

201 KAR 42:010. Goals for massage therapy sessions.

RELATES TO: KRS 309.350(7), 309.355(3)

STATUTORY AUTHORITY: KRS 309.355(3)

NECESSITY, FUNCTION, AND CONFORMITY: KRS 309.355(3) requires the board to promulgate administrative regulations setting standards of practice. This administrative regulation establishes the goals of massage therapy and possible means of achieving these goals.

Section 1. (1) Goals for massage therapy shall include:

- (a) Maintaining health;
- (b) Providing relaxation;
- (c) Preserving or increasing functional capacity;
- (d) Diminishing soft-tissue pain arising from stress, anxiety, adhesions, and overuses; and
- (e) Providing treatment that is professionally appropriate for the client.

(2) In order to reach these objectives, the massage therapist shall:

- (a) Provide consultation with a client or a referring professional on soft-tissue issues;
- (b) Evaluate clients for the appropriate approaches for each session;
- (c) Plan sessions;
- (d) Provide direct treatment; and

(e) Provide draping and treatment in a way that ensures the safety, comfort, and privacy of the client.

(3) With client permission, the massage therapist may interact with the client's physician or other healthcare providers if the client is under direct medical care.

Section 2. Client Management. (1) The massage therapist shall:

(a) Evaluate each client through:

- 1. Intake interviews;
- 2. Observation;
- 3. Palpation; and
- 4. Relevant records provided by the client;

(b) Plan and implement a treatment session or program individualized for the client; and

(c) Refer to a licensed healthcare provider any client whose condition is determined by the massage therapist to be beyond the therapist's scope of practice.

(2) If the basis for a massage appointment is a referral from a healthcare provider, the massage therapist may confer with the referring healthcare provider after obtaining the client's permission.

(3) If the client is self-referred and under the care of a doctor, the massage therapist may seek permission to:

- (a) Advise the doctor that the patient is seeking massage treatment;
- (b) Provide to the doctor the massage therapist's evaluation results;
- (c) Advise the doctor of the noted treatment plan; and

(d) Provide a follow-up report upon completion of the massage treatment plan to enhance communication between the multidisciplinary care-giving team. (32 Ky.R. 1015; 1226; eff. 2-3-2006; 37 Ky.R. Am. 1009; 1695; 1989; eff. 3-4-2011; Crt eff. 2-26-2020.)