



## **CMTO's Objectively Structured Clinical Evaluation (OSCE) Content Outline 2020**

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 from that of the PC/PIs document.

The breakdown of the OSCE exam is as follows:

- **Professional Practice:**      **18% of tasks/criteria points**
- **Assessment:**                **34% of tasks/criteria points**
- **Treatment:**                 **48% of tasks/criteria points**

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

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#### **1.1 Communication**

- 1.1.1 Utilize communication effectively.
  - 1.1.1.1 Employ effective questioning techniques.

#### **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 CMTO requirements (e.g., Policies, Standards of Practice, Position statements, etc.,)

#### **1.3 Therapeutic Relationship**

- 1.3.1 Maintain informed client consent throughout assessment and treatment.
  - 1.3.1.1 Obtain informed consent prior to performing assessment, treatment, and reassessment.

## 2. Assessment (34% 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 Client History

- 2.1.1 Obtain comprehensive case history.
  - 2.1.1.1 Interview client to obtain case history and their desired treatment goals.
- 2.1.2 Integrate findings of other healthcare practitioners.
  - 2.1.2.1 Incorporate assessment findings of other healthcare practitioners into assessment planning.

### 2.2 Testing

- 2.2.1 Select assessments incorporating knowledge of client history, safety considerations, emerging findings, and evidence.
  - 2.2.1.1 Select appropriate assessment procedures.
  - 2.2.1.2 Perform assessment.
- 2.2.2 Modify assessments based upon emerging findings.
  - 2.2.2.1 Adapt assessments based on findings.
- 2.2.3 Perform palpatory assessment.
  - 2.2.3.1 Identify indications, safety considerations for and the components of performing palpatory assessment.
  - 2.2.3.2 Demonstrate palpatory assessment.
- 2.2.4 Perform range of motion assessment.
  - 2.2.4.1 Identify indications, safety considerations for and the components of performing range of motion assessment.
  - 2.2.4.2 Demonstrate range of motion assessment.
- 2.2.5 Perform muscle length assessment.
  - 2.2.5.1 Identify indications, safety considerations for and the components of performing muscle length assessment.
  - 2.2.5.1 Demonstrate muscle length assessment.
- 2.2.6 Perform muscle strength assessment.
  - 2.2.6.1 Identify indications, safety considerations for and the components of performing muscle strength assessment.
  - 2.2.6.2 Demonstrate muscle strength assessment.
- 2.2.7 Perform neurological assessment.
  - 2.2.7.1 Identify indications, safety considerations for and the components of performing neurological assessment.
  - 2.2.7.2 Demonstrate neurological assessment.

- 2.2.8 Perform appropriate special tests.
  - 2.2.8.1 Identify indications, safety considerations for and the components of performing special tests.
  - 2.2.8.2 Identify the purpose of the selected test.
  - 2.2.8.3 Demonstrate special tests.
- 2.2.9 Interpret findings and formulate clinical impression / differential diagnosis.
  - 2.2.9.1 Formulate a clinical impression / differential diagnosis.

### 3. Treatment (48% of tasks)

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#### 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 Formulate an individualized treatment plan by relating treatment components to indications, safety considerations and presenting conditions listed in the appendix.
- 3.1.2 Treat consistent with treatment plan.
  - 3.1.2.1 Demonstrate knowledge of health sciences related to client symptoms and conditions.
  - 3.1.2.2 Describe clinical presentations of commonly occurring conditions.
  - 3.1.2.3 Apply treatment modalities and techniques incorporating knowledge of commonly-occurring conditions.
- 3.1.3 Employ draping.
  - 3.1.3.1 Drape and undrape client for treatment.
- 3.1.4 Guide client in self care.
  - 3.1.4.1 Select self care based upon desired outcomes.
  - 3.1.4.2 Instruct client in self care.

#### 3.2 Massage Techniques

- 3.2.1 Perform effleurage
  - 3.2.1.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of effleurage.
  - 3.2.1.2 Incorporate effleurage into treatment.
- 3.2.2 Perform stroking
  - 3.2.2.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of stroking.
  - 3.2.2.2 Incorporate stroking into treatment.

- 3.2.3 Perform petrissage
  - 3.2.3.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of petrissage.
  - 3.2.3.2 Incorporate petrissage into treatment.
- 3.2.4 Perform skin rolling
  - 3.2.4.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of skin rolling.
  - 3.2.4.2 Incorporate skin rolling into treatment.
- 3.2.5 Perform vibration
  - 3.2.5.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of vibration.
  - 3.2.5.2 Incorporate vibration into treatment.
- 3.2.6 Perform percussive techniques.
  - 3.2.6.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of percussive techniques.
  - 3.2.6.2 Incorporate percussive techniques into treatment.
- 3.2.7 Perform rocking and shaking.
  - 3.2.7.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of rocking and shaking.
  - 3.2.7.2 Incorporate rocking and shaking into treatment.
- 3.2.8 Perform friction
  - 3.2.8.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of friction.
  - 3.2.8.2 Incorporate friction into treatment.
- 3.2.9 Perform muscle stripping
  - 3.2.9.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of muscle stripping.
  - 3.2.9.2 Incorporate muscle stripping into treatment.
- 3.2.10 Perform muscle approximation.
  - 3.2.10.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of muscle approximation.
  - 3.2.10.2 Incorporate muscle approximation into treatment.
- 3.2.11 Perform Golgi tendon organ techniques.
  - 3.2.11.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of Golgi tendon organ techniques.
  - 3.2.11.2 Incorporate Golgi tendon organ techniques into treatment.
- 3.2.12 Perform lymphatic drainage techniques.
  - 3.2.12.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of lymphatic drainage techniques.
  - 3.2.12.2 Incorporate lymphatic drainage techniques into treatment.

- 3.2.13 Perform trigger point techniques.
  - 3.2.13.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of trigger point techniques.
  - 3.2.13.2 Incorporate trigger point techniques into treatment.
- 3.2.14 Perform fascial / myofascial techniques.
  - 3.2.14.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of fascial / myofascial techniques.
  - 3.2.14.2 Incorporate fascial / myofascial techniques into treatment.
- 3.2.15 Perform joint mobilization techniques.
  - 3.2.15.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of joint mobilization techniques.
  - 3.2.15.2 Incorporate joint mobilization techniques into treatment.

### **3.3 Therapeutic Exercise**

- 3.3.1 Perform and direct client in stretching
  - 3.3.1.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of stretching.
  - 3.3.1.2 Direct client in stretching.
  - 3.3.1.3 Incorporate different types of stretching into treatment.
- 3.3.2 Perform and direct client in range of motion exercises.
  - 3.3.2.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of range of motion exercises.
  - 3.3.2.2 Direct client in range of motion exercises.
  - 3.3.2.3 Incorporate range of motion exercises into treatment.
- 3.3.3 Direct client in strengthening exercises
  - 3.3.3.1 Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of strengthening exercises.
  - 3.3.3.2 Direct client in strengthening exercises.

## 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