



CMTO Interjurisdictional Competencies-based MCQ Content Outline

v.10.4.2014

1	Professional Practice	26 Tasks	17% of exam (22 questions)
1.1	Communication		
a.	Utilize effective oral communication.		
1	Employ effective questioning techniques.		
b.	Utilize medical terminology.		
1	Use medical terminology appropriately.		
1.2	Professional Conduct		
a.	Comply with federal and provincial requirements.		
1	Describe relevant provincial requirements.		
2	Describe relevant federal requirements.		
b.	Comply with regulatory requirements.		
1	Describe the mandate and roles of a regulatory body.		
2	Describe the obligations of a registrant.		
3	Differentiate between the role of a regulatory body and that of a professional association.		
c.	Employ critical thinking.		
1	Assess relevant evidence (<i>including research</i>).		
2	Incorporate the client's situation and needs.		
3	Adapt to operational constraints.		
4	Determine a course of action.		
5	Provide rationale for decisions.		
d.	Utilize professional judgement.		
1	Ensure patient's safety, dignity and autonomy in provision of care.		
2	Apply principles from codes of ethics and standards of practice (<i>and CMTO Policies and Position Statements, and Quality Assurance Requirements</i>).		
e.	Practice in a manner that recognizes the role of MT within the health care system		
1	Describe the framework of health care delivery in Canada.		
2	Describe options for care.		
3	Explain the role of massage therapy within the health care system.		
f.	Employ sustainable business practices.		
1	Describe factors to be addressed when closing a practice.		
g.	Prepare reports for third parties.		
1	Describe how to release patient information.		
1.3	Therapeutic Relationship		
a.	Display positive regard toward patient.		
1	Explain the implications of positive regard for developing a therapeutic relationship.		
2	Support the right of the patient to determine the approach to treatment.		
b.	Maintain professional boundaries in relationship with patient.		

- 1 Describe commonly occurring boundary violations that may require treatment adjustments.
- c. Comply with confidentiality and information privacy requirements
 - 1 Explain the reasons for maintaining confidentiality of patient information.
 - 2 Describe the circumstances where the patient's health record may be released.
 - 3 Recognize patient's right to access their health record.
- d. Maintain informed patient consent regarding assessment and treatment
 - 1 Explain the importance of initial and ongoing informed consent as a principle of patient centred care.

2 Assessment and Treatment Planning 63 Tasks 37% of exam (46 questions)

2.1 Assessment

- a. Obtain comprehensive case history from patient.
 - 1 Describe the range of approaches that may be necessary to obtain a comprehensive case history.
- b. Integrate findings of other health care practitioners.
 - 1 Describe the significance of assessment findings from other healthcare practitioners.
- c. Apply knowledge of commonly-occurring conditions (as listed in the **Appendix**) to assessment.
 - 1 Identify the indications, contraindications and precautions for assessing patients presenting with the conditions listed in the **Appendix**.
 - A1 Common clinical conditions that present as variables of
 - a. Pain
 - b. Mood
 - c. Anxiety
 - d. Sleep
 - e. Cognition
 - A2 Conditions with multi-factorial considerations
 - a. Inflammation
 - b. Infection
 - c. Scarring
 - d. Swelling
 - e. Congestion
 - f. Movement restriction
 - g. Malignancy
 - A3 Stages of life
 - a. Pregnancy
 - b. Infancy and childhood
 - c. Adolescence
 - d. Adulthood
 - e. Senior years
 - f. End of life
 - A4 Neurological conditions
 - a. Of the central nervous system
 - b. Of the peripheral nervous system

- c. General neurological conditions
 - A5 Orthopedic conditions
 - a. Of the bone and periosteum
 - b. Of the muscles and tendons
 - c. Of the fascia
 - d. Of the skin and connective tissue
 - e. Of the synovial joints, cartilage, ligaments and bursa
 - f. Systemic myofascial and orthopedic conditions
 - A6 Post-surgical conditions involving
 - a. Orthopedic interventions
 - b. Artificial openings
 - c. Implants
 - A7 Systemic conditions of the
 - a. Cardiovascular system
 - b. Digestive system
 - c. Endocrine system
 - d. Gastrointestinal system
 - e. Immune system
 - f. Integumentary system
 - g. Lymphatic system
 - h. Reproductive system
 - i. Respiratory system
 - j. Urinary system
- 2 Describe adaptation of assessments for patients presenting with conditions listed in the **Appendix**.
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 - d. Sleep
 - e. Cognition
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 - a. Inflammation
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 - c. Scarring
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 - e. Congestion
 - f. Movement restriction
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 - d. Gastrointestinal system
 - e. Immune system
 - f. Integumentary system
 - g. Lymphatic system
 - h. Reproductive system
 - i. Respiratory system
 - j. Urinary system

d. Select and perform assessments incorporating knowledge of patient history, contraindications, precautions and evidence.

- 1 Identify assessment needs.
- 2 Select appropriate assessment procedures.

e. Modify assessments based upon assessment findings.

- 1 Identify discrepancies between subjective and objective findings.
- 2 Adapt assessments based on findings.

f. Perform postural assessment.

- 1 Identify the indications, contraindications and precautions for performing postural assessment.
- 2 Differentiate between normal and abnormal findings.

- 3 Describe the relationship between abnormal findings and clinical manifestations.
- g. Perform palpatory assessment.
 - 1 Identify the indications, contraindications and precautions for performing palpatory assessment.
 - 2 Differentiate between normal and abnormal findings.
 - 3 Describe the relationship between abnormal findings and clinical manifestations.
- h. Perform gait assessment.
 - 1 Identify the indications, contraindications and precautions for performing gait assessment.
- i. Perform range of motion assessment.
 - 1 Identify the indications, contraindications and precautions for performing range of motion assessment.
 - 2 Differentiate between normal and abnormal findings.
 - 3 Describe the relationship between abnormal findings and clinical manifestations.
- j. Perform muscle length assessment.
 - 1 Identify the indications, contraindications and precautions for performing muscle length assessment.
 - 2 Differentiate between normal and abnormal findings.
 - 3 Describe the relationship between abnormal findings and clinical manifestations.
- k. Perform muscle strength assessment.
 - 1 Identify the indications, contraindications and precautions for performing muscle strength assessment.
 - 2 Differentiate between normal and abnormal findings.
 - 3 Describe the relationship between abnormal findings and clinical manifestations.
- l. Perform joint play assessment.
 - 1 Identify the indications, contraindications and precautions for performing joint play assessment.
 - 2 Differentiate between normal and abnormal findings.
 - 3 Describe the relationship between abnormal findings and clinical manifestations.
- m. Perform neurological assessment.
 - 1 Identify the indications, contraindications and precautions for performing neurological assessment.
 - 2 Differentiate between normal and abnormal findings.
 - 3 Describe the relationship between abnormal findings and clinical manifestations.
- n. Perform vital sign assessment.
 - 1 Identify the indications, contraindications and precautions for performing vital signs assessment.
 - 2 Differentiate between normal and abnormal findings.
 - 3 Describe the relationship between abnormal findings and clinical manifestations.
- o. Perform appropriate special tests (specific selected assessments).
 - 1 Identify the indications, contraindications and precautions for selecting a specific assessment
 - 2 Explain the purpose of the selected assessment.
 - 3 Explain how the selected assessment affects the involved tissues.
 - 4 Explain assessment to patient.
- p. Recognize conditions requiring urgent medical attention and advise accordingly.
 - 1 Recognize the presentations of common urgent medical conditions.
 - 2 Describe the steps needed to ensure patient safety.
- q. Recognize conditions requiring non-urgent medical attention and advise accordingly.
 - 1 Recognize the presentations of common non-urgent medical conditions.

r. Interpret findings and formulate clinical impression / differential diagnosis.

- 1 Analyze findings.
- 2 Formulate a clinical impression / differential diagnosis.

s. Refer patient to other health care professionals when appropriate.

- 1 Identify conditions that may benefit from referral.

2.2 Treatment Planning

a. Formulate individualized treatment plan based upon assessment findings.

- 1 Explain the components of treatment planning.
- 2 Describe the relationship between treatment planning and outcomes.
- 3 Incorporate assessment findings into treatment plan.

b. Select treatment modalities and techniques based upon indications, contraindications, precautions and patient stage of life.

- 1 Explain how stages of life may impact treatment planning.
- 2 Select techniques that are appropriate to the patient's conditions and desired outcomes.
- 3 Formulate a treatment that addresses the patient's conditions and desired outcomes.

c. Reassess patient, and adapt treatment plan as needed.

- 1 Explain the importance of reassessment and treatment plan adaptation.
- 2 Modify treatment plan according to new findings.

2.3 Indications for Adjunctive Therapeutic Modalities

a. Recognize indications for and benefits of therapeutic ultrasound.

- 1 Describe the indications for and potential benefits of therapeutic ultrasound.
- 2 Identify common assessment findings which may indicate the use of therapeutic ultrasound.

b. Recognize indications for and benefits of low level (cold) laser treatment.

- 1 Describe the indications for and potential benefits of low level (cold) laser treatment.
- 2 Identify common assessment findings which may indicate the use of low level (cold) laser treatment.

c. Recognize indications for and benefits of interferential therapy.

- 1 Describe the indications for and potential benefits of interferential therapy.
- 2 Identify common assessment findings which may indicate the use of interferential therapy.

d. Recognize indications for and benefits of transcutaneous electrical nerve stimulation (TENS).

- 1 Describe the indications for and potential benefits of TENS.
- 2 Identify common assessment findings which may indicate the use of TENS.

e. Recognize indications for and benefits of strapping and taping.

- 1 Describe the indications for and potential benefits of strapping and taping.
- 2 Identify common assessment findings which may indicate the use of strapping and taping.

f. Recognize indications for and benefits of acupuncture.

- 1 Describe the indications for and potential benefits of acupuncture.
- 2 Identify common assessment findings which may indicate the use of acupuncture.

3 Treatment and Patient Self-Care 79 Tasks 46% of Exam (57 Questions)

3.1 Treatment Principles

a. Treat in a manner that reflects the principles of massage.

- 1 Apply the principles of massage therapy to treatment.

- b. Apply standard hygiene and infection control precautions.
 - 1 Describe precautions of infection control.
- c. Apply draping as relevant.
 - 1 Describe principles of draping.
- d. Position patient for selected therapeutic techniques.
 - 1 Select appropriate positioning.
 - 2 Modify position according to patient response.
- e. Apply modalities and techniques in a manner consistent with patient presentation.
 - 1 Demonstrate knowledge of anatomy, physiology, & pathology related to conditions listed in the Appendix.
 - A1 Common clinical conditions that present as variables of
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 - b. Mood
 - c. Anxiety
 - d. Sleep
 - e. Cognition
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 - a. Inflammation
 - b. Infection
 - c. Scarring
 - d. Swelling
 - e. Congestion
 - f. Movement restriction
 - g. Malignancy
 - A3 Stages of life
 - a. Pregnancy
 - b. Infancy and childhood
 - c. Adolescence
 - d. Adulthood
 - e. Senior years
 - f. End of life
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 - b. Of the peripheral nervous system
 - c. General neurological conditions
 - A5 Orthopedic conditions
 - a. Of the bone and periosteum
 - b. Of the muscles and tendons
 - c. Of the fascia
 - d. Of the skin and connective tissue
 - e. Of the synovial joints, cartilage, ligaments and bursa
 - f. Systemic myofascial and orthopedic conditions

- A6 Post-surgical conditions involving
 - a. Orthopedic interventions
 - b. Artificial openings
 - c. Implants
- A7 Systemic conditions of the
 - a. Cardiovascular system
 - b. Digestive system
 - c. Endocrine system
 - d. Gastrointestinal system
 - e. Immune system
 - f. Integumentary system
 - g. Lymphatic system
 - h. Reproductive system
 - i. Respiratory system
 - j. Urinary system
- 2 Describe common clinical presentations of patients with conditions listed in the Appendix.
 - A1 Common clinical conditions that present as variables of
 - a. Pain
 - b. Mood
 - c. Anxiety
 - d. Sleep
 - e. Cognition
 - A2 Conditions with multi-factorial considerations
 - a. Inflammation
 - b. Infection
 - c. Scarring
 - d. Swelling
 - e. Congestion
 - f. Movement restriction
 - g. Malignancy
 - A3 Stages of life
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 - d. Gastrointestinal system
 - e. Immune system
 - f. Integumentary system
 - g. Lymphatic system
 - h. Reproductive system
 - i. Respiratory system
 - j. Urinary system
- 3 Apply treatment modalities and techniques incorporating knowledge of commonly occurring conditions, as listed in the Appendix.
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 - d. Sleep
 - e. Cognition
 - A2 Conditions with multi-factorial considerations
 - a. Inflammation
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 - A3 Stages of life
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4 Treat in a manner appropriate to patient presentation.

f. Apply treatment modalities and techniques incorporating knowledge of indications, contraindications, precautions and patient stage of life.

1 Determine indications, contraindications and precautions for treatment based upon patient stage of life.

g. Advise and instruct patient on self-care.

1 Select self-care based upon patient presentation.

3.2 Modalities and Techniques

3.2a Massage Skills

1 Perform effleurage techniques.

1 Explain the purposes, effects and outcomes of effleurage (*including proper techniques and application*).

2 Modify effleurage based on patient history, presentation and response.

2	Perform stroking techniques.
1	Explain the purposes, effects and outcomes of stroking (<i>including proper techniques and application</i>).
2	Modify stroking based on patient history, presentation and response.
3	Perform petrissage techniques.
1	Explain the purposes, effects and outcomes of petrissage (<i>including proper techniques and application</i>).
2	Modify petrissage based on patient history, presentation and response.
4	Perform skin rolling techniques.
1	Explain the purposes, effects and outcomes of skin rolling (<i>including proper techniques and application</i>).
2	Modify skin rolling based on patient history, presentation and response.
5	Perform vibration techniques.
1	Explain the purposes, effects and outcomes of vibration (<i>including proper techniques and application</i>).
2	Modify vibration based on patient history, presentation and response.
6	Perform percussive techniques.
1	Explain the purposes, effects and outcomes of percussive techniques (<i>including proper techniques and application</i>).
2	Modify percussive techniques based on patient history, presentation and response.
7	Perform rocking and shaking techniques.
1	Explain the purposes, effects and outcomes of rocking and shaking (<i>including proper techniques and application</i>).
2	Modify rocking and shaking based on patient history, presentation and response.
8	Perform friction techniques.
1	Explain the purposes, effects and outcomes of friction (<i>including proper techniques and application</i>).
2	Modify friction based on patient history, presentation and response.
9	Perform muscle stripping techniques.
1	Explain the purposes, effects and outcomes of muscle stripping (<i>including proper techniques and application</i>).
2	Modify muscle stripping based on patient history, presentation and response.
10	Perform muscle approximation techniques.
1	Explain the purposes, effects and outcomes of muscle approximation (<i>including proper techniques and application</i>).
2	Modify muscle approximation based on patient history, presentation and response.
11	Perform origin / insertion techniques.
1	Explain the purposes, effects and outcomes of origin / insertion (<i>including proper techniques and application</i>).
2	Modify origin / insertion based on patient history, presentation and response.
12	Perform Golgi tendon organ techniques.
1	Explain the purposes, effects and outcomes of Golgi tendon organ techniques (<i>including proper techniques and application</i>).
2	Modify Golgi tendon organ techniques based on patient history, presentation and response.
13	Perform lymphatic drainage techniques.
1	Explain the purposes, effects and outcomes of lymphatic drainage (<i>including proper techniques and application</i>).
2	Modify lymphatic drainage based on patient history, presentation and response.
3.2.b Myofascial Techniques	
1	Perform trigger point release techniques.

- 1 Explain the purposes, effects and outcomes of trigger point release techniques (*including proper techniques and application*).
- 2 Modify trigger point release techniques based on patient history, presentation and response.

3.2.c Therapeutic Exercise (as part of massage treatment)

- 1 Choose equipment and / or environment for selected therapeutic exercise technique.
 - 1 Explain the indications, purposes and precautions when selecting equipment for therapeutic exercise technique.
- 2 Perform contract / relax techniques.
 - 1 Explain the purpose, effects and outcomes of contract / relax techniques (*including proper techniques and application*).
 - 2 Modify contract / relax techniques based on patient history, presentation and response.
- 3 Perform contract / relax / contract techniques.
 - 1 Explain the purpose, effects and outcomes of contract / relax / contract techniques (*including proper techniques and application*).
 - 2 Modify contract / relax / contract techniques based on patient history, presentation and response.
- 4 Perform agonist contraction techniques.
 - 1 Explain the purpose, effects and outcomes of agonist contraction techniques (*including proper techniques and application*).
 - 2 Modify agonist contraction techniques based on patient history, presentation and response.
- 5 Perform stretch techniques.
 - 1 Explain the purpose, effects and outcomes of stretch techniques (*including proper techniques and application*).
 - 2 Modify stretch techniques based on patient history, presentation and response.
- 6 Perform active assisted range of motion techniques.
 - 1 Explain the purpose, effects and outcomes of active assisted range of motion techniques (*including proper techniques and application*).
 - 2 Modify active assisted range of motion techniques based on patient history, presentation and response.
- 7 Perform passive range of motion techniques.
 - 1 Explain the purpose, effects and outcomes of passive range of motion techniques (*including proper techniques and application*).
 - 2 Modify passive range of motion techniques based on patient history, presentation and response.
- 8 Direct patient in active range of motion techniques.
 - 1 Explain the purpose, effects and outcomes of active range of motion techniques (*including proper techniques and application*).
 - 2 Modify active range of motion techniques based on patient history, presentation and response.
- 9 Perform isometric and isotonic resistance exercise techniques.
 - 1 Explain the purpose, effects and outcomes of isometric and isotonic resistance exercise techniques (*including proper techniques and application*).
 - 2 Modify isometric and isotonic resistance exercise techniques based on patient history, presentation and response.
- 10 Direct patient in anaerobic exercise techniques.
 - 1 Explain the purpose, effects and outcomes of anaerobic exercise techniques (*including proper techniques and application*).
- 11 Direct patient in aerobic exercise techniques.
 - 1 Explain the purpose, effects and outcomes of aerobic exercise techniques (*including proper techniques and application*).
- 12 Direct patient in balance exercises.
 - 1 Explain the purpose, effects and outcomes of balance exercise techniques (*including proper techniques and application*).

13 Direct patient in coordination exercises.

- 1 Explain the purpose, effects and outcomes of coordination exercise techniques (*including proper techniques and application*).

3.2.d Joint Mobilization

1 Perform traction and distraction techniques.

- 1 Explain the purposes, effects and outcomes of traction and distraction techniques (*including proper techniques and application*).
- 2 Incorporate traction and distraction techniques into a comprehensive treatment process.

2 Perform oscillation techniques.

- 1 Explain the purposes, effects and outcomes of oscillation techniques (*including proper techniques and application*).
- 2 Incorporate graded oscillation techniques into a comprehensive treatment process.

3 Perform sustained glide techniques.

- 1 Explain the purposes, effects and outcomes of sustained glide techniques (*including proper techniques and application*).
- 2 Incorporate graded sustained glide techniques into a comprehensive treatment process.

3.2.e Thermal Therapy (as part of massage treatment)

1 Perform bath treatments.

- 1 Explain the purposes, effects and outcomes of bath treatments.
- 2 Describe the process of performing bath treatments.

2 Perform steam treatments.

- 1 Describe the process of performing steam treatments.

3 Perform whirlpool treatments.

- 1 Explain the purposes, effects and outcomes of whirlpool treatments.

4 Perform paraffin wax treatments.

- 1 Explain the purposes, effects and outcomes of paraffin wax treatments.

5 Perform techniques utilizing therapeutic heating.

- 1 Explain the purposes, effects and outcomes of utilizing therapeutic heating.
- 2 Modify techniques utilizing therapeutic heating based on patient history, presentation and response.

6 Perform cold pack treatments.

- 1 Explain the purposes, effects and outcomes of cold pack treatments.
- 2 Modify cold pack treatments based on patient history, presentation and response.

7 Perform ice massage treatments.

- 1 Explain the purposes, effects and outcomes of ice massage.
- 2 Modify ice massage based on patient history, presentation and response.

8 Perform contrast treatments.

- 1 Explain the purposes, effects and outcomes of contrast treatments.
- 2 Modify contrast treatments based on patient history, presentation and response.