

Approved Modalities

Preamble

Massage and Myotherapy is the manual treatment of soft tissue and includes holding, causing movement, and/or applying pressure to the muscles, tendons, ligaments and fascia. It is applied to patients/clients experiencing acute and sub-acute and chronic pain, stress and anxiety, and in the prevention, rehabilitation and maintenance of health conditions. The issues surrounding the practice of massage therapy are numerous. They include legal, moral, therapist training and practice and protection of the consumer.

Massage & Myotherapy Australia (Association) receives ethical complaints in relation to inappropriate application of massage modalities which often requires legal investigation due to injury to the client that may be long lasting and in some cases, potentially life threatening. This is often due to inadequate knowledge of safe practice, poor therapist/client communication and practitioners not adhering to their scope of practice.

Aim

The Association's Approved Modalities Guidelines is designed to identify the wide range of modalities practised by Association Members and that are included in the AON Insurance package offered to Association Members.

These guidelines serve as a context to therapists for appropriate manual therapy practice and a platform from where the National Education and Ethics Committees can make an informed determination in relation to any complaints that arise.

These guidelines statement should be read in conjunction with the Code of Ethics and Standards of Practiceⁱ, the Electrical (Medical) Devices Guidelinesⁱⁱ and in combination with the practitioners' level of education and the practitioners own scope of practice.

The Association Board of Directors serves to protect both the membership and the public by approving the range of therapeutic massage modalities and massage treatment methods listed in these guidelines.

Process

Aon Insurance regularly consults with the Association to understand the day to day business of providing massage therapy to the general public. Information in regard to risk management and details relating to the services and activities Association Members provide on a daily basis has been shared. The range of massage modalities listed within these guidelines that, when applied utilising best practice protocols with clinical assessment for safe client outcomes, are recognised as stand-alone massage therapy treatment methods. Further they can be utilised as adjunct treatment therapies in association with Allied Health practices, to meet patient goals and needs. Please note that the Health Funds may not recognise these treatments as rebate-able. Practitioners must always check with individual Health Fund provider guidelines.

As a result of such a collaboration, an exclusive range of tailored insurance products, packages and schemes has been specifically designed by AON Insurance to meet the needs of Association Members.

The insurance policy provided by AON is with the individual Association member and not with Massage & Myotherapy Australia.

Active Release Technique (ART)	Myofascial Trigger Point Therapy
Acupressure	Myotherapy
Aikido	Neuromuscular Therapy (NMT)
Alexander Technique	Neurostructural Integration Technique
Applied Kinesiology or Touch for Health	Oncology Massage
Aromatherapy	Onsen
Aston-Patterning	Oriental Massage
Bowen Therapy	Orthobionomy (OB)
Chair / Seated / On Site Massage	Pilates
Chapmans Reflexes	Polarity Therapy
Connective Tissue Massage	Positional Release Techniques (PART) or Strain Counter Strain
Corrective Exercise	Postural Integration
Craniosacral Therapy	Pregnancy Massage
Cupping	Qi Gong
Cyber Orthotics	Reflexology (includes Zone Therapy and Ingham Method)
Ear Candling	Reiki
Emotional Freedom Technique (EFT)	Remedial Massage
Emmett Technique	Rock Tape, Kinesio Taping
ENAR	Rolfing
Exercise Prescription	Scenar
Feldenkrais	Shiatsu
Five Element Shiatsu	Soft Tissue Release Techniques (STR)
Functional Fascial Taping (FFT)	Somato-Emotional Release
Gua Sha (Qua Sha)	Spinal Reflex Technique
Hawaiian Massage, Lomi-Lomi, Kahuna	Sports Massage
Hellerwork	Stretching and Mobilisation
Hot Stone Massage	Structural Integration
Indian Head Massage	Swedish Massage
Infant Massage	Thai Massage
Jin Shin Jyutsu	Therapeutic Massage
Kinesiology	Touch for Health or Applied Kinesiology
Looyen Work	Trager Approach (Holistic Pulsing)
Manual Lymphatic Drainage (MLD)	Tui Na
McLoughlin Scar Tissue Release	Watsu
Myofascial Dry Needling (MDN)	Yoga
Myofascial Release (MFR)	

Specialised training is recommended for the following modalities as they are identified as being potential **high risk** treatment modalities for the client. **Specialised training** means study **above** that as taught in the National Health Training programs (HLT40302, HLT40307, HLT40312, HLT42015, HLT42021 and HLT50302, HLT50307, HLT52015 and HLT52021).

- Aromatherapy
- Corrective Exercise
- Cupping
- Ear Candling
- Emotional Freedom Technique (EFT)
- Electrical Muscle Stimulation and the use of EMS machine
- Exercise Prescription
- Geriatric/Gerontology Massage
- Infant Massage
- Manual Lymphatic Drainage (MLD)
- Myofascial Dry Needling (MDN)
- Neurostructural Integration Technique
- Oncology Massage
- Pilates
- Pregnancy Massage
- Rolfing and includes: Hellerwork, Looyen Work, Structural Integration
- Thai Massage
- Watsu
- Yoga

Other modalities may be covered by the Allied Health Insurance level of cover. Please contact AON to discuss your individual insurance requirements.

ⁱ Code of Ethics and Standards of Practice

ⁱⁱ Electrical and Medical Devices Position Statement