



# **Substantial Equivalency**

## **Self-Assessment**



## **Substantial Equivalency Self-Assessment** (also available for download off the [MTAA Website](#))

In the column to the right of each of the statements below, please indicate, on a scale of 1 to 5, your comprehension and utilization of the concept described. Be truthful and objective. You may be asked to further explain and/or demonstrate your understanding of the principles herein.

On the self-ranking scale:

- 1 = no understanding of the concept and/or its application to massage therapy
- 2 = am aware of the concept but don't use it
- 3 = some comprehension, some use
- 4 = very aware of the concept and use it sometimes.
- 5 = complete understanding and compliance

Once you have attributed a number to each statement in a section, please total your self-ranked numbers and put that total in the subtotal column for that section. Once all the sections have been subtotaled, please add all of the subtotals together to arrive at a grand total.

### **Areas of Competency:**

- 1. Professional Practice**
  - 1.1. Communication
  - 1.2. Professional Conduct
  - 1.3. Therapeutic Relationship
- 2. Assessment and Treatment Planning**
  - 2.1. Assessment
  - 2.2. Treatment Planning
  - 2.3. Indications for Adjunctive Therapeutic Modalities
- 3. Treatment and Patient Self Care**
  - 3.1. Treatment Principles
  - 3.2. Modalities and Techniques
    - 3.2.1. Massage Skills
    - 3.2.2. Myofascial Techniques
    - 3.2.3. Therapeutic Exercise
    - 3.2.4. Joint Mobilization
    - 3.2.5. Thermal Therapy



1.1	Communication	Self Ranking 1 to 5	For Office Use Only
1.1.a	I utilize effective written communication		
1.1.b	I utilize effective oral communication		
1.1.c	I utilize effective electronic communication		
1.1.d	I communicate in a manner that respects diversity		
1.1.e	I communicate in a manner that is suitable to the recipient's understanding and background		
1.1.f	I utilize active listening skills		
1.1.g	I comprehend, use and respond to non-verbal communication		
1.1.h	I contribute to an effective, collaborative atmosphere in group settings		
1.1.i	I utilize medical terminology		
1.1.j	I establish and maintain inter-professional collaboration		
1.1.k	I am able to identify and address personal and interpersonal sources of conflict		
<b>SUBTOTAL</b>			

1.2	Professional Conduct	Self Ranking 1 to 5	For Office Use Only
1.2.a	I comply with federal, provincial and municipal requirements		
1.2.b	I practice professionally, independent of personal beliefs		
1.2.c	I employ personal care and lifestyle strategies that enhance professional effectiveness		
1.2.d	I employ lifestyle strategies to manage my personal stress		
1.2.e	I am attentive to my personal hygiene and maintain a professional appearance		
1.2.f	I employ critical thinking and possess professional judgement		
1.2.g	I practice in a manner that reflects the principles of manual therapy		



1.2.h	I practice in a manner that recognizes the broader health-care needs of the individual and the role of massage therapy within the health-care system		
1.2.i	I recognize the scopes of practice of, and benefits of treatment by, other health care professionals		
1.2.j	I can differentiate between the roles of a regulatory body and that of a professional association		
1.2.k	I can access and, where relevant, utilize research and professional literature in massage therapy and related disciplines to enhance patient care		
1.2.l	I keep myself informed about current developments within the massage therapy profession		
1.2.m	I objectively evaluate my own strengths and areas for improvement as a therapist		
1.2.n	I create and maintain comprehensive patient records		
1.2.o	I perform basic communication, research and data management functions utilizing a computer		
1.2.p	I perform billing procedures and keep accurate accounting records		
1.2.q	I prepare reports for third parties		
1.2.r	I am trained to perform first aid and cardiopulmonary resuscitation (CPR)		
<b>SUBTOTAL</b>			



1.3	Therapeutic Relationship	Self Ranking 1 to 5	For Office Use Only
1.3.a	I display positive regard for my patient and maintain professional boundaries in relationship with that patient		
1.3.b	I respect the patient's physical privacy		
1.3.c	I comply with confidentiality and information privacy requirements		
1.3.d	I maintain informed patient consent regarding assessment and treatment		
1.3.e	I obtain special consent regarding assessment and treatment of sensitive body areas		
1.3.f	I recognize and address the power differential in the patient-therapist relationship		
1.3.g	I recognize transference and counter-transference		
1.3.h	I employ touch with therapeutic intent		
1.3.i	I advocate with third parties on behalf of the patient		
<b>SUBTOTAL</b>			



2.1	Assessment	Self Ranking 1 to 5	For Office Use Only
2.1.a	I obtain a comprehensive case history from the patient and document this history		
2.1.b	I integrate the findings of other health care practitioners		
2.1.c	I apply to my assessment, knowledge of commonly occurring conditions		
2.1.d	I select and perform assessments incorporating knowledge of patient history, contraindications and precautions		
<b><i>I am trained to competently perform the following assessments:</i></b>			
2.1.e	Postural		
2.1.f	Palpatory		
2.1.g	Gait		
2.1.h	Functional		
2.1.i	Range of Motion		
2.1.j	Muscle Length		
2.1.k	Muscle Strength		
2.1.l	Joint play		
2.1.m	Neurological		
2.1.n	Vital Sign		
2.1.o	Special Tests		
2.1.p	I modify my assessments based upon assessment findings		
2.1.q	I recognize conditions requiring urgent medical attention and advise accordingly		
2.1.r	I recognize conditions requiring non-urgent medical attention and advise accordingly		
2.1.s	I interpret my findings and formulate a clinical impression/ differential diagnosis		
2.1.t	I refer patients to other health care professionals when appropriate		
2.1.u	I advise patients of relevant community health care and social service resources		
<b>SUBTOTAL</b>			



**2.2 Treatment Planning** **Self Ranking** **For Office Use**  
**1 to 5** **Only**

2.2.a	I incorporate an evidence-based approach to treatment planning		
2.2.b	I select treatment modalities and techniques based upon indications, contraindications, precautions and the patient's stage of life		
2.2.c	I formulate an individualized treatment plan based on my assessment findings		
2.2.d	I reassess the patient and adapt my treatment plan as needed		
<b>SUBTOTAL</b>			

**2.3 Indications for Adjunctive Therapeutic Modalities** **Self Ranking** **For Office Use**  
**1 to 5** **Only**

	<b><i>I recognize the indications for and benefits of:</i></b>		
2.3.a	Therapeutic Ultrasound		
2.3.b	Low Level (cold) laser treatment		
2.3.c	interferential Therapy		
2.3.d	Transcutaneous Electrical Nerve Stimulation (TENS)		
2.3.e	Cranio-Sacral Therapy		
2.3.f	Visceral Manipulation		
2.3.g	Strapping and Taping		
2.3.h	Muscle Energy Techniques		
2.3.i	Positional Release		
<b>SUBTOTAL</b>			



3.1	Treatment Principles	Self Ranking 1 to 5	For Office Use Only
3.1.a	I maintain a safe and comfortable treatment environment for my patients		
3.1.b	I apply universal hygiene and infection control precautions		
3.1.c	I utilize patient transfer techniques as relevant		
3.1.d	I assist my patients with dressing and undressing as needed		
3.1.e	I apply draping as relevant		
3.1.f	I position my patients for specific therapeutic techniques		
3.1.g	I apply modalities and techniques incorporating knowledge of commonly occurring conditions		
3.1.h	I apply treatment modalities and techniques incorporating knowledge of indications, contraindications, precautions and the patient's stage of life		
3.1.i	I implement treatment incorporating environmental setting, speed, duration, intensity, frequency, tissue-characteristics, patient constitution and comfort		
3.1.j	I monitor patient response and adapt the treatment accordingly		
3.1.k	I advise and instruct my patients on self care		
3.1.l	I apply biomechanical and postural skills for my own protection		
<b>SUBTOTAL</b>			





**3.2.1**

**Massage Skills**

**Self Ranking  
1 to 5**

**For Office Use  
Only**

	<i>I perform:</i>		
1	Effleurage Techniques		
2	Stroking Techniques		
3	Petrissage Techniques		
4	Skin Rolling Techniques		
5	Vibration Techniques		
6	Percussive Techniques		
7	Rocking and Shaking Techniques		
8	Friction Techniques		
9	Muscle Stripping Techniques		
10	Muscle Approximation Techniques		
11	Origin/ Insertion Techniques		
12	Golgi Tendon Organ Techniques		
13	Lymphatic Drainage Techniques		
14	I direct my patients in diaphragmatic breathing		
<b>SUBTOTAL</b>			

**3.2.2**

**Myofascial Techniques**

**Self Ranking  
1 to 5**

**For Office Use  
Only**

	<i>I perform:</i>		
1	Trigger Point Release Techniques		
2	Direct Strain Induction Techniques		
3	Indirect Strain Induction Techniques		
<b>SUBTOTAL</b>			



3.2.3

Therapeutic Exercise

Self Ranking  
1 to 5

For Office Use  
Only

	<i>I perform:</i>		
1	Contract/ Relax Techniques		
2	Contract/ Relax/ Contract techniques		
3	Agonist Contraction techniques		
4	Stretch Techniques		
5	Active assisted range of motion Techniques		
6	Passive range of motion Techniques		
7	Isometric, isokinetic and isotonic resistance exercise Techniques		
8	Choose equipment and/or environment for specific therapeutic techniques		
9	I direct my patients in active range of motion techniques		
	<i>I direct my patients in:</i>		
10	Anaerobic exercise techniques		
11	Aerobic exercise techniques		
12	Balance Exercises		
13	Coordination Exercises		
14	Functional Skill Exercises		
<b>SUBTOTAL</b>			



**3.2.4**

**Joint Mobilization**

**Self Ranking  
1 to 5**

**For Office Use  
Only**

	<i>I perform:</i>		
1	Oscillation Techniques		
2	Sustained Glide Techniques		
3	Distraction Techniques		
4	Compression Techniques		
5	I direct patients in auto-mobilization		
<b>SUBTOTAL</b>			

**3.2.5**

**Thermal Therapy**

**Self Ranking  
1 to 5**

**For Office Use  
Only**

	<i>I perform:</i>		
1	Affusion Treatments		
2	Steam Treatments		
3	Whirlpool Treatments		
4	Sauna Treatments		
5	Paraffin Wax Treatments		
6	Heat Pack Treatments		
7	Techniques utilizing therapeutic heating pads		
8	Infrared light treatment Techniques		
9	Cold Pack Treatments		
10	Treatments utilizing ice towels		
11	Cold/ ice immersion Treatments		
12	Ice massage Treatments		
13	Skin Scrub Treatments		
14	Poultice Treatments		
15	Wrap Treatments		
16	Contrast Treatments		
17	I utilize physical agents and additives		
<b>SUBTOTAL</b>			



## Self-Assessment Totals

Subtotal Section 1.1	
Subtotal Section 1.2	
Subtotal Section 1.3	
Subtotal Section 2.1	
Subtotal Section 2.2	
Subtotal Section 2.3	
Subtotal Section 3.1	
Subtotal Section 3.2.1	
Subtotal Section 3.2.2	
Subtotal Section 3.2.3	
Subtotal Section 3.2.4	
Subtotal Section 3.2.5	

<b>TOTAL ALL SECTIONS</b>	
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