

**Description and Rationale for Inclusion/Exclusion
For Discussion Purposes Only**

Introduction

This document sets out preliminary information about many therapies used in various complementary and alternative professions including: the known purpose of the therapy, whether the prospective Naturopathic Therapies Regulation would be authorized, authorized with conditions, or prohibit the use of the therapy in naturopathic practice. Therapies are presented in alphabetical order.

Therapy	Proposed Inclusion/Exclusion	Known Purpose	Reason
Acupressure	Authorized	The use of massage therapy to apply pressure to specific points on the body based on the principles of traditional Chinese medicine	Part of the knowledge, skill and judgement of the profession. Low risk of harm to patients.
Acupuncture	Authorized	Application of needles at specific anatomical points on the human body (meridians) to relieve symptoms associated with those points	Part of the knowledge, skill and judgement of the profession. Authorized for use by NDs as an exemption to the restriction on performing the controlled act.
Allergy immunotherapy - Advanced	Prohibited	Therapy using scratch test (skin prick with potential allergens) or intradermal skin test (injection of an allergen into the epidermis) to test for allergic reactions in patients.	Requires performing a controlled act not authorized to the profession (skin pricking is limited to prescribed naturopathic therapies) and the administration of substances not authorized to the profession for use by injection.
Allergy immunotherapy (basic)	Authorized	The treatment of patients through food elimination, blood tests authorized to the profession, oral challenge and patch testing to determine whether certain foods or other substances create allergic reactions	Part of the knowledge, skill and judgement of the profession. Low risk of harm to patients.
Androgen replacement therapy	Prohibited	The administration of testosterone through injections, skin creams, patches, gels, pills, or subcutaneous pellets.	These substances are controlled drugs and substances not authorized to NDs in Canada and Ontario.

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Therapy	Proposed Inclusion/Exclusion	Known Purpose	Reason
Animal-assisted therapy (Also, pet therapy)	Authorized	Includes the use of animals in a treatment. The goal of this animal-assisted intervention is to improve a patient's social, emotional, or cognitive functioning.	Public domain therapy.
Aromatherapy	Authorized	A practice based on the use of aromatic materials, including essential oils and other aroma compounds, with claims for improving psychological well-being.	Public domain therapy.
Art therapy	Prohibited	Art therapy encourages creative expression through painting, drawing, or modelling. It may work by providing a person with a safe space to express their feelings and allow them to feel more in control over their life	A part of psychotherapy which is a controlled act not authorized to NDs in Ontario.
Aurotherapy (Also: chrysotherapy, gold-containing drugs therapy).	Prohibited	Administration of pharmaceuticals that contain gold.	These drugs are not authorized for use for NDs in Ontario.
Autologous immune enhancement therapy	Prohibited	A procedure where immune cells are taken out from the patient's body which are cultured and processed to activate them until their resistance to cancer is strengthened and then the cells are put back in the body.	Injection of cells are not authorized to NDs in Ontario.
Bioidentical hormone replacement therapy	Authorized	Treating hormonal deficiencies through the use of bioidentical hormones which are restricted natural health products.	Part of the knowledge, skill and judgement of the profession. Bioidentical hormones are authorized for use by qualified NDs.
Blood irradiation therapy	Prohibited	Blood is exposed to low-level light (often laser light) for therapeutic reasons. Administered in three ways: extracorporeally, transcutaneously, and intravenously.	The in-office drawing of blood is not authorized for this purpose. Blood is not authorized for injection by Ontario NDs.
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Therapy	Proposed Inclusion/Exclusion	Known Purpose	Reason
Botanical medicine (Also herbal medicine therapy)	Authorized	The use of plant and herb extracts through teas, tinctures or capsules.	Part of the knowledge, skill and judgement of the profession. Limited to use of natural health products approved for sale and distribution in Canada.
Cardiac resynchronization therapy	Prohibited	The insertion of electrodes in the left and right ventricles of the heart, as well as on occasion the right atrium, to treat heart failure by coordinating the function of the left and right ventricles via a pacemaker, a small device inserted into the anterior chest wall	Requires knowledge, skill and judgement beyond the scope of the profession
Cell therapy (Also cytotherapy, cell transfer therapy)	Prohibited	Viable cells are injected, grafted or implanted into a patient in order to effectuate a medicinal effect,[1] for example, by transplanting T-cells capable of fighting cancer cells via cell-mediated immunity in the course of immunotherapy, or grafting stem cells to regenerate diseased tissues.	Requires knowledge, skill and judgement beyond the scope of the profession. Cells are not authorized for injection by Ontario NDs.
Chelation therapy	Prohibited	A procedure that involves the administration of chelating agents to remove heavy metals from the body.	Chelation therapy must be administered with care as it has a number of possible side effects, including death. medical evidence does not support the effectiveness of chelation therapy for any purpose other than the treatment of heavy metal poisoning.
Chemotherapy	Prohibited	A type of cancer treatment that uses one or more anti-cancer drugs (chemotherapeutic agents or alkylating agents) in a standard regimen.	These drugs are not authorized for use for NDs in Ontario.

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Cobalt therapy	Prohibited	The use of gamma rays from the radioisotope cobalt-60 to treat conditions such as cancer. External beam radiotherapy (teletherapy) machines, which produced a beam of gamma rays which was directed into the patient's body to kill tumor tissue	Use of the radiotherapy machines is not authorized for use for NDs in Ontario
Colon therapy (Also, colon hydrotherapy, colonic irrigation)	Prohibited	A treatment used to wash out the contents of the large bowel by using water or other substances until the entire colon is cleared.	There is little or no scientific evidence of the benefits ¹ of this procedure while it carries medium level risks.
Craniosacral therapy (CST)	Prohibited	Uses gentle touch to feel non-existent rhythmic movements of the skull's bones and adjust the immovable joints of the skull to achieve a therapeutic result.	Not part of the knowledge, skill and judgement of the profession. Although there seems to be a low risk of harm to patients, a systematic review and meta-analysis concluded that there was no evidence that the treatment is effective. ²
Crystal therapy	Authorized	A practice that uses semi-precious stones and crystals such as quartz, agate, amethyst or opal, on the belief that these have healing powers believe that can boost low energy, prevent bad energy, release blocked energy, and transform a body's aura.	Public domain therapy. There is little to no evidence supporting the benefits of this therapy to patients; however, the therapy is also at low risk of harm to patients.
Cupping therapy	Authorized	A treatment whereby a local suction is created on the skin by applying heated cups, often used for low back pain, poor appetite, indigestion, high blood pressure, acne, dermatitis, psoriasis, anemia among others.	Public domain therapy. A search of PubMed results in several articles that suggest increasing evidence in support of the benefits of cupping. ³
Diathermy	Authorized	Is electrically induced heat or the use of high-frequency electromagnetic currents as	May only be performed with a Health Canada approved device.

¹ [Clinical effects of colonic cleansing for general health promotion: a systematic review](#). D Acosta and Cash, 2009. PMID: 19724266.

² Is Craniosacral Therapy Effective? [A Systematic Review and Meta-Analysis](#), Ceballos-Latia et al, PMID: 38540643.

³ [Evidence Map of Cupping Therapy](#). Choi et al, 2021. PMID: 33920643.

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Therapy	Proposed Inclusion/Exclusion	Known Purpose	Reason
		a form of physical therapy and in surgical procedures	
Duct tape occlusion therapy	Prohibited	A method of treating warts by covering them with duct tape for prolonged periods	There is no statistical difference between this therapy and cryotherapy in the treatment of adults with warts. ⁴
Electroconvulsive therapy (Also electroshock therapy)	Prohibited	Psychiatric treatment during which a generalized seizure (without muscular convulsions) is electrically induced to manage refractory mental disorders. ECT is often used as an intervention for major depressive disorders, mania, and catatonia	The controlled act of psychotherapy is not authorized to NDs in Ontario.
Electromagnetic therapy (Also electrotherapy)	Prohibited	The use of electromagnetic radiation, such as radio waves, to generate a static electromagnetic field.	Use of the radiotherapy machines is not authorized for use for NDs in Ontario
Electron therapy (Also, electron beam therapy)	Prohibited	The use of external beam radiotherapy where electrons are directed to a tumor site for medical treatment of cancer.	Use of the radiotherapy machines is not authorized for use for NDs in Ontario
Energy therapy (Also Reiki therapy, Qigong therapy)	Authorized	A belief that healers can channel "healing energy" into a patient and effect positive results.	A review has found that reiki therapy is useful for relieving pain, decreasing anxiety/depression and improving quality of life in several conditions. ⁵
Enzyme replacement therapy	Prohibited	Replaces an enzyme that is deficient or absent in the body. Usually, this is done by giving the patient an intravenous (IV) infusion of a solution containing the enzyme.	Enzymes are not currently authorized for administration by injection or IVIT by NDs in Ontario
Epigenetic therapy (Also gene therapy)	Prohibited	The use of drugs or other interventions to modify gene expression patterns, potentially	These drugs are not authorized for use for NDs in Ontario.

⁴ [Duct tape for the treatment of common warts in adults: a double-blind randomized controlled trial](#). Wenner et al, 2007. PMID: 17372095.

⁵ [Reiki therapy for pain, anxiety, and quality of life](#). Billot et al, 2019. BMJ Support Palliat Care. PMID: 30948444.

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Therapy	Proposed Inclusion/Exclusion	Known Purpose	Reason
		treating diseases by targeting epigenetic mechanisms such as DNA methylation and histone modifications.	
Equine therapy	Authorized	A range of treatments that involve activities with horses and other equines to promote human physical and mental health	Public domain. May be considered a part of Animal-assisted therapy.
Exercise therapy	Authorized	The use of physical activity to help treat injuries or conditions.	Part of the knowledge, skill and judgement of the profession. Low risk of harm to patients.
Extracorporeal shockwave therapy	Prohibited	A treatment using powerful acoustic pulses which is mostly used to treat kidney stones and in physical therapy and orthopedics.	Not a part of the education and training for NDs. Therapy is beyond the knowledge, skill and judgment of the profession.
Fecal microbiota transplant therapy	Prohibited	The transfer of bacteria and natural antibacterials obtained from the feces of a healthy individual into the gut of a patient through enema, colonoscopy or other means, with the aim of re-establishing a healthy microbial community.	Limited for use in treating resistant Clostridioides difficile infection. Health Canada ⁶ considers fecal matter to be a drug and regulates FMT as a new biologic drug that requires regulatory approval for use.
Feldenkrais therapy	Authorized	The Feldenkrais Method (FM) is based on the learning of alternative movement patterns, carried out in an active and conscious way, which may have therapeutic effects. ⁷	There is evidence that supports the therapeutic effects of FM when compared to other physiotherapy techniques. Therapy is public domain.
Helminthic therapy	Prohibited	The treatment of autoimmune diseases and immune disorders by means of deliberate infestation (through inoculation) with a	The substances required for this treatment are not authorized for injection by NDs in Ontario. This is an experimental therapy and

⁶ [Guidance document: Fecal microbiota therapy used in the treatment of Clostridioides difficile infection not responsive to conventional therapies](#). September 9, 2022.

⁷ [Effects of the Feldenkrais Method as a Physiotherapy Tool: A Systematic Review and Meta-Analysis of Randomized Controlled Trials](#). Berland et al, 2022. PMID: 36360614.

Therapy	Proposed Inclusion/Exclusion	Known Purpose	Reason
		helminth or with the eggs of a helminth. Helminths are parasitic worms such as hookworms, whipworms, and threadworms that have evolved to live within a host organism on which they rely for nutrients	requires further scientific research on its benefits & risks.
Herbal medicine (also, phytotherapy)	Authorized	The study of pharmacognosy and the use of medicinal plants, which are a basis of traditional medicine	Part of the knowledge, skill and judgement of the profession. Limited to use of natural health products
Homeopathy	Authorized	The oral or topical administration of dilutions of plant, animal and mineral substances to the human body.	Part of the knowledge, skill and judgement of the profession. Low risk of harm to patients.
Hormone/anti-hormone therapy	Prohibited	Including androgen replacement therapy, estrogen replacement therapy, testosterone replacement therapy, hormonal therapy (oncology), hormone replacement therapy.	These drugs are not authorized for use for NDs in Ontario.
Horticultural therapy	Authorized	Involves using gardening activities to promote human healing and rehabilitation.	Public domain.
Hydrotherapy. Also, aquarium therapy, aquatic therapy, balneotherapy	Authorized	The use of water for pain relief and treatment and includes aquatic exercise, warm baths, sitz baths, salts and mineral baths, wraps, compressions, saunas and immersion.	Part of the knowledge, skill and judgement of the profession. Low risk of harm to patients.
Hyperbaric oxygen therapy	Authorized	The administration of 100% oxygen to a patient inside placed inside a chamber where the atmospheric pressure is increased. Authorized by Health Canada ⁸ for use in treating 14 conditions.	Must be delivered with a device that it authorized for sale by Health Canada and for use in treating 14 identified conditions.
Hyperthermia therapy	Prohibited	Exposes body tissue to high temperature to treat cancer. Usually applied an adjunctive treatment to radiotherapy or chemotherapy.	Not part of the education and training of NDs. Therapy is beyond the knowledge, skill and judgment of the profession.

⁸ [Hyperbaric Oxygen Therapy](#). Health Canada, October 18, 2019

Therapy	Proposed Inclusion/Exclusion	Known Purpose	Reason
Ichthyotherapy	Prohibited	The use of fish such as Garra rufa for cleaning skin wounds or treating other skin conditions	Public domain. Wound treatment is not part of the education and training of NDs. Therapy is beyond the knowledge, skill and judgment of the profession.
Immune-supportive therapy	Authorized	The treatment of disease by activating or suppressing the immune system.	Part of the knowledge, skill and judgement of the profession. Limited to use of natural health products authorized for sale and distribution in Canada by Health Canada.
Immunization therapy (Also, immunotherapy)	Prohibited	Immunotherapy drugs help your immune system work harder or make it easier for it to find and get rid of cancer cells.	These drugs are not authorized for use for NDs in Ontario.
Immunosuppressive therapy	Prohibited	Is a reduction of the activation or efficacy of the immune system. In general, deliberately induced immunosuppression is performed to prevent the body from rejecting an organ transplant.	Outside of the knowledge, skill and judgment of Ontario NDs. Usually performed by specialized physicians and surgeons.
Inhalation therapy. Also, oxygen therapy.	Authorized, with conditions	The administration of an approved substance into the lungs and airways of the human body.	Authorized for use by NDs who have met the Standard of Practice for Prescribing.
Injection therapy	Authorized, with conditions	The administration of an approved substance into the human body.	Authorized for use by NDs who have met the Standard of Practice for Prescribing.
Intravenous immunoglobulin therapy	Prohibited	The use of a mixture of antibodies (normal human immunoglobulin) to treat several health conditions.	The substances necessary are not authorized for administration by NDs in Ontario.
Intravenous infusion therapy	Authorized, with conditions	The administration of an approved substance intravenously into the human body.	Authorized for use by NDs who have met the Standards of Practice for Prescribing and IVIT.
Inversion therapy	Authorized	The process of seeking therapeutic benefits from hanging by the legs, ankles, or feet in an inverted angle or entirely upside down.	Public domain therapy. A search of PubMed did not produce any studies of the efficacy of this therapy.

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Therapy	Proposed Inclusion/Exclusion	Known Purpose	Reason
Lifestyle counselling	Authorized	Counselling patients in aspects of their life to identify and address the impact of stress on health.	Part of the knowledge, skill and judgement of the profession.
Light therapy (also phototherapy)	Authorized	The exposure to direct sunlight or artificial light at controlled wavelengths in order to treat a variety of medical disorders, including seasonal affective disorder (SAD), circadian rhythm sleep-wake disorders, and skin wound infections.	Public domain therapy. “Bright light therapy can be regarded as an effective treatment for SAD, but the available evidence stems from methodologically heterogeneous studies with small-to-medium sample sizes, necessitating larger high-quality clinical trials.” ⁹
Lithium therapy	Prohibited	Certain lithium compounds, also known as lithium salts, are used as psychiatric medication, primarily for bipolar disorder and for major depressive disorder. Lithium is taken orally (by mouth).	Drugs are not authorized for use by Ontario NDs. High risk of harm for patients.
Low-level laser therapy (LLLT), cold laser therapy, photobiomodulation (PBM)	Authorized	Applies low-level (low-power) lasers or light-emitting diodes (LEDs) to the surface of the body.	Public domain. A search of PubMed identified several uses of LLLT, in particular in the treatment of fibromyalgia.
Maggot therapy (also known as larval therapy)	Prohibited	A type of biotherapy involving the introduction of live, disinfected maggots (fly larvae) into non-healing skin and soft-tissue wounds of a human or other animal for the purpose of cleaning out the necrotic (dead) tissue within a wound (debridement), and disinfection.	Public domain, however, therapy is not part of the education and training of NDs. Therapy is beyond the knowledge, skill and judgment of the profession.

⁹ [The Efficacy of Light Therapy in the Treatment of Seasonal Affective Disorder: A Meta-Analysis of Randomized Controlled Trials](#). Pjerk et al, 2019. PMID: 31574513.

Therapy	Proposed Inclusion/Exclusion	Known Purpose	Reason
Magnet therapy	Authorized	Involving the weak static magnetic field produced by a permanent magnet which is placed on the body. It is similar to electromagnetic therapy, which uses a magnetic field generated by an electrically powered device. Magnet therapy products may include wristbands, jewelry, blankets, and wraps that have magnets incorporated into them.	Public domain. A search of PubMed found numerous reviews; however, there is no conclusive finding on the efficacy of this therapy.
Magnetic resonance therapy (Also, transcranial magnetic stimulation)	Prohibited	The process of disease diagnosis and treatment by applying electromagnetic radiation (EMR), such as radio waves, to the body from an electrically powered device	Therapy is outside of the scope of practice as it is beyond the knowledge, skill and judgment of NDs.
Mesotherapy	Prohibited	Involves intradermal or subcutaneous injections of pharmaceutical preparations, enzymes, hormones, plant extracts, vitamins, and/or other ingredients such as hyaluronic acid	This therapy lacks evidence of clinical efficacy from scientific literature. These drugs are not authorized for administration by injection or IVIT use for NDs in Ontario.
Microwave thermotherapy	Prohibited	A type of treatment in which body tissue is heated by microwave irradiation to damage and kill cancer cells or to make cancer cells more sensitive to the effects of radiation and certain anticancer drugs	Therapy is outside of the scope of practice as it is beyond the knowledge, skill and judgment of NDs.
Minor surgery	Prohibited	An operation on the superficial structures of the body or a manipulative procedure that does not involve a serious risk of harm to the patient.	Therapy is outside of the scope of practice as it is beyond the knowledge, skill and judgment of NDs. The controlled act for minor surgery is not authorized to NDs in Ontario.
Monoclonal antibody therapy	Prohibited	Major applications include cancer, autoimmune diseases, asthma, organ	Requires substances not authorized for injection or IVIT in Ontario.

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Therapy	Proposed Inclusion/Exclusion	Known Purpose	Reason
		transplants, blood clot prevention, and certain infections.	
Music therapy (also, sound therapy).	Authorized	The use of music interventions to enhance well-being, reduce stress and distract patients from unpleasant symptoms. ¹⁰	Public domain therapy.
Naturopathic manipulation	Authorized, with conditions	Re-alignment of the bones and joints in the body to increase mobility and correct alignment issues.	Part of the knowledge, skill and judgement of the profession. Authorized for use by NDs in Ontario.
Neural therapy	Prohibited	A treatment system to relieve chronic pain and illness through the injection of local anesthetics into scars, peripheral nerves, autonomic ganglia, trigger points, glands, and other tissues. ¹¹	Anesthetics are not authorized for administration by injection by NDs.
Nutritional counselling	Authorized	Counselling patients on their diet and nutrition to improve health including the use of supplements and food elimination.	Part of the knowledge, skill and judgement of the profession.
Oncothermia (Also, modulated electro-hyperthermia)	Prohibited	A treatment that heats malignant cells selectively, concentrating the energy in the tumour to induce the self-destruction of the malignant cells. Oncothermia's effect is synergistic with radiotherapy and numerous chemotherapy drugs.	Therapy is outside of the scope of practice as it is beyond the knowledge, skill and judgment of NDs.
Ozone therapy (Also, bio-oxidative ozone therapy)	Prohibited	A treatment that introduces ozone or ozonides to the body by various routes of administration. The United States Food and Drug Administration (FDA) prohibits all medical uses of ozone "in any medical	Represents a significant risk of harm to patients. Drug is not authorized for use by NDs in Ontario.

¹⁰ [Music as therapy](#). Kemper and Danhauer. PMID: 15813154

¹¹ [Neural therapy](#). BL Frank. Physical Medicine and Rehabilitation Clinics of North America. PMID: 10516978.

Therapy	Proposed Inclusion/Exclusion	Known Purpose	Reason
		condition for which there is no proof of safety and effectiveness.	
Photodynamic therapy. (Also cytoluminescent therapy, laser therapy)	Prohibited	A form of phototherapy involving light and a photosensitizing chemical substance used in conjunction with molecular oxygen to elicit cell death.	Chemical substance is not authorized for use by injection or IVIT by NDs in Ontario
Platelet Rich Plasma Therapy	Prohibited	A treatment involving removal of blood from a patient, the separation of platelets and their re-injection into the same patient.	Blood and platelets are not authorized for administration by IVIT by NDs in Ontario.
Prescribed therapies involved in the practice of psychotherapy	Prohibited	Therapies that fall within the controlled act of psychotherapy, including but not necessarily limited to: <ul style="list-style-type: none"> • Cognitive and Behavioural therapies • Experiential and Humanistic therapies • Psychodynamic therapies • Somatic therapies • Systemic and Collaborative therapies 	These therapies fall within the controlled act of psychotherapy.
Prescription therapy	Authorized, with conditions	The prescribing of approved drugs to patients for the treatment or prevention of disease(s).	Authorized for use by NDs who have met the Standard of Practice for Prescribing.
Principles of traditional Chinese medicine	Authorized	The use of the principles of traditional Chinese medicine as part of naturopathic practise in both the diagnosis and treatment of conditions.	Part of the knowledge, skill and judgement of the profession.
Prolotherapy	Prohibited	An injection-based treatment used in chronic musculoskeletal conditions. Prolotherapy involves the injection of an irritant solution into a joint space, weakened ligament, or tendon insertion to	These drugs are not authorized for use for NDs in Ontario.

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		relieve pain. Most commonly, hyperosmolar dextrose (a sugar) is the solution used; glycerine, lidocaine (a commonly used local anesthetic), phenol, and sodium morrhuate (a derivative of cod liver oil extract) are other commonly used agents. The injection is administered at joints, ligaments, or tendons where they connect to bone.	
Radiation therapy (Also, Auger therapy, brachytherapy)	Prohibited	A treatment using ionizing radiation, generally provided as part of cancer therapy to either kill or control the growth of malignant cells. It is normally delivered by a linear particle accelerator.	Use of the radiotherapy machines (linear particle accelerator) is not authorized for use for NDs in Ontario
Recreation Therapy	Authorized	A systematic process that utilizes recreation (leisure) and other activities as interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being.	Public domain therapy.
Rehydration therapy	Authorized	Seeks to reverse dehydration by replenishing the lost water and electrolytes. Water and electrolytes can be given through a number of routes, including oral, intravenous, and rectal.	Oral use would be considered public domain. Some relevant intravenous substances are authorized for administration by injection or intravenously.
Respiratory therapy	Prohibited	Respiratory therapy, done by respiratory therapists, is a large variety of treatments to help with breathing and support the heart's work, including giving oxygen and drugs to ease breathing.	NDs in Ontario have no training in this health discipline and do not have the knowledge, skill and judgment to perform it.
Scuba diving therapy	Authorized	A type of treatment that consists of different scuba diving techniques and exercises. Essential elements are increased	Public domain therapy.
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Therapy	Proposed Inclusion/Exclusion	Known Purpose	Reason
		body awareness, social bonding, and breathing techniques. The goal is to improve physical and psychological well-being.	
Sex therapy	Prohibited	Modern sex therapy often integrates psychotherapeutic techniques and medical ones, such as Viagra (sildenafil) and Cialis (tadalafil) to increase erectile response and Paxil (paroxetine) to treat premature ejaculation. Sex therapists assist those experiencing problems in overcoming them, in doing so possibly regaining an active and healthy sex life.	The controlled act of psychotherapy is not authorized to NDs. The necessary drugs are not authorized for use for NDs in Ontario.
Speech-language therapy	Prohibited	The evaluation, treatment, and prevention of communication disorders, including expressive and mixed receptive-expressive language disorders, voice disorders, speech sound disorders, speech disfluency, pragmatic language impairments, and social communication difficulties, as well as swallowing disorders across the lifespan.	NDs in Ontario have no training in this health discipline and do not have the knowledge, skill and judgment to perform it.
TENS therapy	Authorized	The use of transcutaneous electrical nerve stimulation (TENS) involving the use of a mild electrical current, for pain relief.	Must be delivered with a device that it authorized for sale in Canada by Health Canada.
Therapeutic massage	Authorized	The use of one or more massage techniques to mobilize soft tissues to reduce stress, decrease pain and improve calmness and well-being. Bowen therapy is considered a subset of this therapy.	Public domain therapy that is part of the knowledge, skill and judgement of the profession.
Thermotherapy (also, heat therapy).	Authorized	The use of heat in therapy, such as for pain relief and health. It can take the form of a hot cloth, hot water bottle, ultrasound,	Public domain therapy.
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Therapy	Proposed Inclusion/Exclusion	Known Purpose	Reason
		heating pad, hydrocollator packs, whirlpool baths, cordless FIR heat therapy wraps, and others.	
Transdermal continuous oxygen therapy (Also, Continuously diffused oxygen therapy)	Prohibited	A wound closure technique for chronic and acute wounds which blankets a wound in oxygen on a 24-hour basis until the wound heals.	Wound training is not part of the education and training of NDs. Therapy is beyond the knowledge, skill and judgment of the profession.
Ultrasound therapy	Authorized, with conditions.	The use of ultrasound for therapeutic benefit by detecting and treating various musculoskeletal issues including pain, tissue injury and muscle spasms.	Public domain therapy. Must be delivered with a device that it authorized for sale in Canada by Health Canada.
Ultraviolet light therapy (also light therapy, ultraviolet phototherapy).	Authorized, with conditions.	A treatment for psoriasis, atopic skin disorder, vitiligo and other skin diseases. There are two main treatments: UVB that is the most common, and PUVA. Typical treatment regimens involve short exposure to UVB rays 3 to 5 times a week at a hospital or clinic.	Public domain therapy. May only be provided using a device approved for sale in Canada by Health Canada.
Urine therapy (Also, urotherapy)	Prohibited	The application of human urine for medicinal or cosmetic purposes, including drinking of one's own urine and massaging one's skin, or gums, with one's own urine.	Public domain therapy. A search of PubMed does produces little scientific evidence of the efficacy of this therapy. Therapy is not part of the education and training of NDs. Therapy is beyond the knowledge, skill and judgment of the profession.
Wake therapy	Prohibited	Wake therapy can involve partial sleep deprivation, which usually consists of restricting sleep to 4–6 hours, or total sleep deprivation, in which an individual stays up for more than 24 consecutive hours.	Public domain therapy. Therapy is not part of the education and training of NDs. Therapy is beyond the knowledge, skill and judgment of the profession.

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Therapy	Proposed Inclusion/Exclusion	Known Purpose	Reason
Waon therapy. Also, infrared therapy.	Authorized, with conditions.	Uses an infrared sauna to emit infrared light experienced as radiant heat which is absorbed by the surface of the skin.	Must be delivered with a device that is authorized for sale in Canada by Health Canada.

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