









Potentially problematic terms for massage therapists	Legal recommendation for massage therapy	Explanation
Diagnose	 Avoid at all times	Diagnosis (the act of determining the cause of an impairment), regardless of the terms or methods used, is an activity restricted to physicians.
Health assessment	 Avoid Replace with “health questionnaire”	An assessment is an analysis or examination used to determine a person’s overall state of health in order to provide a diagnosis.
Health questionnaire	 May be used	A health questionnaire is a means of determining which types of massage and strokes are suitable or contra-indicated for a given client.
Evaluation, evaluate	 Avoid	This act is restricted to physicians and physiotherapists.
Treatment, treat	 Use caution	A treatment refers to the means used to cure or relieve a health impairment, regardless of the method employed. This act is restricted to physicians. While the use of the words “treatment” and “treat” is not necessarily prohibited, it is important to consider the context in which the term is used. Both terms should be avoided in a medical context, i.e. for the purposes of relieving or curing an illness.
Massage treatment	 May be used	When referring specifically to massage techniques, the term “massage treatment” may be used.
Prescribe exercises	 Avoid	Prescribing a medical treatment to heal or relieve a health impairment is an activity restricted to physicians and physiotherapists.
Recommend general and preventive exercises	 May be used	Massage therapists may recommend exercises in the following cases: <ul style="list-style-type: none"> • Explaining how to do an exercise correctly to prevent injury; • Recommending good postural habits to prevent pain. Note: exercises must be preventive in nature.