

# About the Standards of Practice

The College of Massage Therapists of Ontario (CMTO) is the regulator established by the provincial government to regulate the practice of Massage Therapy in Ontario and to govern the conduct of Massage Therapists (RMTs/MTs). CMTO's mandate is to protect the public interest.

## Purpose of the Standards of Practice

CMTO's Standards of Practice play a key role in health regulation and public protection by setting the minimum requirements and expectations for all RMTs in Ontario, regardless of their role, job description or practice environment.

The Standards of Practice can be used to:

- Outline what is expected of every RMT in Ontario;
- Inform other stakeholders about the expectations and requirements, including but not limited to clients, employers, other healthcare professionals, educators, students, examination candidates and applicants;
- Assess performance for CMTO's Quality Assurance Program (STRiVE); and
- Help guide decision-making when there is a complaint or concern about an RMT's practise.

In addition to meeting the requirements of each Standard of Practice, RMTs must follow all requirements outlined in legislation.

RMTs may only practise within the Scope of Practice of Massage Therapy as outlined in the *Massage Therapy Act, 1991*:

"The practice of Massage Therapy is the assessment of the soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissues and joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain."

# How to Read the Standards of Practice

Each Standard of Practice is organized by the following headings:

- **Client Outcome:** What the client can expect from RMTs who are meeting the Standard of Practice.
- **Registered Massage Therapist Outcome:** The expected outcome for which RMTs are responsible.
- **Requirements:** The minimum requirements that all RMTs must adhere to for meeting the Standard of Practice.
- **References:** The relevant legislation(s).
- **Resources and Guidance:** Links to other practice resources that provide more detail on how to apply or implement the Standard of Practice. This section is intended for the reader who wants to learn more about a Standard of Practice or its requirements.
- **Related Standards of Practice:** List of Standards of Practice that have overlapping or relevant material.
- **Related Career-Span Competencies (CSCs):** List of relevant [CSCs](#) of STRiVE - the Quality Assurance Program.
- **Glossary:** Key terms are defined in an accompanying glossary. The first time a key term appears in each Standard of Practice, it is bolded.

# Additional Notes

- These Standards of Practice are outcomes-based and aim to provide the fewest prescriptive requirements as possible while protecting public safety. The content of these Standards of Practice is determined by risk analysis for public protection.
- Standards of Practice are applicable in all practice settings, including those that may be considered non-clinical in nature. For example, a teacher modelling treatment while teaching a student would be expected to meet the requirements set out in the Standards of Practice.
- RMTs may apply/implement the Standards of Practice in a way that is appropriate for their practice, as long as they first meet all the minimum requirements outlined in each Standard of Practice.
- Contravening or failing to maintain a Standard of Practice is an act of professional misconduct under CMTO's Professional Misconduct Regulation.
- Whenever applicable, the same requirements apply to paper or electronic documents or forms of communication, including but not limited to records, logs, receipts and communications.
- Each Standard of Practice is structured to act as a stand-alone document as well as part of the whole Standards of Practice package. For this reason, some requirements that are key for public protection are detailed in several Standards of Practice, including concepts of informed consent and written informed consent for assessing and/or treating sensitive areas.
- As a resource, CMTO developed Guidelines to Interpretations of both the Advertising and Record-Keeping Regulations. To reduce redundancy, the requirements of those Regulations do not appear in the Standards of Practice but RMTs are expected to be familiar with and abide by the requirements in those Regulations.

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## Relevant Legislation and Regulation

*Regulated Health Professions Act, 1991 (RHPA)*

*Health Professions Procedural Code (Schedule 2 of the RHPA)*

*Massage Therapy Act, 1991*

*Health Care Consent Act, 1996 (HCCA)*

*Personal Health Information Protection Act, 2004 (PHIPA)*

To access these and all other Ontario legislation, or if any of the above links are unavailable, please visit the [Government of Ontario's e-laws website](#) to search alphabetically or by name of the statute.