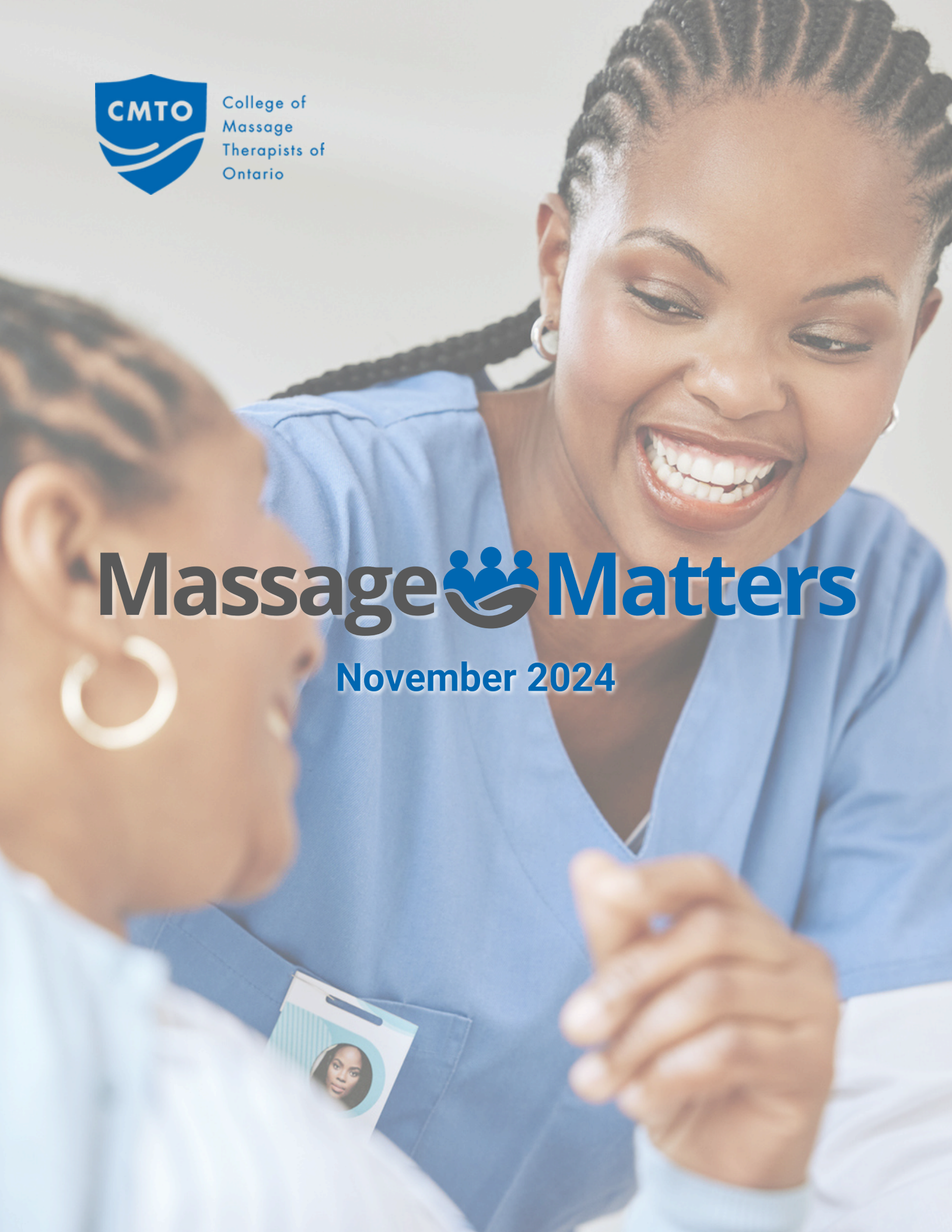




College of
Massage
Therapists of
Ontario

Massage Matters

November 2024



New Video: Why You Should See a Registered Massage Therapist

Earlier this fall, CMTO released a new video highlighting the importance of seeing a Registered Massage Therapist/Massage Therapist (RMT/MT).

Check out our new video on [X](#), [LinkedIn](#), [Facebook](#), [Instagram](#), and [YouTube](#). Please share it with your networks!



During Massage Therapy Awareness Week (October 20-26), we raised awareness of CMTO's public protection mandate, promoted the ["Find an RMT" tool](#), and highlighted the benefits of receiving safe and quality treatment from a qualified health professional.

If you'd like to provide your feedback on our video or have any questions, please email us at communications@cmta.com. We look forward to hearing from you!

How Regulation Works to Protect You

CMTO is one of [26 health regulators](#) established by the Ontario Government. These health regulators ensure Ontarians receive **safe, effective, and ethical** care from qualified healthcare professionals.

The Work of CMTO

Here are some ways CMTO works to make sure you receive quality care:

1. **Initial registration:** ensuring all accepted applicants meet the educational requirements and other necessary qualifications to be a Registered Massage Therapist/Massage Therapist (RMT/MT).
2. **Continuous quality assurance:** administering an annual [Quality Assurance Program](#) to ensure RMTs/MTs keep their knowledge and skills current.
3. **Overseeing conduct:** CMTO addresses concerns or complaints about RMTs/MTs and takes disciplinary action when necessary.
4. **Maintaining the public register:** providing an up-to-date list of practising RMTs/MTs on its website, known as the "[Find an RMT](#)" tool, to help Ontarians verify whether the person they are visiting for Massage Therapy is in fact registered, qualified, and authorized to practise.

For more information about Massage Therapy regulation, please visit cmto.com.

For Students: Can I Work as a Massage Practitioner or Bodyworker Before Being Registered with CMTO?

Massage Therapy students and recent graduates are often excited to begin practising. However, to properly protect the public interest, individuals must register with CMTO before they practise. This ensures all RMTs/MTs have completed the necessary training and examinations and can be held accountable for their professionalism and behaviour. Clients can lodge complaints with CMTO regarding an RMT's/MT's conduct. RMTs/MTs also have professional liability insurance and can provide clients with receipts for reimbursement through their health insurance.

Students and graduates should refer to the [Policy: Massage Therapy Graduates/Students Practicing without being Registered](#) for more information on this topic.

For any questions or concerns please contact Registration Services at registrationservices@cmta.com.

Case Study: When Your RMT/MT Practises in More than One Profession

When a Registered Massage Therapist/Massage Therapist (RMT/MT) is also a registrant of another regulated health college, they must be mindful that each profession has a different set of rules, regulations and Scopes of Practice. It is your RMT's/MT's responsibility to maintain strict boundaries between professions. As a client, it is important to know when you're receiving Massage Therapy from your RMT/MT and when the treatment goes beyond their Scope of Practice.

The following is an example of how an RMT/MT effectively separates their Massage Therapy treatment approach from their practice as a Registered Acupuncturist.

Practice Scenario

Sadie is an RMT/MT and a Registered Acupuncturist with the College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario (CTCMPAO). When assessing a new Massage Therapy client, the client mentions they have been experiencing insomnia and asks if Massage Therapy treatment can help.

Drawing on her acupuncture training, Sadie recognizes that specific Traditional Chinese Medicine needling points could help address the client's sleep dysfunction, but this falls outside of Massage Therapy's Scope of Practice. Sadie also recognizes that even though Massage Therapy cannot treat the sleep dysfunction itself, it could provide other physiological benefits by promoting relaxation.

Sadie discusses the Scope of Practice for Massage Therapy with the client and offers to include techniques to promote relaxation into today's treatment, which may help with sleep dysfunction. Sadie also suggests the client might benefit from a separate acupuncture visit by explaining the potential benefits within its Scope of Practice. Sadie clarifies that Massage Therapy and acupuncture treatments need to remain separate, and that a new assessment and treatment plan would have to be developed to start acupuncture treatment.

For more information about RMTs/MTs responsibilities as dual practitioners, please see [CMTO's Guide to Practising More Than One Health Profession](#).