



# Position Statement: Virtual Massage Therapy Appointments

## Position

As a profession that is moving towards an evidence informed approach to care, MTAA members are trained to provide their clients with therapeutic exercises, movement recommendations and hydrotherapy recommendations to reduce pain and/or discomfort.

Restricting an MTAA therapist's ability to assist in the well-being of their clients by limiting care to in-person sessions, is not congruent with the mission of the Massage Therapist Association of Alberta. MTAA members are healthcare professionals with the necessary knowledge and skills to help their clients even during times of physical distancing.

**MTAA members are qualified and permitted to provide virtual massage therapy services to their clients on an ongoing basis.**

A member may bill a virtual massage therapy session, providing the following requirements are met:

- 1) the client currently has a therapeutic relationship with the clinician (a physical assessment has been previously conducted by the therapist)
- 2) the client virtually signs a consent for a virtual massage therapy appointment
- 3) the client provides informed consent
- 4) the virtual appointment must be conducted as a video appointment through an encrypted software that meets all HIPPA guidelines (currently Physitrack and Jane app offer this)
- 5) a complete treatment plan must be documented which includes the therapeutic goals of the virtual massage therapy appointment.
- 6) any advice / recommendations given by the massage therapist must be congruent to the treatment plan and fit under the MTAA scope of practice ie. general movement, hydrotherapy and therapeutic exercises.
- 7) anything outside of the MTAA scope of practice **cannot** be discussed during a virtual massage therapy appointment i.e. nutrition, pharmaceuticals, COVID-19 advice, immunizations, distance reiki, personal training etc.

- 8) all virtual massage therapy appointments must consist of an assessment or re-assessment and therapeutic advice / exercises.
- 9) full and complete charting needs to be completed maintaining the same standards as any in person massage therapy appointment.
- 10) all other applicable standards of practice must be maintained during and after virtual massage therapy appointment.
- 11) The receipt for treatment must state "virtual massage therapy appointment/session".

**At this time, most extended health insurance companies are not covering virtual massage therapy. Your client should be made aware of this prior to their session.**