

**BOARDS AND COMMISSIONS**  
**Board of Licensure for Massage Therapy**  
**(Amendment)**

**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 may 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.[]

(32 Ky.R. 1015; 1226; eff. 2-3-2006; 37 Ky.R. Am. 1009; 1695; 1989; eff. 3-4-2011; Cert eff. 2-26-2020; 48 Ky.R. 1241; eff. 7-5-2022.)

*BRANDY MADDING, LMT, Chair*

APPROVED BY AGENCY: September 13, 2021

FILED WITH LRC: September 15, 2021 at 9:58 a.m.

PUBLIC HEARING AND COMMENT PERIOD: A public hearing on this administrative regulation shall be held at 8:00 a.m. EST on November 29, 2021, at 500 Mero Street, 133CE, Frankfort, Kentucky 40601. All attendees shall comply with all Executive Orders relating to the State of Emergency as may be in effect on the date of the public hearing, which may be found at: <https://governor.ky.gov/covid-19>. Members of the public may utilize the following link to attend the meeting by video conference:

CONTACT PERSON: Leah Cooper Boggs, General Counsel, Department of Professional Licensing, 500 Mero Street 237 CW, phone (office) (502) 782-0562, phone (cell) (502) 352-8095, fax (502) 564-3969, email [LBoggs@ky.gov](mailto:LBoggs@ky.gov).