

Our Office

Catherine Street Chiropractic Clinic is a comfortable, safe, relaxing health care environment, where clients can unravel tension, and relieve stress and pain, which may be preventing them from reaching optimal health.

Benefits of Massage

Increase Range of Motion & Flexibility
Pain Management & Control
Reduces Stress, Anxiety & Depression
Improves Alertness
Restores Function
Speeds Healing
Increase Circulation
Decreases Swelling & Edema
Improves Sense of Well Being

Massage Therapy Is

Appropriate For:

Stress Management
Neck & Shoulder Tension
Back Pain
Sprains & Strains
Migraine & Headaches
Frozen Shoulder
Athletic Injuries
Shin Splints
Fibromyalgia
Carpal Tunnel Syndrome
Muscle Spasms
Scar Tissue & Adhesions
Tendonitis or Bursitis
Respiratory & Circulatory Problems
Repetitive Strain Injuries
Pregnancy
Athletic Training & Conditioning

What to Expect

Massage Therapy assesses and treats the soft tissue and joints of the body by means of Range of Motion Testing, Muscle Testing, Soft Tissue Manipulation, Hydrotherapy, Remedial Exercise Programs and Client Self-Help Programs.

A personalized treatment plan is discussed in detail with the client before & after the therapy session. Client information, both written and verbal is always confidential. The therapist must obtain the client's signed consent before releasing any information.

Insurance Coverage

Many private insurance companies cover massage therapy under their extended health care plans, if the therapist is a Registered Massage Therapist.

Please consult your policy for coverage. Unfortunately, Massage Therapy is not covered by OHIP.

Our Unique Therapy Options

Deep Tissue Massage

Deep Tissue Massage is one of our specialties to really get at and fix deep aches and pains.

Hot Stone Massage

Massage with Deep Moist Heat is Perfect for Sore, Tight, Achy Muscles!

"HOT BACK COMBO"

Combines a Half Hour of Deep Tissue and a Half Hour of Hot Stone Massage!

The Best of Both Worlds!
The Clinic Favorite!

Corporate Onsite Massage

Chair Massage brought into the workplace to reduce stress and tension in the workplace.

Join the growing number of people who are enjoying the incredible benefits of massage therapy...

How to Contact Us

To schedule an appointment with one of our registered massage therapists, please call one of our helpful assistants at

Catherine Street Chiropractic
240 Catherine Street Suite 108
Ottawa, Ontario
K2P 2G8
(613) 569-6000

www.catherinechiro.com
info@catherinechiro.com

Insurance Coverage Receipts
Open 5 Days a Week
Gift Certificates Available

How To Find Us

Our building is located at the corner of Catherine Street and Bank Street (West of Bank).
Limited free visitor parking
(2 hour maximum)
Adjacent to Catherine Street.

Catherine Street Chiropractic and Massage Therapy Centre



Massage Therapy

Swedish Massage
Hot Stone Massage
Chair Massage

*Consider adding a Massage Therapist
to your health care team...*