



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. If you are a practicing Massage Therapist, please refer to Appendix 19 for a list of modalities that are related to your professional practice.

Section 1 Student Manual Osteopathic Therapist Member Core Modalities

Criteria: A member must meet the eligibility requirements to become a student manual osteopathic therapist member which are indicated under CMMOTA Bylaw 3.2.7.. The following core modalities may be practiced under supervision (defined as direct supervision with supervisor in the room) only while they are a "Student Manual Osteopathic Therapist Member:"

- Manual Osteopathic Therapy (includes the following: Osteoarticulation, Advanced Myofascial Release, Manual Lymphatic Drainage, Craniosacral Therapy, Visceral Manipulation, Joint Mobilization, Muscle Energy Technique)

Section 2 Full Manual Osteopathic Therapist Member Core Modalities

Criteria: A member must meet the eligibility requirements to become a full member which are indicated under CMMOTA Bylaw 3.2.2.. The following core modalities may be practiced without supervision while they are a "Full Manual Osteopathic Therapist Member:"

- Manual Osteopathic Therapy (includes the following: Osteoarticulation, Advanced Myofascial Release, Manual Lymphatic Drainage, Craniosacral Therapy, Visceral Manipulation, Joint Mobilization, Muscle Energy Technique)

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.

Modalities listed in this section *must be incorporated into a manual osteopathic therapy treatment and are not to be billed as Manual Osteopathic Therapy when performed as a stand-alone treatment*. In such cases where a modality listed in this section is delivered as a stand-alone treatment (meaning that the treatment used only the singular modality), it would be required to be billed as if it were a complementary modality.

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 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
- Aroma Massage (use of industrial produced/blended oils only)
- Aromatherapy (requires 200 hours CE training, allows for therapist produced/blended oil use)
- Aroma Touch (use of industrial produced/blended oils only)
- Athletic Taping and Bracing *
- Bowen Therapy
- Certified Athletic/Sports Therapist *
- Feldenkrais Technique
- Graston Technique
- Hellerwork*
- Hot Stone Therapy
- Instrument Assisted Soft Tissue Manipulation (IASTM)
- Integrative Manual Therapy (IMT)
- Ki-Hara Resistance Stretching *
- K-Taping
- Lensen
- Low Level Laser
- Muscle Activation Technique *
- Neuromuscular Therapy
- Oncology Treatment *
- Onsen
- Orthobionomy
- Orthopedic Certification
- Photobiomodulation (Thor)
- Radial Shockwave
- Red Light Therapy
- Reflexology
- Shockwave Therapy
- Somatic Exercise/Essential Somatic (no psychotherapy components)
- Somatic Teaching * (no psychotherapy components)
- Strain/Counterstrain
- Structural Integration
- Suction Cupping
- TENS Therapy
- TMJ Intraoral
- Trager
- Ultrasound Therapy (not diagnostic imaging or any application to a fetus¹)

¹ Ultrasound diagnostic imaging and any application of ultrasound to a fetus are restricted activities under the Health Professions Act in Alberta.



- Yoga (one on one instruction)*

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

Please note, all modalities listed under this section are out of scope for practice under a manual osteopathic therapy treatment.

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 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 Somatics *
- Esthetics *
- Fitness Instructor *
- Infrared Sauna *
- Kinesiology *
- Nordic Pole Walking *
- Nutritional Consulting *
- Personal Training *
- Physiotherapy * (Must belong to a regulatory body in regulated provinces.)
- Pilates *
- Reiki *
- Sleep Consultant *
- Spin Instructor *
- Sugaring *



- Therapeutic Harmonics *
- Therapeutic Touch *
- Yamuna Body Rolling *
- Yoga Teaching (group instruction)*
- 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 Massage Therapy programme, as an add on to your Manual Osteopathic Therapist 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 an individual professional designation, and an upgrade in insurance coverage.

As a Manual Osteopathic Therapist member, if you are able to meet the eligibility requirements listed in the CMMOTA Bylaws under 3.2. to become a Student Massage Therapist member, Associate Massage Therapist member, Full Massage Therapist member, Registered Massage Therapist member, or Spa Therapist member, and 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 the CMMOTA office to assist in obtaining separate coverage. Practice or offering of additional services cannot be billed or invoiced using a CMMOTA membership number.

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