

Outcomes Based Practice for Massage Therapy Clinical Impression

<https://www.cmta.com/2020/08/new-standards-of-practice-are-coming-look-for-consultations-this-fall/>



New Standards of Practice Are Coming! Look for Consultations This Fall

Cliquez ici pour aller à l'article en français



New Standards of Practice Are Coming!

- In 2019, the College of Massage Therapists of Ontario (CMTO) initiated a project to develop new [Standards of Practice](#). This is a very important and exciting project for CMTO and Massage Therapists (MTs/RMTs) in Ontario, so we want to make sure you are kept informed throughout the process. The goal of this project is to ensure the Standards reflect current needs in Massage Therapy practice and regulatory environment.
- CMTO's new Standards of Practice are going to be presented in a new format – focused on the outcome (the end result), not the specific steps to reach the outcome. Outcomes-based standards will provide RMTs with more latitude to use their professional judgement to achieve an outcome, instead of having to follow a strict set of steps. Focusing on the outcome instead of the specific steps to achieve the outcome is one of the ways CMTO is becoming a more modern regulator.

CMTO has already completed significant background work.

- CMTO have reviewed the existing CMTO Standards, legislation, policies, guidelines, complaints data and standards from similar organizations in Ontario, across Canada and internationally. CMTO has also engaged with RMTs, holding two focus groups in December 2019. The purpose of the focus groups was to gather information and feedback about the existing Standards. RMTs who participated in focus groups represented diverse perspectives of the profession, with RMTs coming from a variety of practice settings and with different levels of experience. RMTs provided valuable feedback on the current Standards and we would like to sincerely thank all who participated.
- CMTO has also created a Standards of Practice Advisory Group (SPAG), comprised of RMTs with varying experience and backgrounds. The SPAG has provided input into the development of the new Standards, made suggestions and recommendations on proposed content and wording and offered solutions to identified issues. We want to thank members of the SPAG for their participation in this project.

1. Massage outcomes for the treatment of impairments
2. Massage outcomes for wellness
3. Clinical frameworks for outcome-based massage

ANDRADE, C.-K. Outcome-based massage : putting evidence into practice. Third edition. [s. l.]: Wolters Kluwer Lippincott Williams & Wilkins, 2014. ISBN 1451130333.

1. Massage outcomes for the treatment of impairments

Impairments in Body Structures and Function	Outcome
1.1 Postural malalignment: Hyperlordotic	<ul style="list-style-type: none">• Normalized lumbar spine posture• Improved postural awareness

1. Massage outcomes for the treatment of impairments

Impairments in Body Structures and Function	Outcome
1.2 Tight erector spinae muscles in lumbar region:	<ul style="list-style-type: none"> • Increased extensibility of erector spinae muscles • Decreased muscle resting tension in erector spinae muscles

1. Massage outcomes for the treatment of impairments

Impairments in Body Structures and Function	Outcome
1.3 Tight iliopsoas muscles bilaterally:	<ul style="list-style-type: none"> • Increased extensibility of iliopsoas muscles.

1. Massage outcomes for the treatment of impairments

Impairments in Body Structures and Function	Outcome
1.4 Muscular pain in lumbar region:	<ul style="list-style-type: none"> • Decreased muscular pain in lumbar erector spinae muscles • Systemic sedation resulting in decreased perception of pain

1. Massage outcomes for the treatment of impairments

Impairments in Body Structures and Function	Outcome
1.5 Weak abdominal muscles	<ul style="list-style-type: none"> • Increased functional strength of abdominal muscles, able to perform abdominal bracing during functional activities and maintain correct pelvic alignment

1. Massage outcomes for the treatment of impairments

Impairments in Body Structures and Function	Outcome
1.6 Imbalance of agonist-antagonist muscle function	<ul style="list-style-type: none"> Enhanced balance of agonist-antagonist muscle function (Erector spinae muscles - rectus abdominis)

2. Massage outcomes for wellness

Body Structures or Function	Outcome for Optimizing Wellness
2.1 Energy and drive functions	<ul style="list-style-type: none"> Increased systemic sedation Increased perceived relaxation Decreased levels of cortisol, norepinephrine, and epinephrine

2. Massage outcomes for wellness

Body Structures or Function	Outcome for Optimizing Wellness
<p>2.2 Neuromusculoskeletal and movement related structures</p> <ul style="list-style-type: none"> • Spine • Pelvis • Muscles of the upper and lower extremities and trunk 	<ul style="list-style-type: none"> • Enhanced postural awareness • Normalized muscle resting tension • Enhanced muscular performance • Increased ease and efficiency of movement

3. Clinical frameworks for outcome-based massage

Hemsworth, R. B. (2017, April 30). Registered Massage Therapists' Intention to Use Standardized Outcome Measures [G]. doi:<http://dx.doi.org/10.14288/1.0379779>

ANDRADE, C.-K. Outcome-based massage : putting evidence into practice. Third edition. [s. l.]: Wolters Kluwer Lippincott Williams & Wilkins, 2014. ISBN 1451130333.

3. Clinical frameworks for outcome-based massage

- Title: Registered Massage Therapists' Intention to Use Standardized Outcome Measures
- Alternate Title: Standardized outcome measures
- Creator: Hemsworth, Robert B.
- Date Issued: 2017-04: With the emergence of evidence-based practice (EBP) in healthcare, the use of standardized outcome measures (SOMs) has become important for providing credible and reliable treatment justification (Jette, 2009; Fawcett, 2007). However there are concerns that clinical decision-making by registered massage therapists (RMTs) may be based on education, prior experience, and peer opinion, rather than research and scientific evidence (Schroff, 2012; Fawcett, 2007).

Clinical frameworks for outcome-based massage

- Prepared the massage therapist
- Client centered Intake & Interview
- Outcome based assessment and treatment plan
- Outcome based Massage treatment and home care

Examples of Outcomes of Assessment and Treatment Plan

Impairment	Assessment	Treatment Plan Outcomes
<ul style="list-style-type: none"> Adhesion / Scarring 	<ul style="list-style-type: none"> Visual inspection Measurement of dimensions Palpation 	<ul style="list-style-type: none"> Increased tissue mobility Decreased scarring

Examples of Outcomes of Assessment and Treatment Plan

Impairment	Assessment	Treatment Plan Outcomes
Impaired fascial / connective tissue integrity <ul style="list-style-type: none"> Fascial restrictions Abnormal connective tissue density Decreased mobility of skin and fascia 	<ul style="list-style-type: none"> Visual inspection of static and dynamic postural alignment Palpation Skin mobility 	<ul style="list-style-type: none"> Separation and lengthening of fascia Promotion of dense connective tissue Increase connective tissue mobility

Examples of Outcomes of Assessment and Treatment Plan

Impairment	Assessment	Treatment Plan Outcomes
Impaired joint integrity: <ul style="list-style-type: none"> • Restrictions of joint capsule & ligaments • Inflammation of joint capsule or ligaments 	<ul style="list-style-type: none"> • Palpation • Selective tissue tension testing • Ligament stability tests 	<ul style="list-style-type: none"> • Decreased signs of inflammation of joint capsule, tendons or ligaments • Decreased capsular and ligament restrictions • Increase joint mobility

Examples of Outcomes of Assessment and Treatment Plan

Impairment	Assessment	Treatment Plan Outcomes
<ul style="list-style-type: none"> • Adhesion / Scarring 	<ul style="list-style-type: none"> • Visual inspection • Measurement of dimensions • Palpation 	<ul style="list-style-type: none"> • Increased tissue mobility • Decreased scarring

Examples of Outcomes of Assessment and Treatment Plan

Impairment	Assessment	Treatment Plan Outcomes
Impaired muscle integrity <ul style="list-style-type: none"> • Decreased muscle extensibility • Muscle strains or tears • Tendinopathies • Trigger points 	<ul style="list-style-type: none"> • Muscle extensibility tests • Palpation • Trigger points tests: twitch response, presence of taut bands, patterns of pain referral • Pressure sensitivity testing (pressure algometer) 	<ul style="list-style-type: none"> • Increased muscle extensibility • Decreased Signs of inflammation and promotion of healing of tendons • Decreased trigger point activity • Increased mobility

CAUTIONS FOR MASSAGE

Conditions that may present contraindications requiring avoidance and cautions resulting in alteration in application

- Acute injury
- Systemic infection and acute inflammation
- Contagious conditions
- Loss of sensation
- Loss of voluntary movement
- Acute or severe cardiac, liver, and kidney diseases
- Use of sensation-altering substances—both prescribed, such as pain medication, and recreational, such as alcohol
- Medication that thins blood—both over-the-counter, such as aspirin, and prescribed, such as Coumadin (warfarin)

Contraindications

- Regional contraindications: are those that relate to a specific area of the body. A regional (or local) contraindication means that massage may be provided but not to the problematic area
- General contraindications/cautions are those that require a doctor's evaluation to rule out serious underlying conditions before any massage therapy is applied.

CAUTIONS FOR MASSAGE

- ACUTE LOCAL SOFT TISSUE INFLAMMATION
- BONE AND JOINT INJURIES
- DIABETES
- FUNGAL INFECTIONS: Ringworm and athlete's foot
- BACTERIAL INFECTIONS: Boils, folliculitis and lymphangitis
- VIRAL INFECTIONS: Herpes simplex virus
- MELANOMA (SKIN CANCER), Undiagnosed tumors
- OPEN WOUNDS
- DEEP VEIN THROMBOSIS (DVT)
- BLEEDING DISORDERS: Hemophilia
- VARICOSE VEINS

Questions and Answers

1. Please list the conditions that may present contraindications requiring avoidance and cautions resulting in alteration in application.
2. Please provide two examples of outcomes of assessment and treatment plan.
3. Please list the massage outcomes for wellness.
4. Please list two examples of massage outcomes for the treatment of impairments.
5. What is the goal of the project, which the College of Massage Therapists of Ontario (CMTO) initiated to develop new Standards of Practice in 2019.