



College of
Massage
Therapists of
Ontario

Massage Matters

The icon for "Massage Matters" consists of three stylized human figures in blue, arranged in a semi-circle. Below them is a white, curved shape that resembles a hand or a protective barrier.

March 2025



You're Invited to Attend 2025 CMTO and RMTAO Town Halls!

You're invited to join the College of Massage Therapists of Ontario (CMTO) and the Registered Massage Therapists' Association of Ontario (RMTAO) for free, in-person Town Halls this spring! Whether you're a student, RMT/MT, or simply curious about the profession, this is your chance to:

- Stay informed on regulatory updates and advocacy efforts;
- Ask questions directly to CMTO's Registrar & CEO, Maureen Boon, and RMTAO's Executive Director & CEO, Michael Feraday; and
- Shape the future of Massage Therapy in Ontario.

The events are free and open to RMTs/MTs, Massage Therapy students, and anyone with an interest in the profession.

Secure your spot today by registering below:

- [Sudbury Town Hall](#): **April 29** (RSVP by April 22)
- [Toronto Town Hall](#): **May 2** (Sold Out!)
- [London Town Hall](#): **May 6** (RSVP by April 29)
- [Windsor Town Hall](#): **May 9** (RSVP by May 2)
- [Hamilton Town Hall](#): **May 13** (RSVP by May 6)
- [Ottawa Town Hall](#): **May 22** (RSVP by May 15)

New Video: Using Your Massage Benefits? Find Massage Therapy care with CMTO's "Find an RMT" Tool!

The College of Massage Therapists of Ontario (CMTO) is reminding Ontarians that when looking for Massage Therapy care, it is important to choose a Registered Massage Therapist/Massage Therapist (RMT/MT).

We have released a [new video](#) reminding Ontarians to use their Massage Therapy benefits before the year ends, and to always check CMTO's public register, the "[Find an RMT](#)" tool, when booking appointments.

Why does this matter to you?

- Many insurers require receipts from a Registered Massage Therapist/Massage Therapist (RMT/MT) for reimbursement.
- The "Find an RMT" tool lets you verify your therapist's credentials in seconds.

While year-end is a popular time to use benefits, Massage Therapy supports your health all year round! Book a session anytime and use the tool to find a trusted RMT/MT near you.

Help us spread the word by sharing our new video with your friends, family, and colleagues on social media!



Top 2024 Questions: What Can My RMT/MT Do?

In 2024, the Scope of Practice of Massage Therapy was a popular theme in practice advice inquiries. Massage Therapy’s Scope of Practice as defined in the *Massage Therapy Act, 1991*, provides the range of activities an RMT/MT is authorized to perform:

“The assessment of the soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissue and joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain.”

This means your RMT/MT is trained to focus on muscles, joints, and soft tissues—using techniques like massage, stretching, and joint mobilization. Here are some of 2024’s most asked questions:

Can my RMT/MT use needling techniques in their Massage Therapy treatment?

Acupuncture is the **only** needling technique RMTs/MTs can perform, and only when authorized by CMTO. Other needling techniques are not within the Scope of Practice for Massage Therapy. Inserting needles into the skin is a controlled act under the *Regulated Health Professions Act, 1991*, and RMTs/MTs are prohibited from performing controlled acts, except for acupuncture. You can find a definition of acupuncture in [CMTO’s Standards of Practice Glossary](#).

How do I know if something my RMT/MT suggests is within their Scope of Practice?

Your Registered Massage Therapist (RMT/MT) is trained to provide treatments focused on addressing physical function and relieving pain in muscles, joints, and soft tissues. A technique or tool they use is within their Scope of Practice if it meets three criteria: it does not include a [controlled act](#) (except for acupuncture, if authorized by CMTO), it is used to assess or treat physical dysfunction or pain in soft tissues or joints, and it is used in a way that meets all requirements set out in CMTO’s Standards of Practice.

If you’re unsure about a suggested treatment, ask your RMT/MT to explain how it fits within Massage Therapy’s Scope of Practice. For example, while acupuncture is permitted (with CMTO authorization), other needling methods are not allowed under Massage Therapy’s Scope.



You can review CMTO's [Guide to Modalities & Techniques](#), which includes a step-by-step process to help you, and your RMT/MT confirm whether a technique or tool aligns with the profession's guidelines.

How will my RMT/MT prepare receipts when a new modality/technique or tool is included into Massage Therapy treatments? Will this be covered by insurance?

When your RMT/MT uses a new modality/technique or tool that is within the Scope of Practice, it will be described as "Massage Therapy treatment" on the receipt. If you request a more detailed receipt, your RMT/MT can itemize the description of treatment with specific tools, modalities or techniques that were used. The requirements that RMTs must follow when preparing receipts can be found in CMTO's [Standard of Practice: Fees and Billing](#).

If you have further questions, please contact the Practice Specialist at practicespecialist@cmto.com or by phone at 1-416-489-2626/1-800-465-1933 (press 5).

What is Required on a Massage Therapy Receipt to Submit to Insurance?

Many insurance plans cover Massage Therapy, but to avoid delays or claim denials, receipts must include specific details. Here's what you need to know as a client:

According to CMTO's [Standards of Practice: Fees and Billing](#), a Massage Therapy receipt must contain:

1. Date of the Appointment
2. Name of the Client
3. Name of the RMT/MT
4. The Amount of the Transaction
5. Signature and Registration Number of the RMT/MT
6. HST number (if applicable)

Receipts should only list services within Massage Therapy's Scope of Practice as "Massage Therapy treatment." While your RMT/MT can add details (e.g., "60-minute relaxation massage") upon request, the core information above must always be included.

Using a gift certificate? Your receipt will show "gift certificate redeemed" with a \$0.00 transaction amount. If you wish to submit the receipt to your insurance provider, attach both the gift certificate receipt and your Massage Therapy receipt. The insurance company will decide at its discretion whether to cover the treatment.

By ensuring receipts meet these requirements, you and your RMT/MT can simplify the insurance process. For questions, email CMTO's Practice Specialist at practicespecialist@cmto.com.