



## **Standard of Practice: Treatment Techniques**

**Date:** January 1, 2024

**Amended:**

### **Client outcome**

The client receives care that is clinically indicated, safe, and effective and techniques are modified for each client's unique needs, views, preferences, and concerns.

### **Registered Massage Therapist outcome**

The Registered Massage Therapist (RMT) applies treatment techniques in a manner that is clinically indicated, safe, and effective. Clinical indications for massage therapy treatment are identified through intake, assessment, and regular communication with the client before, during, and after treatment.

### **Requirements**

The RMT must:

- Integrate an evidence-informed approach to care using professional knowledge, experience and practice evaluation, external research, client perspective, and practice context.
- Use techniques in which they are trained and are within the Scope of Practice of Massage Therapy.

- Modify these techniques for client comfort and safety and to achieve best possible outcomes.
- Ensure they have the necessary knowledge and skills to perform a technique safely.
  
- Create a unique treatment plan that is safe, effective, and client-centred. The treatment plan is modified as needed based on subjective and objective findings throughout assessment, treatment, post-treatment assessment, and takes into account each client's unique needs, views, preferences, and concerns.
  
- Perform the technique(s) correctly and in such a way that they are well integrated in the treatment, and that the treatment plan is executed with the client's consent.
  
- Not use a technique, or continue its use, if the client indicates a preference to exclude it.
  
- Make the client aware that some techniques may be uncomfortable, depending on how they are applied, and the condition being treated. Informed consent must include a discussion with the client about the following elements:
  - The nature of the treatment;
  - The areas of the body to be treated;
  - The expected benefits;
  - Risks and side effects;
  - Alternative courses of action;
  - Likely consequences of not having treatment; and
  - The client's right to ask questions about the information provided, and that assessment or treatment will be stopped or modified at any time at their request.
  
- Treat within the client's tolerance for a technique, and give the client the opportunity to inform the RMT of their level of comfort within a mutually agreed upon range of acceptability.
  
- Note any contraindications/precautions in the client's health record and proceed with assessment, treatment, and home care recommendations in a manner that ensures client safety.
  
- Modify the treatment plan, technique, or position/draping to ensure client safety and respect any noted precautions/contraindications, and know when to not treat a contraindication using a given technique.

- Recognize when there is a need for a referral to another RMT, health-care professional, or person when client care requires competencies outside their personal or professional scope of practice.
- Demonstrate home-care recommendations thoroughly and where appropriate, making sure the client understands their use, the reason for their recommendation, as well as how to perform them properly.
- Routinely assess home-care recommendations to ensure they are effective.

### **Relevant documents**

- Dual Health Profession Policy
- Inter-Jurisdictional Practice Competencies and Performance Indicators for Massage Therapists at Entry-to-Practice, Federation of Massage Therapy Regulatory Authorities of Canada (FOMTRAC)
- Standard of Practice: Client-centred Care
- Standard of Practice: Collaboration and Professional Relationships
- Standard of Practice: Communication
- Standard of Practice: Consent
- Standard of Practice: Treatment of Vulnerable Populations and Complex Health-care needs