



Registered Massage Therapists'  
Association of Ontario

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March 30, 2021

Dr. Christopher Mackie  
Medical Officer of Health  
Middlesex-London  
355 Wellington St.,  
London, ON  
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Dear Dr. Mackie:

The Registered Massage Therapists' Association of Ontario (RMTAO) is appreciative of the many decisions you have made throughout the COVID-19 pandemic to protect the people of Middlesex-London

We support the role of each individual health unit in Ontario to make decisions based on their local situation. However, our members are concerned that Registered Massage Therapists who are exposed to a patient positive with COVID-19 are required to quarantine for fourteen days regardless of the personal protective equipment they are required to wear and regardless of whether they have received a negative COVID-19 test.

Registered Massage Therapist are just one of 26 Regulated Health Professions in Ontario that are required to follow the infection prevention and control guidelines developed by the Ministry of Health and administered by the health regulatory colleges. Registered Massage therapists are required to wear surgical masks, complete rigorous cleaning and disinfecting protocols, screen patients, and follow all other requirements that the Ministry of Health has of regulated health professionals practicing during the pandemic.

In other public health units, it is adequate for RMTs to have no symptoms and a negative COVID test and then they can return to work. By treating RMTs differently than other similar health professionals like physiotherapists and chiropractors, you are creating delays in residents of Middlesex-London in accessing the health care they need and not acknowledging the role of RMTs as regulated health professionals.

The RMTAO advocates on behalf of 14,000 Registered Massage Therapists (RMTs) across Ontario. We have over 6,000 members. As regulated health professionals, our members want to do their part to support Ontarians in quickly and safely returning to normalcy.


RMTs play a vital role in providing health services to Ontarians. They assist with rehabilitation, and alleviate the physical symptoms of depression, stress and anxiety. RMTs help people relieve their musculoskeletal pain so they can remain at work longer, continue to enjoy the activities that they love and in some cases avoid further medical care from doctors or hospitals. Massage therapy has been recognized as a potential non-drug alternative to opioids in the treatment of chronic pain.

Many of our members support seniors with essential and, in some cases, urgent care, and these patients have had limited access to our support for an extended period. Massage therapists are able to treat both chronic and acute injuries and conditions, including offering post-surgical support and

support to people managing potentially debilitating symptoms of chronic conditions that affect many seniors.

The RMTAO is asking that Dr. Mackie adjust the policy of Middlesex-London to allow for RMTs who are exposed to a patient with COVID-19 while wearing the PPE required of them by the Ministry of Health to return to work after a negative COVID test if they don't have any other symptoms. This would be in line with the policy of other health units and the policy towards other regulated health professionals.

Yours sincerely,

A handwritten signature in black ink, appearing to read "M. Feraday", is centered within a light gray rectangular box. The signature is fluid and cursive.

Michael Feraday  
Executive Director and Chief Executive Officer  
Registered Massage Therapists' Association of Ontario