

Paramedical practitioners: who is best for you?

What is massage therapy?

Massage therapists manipulate your muscles and other soft tissues to help relieve pain. There are many different types of massage therapy, from deep tissue to prenatal massage. Massage therapists can also offer treatments such as Fascial Stretch Therapy (FST), a type of deep stretching.

What is kinesitherapy?

Kinesitherapy is a set of manual techniques that combine massage and movement. Like other massage therapy techniques, kinesitherapy considers the individual as a whole.

The basic massage technique used in kinesitherapy is [Swedish massage](#). Thus, through massage, kinesitherapy first promotes the release of muscle tension and the activation of blood circulation. The use of active, passive or counteracting mobilisations will then help the body to regain optimal and pain-free movement.

The objectives of kinesitherapy are numerous:

- To allow the body to return to movement
- To promote ample and pain-free joint movement
- To achieve normal joint range of motion
- To promote health

What is kinesiology?

Kinesiologists are experts in human movement. They spend their time doing injury assessment, rehabilitation, exercise therapy and disability management, among other care.

What is physiotherapy?

[Physiotherapists](#) help treat and prevent injuries and pain. They have in-depth knowledge of the human body and soft tissues. Physiotherapists can treat physical problems from injury or disease. They can also establish a prevention plan to address issues related to poor posture, specific sports or pregnancy.

What is athletic therapy?

Athletic therapists treat injuries, often from sports or fitness activities. They often work with sports teams, and you can find them on the sidelines ready to deal with injuries. However, many also work in rehabilitation clinics or private practice. Before visiting an athletic therapist, you can check if they are a member of the Canadian Athletic Therapists Association.

What is chiropractic care?

Chiropractors are experts on the spine, nervous system, and muscles, according to the Canadian Chiropractic Association (CCA). Chiropractors treat pain using their hands and other approaches such as ultrasound. They often suggest exercises you can do at home to help your recovery. Chiropractors tend to focus on bone and joint problems, whereas physiotherapists focus on soft tissue.

What is occupational therapy?

[Occupational therapists](#) help people overcome challenges with daily activities like dressing, working, and participating in social activities. They can help you with your physical challenges but also provide the [tools and materials](#) to make your environment work for you.

What is osteopathy?

[Osteopathy](#) is a hands-on treatment to help your body function better. Those who practice osteopathy in Canada fall into two categories. There are physicians trained outside of Canada as doctors of osteopathy and they can diagnose illnesses and prescribe medicine. Others who practice osteopathy are known as manual osteopathic practitioners. Their training may vary but they don't prescribe medication or diagnose. They use approaches such as muscle release or spinal manipulations to help with issues in your joints, bones and muscles.