



Canadian Massage Therapist Alliance  
Alliance Canadienne de Massothérapeutes

## Medically Necessary Services & Massage Therapy

Medically necessary massage therapy service is defined as one that a patient needs in order to avoid a negative health consequence.

"Medically Necessary" or "Medical Necessity" shall mean health care services that a therapist, exercising prudent clinical judgment, would provide to a patient for the purpose of evaluating or treating an illness, injury, dysfunction, disease and/or its symptoms.

### ***Standards of Care***

Massage Therapists may only provide treatment if they have a reasonable expectation, based upon clinical findings, that it will be of health benefit to a patient. A treatment plan - inclusive of objectives, summary of assessment, description of treatment provided and any revisions - must be maintained in a health record for each patient.

### ***Massage Therapy Defined***

The practice of massage therapy is the assessment of the soft tissues and joints of the body and the treatment and prevention of dysfunction, injury, pain and physical disorders of the soft tissues and joints by manual and physical methods to develop, maintain, rehabilitate or augment physical function, to relieve pain and promote health.

Massage Therapists practice a wide variety of treatment modalities, including but not limited to:

- Manual therapy techniques such as soft tissue manipulation and joint mobilizations
- Active therapy such as strengthening, stretching, and other rehabilitative exercises
- Hydrotherapy and water therapy
- Postural exercise, ergonomics and patient education

Massage Therapy in Canada is a primary health care profession. Registered Massage Therapists (RMTs) are highly educated in assessment, treatment and prevention and use an array of manual therapy techniques and modalities in the interest of myofascial and musculoskeletal care.