

## About Amaal

Contributed by Administrator

I am a certified Reiki Practitioner and a Registered Massage Therapist (RMT) who graduated from Sutherland-Chan Teaching School and Clinic. At Sutherland-Chan, I acquired knowledge, technique, and gained invaluable experience treating people with different pathologies such as Spinal Cord Injury, Multiple Sclerosis, Fibromyalgia, Sacro-iliac joint dysfunction, Plantar Fasciitis and Sciatica. However, I came to understand that the key element to an effective massage treatment is "finding the cause and treating that cause";.

My treatment plans are different for each individual based on their needs and the assessment results. While having the knowledge and skill to provide treatments for different pathologies, I have a special interest in treating women with Chronic Pelvic Pain - CPP. These treatments are intended to target women who have pelvic pain for longer than six months duration and who experience that pain for at least two weeks per month. The cause could be pelvic scar tissue, musculoskeletal injury along with dysfunction based pain syndromes or a pathology such as endometriosis and interstitial cystitis.

My approach is to first address the musculoskeletal components of the chronic pelvic pain and then provide appropriate pain management support.