

## Types of Massage Therapy

Massage therapists may work in one or more of the following areas:

### **Therapeutic or relaxation massage:**

to promote wellbeing, improve sleep, treat anxiety and tension, and enhance a range of systemic body functions such as circulation.

Remedial massage:

to assist in rehabilitation, pain and injury management. A range of manual therapy techniques may be employed in treatment, such as deep connective tissue massage, Trigger Point Therapy, Muscle Energy Techniques, Direct and Indirect Myofascial Techniques, and Neuromuscular Facilitation.

### **Sports massage:**

to treat and prevent injuries, improve recovery, flexibility and endurance, and enhance the performance of athletes.

Structural bodywork:

to address postural and biomechanical patterns of strain.

### **Lymphatic drainage and lymphoedema management:**

to support and enhance the primary care of patients whose lymphatic system has been compromised by a variety of chronic or acute illnesses.

### **Myotherapy:**

to assess and treat myofascial pain and dysfunction.

### **Oncology, palliative care and geriatric massage:**

to support the primary care of patients with chronic illness and a broad range of quality-of-life issues.

### **Pregnancy and pediatric massage:**

to support the primary care of pregnant women

and infants.

### **Oriental massage:**

to enhance mental and physical wellbeing through the stimulation of specific pressure points. It includes Shiatsu, acupuncture and Tui Na.

## Scope of Practice

The practice of massage therapy is the systematic assessment and treatment of the muscles, tendons, ligaments and connective tissues of the body to:

- maintain, rehabilitate or augment physical function
- relieve pain
- prevent dysfunction
- enhance health and promote wellness.

It includes the systematic external application of a variety of manual techniques including stroking, friction, vibration, kneading, compression, percussion, stretching and passive joint mobilisation. It may also include exercise prescription and the external application of heat, cold, topical preparations, tape and mechanical devices. The application of these techniques is based on validated traditions and current scientific understanding.

Massage therapists treat a wide variety of conditions including:

- neck and back pain, and headache
- muscle, connective tissue and joint pain
- arthritis
- repetitive strain injury and occupational overuse syndromes
- postural problems
- sports and activity-related conditions
- stress, anxiety and other mood related problems

## Activities and modalities

### outside the massage therapy

### scope of practice

The practice of massage therapy does not include:

- high velocity-low amplitude (HLVA)

manipulations

- prescription or recommendation of

supplements or other ingestible substances

- counseling (unless the massage therapist

holds a recognised counseling qualification)

- diagnosis of conditions or diseases.

Additionally, AMT does not endorse the use

of the following modalities. They should not

be performed as part of the massage therapy

treatment plan and should not be held out to

be within the scope of massage therapy. This list

should not be interpreted as a complete list of

activities outside the scope of massage therapy.

- Acu-Energetics

- Allergy Testing

- Ayurvedic Medicine

- Bach flower Remedies

- Biofeedback

- Biodynamic massage

- Bioenergetics

- Body Transformation

- Chakra Balancing

- Colonic Irrigation

- Colour Therapy

- Core Energetics

- Counselling

- Crystal Healing

- Dolphin Healing

- Ear Candling

- Emotional Freedom Technique

- Energetic Healing

- Energetic Medicine

- Erotic/exotic massage

- Feng Shui

- Flower Essences

- Geomancy / treatment of geopathic stress

- Hawaiian massage / Lomi Lomi

- Hellerwork

- Herbalism

- Homeopathy

- Holistic Breathwork

- Hypnosis

- Iridology

- Kinesiology / Touch for Health

- Laser Therapy

- Life Coaching

- Live blood analysis

- Magnet Therapy

- Magnetic Field Therapy

- Metamorphic Technique

- Naturopathy

- Neuro-linguistic Programming

- Personal Training

- Polarity Therapy

- Postural Integration and Psychotherapeutic

Postural Integration

- Pranic Healing

- Raindrop Therapy

- Rebirthing

- Reconnective Healing

- Reiki

- Sexological Bodywork

- Shamanic Healing

- Sound Therapy

- Spiritual Healing

- Tantric Massage

- Thai Massage

- Theta Healing

- Thought Field Therapy

- Time Line Therapy

- Traditional Chinese Herbal Medicine

- Zero Balancing