



ADVOCATE FOR MASSAGE THERAPY AS A RECOGNIZED AND RESPECTED HEALTHCARE PROFESSION

March 9, 2018

To: Meghann Lawrence, LMT, Chair, and Members of the Board of Massage

From: Comments Submitted by the WSMTA Clinical Practices Program as approved by the WSMTA Board of Directors

Re: WSMTA Suggestions and comments on WAC 246-830-005 Definitions for Tools

The Washington State Massage Therapy Association (WSMTA) recommends that the following be added to the definition section regarding tools:

WAC 246-830-005 Definitions

(12) "Massage" and "massage therapy" mean a health care service involving the external manipulation or pressure of soft tissue for therapeutic purposes. Massage therapy includes techniques such as tapping, compressions, friction, reflexology, Swedish gymnastics or movements, gliding, kneading, shaking, and fascial or connective tissue stretching, with or without the aids of superficial heat, cold, water, lubricants, or salts. Massage therapy does not include diagnosis or attempts to adjust or manipulate any articulations of the body or spine or mobilization of these articulations by the use of thrusting force, nor does it include genital manipulation. See WAC [246-830-550](#) for additional limitations on massage practice. **Message therapy also includes the use of devises that mimic or enhance actions that may be done by the hands; massage cups,; bandaging done for venous insufficiency and lymphedema control by massage therapists certified in bandaging techniques for venous insufficiency and lymphedema; and taping.**

Color Key

Original WAC language

Suggested WSMTA language

Massage Devices and Cups: Massage schools teach the use of devices that help massage therapists do their work, save their hands or be more specific than what a thumb or finger can do. They are infused throughout the industry. Massage cupping is also being taught more in massage schools, but it's also a vibrant part of massage therapy.

Bandaging for Lymphedema Control: There are organizations which teach manual lymph drainage and lymphedema control. Depending on the organization, they have points within their certification process in which they teach bandaging for venous insufficiency and lymphedema control. As their teaching methods are different, it is not possible to specify a set amount of hours, other than to specify that certification must be obtained before bandaging can begin. When massage therapists who are trained in manual lymph drainage receive certification have reduced the amount of edema from venous insufficiency or receive certification in lymphedema therapy to reduce lymphedema, an appropriately trained therapist may then bandage an appendage to help keep the amount of swelling reduced. This is similar to a client putting on compression socks but often more effective and more comfortable.

Taping: Taping is a rehabilitative tool with techniques that can extend the effects of massage therapy to facilitate lymphatic drainage and provide support and continued release to muscles, tendons, fascia and ligaments during the soft tissue healing process. Depending on which taping techniques are being applied to soft tissue:

- taping will create lift & increase circulation to facilitate process of reducing edema and;
- taping will create pull, encourage release and provide soft tissue re-education similar to Myofascial Release

Thank you for your consideration,



Robbin Blake, LMT WSMTA Clinical Practices Program Member



Susan Rosen, LMT WSMTA Board Member and Founder, Clinical Practices Program Director

Oregon 687.011 Definitions. (4)(a) "Massage," "massage therapy" or "bodywork" means the use of pressure, friction, stroking, tapping or kneading on the human body, or the use of vibration or stretching on the human body by manual or mechanical means or gymnastics, with or without appliances such as vibrators, infrared heat, sun lamps or external baths, and with or without lubricants such as salts, powders, liquids or creams, for the purpose of, but not limited to, maintaining good health and establishing and maintaining good physical condition.

Idaho 54-4002. Definitions. (7c) The use of mechanical devices that mimic or enhance actions that may be done by the hands.

Ohio 4731-1-05 Scope of practice: massage therapy. (A) Massage therapy is the treatment of disorders of the human body by the manipulation of soft tissue through the systematic external application of massage techniques including touch, stroking, friction, vibration, percussion, kneading, stretching, compression, and joint movements within the normal physiologic range of motion; and adjunctive thereto, the external application of water, heat, cold, topical preparations, and mechanical devices.

Texas Sec. 455.001. Definitions "Massage therapy" means the manipulation of soft tissue by hand or through a mechanical or electrical apparatus for the purpose of body massage and includes effleurage (stroking), petrissage (kneading), tapotement (percussion), compression, vibration, friction, nerve strokes, and Swedish gymnastics. The terms "massage," "therapeutic massage," "massage technology," "myotherapy," "body massage," "body rub," or any derivation of those terms are synonyms for "massage therapy."

Georgia § 43-24A-3. Definitions (8) "Massage therapy" means the application of a system of structured touch, pressure, movement, and holding to the soft tissue of the body in which the primary intent is to enhance or restore health and well-being. The term includes complementary methods, including without limitation the external application of water, superficial heat, superficial cold, lubricants, salt scrubs, or other topical preparations and the use of commercially available electromechanical devices which do not require the use of transcutaneous electrodes and which mimic or enhance the actions possible by the hands; the term also includes determining whether massage therapy is appropriate or contraindicated, or whether referral to another health care provider is appropriate.