



# SCOPE OF PRACTICE

To encourage ethical conduct, honest business, integrity and best practices within the limits of an RMT designation.

# ALBERTA REGIONAL MASSAGE THERAPY ASSOCIATION



## *Scope of Practice*

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Since at this time Alberta is not a regulated province for Massage Therapy, it is the duty of the associations to ensure that RMT's are staying within their scope of practice. This means that RMT's are required to stay within their practicing means and not able to practice additional services unless trained and authorized to do so outside the RMT designation.

This Scope of Practice is in place to ensure general safety and well-being for the public, along with the RMT. Failing to maintain either published Scope of the association or unpublished Scope of Practice of the profession is an act of misconduct. It is an RMT's obligation to ensure they are complying with the Scope of Practice of the profession and the Scope of the association that are in force at the time.

Following the standards of regulated provinces for massage therapy, "Scope of Practice" refers to the activities that RMTs are educated and authorized to perform:

"massage therapy" means the health profession in which a person provides, for the purposes of developing, maintaining, rehabilitating or augmenting physical function, or relieving pain or promoting health, the services of:

- a. assessment of soft tissue and joints of the body, and
- b. treatment and prevention of physical dysfunction, injury, pain and disorders of soft tissue and joints of the body by manipulation, mobilization and other manual methods.

RMTs may not:

- Prescribe or administer drugs or anaesthetics,
- Treat a recent fracture of a bone,
- Apply any form of medical electricity, or
- Move a joint of the spine beyond the limits the body can voluntarily achieve using a high velocity, low amplitude thrust.

4986 92 Avenue  
Edmonton, AB

(587)-784-9999  
info@albertarmta.com  
www.albertarmta.com

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The following activities are not within the scope of practice for RMTs:

- Shockwave therapy
- Induction of labour
- Internal pelvic floor work
- Group exercise
- Forms of light therapy, including low level laser therapy or low intensity laser therapy
- Psychological counselling or talk therapy
- Reiki
- Energy-based modalities
- Cupping
- Ashiatsu, Thai-Mashiatsu/Mashing, Ki-Hara, and other techniques or modalities that involve the use of the practitioner's feet to apply pressure to a patient's body
- Treatment of animals
- Use of cannabis, cannabis oil, and CBD in treatment
- Aromatherapy
- Acupuncture and dry needling
- Use of an "activator"
- Nutritional advice (including supplements)
- Essential oils

This is not an exhaustive list of activities that are outside the scope of practice for RMTs. These examples are provided to help guide RMTs and the public. Any additional services that an RMT wants to offer needs to be done outside their RMT designation, along with certification and insurance.

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