments, and joints. Registered Massage Therapy may be used to treat many conditions and ailments affecting every demographic.

Both Jillian and Ryan are registered with the college of Massage Therapists of Ontario and are regulated under the Health Professions Act. They studied massage therapy at the Canadian Therapeutic College of massage therapy and hydrotherapy in Burlington and graduated with honours in 1999.

Jillian obtained an Honours Bachelor Degree from the University of Guelph prior to studying massage therapy. Since graduating, she has continued studies in infant and pregnancy massage and labour support.

"I first became aware of massage therapy in 1997 following an injury. The practice brings together my interests in health, science, and working with people. I find it extremely rewarding to help people achieve a higher standard of health," says Jillian.

Following the completion of his undergraduate degree in physiology at the University of Toronto in 1996, Ryan spent a year gaining experience in rehabilitation and occupational therapy at Oakville Trafalgar Hospital.

"After university and my experience in rehabilitation, massage therapy was a natural progression. I gained a strong interest in chronic pain syndromes and sports injuries. In this field

you are treating a variety of conditions and pathologies every day. It is definitely not limiting in its challenges."

In the past, massage therapy has had the reputation as being strictly for relaxation. However, it is quite seldom that this is the objective of treatment. Many patients come in seeking treatment for conditions such as sciatica, low-back pain, and headaches.

"The majority of patients we treat, present symptoms of pain and discomfort as the result of overuse, injury, or emotional stress. Certainly the treatment is relaxing, but correcting the source of the pain is the real goal," states Ryan.

"There is a growing trend, that people are becoming aware of their health and are increasingly examining the benefits of alternative healthcare. We encourage our patients to learn about their condition and their bodies so they have the knowledge to treat themselves if the problem should reoccur" says Jillian.



The Milton Therapeutic Massage Clinic is booking appointments with evening hours and some weekend hours. The clinic is located at 75 Main St., Suite 10. To book an appointment call 878-0800.

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