

Massage Therapy (RMT)

The Massage Therapy diploma program at triOS is 88 weeks. It includes 360 clinic hours and 80 outreach hours. Registered Massage Therapists have the potential to directly impact the lives of their clients by easing discomfort and encouraging health and wellness. There are many proven health benefits that stem from the techniques that can be applied by Registered Massage Therapists.

As a student in our Massage Therapy diploma program, you will be extensively trained in public health, anatomy, physiology, pathology, hydrotherapy, kinesiology, nutrition, and the treatment of specific conditions. This program is recognized by the College of Massage Therapists of Ontario (CMTO) and will provide you with real-world work experience through clinic and outreach sessions.

Program Benefits

- ✓ Half Day Classes
- ✓ Small Class Sizes
- ✓ Hands on Training
- ✓ Job Placement Assistance
- ✓ CMTO Recognized Program
- ✓ Provincial Exams Preparation

Here's a look at some of the courses included in this program:

Preparatory Studies

Digital Literacy for Professionals, Career Planning & Preparation, Medical Terminology, Public Health, Ethics & Professionalism, Regulations and Legislation, Effective Research

Year One

Chemical, Cellular, and Tissue Biology, Anatomy & Pathophysiology [Integumentary System, Skeletal System Muscular System, Arthrology], Massage Techniques, Hydrotherapy

Year Two

Concepts of Business Planning & Managing, Anatomy & Pathophysiology [Endocrine System, Reproductive System, Cardiovascular System, Lymphatic System, Respiratory System, Digestive System, Urinary System, Neurological System], Pharmacology, Kinesiology and Remedial Exercise, Massage Techniques, Advanced Treatments, Nutrition, Comprehensive Treatment Planning and Assessment.



The CMTCA has awarded the Massage Therapy programs at our Windsor, London, and Hamilton campuses an Accredited status for 3 years (2022-2025), our Brampton, Mississauga, and Kitchener campuses for 5 years (2024-2029), and at our Toronto campus for 3 years (2024-2027).

Employment and Wage Outlook for Careers in this field:



Employment Rate based on 2022 contactable triOS graduates employed in a related field within 12 months.

Source: workingincanada.gc.ca

NOC Code: 3236 - **Wage data rounded down to the nearest dollar. Average wage doesn't reflect the starting salary but represents the middle value between lowest to highest wages. Local (or regional) income may vary. Last updated in Dec 2022.

Career Opportunities

Private Practice

Health/Fitness Centres

Hotels/Spas

Self Employment

Massage Wellness Manager

Clinical Assistant

Employers Who Have Hired triOS Grads



Some Other Employers Include:

- pt Health

“My experience at triOS was great. The instructors were all amazing and patient! I learned so much from them both in my field and on a personal level.”

-Tarra F.,
triOS College Graduate

Massage Therapy

NOC Code: 32366

Diploma Program Length:

88 Weeks

44 Weeks

- Student Success Strategies
- Digital Literacy for Professionals
- Career Planning & Preparation - Level 1
- Medical Terminology
- Ethics & Professionalism
- Public Health
- Chemical, Cellular, and Tissue Biology
- Anatomy and Pathophysiology - Skeletal System
- Anatomy and Pathophysiology - Muscular System
- 1 Regulations and Legislation
- Anatomy and Pathophysiology - Integumentary System
- Anatomy and Pathophysiology - Muscular System 2
- Hydrotherapy
- Effective Research
- Massage Techniques 1
- Clinical Assessment 1
- Anatomy and Pathophysiology - Arthrology
- Advanced Treatments 1
- Review 1

44 Weeks

- Concepts of Business Planning and Managing 1
- Anatomy and Pathophysiology - Reproductive System
- Anatomy and Pathophysiology - Cardiovascular System
- Anatomy and Pathophysiology - Neurological System
- Review 2
- Anatomy and Pathophysiology - Lymphatic System
- Anatomy and Pathophysiology - Digestive System
- Anatomy and Pathophysiology - Respiratory System
- Anatomy and Pathophysiology - Urinary System
- Anatomy and Pathophysiology - Endocrine System
- Pharmacology
- Concepts of Business Planning and Managing 2
- Clinical Assessment 2
- Kinesiology and Remedial Exercise
- Massage Techniques 2
- Advanced Treatments 2
- Nutrition
- Comprehensive Treatment Planning and Assessment
- Review 3
- Exam Preparation
- Mock Multiple Choice Questionnaire
- Mock Objectively Structured Clinical Examination
- Career Planning & Preparation - Level II

Clinic / Outreach

440 Hours

Admission Requirements:

1. Student has an Ontario Secondary School Diploma or equivalent, OR is 18 years of age or older on or before the program begins AND can pass a qualifying test that has been approved by the Superintendent.
2. The approved qualifying test for this program is the Wonderlic test. A passing score for this program is 14.
3. Student must provide a clear Vulnerable Sector Check.
4. Student must provide proof of grade 12 English or English proficiency.
5. Student must complete triOS College pre-Science Course or its equivalent.
6. Student must provide proof of experiencing a full body massage, either from the triOS Massage Therapy Clinic, or from a Registered Massage Therapist from an outside clinic.

*Applicants from other Canadian provinces must be at least 19 years of age and a minimum of 1 year out of high school by the program start date and successfully pass an academic achievement test.

International Students: Please contact us for more detail regarding admissions requirements.

Accreditation Policy:

Like all post-secondary institutions in Ontario, triOS College reserves the right to accept or deny advanced standing into its programs.

Note:

In order to continuously improve our programs, triOS College reserves the right to modify programs at any time. Program delivery order may vary depending on the program start date. This diploma program may not be available at all campuses. The program may have additional reading weeks, depending on the start date.

You can find our Key Performance Indicators (graduation rate, employment rate, etc.) at www.triOS.com/kpi.

Course Descriptions:

Student Success Strategies

This course stresses the importance of developing non-technical skills to enhance personal, academic, and career success. The course will address strategies that are important for all adult learners, such as managing finances, maintaining health and wellness, understanding learning styles, setting goals, and honing practical study skills (such as memory, reading, and test-taking techniques). In addition, this course emphasizes strategies needed to succeed in your program, such as navigating technology efficiently, interacting and engaging with peers and facilitators/instructors, and managing learning time and space.

Digital Literacy for Professionals

This course has four units that introduces you to the fundamental concepts and principles of learning and working in a digital environment. The first unit introduces you to using devices and handling information with topics on operating systems (Windows, MAC, and Linux), computer organization (folder management and naming conventions), cloud storage (including Microsoft OneDrive), types of web browsers including Google Chrome, Mozilla Firefox, and Apple Safari), and fundamental troubleshooting. In the second unit, you will become familiar with creating and editing information through learning about file formats (pdf, mp4, docx, and so on), productivity (including iWork and Microsoft Office Suite) and creativity (Adobe, Canva, iMovie) platforms, and basic introduction to Microsoft Word, Excel, and PowerPoint. The third unit on communicating and collaborating will introduce you to web conferencing applications (Slack, Zoom, Microsoft Teams, and so on), mail applications (including Microsoft Outlook and Gmail), project management tools (Trello, Asana, and so on), and time management tools (including Todoist, Outlook Calendar, and iCal), and building rapport virtually. In the final unit, you will gain an understanding on netiquette, cybersecurity, and digital wellness. After completing this course, you will have enhanced digital literacy skills as a professional in the working and learning environment.

Career Planning & Preparation Level 1

This module will introduce you to and provide practice in using the tools required for a successful job search. The concepts covered in this module will help you maintain a career-focused approach throughout your studies so that you are better prepared to conduct a job search after graduating. Specifically, you will learn how to identify your soft and hard skills and how to articulate your abilities in a clear and concise Elevator Pitch that will appeal to employers and resonate with industry contacts. You will learn about the job search resources available to you including using career websites, creating LinkedIn profiles, accessing the “hidden” job market, and networking. You will examine sample résumés and cover letters and begin the process of creating your own professional résumés and cover letters that align with current conventions for content, organization, and formatting. You will also learn about the role of references, thank you letters, workplace philosophies, and strategies for success including maintaining a professional image and using proper etiquette when communicating with potential employers and industry contacts.

Medical Terminology

Medical Terminology is the foundation of reading and understanding as students move into the demanding massage therapy program. In this course, students will learn a new language that will allow them to move more fluidly through subsequent courses. Basic anatomical, directional and other related medical terms are covered. Common abbreviations are included to allow students to take notes and chart in a profession-specific method. Written and oral communication skills are included and practiced in both medical and plain language.

Ethics & Professionalism

This course is designed to train massage therapy students to use professional decision making to make ethical and responsible decisions within clinical settings. Student will learn about what professionalism means to massage therapists, and how therapists’ actions can benefit themselves and the profession as a whole.

Regulations & Legislation

This course is to inform the student of what legal documents apply to massage therapists, as well as how massage therapists are governed and regulated in this province.

Effective Research

This course will provide students an introduction to research literacy. Students will learn to analyze research papers for quality and validity. Students will use research to maintain currency in their profession and will be able to evaluate material to make informed choices to improve patient / client outcomes and quality of care.

Chemical, Cellular and Tissue Biology

Students will focus on terminology related to the structural and functional organization of the body from chemical to tissue levels. Homeostasis and feedback systems are investigated as they relate to the human body. Cytology and histology are included in this course, setting a foundation for other systems in the body.

Anatomy & Pathophysiology – Integumentary System

The Integumentary System is examined by structure and function to form foundational knowledge and then students learn to recognize the many pathologies of this system. Skin conditions are studied by definition, etiology/pathogenesis, clinical manifestations, treatment and complications. Emphasis is on appearance and identification of skin conditions and is covered in enough detail so that students are able to distinguish one condition from another.

Anatomy & Pathophysiology – Skeletal System

The Skeletal System is examined by structure and function to form foundational knowledge. Palpation of the bones and landmarks of the skeletal system are included within this module. Bone pathologies and pathologies of the skeletal system and injuries of the skeletal system are studied by definition, etiology/pathogenesis, clinical manifestations, and complications and connected to clinical practice and treatment planning.

Anatomy & Pathophysiology – Muscular System 1

The Muscular System is examined by structure & function to form foundational knowledge. Muscle attachments, actions, nerve innervation, and palpation of the muscles of the body are included within this module. Muscle pathologies and pathologies of the muscular system are studied by definition, etiology/pathogenesis, clinical manifestations, treatment & complications. Students will develop massage therapy treatment plans for conditions taking into consideration precautions and modifications to treatment.

Anatomy & Pathophysiology – Muscular System 2

This course builds upon skills and knowledge obtained in Muscular System Anatomy and Physiology 1. Muscle attachments, actions, nerve innervation, trigger points are studied in detail and palpation of the muscles of the lower body are included within this module. Pathologies and injuries of the muscular system are studied by definition, etiology/pathogenesis, clinical manifestations, treatment and complications. Massage treatment plans are formulated and discussed in regards to muscle pathologies and injuries.

Massage Techniques 1

This course is an introduction to the practical component of the massage therapy program and provides the basis from which clinical skills are developed. Students will be introduced to the history of massage and will learn the theory of massage therapy to help develop a body of knowledge understood to be the basis of its practice. Massage techniques are thoroughly covered by description, effects and practice so that students begin to apply them with knowledge of desired outcomes. Safety considerations are also included for all techniques in this course.

Hydrotherapy

In this course, students will discuss and implement the therapeutic uses, general effects, and specific properties of water. Treatment protocols using water applied in any of its three forms as well as hot, cold, and contrast temperatures will be discussed and practiced with the goal of incorporating hydrotherapy into massage therapy treatments. Appropriate hydrotherapy applications, their clinical relevance, contraindications and their integration with massage therapy treatments will be studied.

Clinical Assessment 1

This module introduces the complete assessment process including: the patient intake form, patient history, system review, observations and understanding posture, gait, range of motion, anatomical palpation, orthopedic and other special tests as they relate to massage therapy. Students will learn to assess what type of tissue is involved (e.g. muscular, osseous, nervous) establishing a clinical impression in order to determine indications or contraindications to massage therapy. Anatomy palpation is continuously reinforced as it relates to assessment.

Anatomy & Pathophysiology – Arthrology

In this course, students will build upon their current knowledge of the Skeletal System to include articulations, or joints. Students will not only be able to explain basic joint anatomy, but also how to treat all major Diarthrosis joints with techniques called Joint Mobilizations, which will be practiced extensively in class.

Advanced Treatments 1

Students will begin by learning to plan and apply treatments to common musculoskeletal injuries and pathologies. The emphasis will be on 'thinking' the injury or pathology through and forming an appropriate treatment for the various stages of healing. The techniques learned previously become part of a plan that connects impairments in body structure and function to the possible outcomes of massage therapy. This course will reinforce science and considerations for safe effective practice.

Review 1

Review 1 provides students with the opportunity to refresh themselves and get questions answered on courses taught throughout the first year of the Massage Therapy Program. Students will be challenged to utilize their critical thinking skills as they are presented with scenarios in which they are expected to demonstrate how they would respond as the client's massage therapist. Additionally, students will be challenged with knowledge testing practice quizzes throughout the course.

Concepts of Business Planning & Managing 1

The intention of this course is to help students increase their business knowledge and practices in order to succeed in the profession. Defining personal and professional goals acts as a starting point to launch into what every therapist should know before getting started (regulations). Course content includes business ethics as well as different employment opportunities. The idea of a Business Plan is introduced and each student will create their own in the follow up course, Concepts of Business Planning & Managing 2.

Anatomy & Pathophysiology – Endocrine System

This course investigates the regulation of body functions by hormones. Students learn in depth about the body's response to stress and the implications for Massage Therapists. Endocrine pathologies are examined focusing on diabetes. The connection between endocrine and other systems is examined to facilitate understanding of homeostasis.

Pharmacology

Students will learn basic pharmacology terms and concepts as well as understand the importance of medication information in history taking. Building a solid understanding of how medications influence assessment, treatment planning, hydrotherapy and exercise are objectives of this module. Students will be confident in using resources to research drug profiles rather than memorize lists of drug names. Successful completion of this module will assist students to safely assess and treat clients/patients who are taking prescription or over-the-counter medications.

Anatomy & Pathophysiology – Reproductive System

This course will cover foundational knowledge of the female and male reproductive systems including anatomy, physiology and common infectious and other pathological conditions for the reproductive system at all ages. Conditions will be evaluated for relevance in treatment considerations for the Massage Therapist. Pregnancy and treatment implications are emphasized in this course.

Anatomy & Pathophysiology – Cardiovascular System

The cardiovascular system and its role in homeostasis are investigated in this course. Anatomy and physiology of the heart and blood vessels is learned along with location of principle arteries and veins. Cardiac pathologies are reviewed and related to signs and symptoms seen in clinical practice. Emphasis is on recognition of pathologic symptoms, followed by safe treatment and/or referral to other Health Care Practitioners. Practical components of this course include taking blood pressure and palpating pulse points in the body.

Review 2

Review 2 provides students with the opportunity to refresh themselves and get questions answered on courses taught throughout the first half of year two of the Massage Therapy Program as well as serving as a brief review of lingering concerns from year one. Students will be challenged to utilize their critical thinking skills as they are presented with scenarios in which they are expected to demonstrate how they would respond as the client's massage therapist. Additionally, students will be challenged with knowledge testing practice quizzes throughout the course.

Anatomy & Pathophysiology – Lymphatic System

The anatomy and physiology of the hematopoietic and lymphatic systems are examined as a basis for understanding blood & lymph pathologies. Conditions with multi-factorial considerations such as infection, inflammation and swelling are investigated and connected to clinical practice and treatment planning. Immunity and its role in health and autoimmune disease are included in this module.

Anatomy & Pathophysiology – Respiratory System

This course will cover foundational knowledge of the respiratory system including anatomy, physiology and conditions for the respiratory system at all ages. Conditions will be evaluated for relevance in treatment considerations for the Massage Therapist.

Anatomy & Pathophysiology – Digestive System

This course will cover foundational knowledge of the digestive system including anatomy, physiology and conditions for the digestive system at all ages. Conditions will be evaluated for relevance in treatment considerations for the Massage Therapist.

Anatomy & Pathophysiology – Urinary System

The urinary system is first examined by structure and function to form foundational knowledge before students learn the kidney's role in blood pressure regulation, and other pathologies. Kidney, ureter and bladder conditions are studied by definition, etiology/pathogenesis, clinical manifestations, treatment and complications. Included in this course are disorders of acid-base balance. Emphasis is on recognition of pathologic symptoms, followed by safe treatment and/or referral to other healthcare practitioners.

Anatomy & Pathophysiology – Neurological System

This course will cover foundational knowledge of the neurological system including anatomy, physiology and conditions for the neurological system at all ages. Nervous tissue, the Central Nervous System, Autonomic Nervous System and special senses will be covered throughout the course. Conditions will be evaluated for relevance in treatment considerations for the Massage Therapist.

Concepts of Business Planning & Managing 2

This course reinforces and then expands on knowledge gained in the prerequisite Concepts of Business Planning & Managing 1. Students will identify client information required to create adequate documentation and records that need to be maintained as to not incur liability. Course content includes procedures for releasing information to third parties in an appropriate manner. Social media and confidentiality are examined. Students will learn to follow acceptable guidelines and procedures for successful start-up procedures. They will consistently employ effective time management, self-direction, collegiality and effective problem solving in order to be effective in the workplace and contribute to the profitability of organizations. Critical thinking exercises will prepare students for marketing success. Business plans are completed and presented as a major component of the grade.

Clinical Assessment 2

Clinical Assessments 2 is a continuation of Clinical Assessments 1 and will continue in the evaluation of the musculoskeletal system, with an emphasis on the lower body. Neurological assessment pertinent to the massage therapist will also be studied. Case studies will allow students to practice their assessment skills and communication skills in a clinic-like manner. Anatomy palpation and joint play will be utilized as it pertains to assessment.

Kinesiology and Remedial Exercise

This course begins with theory in the field of kinesiology and continues on to theory and application of remedial exercise. The focus is on understanding the indications, modifications and safety considerations for exercises used in rehabilitation of common conditions. Also included is information that identifies inter and intra-professional resources for clients in cases where referral may be beneficial.

Massage Techniques 2

This course builds on Massage Techniques 1 with advanced massage techniques such as (but not limited to) frictions, trigger points, myofascial release and lymphatic drainage. Techniques are examined for their: purpose, indications, precautions, contraindications and outcomes. Students will incorporate techniques learned into treatments based on case scenarios and modify techniques based on patient case history and their response to the technique and treatment.

Advanced Treatments 2

This course will reinforce science, practice skills and treatment planning learned in earlier courses. Students will incorporate relevant assessment data, research evidence, and clinical experience into developing safe client/patient centered treatment plans. A variety of conditions are treated by relating the impairments in body structure and function to the possible outcomes of massage therapy.

Nutrition

This course will introduce you to how the foods we eat and metabolize are converted to energy and stored in the body. We will reinforce the need for water, ions, minerals, vitamins, proteins, carbohydrates and fats that have been introduced in prior courses. Some of the common deficiencies and results of malnutrition or metabolic disorders are investigated. The overall goal is to understand how nutrition affects the body and possible client/patient conditions, including exercise safety.

Comprehensive Treatment Planning and Assessment

Students will employ critical thinking skills as they assess and treat diverse patients/clients based upon multifactorial case scenarios. This course is intended to integrate verbal and physical assessments, treatment planning, treatments, pathology and hydrotherapy.

Review 3

Review 3 provides students with the opportunity to refresh themselves and get questions answered on courses taught throughout the Massage Therapy Program while beginning the preparation for their final exams. Students will be challenged to utilize their critical thinking skills as they are presented with scenarios in which they are expected to demonstrate how they would respond as the client's massage therapist. Additionally, students will be challenged with knowledge testing practice quizzes throughout the course.

Exam Preparation

The purpose of this course is to review the material taught in previous classes in a comprehensive manner to ensure students are confident and safe practitioners.

Mock Multiple Choice Questionnaire

This course will review key theoretical components that will be on the provincial examinations to ensure a safe competent therapist. Review for the current format and information for the provincial registration examinations will also be covered.

Mock Objectively Structured Clinical Examination

This course will review key oral and practical components in a clinically structured environment to mimic the provincial examinations structure and process and to ensure students will become safe, competent therapists. Review for the current format and information for the provincial registration examinations will also be covered.

Career Planning & Preparation – Level 2

This module builds on concepts and skills introduced in the Career Planning and Preparation Level 1 module. In this subsequent module, you will update and refine your résumé and LinkedIn Profile. You will continue writing cover letters and learn the value of customizing cover letters to specific job postings. You will have the opportunity to apply this knowledge as you conduct a job search and write a cover letter tailored to an ideal job post. Through research, you will create a list of top employers and target current industry opportunities. You will learn about current methods for applying to job postings using technology. You will also gain an understanding of the job interview process, typical interview questions and possible responses, and expectations of both the interviewer and interviewee. In addition, you will engage in practical application of the interview process through role-play. Topics such as negotiating salary, self-management, and on-the-job success for placements and post-graduate employment will be also covered.

Clinic/Outreach

This course will introduce students to a diverse populations of persons in the community with a variety of goals and condition treatment or management. Student therapists will focus on safety and clear communication in all clinical outreach activities. Clinical outreach activities will include: obtaining client health intake, goals, treatment plan design and treatment at various settings and locations in the local community. All clinical outreach will be under the supervision of a Registered Massage Therapist and in accordance with all applicable regulatory laws.