



## CMTO's Objectively Structured Clinical Evaluation (OSCE) Content Outline 2025

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.

*Note: the organizational structure (i.e., section headings and numbering) of the OSCE content outline was further revised in 2025 to increase the transparency of content area weightings as well as to improve the alignment between the content outline and candidate score reports. There have been no revisions to the competencies or performance indicators within the content outline.*

The OSCE content outline is organized into 5 content areas, each comprising a percentage of the total tasks required across the OSCE and are assessed within one or more stations:

▪ <b>1. Professional Practice</b>	<b>23% of tasks</b>	<b>Assessed in Stations 1, 2, 4, 5, 6, 7</b>
▪ <b>2. Client History</b>	<b>13% of tasks</b>	<b>Assessed in Station 2</b>
▪ <b>3. Assessment</b>	<b>25% of tasks</b>	<b>Assessed in Stations 3, 4</b>
▪ <b>4. Treatment</b>	<b>24% of tasks</b>	<b>Assessed in Stations 5, 6, 7</b>
▪ <b>5. Therapeutic Exercise</b>	<b>15% of tasks</b>	<b>Assessed in Stations 1, 7</b>

### 1. Professional Practice (23%)

- 1.1. Utilize communication effectively.
  - 1.1.1 Employ effective questioning techniques.
- 1.2. Comply with federal and provincial requirements.
  - 1.2.1. Knowledge of relevant provincial and federal requirements.)
- 1.3. Comply with regulatory requirements.
  - 1.3.1. Knowledge of CMTO requirements (e.g., Policies, Standards of Practice, Position statements, etc.,)
- 1.4. Maintain informed client consent throughout assessment and treatment.
  - 1.4.1. Obtain informed consent prior to performing assessment, treatment, and reassessment.

## 2. Client History (13%)

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

## 3. Assessment (25%)

- 3.1. Select assessments incorporating knowledge of client history, safety considerations, emerging findings, and evidence.
  - 3.1.1. Select appropriate assessment procedures.
  - 3.1.2. Perform assessment.
- 3.2. Modify assessments based upon emerging findings.
  - 3.2.1 Adapt assessments based on findings.
- 3.3. Perform palpatory assessment.
  - 3.3.1 Identify indications, safety considerations for and the components of performing palpatory assessment.
  - 3.3.2. Demonstrate palpatory assessment.
- 3.4. Perform range of motion assessment.
  - 3.4.1. Identify indications, safety considerations for and the components of performing range of motion assessment.
  - 3.4.2. Demonstrate range of motion assessment.
- 3.5. Perform muscle length assessment.
  - 3.5.1. Identify indications, safety considerations for and the components of performing muscle length assessment.
  - 3.5.2. Demonstrate muscle length assessment.
- 3.6. Perform muscle strength assessment.
  - 3.6.1. Identify indications, safety considerations for and the components of performing muscle strength assessment.
  - 3.6.2. Demonstrate muscle strength assessment.
- 3.7. Perform neurological assessment.
  - 3.7.1. Identify indications, safety considerations for and the components of performing neurological assessment.
  - 3.7.2. Demonstrate neurological assessment.
- 3.8. Perform appropriate special tests.
  - 3.8.1. Identify indications, safety considerations for and the components of performing special tests.
  - 3.8.2. Identify the purpose of the selected test.
  - 3.8.3. Demonstrate special tests.
- 3.9. Interpret findings and formulate clinical impression / differential diagnosis.
  - 3.9.1. Formulate a clinical impression / differential diagnosis.

## 4. Treatment (24%)

- 4.1. Incorporate relevant assessment data, research evidence, and clinical experience into development of a client centered treatment plan
  - 4.1.1. Formulate an individualized treatment plan by relating treatment components to indications, safety considerations and presenting conditions listed in the appendix.
- 4.2. Treat consistent with treatment plan.
  - 4.2.1. Demonstrate knowledge of health sciences related to client symptoms and conditions.
  - 4.2.2. Describe clinical presentations of commonly occurring conditions.
  - 4.2.3. Apply treatment modalities and techniques incorporating knowledge of commonly-occurring conditions.
- 4.3. Employ draping.
  - 4.3.1. Drape and undrape client for treatment.
- 4.4. Guide client in self care.
  - 4.4.1. Select self care based upon desired outcomes.
  - 4.4.2. Instruct client in self care.
- 4.5. Perform effleurage
  - 4.5.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of effleurage.
  - 4.5.2. Incorporate effleurage into treatment.
- 4.6. Perform stroking
  - 4.6.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of stroking.
  - 4.6.2. Incorporate stroking into treatment.
- 4.7. Perform petrissage
  - 4.7.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of petrissage.
  - 4.7.2. Incorporate petrissage into treatment.
- 4.8. Perform skin rolling
  - 4.8.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of skin rolling.
  - 4.8.2. Incorporate skin rolling into treatment.
- 4.9. Perform vibration
  - 4.9.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of vibration.
  - 4.9.2. Incorporate vibration into treatment.
- 4.10. Perform percussive techniques
  - 4.10.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of percussive techniques.
  - 4.10.2. Incorporate percussive techniques into treatment.

- 4.11. Perform rocking and shaking
  - 4.11.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of rocking and shaking.
  - 4.11.2. Incorporate rocking and shaking into treatment.
- 4.12. Perform friction
  - 4.12.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of friction.
  - 4.12.2. Incorporate friction into treatment.
- 4.13. Perform muscle stripping
  - 4.13.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of muscle stripping.
  - 4.13.2. Incorporate muscle stripping into treatment.
- 4.14. Perform trigger point techniques
  - 4.14.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of trigger point technique
  - 4.14.2. Incorporate trigger point techniques into treatment.
- 4.15. Perform fascial / myofascial techniques.
  - 4.15.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of fascial / myofascial techniques.
  - 4.15.2. Incorporate fascial / myofascial techniques into treatment.
- 4.16. Perform joint mobilization techniques.
  - 4.16.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of joint mobilization techniques.
  - 4.16.2. Incorporate joint mobilization techniques into treatment.

## 5. Therapeutic Exercise (15%)

- 5.1. Perform and direct client in stretching
  - 5.1.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of stretching.
  - 5.1.2. Direct client in stretching.
  - 5.1.3. Incorporate different types of stretching into treatment.
- 5.2. Perform and direct client in range of motion exercises.
  - 5.2.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of range of motion exercises.
  - 5.2.2. Direct client in range of motion exercises.
  - 5.2.3. Incorporate range of motion exercises into treatment.
- 5.3. Direct client in strengthening exercises
  - 5.3.1. Demonstrate knowledge of components, indications, safety considerations, effects and outcomes of strengthening exercises.
  - 5.3.2. Direct client in strengthening exercises.

## Appendix

*Tasks throughout the OSCE require candidates to demonstrate knowledge of the etiology, pathophysiology and clinical manifestations of the conditions listed in the Appendix.*

**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