

# Massage Therapists' Association of British Columbia

SAFE, SMART AND EFFECTIVE HEALTH CARE

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## Press Release

**December 6, 2007**

### For immediate release

#### **Massage Therapists' Association of British Columbia joins the Electronic Health Library of BC e-HLbc**

BCs' Registered Massage Therapists' (RMTs) will now have direct access to the ever-increasing amount of published massage therapy research. From 1980 to 2007 it is estimated that indexed massage therapy articles on PubMed has increased by 102 percent.

"This is a tremendous opportunity and an invaluable resource for the professional development of RMTs in the province" said Bodhi Haraldsson, Research Department Chair for the professional association. "More and more, people are turning to RMTs for their health and wellness needs. As the profession moves towards evidenced based practices, access to this information is important to the work that RMTs do in everyday in their clinical settings".

"The Massage Therapists' Association of British Columbia is pleased to provide funding in order that this significant resource can be offered to our members. It will give RMTs one more tool to better address their patients' health status and contribute to the overall wellness of British Columbians", stated Damon Marchand, President of the association.

The e-HLbc is a collection of online health library resources. The purpose of the e-HLbc is to support and improve practice, education and research in the health sciences. The eHLbc provides access to over 1,700 full-text medical and allied health journals.

British Columbia's RMTs have the highest training standards in North America and amongst the best trained in the world. Research shows that massage therapy interventions are effective in reducing pain, anxiety and stress. Increasingly, scientific research supports the use of massage therapy as an effective approach in pain management, rehabilitation and prevention. Massage therapy improves movement and, importantly, a patient's quality of life.

For further details please go to the e-HLbc website  
[www.ehlbc.ca](http://www.ehlbc.ca)

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