

## Registered Massage Therapists

**Tom Altheim**  
RMT (RMTA)



- Trained in Therapeutic Massage Therapy with an interest in massage therapy for sports injuries and repetitive strain injuries
- Full remedial massage certificate (>2500hrs) at Northern Institute of Massage Therapy
- Myofascial Release, Craniosacral Treatment
- Taping for Dysfunction
- Experience with Craniosacral Treatment for Concussion
- 2001 IAAF World Championships in Athletics
- Worked for 15 years as an EMT

**Lanna Richmond**  
RMT (NHPC)



- Trained at the Marchand Institute of Sport & Deep Tissue Massage in Red Deer (2200hrs)
- Myofascial Cupping
- Deep Tissue & Trigger Point massage
- Courses from Brandon Raynor's School of Natural Therapies & Indian Head Massage
- Interest in Chinese Medicine, Energy Meridians, Acupuncture, Acupressure & Releasing Blockages

**Marilee Olesen**  
RMT (NHPC)



- Trained at the Alberta Institute of Massage in massage therapy - advanced diploma (2200hrs) in Red Deer
- Trained in therapeutic, relaxation, deep tissue, myofascial and trigger points massage
- Perfect balance courses: Advanced Techniques for Shoulder/Rotator cuff
- Sports Massage Therapy: Advanced level 2 certificate from Alberta Institute of Massage
- Chuden Komyo Reiki Practitioner (Third Degree)

**Meagyn Green**  
RMT (NHPC)



- Trained at the Northern Institute of Massage Therapy (2288hrs)
- Completed the Advanced Massage Therapy with training in Lensen, a specialized training of manual osteopathic techniques
- Has training in therapeutic trigger point massage, muscle energy and myofascial release
- Graduated from RDC with Kinesiology diploma (2011)
- Has a bachelor of Arts Major in Sociology from University of Calgary (2014)
- Is actively involved as a trainer with Junior Hockey and Lacrosse teams

## Price List

<b>15min Massage</b> .....	<b>\$25</b>
<b>30min Massage</b> .....	<b>\$45</b>
<b>45min Massage</b> .....	<b>\$60</b>
<b>60min Massage</b> .....	<b>\$80</b>
<b>90min Massage</b> .....	<b>\$120</b>

Craniosacral Massage Therapy, Myofascial Release , Myofascial Cupping, and Reiki are used in conjunction with regular deep tissue massage treatments.

*\*Prices subject to change  
\* \*Prices do not include gst*



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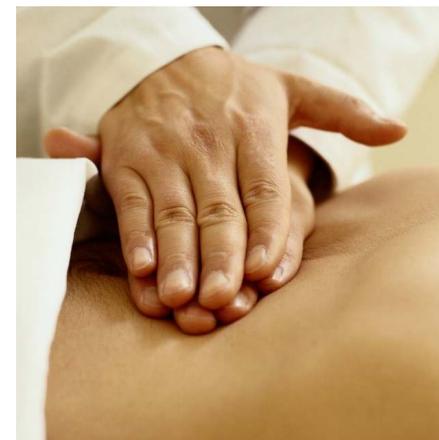


“Official Off-Site Supplier of Therapy Services for the Red Deer Rebels”

# Therapeutic Massage Therapy



PHYSIOTHERAPY - ATHLETIC THERAPY - MASSAGE THERAPY  
SPORTS PHYSICIAN - SPORTS PSYCHOLOGY - SPORT NUTRITION



**For appointments call:  
403-314-4458**

[www.collegiatesportsmedicine.ca](http://www.collegiatesportsmedicine.ca)

**Direct Billing Available!**

## Therapeutic Massage Therapy

Our Therapeutic Massage Therapists are trained in the assessment and treatment of soft tissues in the body. They use techniques to help prevent physical dysfunction and pain in these soft tissues. Also, because massage therapy directly influences muscle tissue, it has the ability to keep muscles flexible and reduces formation of fibrotic tissue, thus avoiding the negative effects you may get from muscle tightness.



## How our Therapists Can Help

- Our Massage Therapists will incorporate therapeutic techniques such as Myofascial Release or Craniosacral Therapy in conjunction with deep tissue massage.
- They will also provide you with home program stretches to help facilitate their treatments.
- Our Massage Therapists will collaborate with other Collegiate Practitioners as needed to direct your treatment.

## Myofascial Cupping

Myofascial Cupping creates suction and negative pressure, cupping is used to drain excess fluids and toxins, loosen adhesions and lift connective tissue, bring blood flow to stagnant skin and muscles and stimulate the peripheral nervous system. It creates change both on a musculoskeletal and on a subtle level (dampens sympathetic division of autonomic nervous system) and produces painless results similar to deep tissue work.

## Myofascial Release

Often from injury, surgery or even emotional trauma the fascia (thin fiber that covers muscles, bones, and organs) can become tense and stuck together. Myofascial Release is a technique that frees tension in the fascia to restore normal function. It does not require oils or lotions and can go into deep muscle tissues. Most patients will notice a positive change as the fascia is returned to its normal state.

### Common Conditions Treated with Myofascial Release:

- Back & Neck Pain
- Headaches
- Head Trauma
- TMJ
- Scoliosis
- Fibromyalgia
- Chronic Fatigue Syndrome
- Recurring Injuries
- Chronic Pain & Dysfunction

## Reiki

### What is Reiki?

A standard Reiki sessions includes placing the hands above the body of a fully clothed client or placing hands on the head, shoulders stomach and feet. Each position is held for 2-15 minutes and many clients have reported feeling:

- More creative
- More balanced
- Less emotional
- Less stressed
- More relaxed
- More vitality
- More awareness
- Less or no pain
- More ease of movement

Many individuals report feeling cold, pulsating heat or a tingling session. Most people generally enter a calm, relaxed state and some have even felt chronic or acute pain diminish or completely vanish.

### What can be expected after a session?

After a session you should allow yourself time to come back into full awareness. It is suggested to sit for 15 minutes and rehydrate with water. Many people feel the effects of de-toxifying and should increase their water intake and/or herbal teas to help flush the toxins out more readily. Most people feel an immediate improvement in pain levels and mindset. Energy and alertness may increase daily and a feeling of overall well being may be noticed.

## Craniosacral Massage Therapy

### What is the Craniosacral System?

The Craniosacral System involves the development and function of the membranes and the cerebral spinal fluid between the brain and the spinal cord. The system has a rhythm which can be detected by a trained therapist through a light touch. The rhythm travels throughout the body and sources of obstruction and/or stress can be targeted if the rhythm is disrupted.

### What is Craniosacral Massage Therapy?

Craniosacral Massage Therapy is a hands-on therapy that improves and develops the Craniosacral System. It involves the bones of the head, the spinal column, the sacrum, and the underlying structures. Special techniques are used to release restriction and obstruction in these areas to restore normal function.

### Common Conditions Treated with Craniosacral Therapy:

- Chronic Back & Neck Pain
- Headaches & Migraines
- Concussion Symptoms
- Vertigo
- Tension
- Autism
- Chronic Fatigue Syndrome
- Post Traumatic Stress Disorder
- Emotional Difficulties



Please refer to Resources on [www.collegiatesportsmedicine.ca](http://www.collegiatesportsmedicine.ca) for full Reiki and Craniosacral information handouts