



POSITION STATEMENT

DEFINITIONS

Technique

The practical method or skill applied to a particular task and encompasses the systematic procedure by which a complex or scientific task is accomplished. ie: effleurage, petrissage, rocking and shaking are all techniques.

Modality

A procedure or method that encompasses a body of knowledge. A series of techniques can make up a modality. ie: a number of various techniques can make up a modality such as Massage Therapy.

Complementary Techniques or Modalities

Are combined in such a way as to enhance or emphasize the qualities of each other. Complementary techniques and modalities carry a low risk of harm.

Adjunct Techniques or Modalities

Adjunct Techniques or Modalities are added or connected to as a supplement, rather than as an essential part, to the principal course of therapy. Adjunct techniques and modalities carry a higher risk of harm.

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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