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)

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)

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.
  - 2.2.5.2 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)

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

**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