

MASSAGE THERAPY

ADVANCED STANDING PROGRAM

12 MONTHS
DURATION

3 SEMESTERS

The **Advanced Standing Massage Therapy Program** is an intensive version of the full-time massage therapy program. Prior education in the areas of anatomy, physiology, pathology, orthopedic assessment, nutrition, and remedial exercise is essential, as these topics are incorporated and included on the MCQ and OSCE testing but not formally taught.

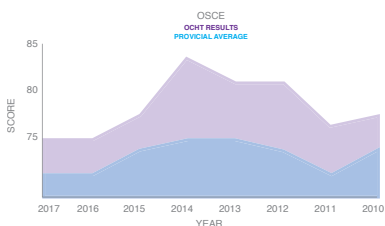
This program will focus on: CMTO regulatory requirements, ethical and professional practice and legislation governing the profession, introductory concepts of massage therapy, introductory and advanced massage techniques, hydrotherapy, and the outcome-based massage therapy treatment framework based on common injuries, impairments, and conditions.

Lecture and practical instruction is delivered over 25 classes conducted from 9am-5pm on Sundays, beginning in late September, running until the end of July of the next calendar year.

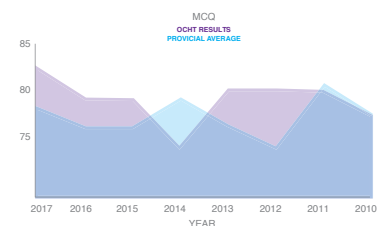
Considerable time will be spent ensuring preparation for the CMTO provincial exams. Students will complete 200 class hours plus 35 clinical hours.

CERTIFICATION EXAMS

Upon successful completion of the Massage Therapy program, candidates must successfully complete the certification exams administered by the College of Massage Therapists of Ontario (CMTO) to become a Registered Massage Therapist, allowing them to practise Massage Therapy in Ontario. There are two components of the certification examination – the written Multiple-Choice Questionnaire (MCQ) and the Objectively Structured Clinical Evaluation (OSCE). A minimum scaled score of 70 is required on each component of the examination



OCHT PERFORMANCE OVER THE YEARS*
Average Score Achieved on the OSCE and MCQ for OCHT
Compared to the Provincial Average
2010-2017



SCHEDULE OF DATES

SEPT 2019 START

SEMESTER 01 September 22, 2019 - December 1, 2019 (Classes 1-8)

SEMESTER 02 January 5, 2020 - February 9, 2020 (Classes 9-14)

SEMESTER 03 February 23 - July 26, 2020 (Classes 15-25)

SEMESTER SUMMARIES

SEMESTER 01

Semester 01 covers all legislative and regulatory requirements of the profession of massage therapy. Introductory as well as advanced massage therapy techniques are taught. Conducting a client intake interview and obtaining informed consent to treatment are applied to massage therapy.

The semester ends with a summative MCQ and practical exam.

SEMESTER 02

Semester 02 introduces the massage therapy treatment framework, and considerations for common clinical conditions. The focus shifts to the axial skeleton and the application of all OSCE stations to this area of anatomy. A full review of orthopedic assessment is included.

The semester ends with a summative MCQ and practical exam.

SEMESTER 03

Semester 03 continues to use anatomy as the focus, shifting to the appendicular skeleton. All OSCE stations are applied to the anatomy in this area. A full review of remedial exercise is included. This semester includes review, extensive practice, and final preparation for the certification exams. Students complete 35 hours treating patients in the student clinic during this semester.

The semester ends with a summative MCQ and practical exam.

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CLINIC AND OUTREACH REQUIREMENTS FOR ACCELERATED PROGRAM

Students in the Advanced Standing Massage Therapy Program must complete a *minimum* of **35 hours** of faculty-supervised massage therapy to the public. As a requirement of this program, students are currently engaged in other manual therapy practices on the public. Their required number of hours in the student clinic is therefore minimal but sufficient to ensure that they are providing safe and ethical massage therapy to the public.

In Semester 03, Advanced Standing students will treat patients in the student clinic on a weekly basis. Each clinic is 5 hours in length, with the majority of the time being spent in direct involvement with a patient. Students will perform an initial assessment, create and administer a treatment plan and then schedule follow-up appointments with each patient. This treatment is tailored to the ability of the Advanced Standing student. Assessment, treatment, and remedial exercise skills have been practiced and fine-tuned. The clinical experience in this semester follows a format similar to actual clinical practice, designed to ensure students perform safe, effective, and ethical massage therapy on the public.

GRADUATION REQUIREMENTS FOR ACCELERATED PROGRAM

Students must successfully complete all 3 semesters, AND the required number of clinic and outreach hours.

	COMPLETION OF	MIN GRADE	OTHER REQUIREMENTS
SEMESTER 01	ATJD 111	60%	COMPLETION OF THE SUMMATIVE SEMESTER 1 MCQ EXAM
	LEAP 111	60%	COMPLETION OF THE SEMESTER 1 OSCE
	MANA 111	60%	
	MTAP 111	60%	
	PHYS 111	60%	
SEMESTER 02	COMPLETION OF	MIN GRADE	OTHER REQUIREMENTS
	MANA 211	60%	COMPLETION OF THE SUMMATIVE SEMESTER 2 MCQ EXAM
	MSTR 111	60%	COMPLETION OF THE SEMESTER 2 OSCE
	ORAS 111	60%	
PPHY 111	60%		
SEMESTER 03	COMPLETION OF	MIN GRADE	OTHER REQUIREMENTS
	CLIN 111	60%	COMPLETION OF THE SUMMATIVE SEMESTER 3 MCQ EXAM
	MANA 311	60%	COMPLETION OF THE SEMESTER 3 OSCE
	MSTR 211	60%	
	ORAS 211	60%	FURTHER REQUIREMENTS
	ORAS 311	60%	ACHIEVEMENT OF A MINIMUM OF 70% ON THE FINAL SUMMATIVE MCQ
	PPHY 211	60%	ACHIEVEMENT OF A MINIMUM OF 70% ON THE FINAL COMPREHENSIVE OSCE
PPHY 311	60%	COMPLETION OF 35 HOURS OF STUDENT CLINIC	

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SAMPLE STUDENT SCHEDULE

SEMESTER 01

CLASS	COURSE	TOPICS
1	LEAP 111	Regulatory Requirements of the CMTO, Code of Ethics Scope of Practice, Standards of Practice
	MTAP 111	Introductory Concepts of Massage Treatment, Principles of Massage, CMTO Technique Standards of Practice, Introductory Massage Techniques, Draping Methods
2	LEAP 111	CMTO Policies, Position Statements, Bulletins, Guidelines, Health History Interview
	MTAP 111	Introductory Technique Review, Full Body Treatment
3	LEAP 111	Provincial and Federal Legislation, Regulated Health Professions Act, Massage Therapy Act
	MTAP 111	Introductory Technique Review, Full Body Treatment
4	LEAP 111	Health Care Consent Act, Consent to Treatment
	ATJD 111	Advanced Concepts of Massage Treatment Advanced Techniques and Theory, CMTO Technique Standards of Practice
5	LEAP 111	Other CMTO Topics:Therapeutic Boundaries, Mandatory Reporting, Prevention of Sexual Abuse, Complaints and Discipline Process, Quality Assurance, Practice Advice
	ATJD 111	Review of Advanced Techniques
6	LEAP 111	Health History OSCE Station Practice, Treatment Plan / Consent to Treatment OSCE Practice
	ATJD 111	Review and Practice of All Techniques, Massage Technique OSCE Station Practice
7	LEAP 111	MCQ EXAM 01: LEAP 111, MTAP 111, ATJD 111, MANA 111, PHYS 111
	ATJD 111	Practice: Health History and Consent to Treatment OSCE, Intro and Advanced Technique OSCE
8	LEAP 111	OSCE (Health History)
	LEAP 111	OSCE (Treatment Plan/Consent)
	MTAP 111	OSCE (Introductory Techniques)
	ATJD 111	OSCE (Advanced Techniques)

MTAP 111 Massage Theory and Practice
LEAP 111 Legislation, Ethics, and Professionalism

ATJD 111 Assessment and Treatment of Joint Dysfunction
MANA 111 Skeletal and Articular Anatomy

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SAMPLE STUDENT SCHEDULE

SEMESTER 02

CLASS	COURSE	TOPICS
9	MSTR 111	CMTO Exam Booking, Treatment Concepts (Impairments, Stages and Categories) Region 1: Head and Neck (Anatomy, Assessment, Conditions, Treatment)
10	MSTR 111	Orthopedic Assessment Review
11	MSTR 111	Hydrotherapy, Region 2: Thorax and Trunk, Anatomy, Assessment, Conditions, Treatment
12	MSTR 111	Lymphatic Drainage, TMJ Treatment, Diaphragmatic Breathing, OSCE Practice
13	MSTR 111	MCQ EXAM 01: MSTR 111, ORAS 111, MANA 211, PPHY 111
14	MSTR 111	OSCE (Treatment)
	MSTR 111	OSCE (Treatment)
	MSTR 111	OSCE (Assessment 1)
	MSTR 111	OSCE (Assessment 2)

MSTR 111 Musculoskeletal Treatment: Treatment Principles and Planning
ORAS 111 Introduction to Orthopedic Assessment

MANA 211 Muscular Anatomy of the Axial Skeleton
PPHY 111 Pathophysiology of the Nervous and Musculoskeletal Systems

SEMESTER 03

CLASS	COURSE	TOPICS
15	MSTR 211	Medications and Massage Therapy, Research Methods, Region 3: Pelvis and Lower Limb, (Anatomy, Assessment, Conditions, Treatment)
16	MSTR 211	Abdominal Treatment, Chest Wall Treatment, Postural Drainage, Pregnancy Massage, Treatment Principles / Review of Common Conditions, Student Clinic Procedures
17	MSTR 211	Region 4: Scapula and Upper Limb (Anatomy, Assessment, Conditions, Treatment)
18	MSTR 211	Remedial Exercise OSCE Station Review, Adjunctive Therapies
19	MSTR 211	MCQ EXAM 01: MSTR 211, ORAS 211, ORAS 311, MANA 311, PPHY 211, PPHY 311
20	MSTR 211	OSCE (Treatment)
	MSTR 211	OSCE (Assessment 2)
	MSTR 211	OSCE (Treatment Plan/Consent)
	MSTR 211	OSCE (Remedial Exercise)
21	MSTR 211	Academic Review as needed
22	MSTR 211	OSCE Review
23	MSTR 211	CMTO and Legislation Review, Registration Requirements with CMTO
24	COMP MCQ	Comprehensive OSCE
25	COMP OSCE	Comprehensive OSCE

MSTR 211 Musculoskeletal Treatment: Treatment Principles and Planning
ORAS 211 Orthopedic Assessment of the Lower Body
ORAS 311 Orthopedic Assessment of the Upper Limb

MANA 311 Muscular Anatomy of the Appendicular Skeleton
PPHY 211 Pathophysiology of the Immune, Cardiovascular, Endocrine, and Digestive Systems
PPHY 303 Pathophysiology of the Respiratory, Renal, Reproductive, and Integumentary Systems