



## CMTO's Multiple Choice Examination (MCQ) Content Outline 2021

The [2016 Inter-Jurisdictional Practice Competencies and Performance Indicators for Massage Therapists at Entry-to-Practice \(PC/PIs\)](#) document provides the foundation for the College of Massage Therapists of Ontario (CMTO) Certification Examinations and, accordingly, the examination content outlines.

While based on the PC/PIs, the context of CMTO's Certification Examinations is such that the layout and numbering for the examination content outlines differ somewhat from that of the PC/PIs document.

The breakdown of the MCQ exam is as follows:

- **Professional Practice:** 18% of tasks/criteria points
- **Assessment:** 25% of tasks/criteria points
- **Treatment:** 42% of tasks/criteria points
- **Clinical Science** 15% of tasks/criteria points

### 1. Professional Practice (18% of tasks) (1)

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#### 1.1 Communication

- 1.1.1 Utilize communication effectively.
  - 1.1.1.1 Employ effective questioning techniques.
- 1.1.2 Utilize medical terminology.
  - 1.1.2.1 Knowledge of medical terminology.

#### 1.2 Professionalism

- 1.2.1 Comply with federal and provincial requirements.
  - 1.2.1.1 Knowledge of relevant provincial and federal requirements.
- 1.2.2 Comply with regulatory requirements.
  - 1.2.2.1 Knowledge of the mandate and roles of a regulatory body.
  - 1.2.2.2 Knowledge of CMTO requirements (e.g., Policies, Standards of Practice, Position Statements, etc.,).

- 1.2.2.3 Differentiate between the role of a regulatory body and that of a professional association.
    - 1.2.2.4 Knowledge of quality assurance requirements.
- 1.2.3 Maintain comprehensive practice records.
  - 1.2.3.1 Knowledge of professional practice documentation requirements.
  - 1.2.3.2 Knowledge of security, confidentiality and access requirements for records.
- 1.2.4 Apply standard hygiene and infection control precautions.
  - 1.2.4.1 Knowledge of standard hygiene practices.
  - 1.2.4.2 Knowledge of standard precautions of infection control.
- 1.2.5 Utilize research and professional literature.
  - 1.2.5.1 Understand research processes.
- 1.2.6 Ensure sound practice management.
  - 1.2.6.1 Knowledge of billing procedures

### **1.3 Therapeutic Relationship**

- 1.3.1 Maintain informed client consent throughout assessment and treatment.
  - 1.3.1.1 Knowledge of the purpose of informed consent.
  - 1.3.1.2 Knowledge of the components of informed consent.
- 1.3.2 Obtain explicit consent prior to assessment and treatment of sensitive body areas.
  - 1.3.2.1 Knowledge of potential sensitive areas.
- 1.3.3 Recognize and address the power differential in the client-therapist relationship.
  - 1.3.3.1 Knowledge of what constitutes abuse in the client-therapist relationship.
  - 1.3.3.2 Explain the therapist's responsibility for managing the client-therapist relationship (e.g., prevention of sexual, emotional, and financial abuse).
- 1.3.4 Recognize and address transference and countertransference.
  - 1.3.4.1 Knowledge of the characteristics and implications of transference and countertransference.

## **2. Assessment (25% of tasks)**

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*For all the following Assessment Practice Competencies and Performance Indicators, candidates must demonstrate knowledge of the etiology, pathophysiology and clinical manifestations of commonly-occurring conditions listed in the Appendix, and apply this knowledge in order to safely and effectively assess clients who present with these conditions.*

- 2.1 Obtain comprehensive case history.
  - 2.1.1 Knowledge of the components of a comprehensive case history.
- 2.2 Integrate findings of other healthcare practitioners.
  - 2.2.1 Incorporate assessment findings of other healthcare practitioners into assessment planning.

- 2.3 Apply knowledge of commonly-occurring conditions to assessment.
  - 2.3.1 Identify indications for assessing client, based on presenting symptoms and conditions.
  - 2.3.2 Knowledge of safety considerations and adaptation of assessments for client, based on presenting symptoms and conditions.
- 2.4 Modify assessments based upon emerging findings.
  - 2.4.1 Adapt assessments based on findings.
- 2.5 Perform vital signs assessment.
  - 2.5.1 Identify indications, safety considerations for and the components of performing vital signs assessment.
  - 2.5.2 Differentiate between normal and abnormal findings.
- 2.6 Perform postural assessment.
  - 2.6.1 Identify indications, safety considerations for and the components of performing postural assessment.
  - 2.6.2 Differentiate between normal and abnormal findings.
- 2.7 Perform palpatory assessment.
  - 2.7.1 Identify indications, safety considerations for and the components of performing palpatory assessment.
  - 2.7.2 Differentiate between normal and abnormal findings.
- 2.8 Perform gait assessment.
  - 2.8.1 Identify indications, safety considerations for and the components of performing gait assessment.
  - 2.8.2 Differentiate between normal and abnormal findings.
- 2.9 Perform range of motion assessment.
  - 2.9.1 Identify indications, safety considerations for and the components of performing range of motion assessment.
  - 2.9.2 Differentiate between normal and abnormal findings.
- 2.10 Perform muscle length assessment.
  - 2.10.1 Identify indications, safety considerations for and the components of performing muscle length assessment.
  - 2.10.2 Differentiate between normal and abnormal findings.
- 2.11 Perform muscle strength assessment.
  - 2.11.1 Identify indications, safety considerations for and the components of performing muscle strength assessment.
  - 2.11.2 Differentiate between normal and abnormal findings.
- 2.12 Perform joint play assessment.
  - 2.12.1 Identify indications, safety considerations for and the components of performing joint play assessment.
  - 2.12.2 Differentiate between normal and abnormal findings.

- 2.13 Perform neurological assessment.
  - 2.13.1 Identify indications, safety considerations for and the components of performing neurological assessment.
  - 2.13.2 Differentiate between normal and abnormal findings.
- 2.14 Perform appropriate special tests.
  - 2.14.1 Identify indications, safety considerations for and the components of performing special tests.
  - 2.14.2 Identify the purpose of the selected test.
  - 2.14.3 Knowledge of how the selected test affects the involved tissues.
- 2.15 Interpret findings and formulate clinical impression / differential diagnosis.
  - 2.15.1 Formulate a clinical impression / differential diagnosis.
- 2.16 Recognize conditions requiring urgent medical attention and respond accordingly.
  - 2.16.1 Recognize presentations of common urgent medical conditions.
  - 2.16.2 Knowledge of appropriate responses to urgent medical events.
- 2.17 Recognize conditions requiring non-urgent medical attention and respond accordingly.
  - 2.17.1 Knowledge of presentations that require non-urgent medical care.
  - 2.17.2 Knowledge of appropriate responses to non- urgent medical events.

### 3. Treatment (42% of tasks)

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*For all the following treatment Practice Competencies and Performance Indicators, candidates must demonstrate knowledge of the etiology, pathophysiology and clinical manifestations of commonly-occurring conditions listed in the Appendix, and apply this knowledge in order to safely and effectively treat clients who present with these conditions.*

#### 3.1 Treatment Principles

- 3.1.1 Incorporate relevant assessment data, research evidence, and clinical experience into development of a client centered treatment plan.
  - 3.1.1.1 Knowledge of considerations that guide treatment planning, including principles of massage.
  - 3.1.1.2 Formulate an individualized treatment plan.
- 3.1.2 Select treatment components based on indications and safety considerations.
  - 3.1.2.1 Relate treatment components to indications and safety considerations.
- 3.1.3 Treat consistent with treatment plan.
  - 3.1.3.1 Knowledge of health sciences related to client symptoms and conditions.
  - 3.1.3.2 Knowledge of common clinical presentations.
  - 3.1.3.3 Apply treatment modalities and techniques based on commonly-occurring symptoms and conditions.
- 3.1.4 Employ draping. ***\*Only applicable to the "Stages of Life" section of the Appendix***
  - 3.1.4.1 Knowledge of appropriate draping for treatment.

- 3.1.5 Guide client in self care.
  - 3.1.5.1 Select self care based upon desired outcomes.
  - 3.1.5.2 Knowledge of how to instruct client in self care.

### **3.2 Massage Techniques**

- 3.2.1 Perform effleurage, including knowledge of:
  - 3.2.1.1 Components, indications, safety considerations, effects, and outcomes of effleurage.
- 3.2.2 Perform stroking, including knowledge of:
  - 3.2.2.1 Components, indications, safety considerations, effects, and outcomes of stroking.
- 3.2.3 Perform petrissage, including knowledge of:
  - 3.2.3.1 Components, indications, safety considerations, effects, and outcomes of petrissage.
- 3.2.4 Perform skin rolling, including knowledge of:
  - 3.2.4.1 Components, indications, safety considerations, effects, and outcomes of skin rolling.
- 3.2.5 Perform vibration, including knowledge of:
  - 3.2.5.1 Components, indications, safety considerations, effects, and outcomes of vibration.
- 3.2.6 Perform percussive techniques, including knowledge of:
  - 3.2.6.1 Components, indications, safety considerations, effects, and outcomes of percussive techniques.
- 3.2.7 Perform rocking and shaking, including knowledge of:
  - 3.2.7.1 Components, indications, safety considerations, effects, and outcomes of rocking and shaking.
- 3.2.8 Perform frictioning, including knowledge of:
  - 3.2.8.1 Components, indications, safety considerations, effects, and outcomes of frictioning.
- 3.2.9 Perform muscle stripping, including knowledge of:
  - 3.2.9.1 Components, indications, safety considerations, effects, and outcomes of muscle stripping.
- 3.2.10 Perform muscle approximation, including knowledge of:
  - 3.2.10.1 Components, indications, safety considerations, effects, and outcomes of muscle approximation.
- 3.2.11 Perform Golgi tendon organ techniques, including knowledge of:
  - 3.2.11.1 Components, indications, safety considerations, effects, and outcomes of Golgi tendon organ techniques.
- 3.2.12 Perform lymphatic drainage techniques, including knowledge of:
  - 3.2.12.1 Components, indications, safety considerations, effects, and outcomes of lymphatic drainage techniques.

- 3.2.13 Perform trigger point techniques, including knowledge of:
  - 3.2.13.1 Components, indications, safety considerations, effects and outcomes of trigger point techniques.
- 3.2.14 Perform fascial / myofascial techniques, including knowledge of:
  - 3.2.14.1 Components, indications, safety considerations, effects, and outcomes of fascial / myofascial techniques.
- 3.2.15 Perform joint mobilization techniques, including knowledge of:
  - 3.2.15.1 Components, indications, safety considerations, effects, and outcomes of joint mobilization techniques.

### **3.3 Therapeutic Exercise**

- 3.3.1 Perform and direct client in stretching.
  - 3.3.1.1 Knowledge of components, indications, safety considerations, procedures, effects, and outcomes of stretching techniques.
  - 3.3.1.2 Knowledge of how to instruct client in different types of stretching.
- 3.3.2 Perform and direct client in range of motion exercises.
  - 3.3.2.1 Knowledge of indications, safety considerations, procedures, effects, and outcomes of range of motion exercises.
  - 3.3.2.2 knowledge of how to instruct client in range of motion exercises.
- 3.3.3 Direct client in strengthening exercises.
  - 3.3.3.1 Knowledge of indications, safety considerations, procedures, effects, and outcomes of strengthening exercises.
  - 3.3.3.2 Knowledge of how to instruct client in different types of strengthening exercises.
- 3.3.4 Direct client in cardiovascular exercises.
  - 3.3.4.1 Knowledge of indications, safety considerations, procedures, effects, and outcomes of cardiovascular exercises.
  - 3.3.4.2 Knowledge of how to instruct client in different types of cardiovascular exercises.
- 3.3.5 Direct client in proprioception exercises.
  - 3.3.5.1 Knowledge of indications, safety considerations, procedures, effects, and outcomes of proprioception exercises.
  - 3.3.5.2 Knowledge of how to instruct client in different types of proprioception exercises.

### **3.4 Thermal Applications**

- 3.4.1 Perform and direct client in heat applications.
  - 3.4.1.1 Knowledge of indications, safety considerations, effects, and outcomes of heat applications.
  - 3.4.1.2 Knowledge of how to instruct client in heat applications.

- 3.4.2 Perform and direct client in cold applications.
  - 3.4.2.1 Knowledge of indications, safety considerations, effects, and outcomes of cold applications.
  - 3.4.2.2 Knowledge of how to instruct client in cold applications.
- 3.4.3 Perform and direct client in contrast applications.
  - 3.4.3.1 Knowledge of indications, safety considerations, effects, and outcomes of contrast applications.
  - 3.4.3.2 Knowledge of how to instruct client in contrast applications.

## 4. Clinical Sciences (15% of tasks)

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- 4.1 Incorporate and apply an understanding of anatomy.
  - 4.1.1 Knowledge of anatomy.
- 4.2 Incorporate and apply an understanding of physiology.
  - 4.2.1 Knowledge of physiology.
- 4.3 Incorporate and apply an understanding of pathophysiology.
  - 4.3.1 Knowledge of pathophysiology.
- 4.4 Incorporate and apply an understanding of pharmacology affecting massage treatment.
  - 4.4.1 Knowledge of pharmacology as it relates to massage.

## Appendix

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*Appendix: Demonstrate knowledge of the etiology, pathophysiology and clinical manifestations of commonly-occurring conditions, and apply this knowledge in order to safely and effectively assess and treat clients who present with these conditions.*

**A1 Common clinical conditions that present as variables of:**

- a Stress
- b Pain
- c Mood
- d Anxiety
- e Sleep
- f Cognition

**A2 Conditions with multi-factorial considerations:**

- a Inflammation
- b Infection
- c Scarring
- d Swelling
- e Congestion
- f Movement restriction
- g Malignancy
- h Trauma and abuse

**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 Conditions of the central nervous system
- b Conditions of the peripheral nervous system
- c General neurological conditions

**A5 Orthopedic conditions:**

- a Conditions of the bone and periosteum
- b Conditions of the muscles and tendons
- c Conditions of the fascia
- d Conditions of the skin and connective tissue
- e Conditions of the synovial joints, cartilage, ligaments, and bursa
- f Systemic myofascial and orthopedic conditions

**A6 Post-surgical conditions:**

- a Conditions involving orthopedic interventions
- b Conditions involving artificial openings
- c Conditions involving implants

**A7 Systemic conditions:**

- a Conditions of the cardiovascular system
- b Conditions of the digestive system
- c Conditions of the endocrine system
- d Conditions of the gastrointestinal system
- e Conditions of the immune system



- f Conditions of the integumentary system
- g Conditions of the lymphatic system
- h Conditions of the reproductive system
- i Conditions of the respiratory system
- j Conditions of the urinary system