



Appendix 19 - 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 Massage Therapist Member

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

- Relaxation Massage
- Swedish Massage

Section 2 Associate Massage Therapist 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 Massage Therapist or Registered Massage Therapist or Spa Therapist Member

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

- Deep Muscle
- Hydrotherapy
- Joint Mobilization
- Manual Lymphatic Drainage
- Myofascial Therapy
- Pre & Post Natal Massage
- Relaxation Massage
- Swedish Massage
- Therapeutic Massage
- Trigger Point



Section 4 Massage Therapy Additional Massage Modalities

Criteria: In order for an “Associate Massage Therapist Member” or a “Full Massage Therapist Member” or a “Spa 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 both the approval of the Professional Liability Insurance company, and CMMOTA’s minimum standard of hours and hands on training required to grant the specified modality; or
2. Diploma from a CMMOTA 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 and would require approval from the Professional Liability Insurance provider as sufficient proof of education.

In order for an “Registered Massage Therapist Member” to practice any of the following modalities, the modality must be granted by CMMOTA’s Professional Liability Insurance provider and must fall within the scope of practice of the College in the jurisdiction in which they practice. 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 both the approval of the Professional Liability Insurance company, and CMMOTA’s minimum standard of hours and hands on training required to grant the specified modality; or
2. Diploma from a CMMOTA accepted Massage Therapy programme accompanied by Transcripts and Course Outlines which include hours of training in any specific modality type - the course outline, 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 and would require approval from the Professional Liability Insurance provider as sufficient proof of education.

This is the list of additional Massage 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.

- Acupressure
- Active Release
- Access Bars
- Alexander Method
- Aquatic Massage Therapy *



- Aqua Lymphatic Therapy
- Aromatherapy
- Ashiatsu
- Athletic Taping and Bracing *
- Bowen Therapy
- Brain Gym
- Certified Athletic/Sports Therapist *
- Craniosacral
- Feldenkrais Technique
- Fire Cupping *
- Graston Technique
- Healing Touch
- Hot Stone Therapy
- Indian Head/Foot Massage
- Infant Massage
- Instrument Assisted Soft Tissue Manipulation (IASTM)
- Integrative Manual Therapy & Orthopedic Massage
- Ki-Hara Resistance Stretching *
- Kinetic Massage
- Lensen
- Lomilomi Massage
- Low Intensity Laser Therapy
- Lymphatic Drainage Therapy (LDT)
- Manual Lymphatic Drainage (MLD)
- Meridian Massage
- Muscle Activation Technique *
- Muscle Energy Technique
- Neuromuscular Therapy
- Oncology Massage *
- Onsen
- Orthobionomy
- Raindrop Therapy
- Red Light Therapy
- Reflexology
- Reiki
- Salt Stone
- Shiatsu *
- Shockwave Therapy
- 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
- Visceral Manipulation
- Yoga *

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 5 Complementary Modalities

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

Criteria: In order for an “Associate Massage Therapist Member” or a “Full Massage Therapist Member” or a “Registered Massage Therapist Member” or a “Spa 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; or
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; and
3. 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 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 RMT, or SP 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 *
- Nordic Pole Walking *
- Nutritional Consulting *
- Personal Training *
- Physiotherapy * (Must belong to a regulatory body in regulated provinces.)
- Pilates *
- 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 6 – Manual Osteopathic Therapy

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

Once a member has graduated from a Manual Osteopathic Therapy programme, in order to continue practice as a Manual Osteopathic Therapists, we do require registration as an individual professional designation, and an upgrade in insurance coverage.

If you wish to have the coverage for Manual Osteopathic 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 RMT or ST membership number.

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