

AMTA COVERED MODALITIES

As an AMTA member covered by our insurance program, you are responsible for and expected at all times to be familiar and current with all laws, regulations, etc. in your state of practice that apply to your profession.

SOME EXAMPLES OF COVERED MODALITIES ARE:

Acupressure/Shiatsu

Active Isolated Stretching

Advanced Bodywork Techniques

Advanced Esalen Massage

Advanced Soft Tissue Manipulation

Advanced Structural Therapy

Alexander Technique

Amma Therapy

Animal-Feline, Canine, Equine (must be trained and provide proof of training in field)

Applied Energy Techniques

Applied Therapy Techniques

Aquatic Therapy Techniques

Aromatherapy

Shiatsu Oriental Bar Therapy

Aston Patterning

Ayurvedic Aromatherapy

Ayurvedic Warm Stone Therapy

Basic Techniques

Bindegewebsmassage

Biodynamic Cranio-Sacral Therapy

Body Rolling

Body Wrap

Bonnie Prudden MyoTherapy

Bowen Technique

Breast Massage

Breema

Cancer Massage

Chair/Seated Massage

Clinical Massage

Connective Tissue Massage

Cranio-Sacral

Deep Tissue Muscle Therapy

Deep Tissue

Educators (only in their scope of practice if they can show they are qualified to teach the subject and it is legal within their municipality to teach that topic).

***Failure to educate is not covered. Students can sue teachers to claim that the teachers did not properly educate them; however, the teachers will not be covered by the insurance company if a court finds favor of the student or a settlement is reached.**

Elderly Massage

Energetic Stimulating Massage

Energy Work

Esalen Massage

Esthetics (Estheticians) – if licensed/trained and are already MTs.

Fascial Massage

Feldenkrais Method

Foot Massage

Geriatric Massage

German Sports Massage

Gigong (form of Thai Chi)

Hakoma Body-Centered Therapy

Hanna Somatics

Headache Massage

Head and Neck Technique

Hellerwork

Hemme Approach

Hospice Palliative Massage

Hot Stone Massage

Hydrocollator (heating unit used in therapy)

Hydrotherapy

Ice Therapy

Infant Massage

Integrative Movement Therapy

Integrative Touch Therapy

Integrative TriggerPoint Therapy

Intra-Oral Massage- (massage of the tongue w/finger, must be trained and provide proof of training)

Jin Shin Acupressure Level 1-2

Jin Shin Jyutsu

Labor Massage

LaStone Therapy

Lomi Lomi

Lumbar Technique

Lymphatic Drainage

Lyossage

Magnetic Therapy

MAT (Massage Activation Technique)

Maya Abdominal Massage

Movement Therapy

Muscle Energy Technique

Muscle Release Technique (Repetitive Use Injury Therapy)

MyoFascial Release

MyoTherapy

Natural Facelift Massage

NeuroKinetic Therapy

Northern Style Thai Massage

Ohashiatsu

Oriental Bodywork

Orthopedic Massage

OrthoBionamy

Paraffin Heat Therapy

Pfrimmer Deep Muscle Therapy

Polarity Therapy

Post-Mastectomy Massage

Postpartum Period Massage

Post Stroke Massage Therapy

Postural Integration Therapy

Pregnancy Massage

Prenatal Massage

Pressure Point Massage

Raindrop Therapy

Reflexology

Rehab Sports Massage

Rehabilitation Therapy

Reiki

River Stone Therapy

Rolfing

Russian Massage

Shirodhara Therapy

Somatic Therapy

Spa Therapy

Spinal Touch Therapy

Sports Massage

Strain and Counterstrain (positional release)

Stress Reduction Therapy

Structural Integration

Swedish massage

Tai Chi Massage

Thai Massage

Therapeutic Massage

Thoracic Technique

Tibetan Shirodhara

Time Massage

Touch Therapy

Trager

Trauma Release Therapy-working in conjunction with doctor/medical personnel

Trauma Touch Therapy-working in conjunction with doctor/medical personnel

Trigger Point

Tuina: Health & Treatment for the Shoulder

Upper Body Massage

Visceral Manipulation

Vodder Lymphedema

Watsu (with water)

Western Massage Technique

Yogassage

Zen Shiatsu

Zero Balancing

Modality Exclusions

The following list of modalities is excluded under AMTA insurance program. This list is subject to review and change by AMTA. For the most up-to-date list, go to the *Benefits* page in the members' section of www.amtamassage.org by AMTA.

Acupuncture

ACU-Yoga

Aveda Spa Body Therapy

Body Talk

Breatheapy

Chiropractic adjustments

Colon Hydrotherapy, Colonics

CPR

Cupping Therapy (with uses of heat)

Ear Candling

Detoxification

Exercise

Fasting

Floataion Tank Therapy

Hypnosis

Kundalini Yoga

Moxibustion

Naprapathy

Naturopathics

Nutritional or dietary counseling

Osteopathic Soft Tissue Manipulation

Oxygen Therapy

Phoenix Rising Yoga Massage

Pilates (even if being used in conjunction with massage)

Pointer-Plus locator stimulator

Psychosomatic-related care

Rebirthing

Religious Healing

Shen (Physio Emotional Release Therapy)

Steam baths, steam booths, steam showers, sauna

Taoist Abdominal Massage

Tanning Beds, tanning tables or tanning booths

Teaching yoga to clients (instructors)

Yoga (even if it's in conjunction with massage)

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