



## **Modalities List for Massage Therapists**

The following is a list of modalities which CMMOTA recognizes for the purpose of granting insurance through our liability insurance provider. In order for a member to gain recognition for the Modalities listed below, they must meet the criteria laid out under each section.

### **Section 1 Student**

Criteria: A member must meet the eligibility requirements to become a student member. The following modality may be practiced under supervision only while they are a "Student Massage Therapist Member"

- Relaxation Massage
- Swedish Massage

### **Section 2 Associate Member**

Criteria: A member must meet the eligibility requirements to become an associate member. The following modalities may be practiced without supervision while they are an "Associate Massage Therapist Member"

- Relaxation Massage
- Swedish Massage

The following modalities may be practiced under supervision only while they are an "Associate Massage Therapist Member"

- Therapeutic Massage

### **Section 3 Full Member**

Criteria: A member must meet the eligibility requirements to become a full member. The following modalities may be practiced without supervision while they are a "Full Massage Therapist Member"

- Relaxation Massage
- Swedish Massage
- Therapeutic Massage

### **Section 4 Massage Therapy Additional Massage Modalities**

Criteria: In order for an "Associate Massage Therapist Member" or a "Full Massage Therapist Member" to practice any of the following modalities, the modality must be granted by CMMOTA. A modality will be granted if the following are provided to the Association:

1. A Certificate from an accepted Continuing Education Course which meets the minimum standard of hours and hands on training required to grant the specified modality.



2. Diploma from an accepted Massage Therapy programme accompanied by Transcripts and Course Outlines which include hours of training in any specific modality type - the course outline, preferably with a breakdown of theoretical hours and practical hours, would have to be from the specific year that the programme was delivered to the therapist, as we recognize that programmes change from time to time. Any modality would need to meet the minimum standard of hours and hands on training required to grant the specific modality.

This is the list of additional Massage Related Modalities that CMMOTA recognizes. Any Modality not on this list would have to be considered by the CEC committee, Administration, and the Board of Directors before it would be added to the list. The Association reserves the right to add to or remove any modality on this list at any time for any reason it deems necessary.

- Acupressure
- Active Release
- Access Bars
- Alexander Method
- Aromatherapy
- Bowen Therapy
- BrainGym
- Certified Athletic/Sports Therapist
- Cranialsacral
- Deep Muscle
- Feldenkrais Technique
- Fire Cupping
- Healing Touch
- Hot Stone Therapy
- Hydrotherapy
- Indian Head/Foot Massage
- Infant Massage
- Instrument Assisted Soft Tissue Manipulation (IASTM)
- Integrative Manual Therapy
- Joint Mobilization
- Lensen
- Lomi-Lomi Massage
- Low Intensity Laser Therapy
- Lymphatic Drainage Therapy (LDT)
- Manual Lymphatic Drainage
- Meridian Massage
- Muscle Energy Technique
- Myofascial Therapy
- Neuromuscular Therapy
- Oncology Massage
- Onsen



- Orthobionomy
- Pre and Post Natal Massage
- Raindrop Therapy
- Reflexology
- Reiki
- Salt Stone
- Shiatsu
- Shockwave Therapy
- Somatics
- Sport Massage (includes athletic taping and bracing)
- Strain/Counterstrain
- Structural Integration
- Suction Cupping
- TENS Therapy
- Therapeutic Harmonics
- Therapeutic Touch
- Touch for Health/RESET
- Traditional/Thai/ Thai Yoga Massage
- Trager
- Trigger Point
- Visceral Manipulation
- Ultrasound Therapy
- Yoga & Ki-hara Resistance Stretching

Online/ Distance Learning **WILL NOT GRANT A MODALITY**. Any primary related modalities will require prior hands on/ in class training before being added as a recognized modality.

## Section 5 Adjunct Modalities

Criteria: In order for an "Associate Massage Therapist Member" or a "Full Massage Therapist Member" to practice any of the following adjunct modalities, the adjunct modality must be granted by CMMOTA. A modality will be granted if the following are provided to the Association:

1. A Certificate from an accepted Continuing Education Course which meets the minimum standard of hours and hands on training required to grant the specified modality.
2. Diploma from an accepted Massage Therapy programme accompanied by Transcripts and Course Outlines which include hours of training in any specific modality type - the course outline, preferably with a breakdown of theoretical hours and practical hours, would have to be from the specific year that the programme was delivered to the therapist, as we recognize that programmes change from time to time. Any modality would need to meet the minimum standard of hours and hands on training required to grant the specific modality.



3. If the modality is regulated, then the member shall provide proof that they are a member of the regulatory body responsible for oversight of the modality (ie Acupuncture)

This is the list of additional Adjunct Modalities that CMMOTA recognizes. Any modality listed below, may be practiced by an Associate Massage Therapist Member or a Full Massage Therapist Member, but cannot be considered as part of a Massage Therapy Treatment Plan, and must be billed separate from Massage Therapy, and any receipts issued by the member for services in the modality shall not include the Members CMMOTA Registration number. Any Adjunct Modality not on this list would have to be considered by the CEC committee, Administration, and the Board of Directors before it would be added to the list. The Association reserves the right to add to or remove any modality on this list at any time for any reason it deems necessary.

- Acupuncture \*Must belong to a regulatory body in regulated provinces.
- Equine/Canine
- Essentrics
- Esthetics
- Guided Session
- Kinesiology