



Treatment of Sensitive Areas Policy

In those cases where a massage therapist member is a registered member of the Regulatory College in the jurisdiction in which they practice, this policy does not apply, as the standards which those members are responsible to adhere to are set by the regulatory body within those jurisdictions.

Purpose:

- To provide clarity and guidance for massage and manual osteopathic therapists surrounding the definition of sensitive areas of the body and treatment of those sensitive areas as described in the CMMOTA *Standards of Practice* including necessary consent for treatment of sensitive areas.

Policy:

1. Sensitive areas are defined as the following:
 - a. The inner thigh – meaning the area from one hand breadth above the knee to the crease of the hip joint.
 - b. The gluteal – meaning the area from the top of the pelvic bone to the bottom of the buttocks on the posterior side of the body.
 - c. The breast.
 - d. The chest wall – meaning from below the clavicle (or collarbone) to the bottom of the rib cage on the anterior of the body, including the sides of the body under the arm pit.
 - e. The groin – meaning the area between the abdomen and the thigh on the anterior side of the body.
2. Regarding the treatment of sensitive areas of the body the following actions are restricted activities which may not be performed by any member of the Association:
 - a. Insertion of body parts or equipment into the anus, vagina, or urethra.
 - b. Massage of the penis.
 - c. Massage of the testicles.
 - d. Massage of the vulva.
 - e. Massage of the perineum.
 - f. Massage of the nipples.
 - g. Massage of the areola.
3. Massage of sensitive areas must be for therapeutic purposes only, and may not be conducted for erotic, sensual or sexual pleasure purposes.
4. Written consent must be obtained prior to each treatment session during which a sensitive area will be treated.
5. When undraping and massaging sensitive areas the therapist must seek verbal consent prior to continuing with treatment.
6. Written consent documents form part of the Client's records and must be maintained in accordance with CMMOTA *Client Records, Charting and Treatment Notes Policy*.
7. A sample of a consent form is included as *Appendix 17 – Example of Treatment of Sensitive Areas Consent Form*.



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