



### **Appendix 34 - Modalities List for Manual Osteopathic 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 Manual Osteopathic Therapist Member**

Criteria: A member must meet the eligibility requirements to become a student manual osteopathic therapist member. The following modalities may be practiced under supervision only while they are a "Student Manual Osteopathic Therapist Member:"

- Manual Osteopathic Therapy

#### **Section 2 Full Manual Osteopathic Therapist Member**

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

- Manual Osteopathic Therapy

#### **Section 3 Manual Osteopathic Therapy Additional Modalities**

Criteria: In order for a "Full Manual Osteopathic Therapist Member" to practice any of the following modalities, the modality must be granted by CMMOTA's Professional Liability Insurance provider. A modality may be granted if the following are provided to the Association:

1. A Certificate from a CMMOTA approved Continuing Education Course which meets the approval of the Professional Liability Insurance company.

This is the list of additional Manual Osteopathic Therapy Related Modalities that CMMOTA recognizes. Any Modality not on this list would have to be considered by, Administration, the Board of Directors, and the Liability Insurance Provider before it would be added to the list. If there is a modality that you would like to have considered that is not currently on this list below, please contact [info@cmmota.com](mailto:info@cmmota.com) so that we can inquire directly with our liability insurance provider to see if it may be added to this 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.

- Active Release
- Alexander Method
- Bowen Therapy
- Certified Athletic/Sports Therapist \*
- Craniosacral
- Feldenkrais Technique
- Integrative Manual Therapy
- Joint Mobilization
- Ki-Hara Resistance Stretching \*
- Lensen



- Lymphatic Drainage Therapy (LDT)
- Manual Lymphatic Drainage (MLD)
- Muscle Activation Technique \*
- Muscle Energy Technique
- Myofascial Therapy
- Neuromuscular Therapy
- Onsen
- Orthobionomy
- Orthopedic Certification
- Strain/Counterstrain
- Structural Integration
- Trager
- Visceral Manipulation

**PLEASE NOTE that those modalities followed by a \* may require an insurance surcharge for professional liability insurance coverage – please contact the office for current pricing.**

## Section 4 Complementary Modalities

Criteria: In order for a “Full Manual Osteopathic Therapist Member” to practice any of the following complementary modalities, the complementary modality must be granted by CMMOTA’s Professional Liability Insurance provider. A modality may 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; and
2. If the modality is regulated under a health profession act or other act in the province the therapist is practicing in, then the member shall provide proof that they are a member of the regulatory body responsible for oversight of the modality (i.e. Physiotherapy)

This is the list of additional Complementary Modalities that CMMOTA recognizes. Any modality listed below, may be practiced by a Full Manual Osteopathic Therapist Member, but cannot be considered as part of a Manual Osteopathic Therapy Treatment Plan, and must be billed separate from Manual Osteopathic Therapy, and any receipts issued by the member for services in the modality shall not include the Members RMT or MOT CMMOTA Registration number. Any Complementary Modality not on this list would have to be considered by Administration, the Board of Directors, and the Professional Liability Insurance Provider 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.

- Callanetics (Exercise Program)\*
- Eden Energy Medicine \*
- Equine Massage \*
- Essentrics \*
- Esthetics \*
- Fitness Instructor \*



- Infrared Sauna \*
- Kinesiology \*
- Low Intensity Laser Therapy \*
- Nordic Pole Walking \*
- Nutritional Consulting \*
- Personal Training \*
- Physiotherapy \* (Must belong to a regulatory body in regulated provinces.)
- Pilates \*
- Red Light Therapy \*
- Sleep Consultant \*
- Spin Instructor \*
- Sugaring \*
- Ultrasound Therapy \*
- Watsu \*
- Yamuna Body Rolling \*
- Zumba \*

**PLEASE NOTE that those complementary modalities followed by a \* may require an insurance surcharge for professional liability insurance coverage – please contact the office for current pricing.**

### **Section 5 – Massage Therapy**

CMMOTA has designated this modality as a separate professional designation. As such while we are able to offer Student Massage Therapist Membership or Associate Massage Therapist Membership and professional liability insurance coverage for those members who are enrolled as a student in an RMT programme, as an add on to your MOT policy with a surcharge, it may not be practiced as part of a Manual Osteopathic Therapy Treatment Plan, and must be billed separate from Manual Osteopathic Therapy, and any receipts issued by the member for Massage Therapy services shall not include the Member's CMMOTA MOT Registration number.

Once a member has completed a 2200-hour Massage Therapy programme, in order to continue practice as a Massage Therapists, we do require registration as a individual professional designation, and an upgrade in insurance coverage.

If you wish to have the coverage for Massage Therapy added to your professional liability coverage, please contact the CMMOTA office directly to get the process started.

**IF You are practicing or offering any services not listed above, please contact Dusyk and Barlow to obtain separate coverage. Practice or offering of additional services cannot be billed or invoiced using a CMMOTA membership number.**

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