



POSITION STATEMENT

TECHNIQUES AND MODALITIES CONSIDERED COMPLEMENTARY TO MASSAGE THERAPY

Position

The attached list is a schedule of both techniques and modalities that the MTAA Board of Directors considers to be complementary to the Scope of Practice and that would be combined into a Massage Therapy treatment and that carry a low risk of harm.

Complementary techniques and modalities are not to comprise more than 30% of the overall Massage Therapy treatment time.

This list should not be interpreted as a complete list of activities considered as Complementary to the Scope of Practice, rather it is a list of those activities for which the MTAA feels specific clarification is required at this time.

1. Acupressure
2. Alexander Technique
3. CranioSacral Therapy
4. Feldenkrais Method
5. Healing Touch
6. Hot and Cold Stone Therapy
7. Muscle Energy Technique
8. Myofascial Cupping
9. Positional Release
10. Reflexology
11. Reiki Level 1
12. Shiatsu
13. Strapping
14. Taping
15. Therapeutic Touch
16. Touch for Health
17. Trager
18. Visceral Manipulation

Should any of these complementary techniques or modalities be done in isolation of a Massage Therapy treatment, or comprise more than 30% of the overall treatment time, they are not considered to be Massage Therapy and are not to be billed as such to a patient.

The Massage Therapist Association of Alberta leads the practice of its members in Alberta. Contact us for more information on this or other position statements.

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