

What is Massage Therapy?

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.

Massage Therapy is one of the 28 healthcare professions in Ontario that's governed by the *Regulated Health Professions Act, 1991*.

What Are My Rights as a Massage Therapy Client?

**You have the right to receive safe, ethical and quality
Massage Therapy care from a qualified health professional.**

Your Rights

As a client seeking Massage Therapy treatment, you have the right to:

- Access safe, confidential and ethical care.
- Be fully informed about the treatment plan along with the risks and benefits before beginning Massage Therapy.
- Ask questions or raise concerns with your Massage Therapist about the recommended care.
- Bring a person along with you to the appointment while you're being assessed or treated.
- Give or refuse consent. You can also withdraw your consent at any time during treatment.
- Be assured that your health information stays confidential.
- Ask to see or transfer your health record to another health professional any time, for any reason.

Why You Should Choose an RMT

Registered Massage Therapists (also called "RMTs" or "MTs") are regulated health professionals overseen by the College of Massage Therapists of Ontario (CMTO). The College was established by the Government of Ontario to protect the public interest by:

- Setting the minimum requirements for becoming an RMT;
- Enforcing the Standards of Practice, so that you receive competent and professional treatment;
- Running a Quality Assurance Program to make sure RMTs continue developing their skills; and
- Maintaining a reliable public register to help you verify whether the person you are visiting for a massage is a qualified RMT.

Have a Question or Concern about Your Treatment?
CMTO is here to help.

Visit www.cmto.com for more information.



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