



KENTUCKY BOARD OF LICENSURE FOR MASSAGE THERAPY

Andy Beshear
Governor

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May 7, 2020

The following proposed recommendations for the reopening of Kentucky's Licensed Massage Therapy Practices have been accepted and approved by the Cabinet of Health and Family Services for a pending start date of May 25th, 2020.

It should be noted that compliance with these guidelines shall be the responsibility of the individual licensed massage therapist that chooses to open their practice to see and treat clients during the state of emergency. Enforcement of these guidelines shall be carried out by the Cabinet for Health and Family Services, Office of the Inspector General, and will not fall within the jurisdiction of the KBLMT.

When considering reopening, practitioners must follow current [released guidance](#) from the Cabinet of Health and Family Services (CHFS), as well as any current Kentucky Department of Health (KDPH) and CDC guidelines, to prevent the spread of COVID-19. While individuals must employ social distancing or maintain approximately six (6) feet from others, when possible, social distancing to the full six (6) feet will not be possible for some procedures during a massage therapy session. When it is impractical for persons in these settings to maintain social distancing, effective hygiene practices must be maintained to reduce the chance of spreading the COVID-19 virus. Maintaining social distancing in the absence of effective hygiene practices may not prevent the spread of this virus. Massage therapists must be vigilant in



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their hygiene practices, including frequent and proper hand-washing and frequent, routine cleaning and sanitizing of all surfaces.

It is proposed that any re-establishment of massage therapy services should occur on a phased basis, with Phase One being to see only those clients without signs or symptoms of COVID-19, or in the massage therapist's discretion do not have the presence of one or more conditions (cardiovascular disease, obesity, diabetes, respiratory system disease, etc.) that could place the client at high risk if they were to contract the COVID-19 virus, and with Phase Two being a full reopening to pre-state of emergency levels of care. Phase Two would nonetheless require massage therapists to practice hygiene and utilize PPE at appropriate levels to protect against further spread of this virus.

MESSAGE THERAPISTS AND STAFF

Prior to massage therapy services reopening to see clients, the massage therapist(s) shall:

1. Follow current [released guidance](#) from the Cabinet of Health and Family Services.
2. Massage therapists must wear full PPE including: gloves, masks, eye protection, and full sleeved gowns (Paper or Cloth: Cloth gowns must be washed between patients).
3. Prescreen all massage therapist(s) and staff for possible exposure to COVID-19 prior to entry into the office.
 - a. Obtain the employees temperature and prescreening questions upon entry to the office or place of business.



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- b. Massage therapists and/or staff that have a fever should be referred to CDC's "What to do if you are sick with coronavirus disease 2019" or KDPH's "When to Seek Care."
 - c. Any massage therapists or staff that exhibit potential signs or symptoms of COVID-19 shall not be allowed to work or perform services in any capacity.
 - d. Massage therapists shall maintain records of any and all prescreening procedures followed.
4. All massage therapists and staff shall be trained in proper hygiene procedures and proper use of PPE equipment, and shall at all times when working utilize such hygiene procedures and PPE equipment including masks and non-latex gloves. To any extent it may not be feasible to use gloves, the massage therapist shall wash his or her hands with a sanitizing soap for a minimum of thirty (30) seconds prior to contact. Links to proper use of PPE include:
- a. <https://www.cdc.gov/hai/pdfs/ppe/ppe-sequence.pdf>
 - b. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html>
5. Massage therapists and staff shall be trained on efficient application of massage therapy procedures to minimize actual time with clients and particularly to minimize time within six feet of clients
6. The number of staff on hand should be minimized to the extent possible.



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7. Massage therapists will use technique selection to minimize the amount of time the therapist and client are in contact. Providing treatment with clients in the face-down position is recommended where feasible.
8. Massage therapists or staff will clean and disinfect all surfaces after client interactions including high traffic areas, doorknobs, and client contact surfaces.
9. Linens and other items that go in the laundry must be removed from service area in-between clients. The following guidelines should be followed:
 - a. In order to minimize the possibility of dispersing virus through the air, do not shake dirty laundry.
 - b. Wash items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry that has been in contact with an ill person can be washed with other people's items.
 - c. Clean and disinfect hampers or other carts for transporting laundry according to CDC guidance for hard or soft surfaces.

CLIENTS

1. Once an appointment is made, the massage therapist and staff shall prescreen all clients for any conditions that would cause or contribute to detrimental harm to clients if they would contract COVID-19, including:



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- a. Immunocompromised
- b. Heart Disease
- c. Pulmonary Conditions
- d. Diabetes
- e. Others with guidance from KDPH.

The massage therapists shall exercise his or her discretion and professional judgment in assessing the level of risk posed by any such conditions, and shall make a determination of whether the presence of such conditions significantly increases the risk to such clients or others who may be present in the office to contract the COVID-19 virus, or suffer significant complications in the event of such infection. Potential clients deemed by the massage therapist to pose a significant risk with such conditions should not be treated in Phase One.

2. Clients should be instructed to not enter the office or place of business and wait for an appointment in the waiting room. Massage therapists shall utilize their parking lot as the waiting room. Clients should be instructed to check in by calling and reporting to the massage therapist or staff that they are in the parking lot. When the massage therapist is ready to see and treat the client, the client may be called and instructed to enter.

3. As each client arrives, the massage therapist or staff shall obtain the temperature of the client, and inquiring of whether any signs or symptoms of COVID-19 are present with the client, including fever or such other signs as designated by KDPH.



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4. The number of clients in the office or place of business at any one time should be limited to the number of clients actually receiving treatment. A waiting client should not be instructed to come inside until a previous client has left the office.
5. Clients are required to wear face masks at all times while in the office or place of business. Masks should be provided to patients if they do not have one.
6. If a client requires assistance to come into the office, when possible, such assistance should be rendered by practicing appropriate PPE and hygiene. If such assistance must be rendered by non-staff, the presence of such persons in the office or place of business should be limited to the minimum time to transport the client to the location of treatment, and such other persons should then be instructed to wait outside the office or place of business until needed.

A handwritten signature in black ink, appearing to read "Brian Houillion".

Brian Houillion
Board Chair