



CMTO Certification Examination Approved References

The Approved Reference List includes all resources used in the development of the College of Massage Therapists of Ontario (CMTO) Certification Examinations. Every question on the Multiple-Choice Question (MCQ) examination and every scored point on the Objectively Structured Clinical Evaluation (OSCE) is supported by at least two references on this list. When a reference is no longer used for examination development, or the examination team identifies and begins to use a new reference not previously on the list, the Approved Reference List will be updated accordingly. The Approved Reference List is not intended to be a prescriptive list for curriculum development in a Massage Therapy education program. Educators are encouraged to use the resources that best enable them to meet their curriculum requirements.

- Allen, Laura and David M. Pounds. *Basic Clinical Massage Therapy, Integrating Anatomy and Treatment*. 3rd Edition. Philadelphia, Wolters Kluwer, 2016.
- Allen, Laura and David M. Pounds. *Massothérapie Clinique: Anatomie et Traitement*. 3^e édition. Paris, Éditions Maloine, 2017.
- Andrade, Carla-K. *Outcome-Based Massage*. 3rd edition. Baltimore, Lippincott Williams & Wilkins, 2014.
- Barron, Patrick. *Hydrotherapy Theory and Technique*. 4th edition. St-James City, Florida, Pine Island, 2010.
- Biel, Andrew R. *Trail Guide to the Body*. 6th edition. Boulder, Books of Discovery, 2019.
- Biel, Andrew R. *Topoguide du Corps: les Sentiers de Découverte Anatomique*. Paris, Editions Déslris, 2016.
- Brody, Lori T. and Hall, Carrie. M. *Therapeutic Exercise: Moving Toward Function*. 4th edition. Philadelphia, Wolters Kluwer, 2018.
- Bucci, Celia. *Condition-Specific Massage Therapy*. Philadelphia, Lippincott, Williams & Wilkins, 2012.
- Clarkson, Hazel M. *Musculoskeletal Assessment: Joint Range of Motion and Manual Muscle Strength*. 3rd edition. Philadelphia, Lippincott Williams & Wilkins, 2013.
- Dixon, Mike. *Joint Play the Right Way: for the Peripheral and Axial Skeleton*. 3rd edition. Delta, British Columbia, Arthrokinetic Publishing, 2009.
- Donnelly, Joseph M. *Travell, Simons & Simons' Myofascial Pain and Dysfunction: the Trigger Point Manual*. 3rd Edition. Philadelphia, Wolters Kluwer, 2019.
- Drake, R. L., et al. *Gray's Anatomie pour les Étudiants*. 3^e édition. Issy-les-Moulineaux Cedex, France, Elsevier Masson, 2015.
- Dryden, Trish and Moyer, Christopher A. *Massage Therapy: Integrating Research and Practice*. Champaign, Human Kinetics, 2012.
- Edmond, Susan L. *Joint Mobilization/Manipulation: Extremity and Spinal Techniques*. 3rd edition. St-Louis, Elsevier, 2017.

- Fritz, Sandy. *Mosby's Fundamentals of Therapeutic Massage*. 6th edition. St-Louis, Elsevier, 2017.
- Hannon, Ruth. A. and Porth, Carol M. *Porth Pathophysiology: Concepts of Altered Health States*. 2nd Canadian Edition. Philadelphia, Wolters Kluwer, 2017.
- Hertling, Darlene and Kessler, Randolph. M. *Management of Common Musculoskeletal Disorders: Physical Therapy Principles and Methods*. 4th edition. Philadelphia, Lippincott Williams & Wilkins, 2006.
- Hoogenboom B.J., et al. *Musculoskeletal Interventions: Techniques for Therapeutic Exercise*. 3rd edition. New York, McGraw Hill Education, 2014.
- Houglum, Peggy A. *Therapeutic Exercise for Musculoskeletal Injuries*. 4th edition. Champaign, Human Kinetics, 2016.
- Huber, Frances E. and Wells, Chris L. *Therapeutic Exercise: Treatment Planning for Progression*. St-Louis, Elsevier Inc., 2006.
- Kendall, Florence Peterson, et al. *Muscles: Testing and Function*. 5th edition. Baltimore, Lippincott Williams & Wilkins, 2005.
- Kisner, Carolyn, et al. *Therapeutic Exercise: Foundations and Techniques*. 7th edition. Philadelphia, F.A. Davis Co, 2018.
- Magee, David. J. *Orthopedic Physical Assessment*. 6th edition. St-Louis, Saunders, an imprint of Elsevier Inc., 2014.
- Marieb, Elaine N. and Hoehn Katja. *Human Anatomy & Physiology*. 11th edition. San Francisco, Pearson Benjamin Cummings, 2019.
- Marieb, Elaine. N. and Hoehn, Katja. *Anatomie et Physiologie Humaines*. 6^e édition. Montréal, Édition du Renouveau Pédagogique Inc., 2019.
- McAtee, Robert E. and Charland, Jeff. *Facilitated Stretching*. 4th edition. Champaign, Human Kinetics, 2014.
- Moore, Keith. L., et al. *Clinically Oriented Anatomy*. 8th edition. Philadelphia, Wolters Kluwer, 2018.
- Moore, Keith.L., et al. *Anatomie Médicale*. 4^e édition. Bruxelles, Belgique, Groupe De Boeck, 2017.
- Muscolino, Joseph E. *The Muscle and Bone Palpation Manual*. 2nd edition. St. Louis, Mosby, an imprint of Elsevier Inc., 2016.
- Muscolino, Joseph. E. *Manuel de Palpation Osseuse et Musculaire. Points Gâchettes, Zones de Projection et Étirements*. 2^e Edition. Issy-les-Moulineaux Cedex, France, Elsevier Masson, 2018.
- Norris, Tommie. L. *Porth's Pathophysiology: Concepts of Altered Health States*. 10th edition. Philadelphia, Wolters Kluwer, 2019.
- Palmer, Lynn. M. and Epler, Marcia E. *Fundamentals of Musculoskeletal Assessment Techniques*. 2nd edition. Philadelphia, Lippincott-Raven Publishers, 1998.
- Premkumar, Kalyani. *The Massage Connection: Anatomy & Physiology*. 3rd edition. Baltimore, Lippincott Williams & Wilkins, 2012.
- Rattray, Fiona and Ludwig, Linda. *Clinical Massage Therapy*. Toronto, Ontario, Talus Inc., 2000.
- Sinclair, Marybetts. *Modern Hydrotherapy for the Massage Therapist*. Philadelphia, Lippincott Williams & Wilkins, 2008.
- Tortora, Gerard. J. and Derrickson, Bryan. *Principles of Anatomy and Physiology*. 15th edition. Hoboken, New Jersey, John Wiley & Sons Inc., 2017.

- Tortora, Gerard. J. and Derrickson, Bryan. *Anatomie et Physiologie*. 5^e Edition. Bruxelles, Belgique, De Boeck Supérieur, 2018.
- Vizniak, Nikita. *Joint-Play and Mobilization Textbook*. Canada, Professional Health System Inc., 2018.
- Vizniak, Nikita. *Muscle Manual*. 2nd edition. Canada, Professional Health System Inc., 2018
- Walton, Tracy. *Medical Conditions and Massage Therapy: A decision Tree Approach*. Baltimore, Lippincott Williams & Wilkins, 2011.
- Werner, Ruth. *A Massage Therapist's Guide to Pathology*. 7th edition. Boulder, Books of Discovery, 2019.
- Ylinen, Jari. *Étirements Musculaires en Thérapie Manuelle*. Issy-les-Moulineaux, Paris, Elsevier Masson, 2009.
- College of Massage Therapists of Ontario. *Code of Ethics and Standards of Practice*. Retrieved from www.cmtto.com
- College of Massage Therapists of Ontario. *By-Laws, Policies and Position Statements*. Retrieved from www.cmtto.com
- Government of Ontario. *Massage Therapy Act, 1991, as amended*.
- Government of Ontario. *Regulated Health Professions Act, 1991, as amended*.
- Government of Ontario. *Health Care Consent Act, 1996, as amended*.
- Government of Ontario. *Personal Health Information Protection Act, 2004, as amended*.
- Government of Canada. *Personal Information Protection and Electronic Documents Act (PIPEDA), 2011, as amended*.

Approved list last updated 01/01/2023

Legislative updates (*as amended*)