



Position Statement: Techniques and Modalities Considered Adjunct to Massage Therapy

The MTAA has determined that there are some modalities which, while not fitting the definition of the scope of practice, may be complementary to Massage Therapy treatments.

Position

The practice of Massage Therapy is the assessment of the soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissues and joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain.

There are a number of modalities that can be integrated into a treatment plan by a Massage Therapist and may even be accepted if used exclusively in and of themselves, which would not fall within the generally accepted practice of the profession.

Therapists ought to be given a reasonable and responsible latitude with respect to the use of complementary modalities, recognizing that they are accountable to ensure that the modality is integrated into a treatment plan that largely consists of modalities in scope.

Massage therapists who provide adjunct modalities must understand their professional accountability and that they are responsible for:

1. following the Code of Ethics, the Standards of Practice, and training standards set by the MTAA;
2. determining the appropriateness of the complementary modality;
3. ensuring that they have the knowledge, skill, and judgment to perform the modality competently *by providing a certificate of training by completing a course approved by the MTAA;*
4. performing an assessment of clients before providing the treatment;
5. explaining to the client the anticipated effects, the potential benefits, and the potential risks of the proposed modality so the client can make an informed choice;
6. obtaining valid consent before beginning treatment; and
7. evaluating the ongoing status of the client and the effects of the modality on the client's condition and overall health.

Members are reminded that the adjunct modalities therapists engage in under this policy are not considered Massage Therapy as stand-alone treatments unless a full assessment and treatment plan has indicated for this to be best practice for the client.

The attached list is a schedule of modalities that the MTAA considers to alone be outside the scope of practice for the profession, but which may be used as adjunct modalities upon completion of an additional certification approved by the MTAA.

Adjunct Therapies

Requiring approved certification on file with the MTAA

1. Aromatherapy
2. Electrical therapy techniques including:
 - Extracorporeal Shockwave Therapy
 - Frequency Specific Microcurrent (low energy protocol only)
 - Interferential Current (IFC) Therapy
 - Low Intensity Laser Therapy
 - Low Level Cold Laser Treatment
 - Pulsed High Frequency
 - TENS
 - Therapeutic Ultrasound

Adjunct Therapies:

Requiring additional insurance and approved certification on file with the MTAA

The following therapies have been deemed high risk and require a therapist to hold additional liability insurance in order to be performed. As with above, it must be indicated through assessment and client consultation that the therapies indicated below are appropriate and best practice for the clients' care. These therapies may not be used as a stand-alone treatment and must be integrated and noted in a treatment plan as to their intent of use.

1. Fire Cupping
2. Watsu
3. Trigenics