



Registered Massage Therapists'  
Association of Ontario

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December 1, 2021

Andrea Horwath, MPP  
Leader of the New Democratic Party  
Queen's Park Room 381  
Main Legislative Building, Queen's Park  
Toronto, Ontario  
M7A 1A8

Dear Andrea:

Re: Supporting a more significant role for RMTs in integrated health

The Registered Massage Therapists' Association of Ontario (RMTAO) is advocating for a greater role for Registered Massage Therapists (RMTs) in order to enhance an integrated, team and population-based health care system. RMTs promote the wellness of their patients which aligns strongly with this approach to health care. RMTs have demonstrated that they are a cost-effective option to support the wellness of Ontarians.

In the upcoming election, the RMTAO would welcome any plans to introduce changes to the health system that support achieving this goal including integrating RMTs into Ontario Health Teams, Family Health Teams, Community Health Teams, Hospitals, Long Term Care, and other team-based primary care alternatives.

The RMTAO recognizes the heavy burden placed on health care professionals during the pandemic and the struggles with burnout that many health care professionals are experiencing. As regulated health professionals, our members are exposed to the burnout that many health care professionals experience. However, we are also a solution in helping to alleviate this challenge to the Ontario health care system and are eager to participate in programs designed to address this critical issue.

The RMTAO advocates for 14,000 Registered Massage Therapists (RMTs) across Ontario. We have over 7,000 members.

RMTs play a vital role in providing health services to Ontarians. They assist with rehabilitation, and alleviate the physical symptoms of depression, stress, and anxiety. RMTs help people relieve their musculoskeletal pain so they can remain at work longer, continue to enjoy the activities that they love and, in some cases, avoid

further medical care from doctors or hospitals. Massage therapy has been recognized as a potential non-drug alternative to opioids in the treatment of chronic pain.

We can also help Ontarians alleviate the effects of social isolation and prolonged stress caused by the pandemic. Studies have indicated that massage therapy can be beneficial to reduce stress, promote mental health, and improve the quality of life, which is incredibly important during these times.

I would welcome the opportunity to discuss how RMTs can help improve the health and wellbeing of Ontarians in advance of the coming election next year. The RMTAO is interested in supporting candidates during the upcoming election that champion integrating RMTs more closely into the publicly funded health care system.

Yours sincerely,

A handwritten signature in black ink, appearing to read "M. Feraday", is centered within a light gray rectangular box.

Michael Feraday  
Executive Director and Chief Executive Officer  
Registered Massage Therapists' Association of Ontario

CC: The Honourable Doug Ford, MPP  
The Honourable Christine Elliot, Minister of Health  
Robin Martin, Parliamentary Assistant to the Minister of Health  
Dr. Catherine Zahn, Deputy Minister of Health  
The Honourable Rod Phillips, Minister of Long-Term Care  
Steven Del Duca, Leader of the Ontario Liberal Party