

## **DRAFT**

### **Massage & Bodywork Therapist Business**

328-B:2 Definitions. –VI. "Massage" means the application of a system of structured touch which includes holding, pressure, positioning, or causing movement, by manual means, for the purpose of promoting, maintaining, and restoring the health and well-being of the client. Massage is designed to promote general relaxation, improve movement, relieve somatic and muscular pain or dysfunction, stress and muscle tension, and provide for general health enhancement, personal growth, and the organization, balance, and integration of the body.

328-B:2-a Scope of Practice. –

A massage therapist may do any of the following when performing massage, including, but not limited to:

- I. Use of heat and cold, hydrotherapy, heliotherapy, and external application of herbal or topical preparations not classified as prescription drugs.
- II. Analysis of posture and movement.
- III. Provision of education in self-care and stress management.
- IV. Performance of techniques in which the massage therapist had been trained intended to affect the systems of the body.

328-H:3 Scope of Practice for Reflexologists, Structural Integrators, and Asian Bodywork Therapists. –

- I. Reflexologists practice the use of alternating pressure applied to the reflexes within the reflex maps of the body located on the feet, hands, and outer ears.
- II. Structural integrators restore postural balance and functional ease by systematically aligning and integrating the human body in gravity. Structural integrators work through manipulation of the connective tissue matrix, enhancement of the client's awareness, and education.
- III. Asian bodywork therapists treat the human body, mind, emotions, spirit, and energy field using traditional Asian techniques and treatment strategies for the purpose of promoting, maintaining, and restoring health. Asian bodywork therapists use methods of assessment and treatment based on the principles of

Chinese medicine. Treatment may include, but is not limited to touching, pressing or holding the body along meridians and/or acupoints, application of heat or cold, stretching, external application of herbal or other topical preparations not classified as prescription drugs, and dietary or exercise suggestions.

### **Safeguarding Guidance:**

The Governor's Economic Re-Opening Task Force recommends protocols for safeguarding all New Hampshire businesses during the coronavirus disease 2019 (COVID-19) pandemic. This industry-specific guidance is based on what is currently known about COVID-19 and is intended to protect the public's health and allow New Hampshire to begin to open for business.

The intent of these recommendations is to reduce transmission of COVID-19 among practitioners and clients; support healthy business operations; and maintain a healthy work environment.

In addition to strict adherence to [U.S. Centers for Disease Control and Prevention \(CDC\)](#), [Equal Employment Opportunity Commission \(EEOC\)](#) and [Occupational Safety and Health Administration \(OSHA\)](#) guidance, and [US Food and Drug Administration \(FDA\)](#) ., the State of New Hampshire recommends policies and procedures to protect consumers and employees, including:

### **Employee Protection:**

- 1.) Follow Universal Guidelines for All New Hampshire Employers and Employees.
- 2.) Practitioners must wear a cloth face mask at all times and change in between each client.
- 3.) Practitioners must have a fresh top or apron to change into for each separate massage/bodywork session.

## **Phase 1**

### **Consumer Protection:**

1. Clients must bring their own face mask and wear at all times. Refer to business adaptations item number 7 for alternative guideline when client is face down.
2. Sole Practitioner will see one client at a time. Client can wait in their car until the business alerts them to enter. For multi practice offices or clinics,

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stagger appointments with no overlap. Allow ample time for cleaning in between appointments.

3. No more than 10 people in larger spas/facilities at one time. All social distancing rules apply at all times. Waiting area must be closed unless 6 feet distancing can be accomplished.
4. Remove any clutter or items that do not serve a purpose. Cover any cloth or fabric items with nonpermeable barriers that may come in client contact and therefore need to be cleaned.
5. Avoid shaking hands with clients or hugging.
6. Remove all product testers and samples.
7. Create client signage of all policies.
8. No walk-in appointments.
9. Clients must receive pre-visit telephone consultation within 24 hours of their appointment to screen for symptoms consistent with COVID-19, recent travel, and exposure to people with suspected or confirmed COVID-19. Add a one-page informed client consent language about the risk of infection on your Health Intake form for the client to sign. Standard questions include and must be documented in chart notes.
  - a. Have you been confirmed positive for COVID-19?
  - b. Are you currently experiencing or recently experienced any acute respiratory illness symptoms such as fever, cough, or shortness of breath?
  - c. Have you knowingly been in close contact with any persons who have been confirmed positive for COVID-19?
  - d. Have you knowingly been in close contact with any persons who have traveled and are also exhibiting acute respiratory illness symptoms?
10. Develop a safety and cleaning checklist per guidelines, as noted, to be performed daily and in between clients.

### **Business Process Adaptations:**

- 1.) Mobile massage and on-site business massage not permitted.
- 2.) Home-based massage business allowed only if there is a separate entrance and a designated bathroom.
- 3.) Established Clients only or clients with confirmed 14-day quarantine.

- 4.) Sanitize and Disinfect treatment room and common areas between each client and appointment.
- 5.) Consider having clients book their appointments online.
- 6.) Consider having online methods of taking payment.
- 7.) Treatment table setup will look largely the same, but linens/bedding will be changed completely for each client. Use products with nonpermeable barriers to cover your table, table warmers, etc. Put similar nonpermeable coverings on bolsters and pillows. Apply a ready-made face-cradle cover to your face cradle, and top it with a pillowcase, leaving a large hammock-type pocket underneath that could catch client aerosols when they are prone. Each client will receive a completely new table setup.
- 8.) Consider opening treatment room windows if feasible.
- 9.) Use hospital grade, [EPA-approved disinfectants](#) to clean anything the client came in contact with, including treatment table, face cradle, stool, bolsters, door knobs, side tables, chairs, etc.
- 10.) Per CDC recommendations, clean [all equipment, devices, and surfaces](#) between each client interaction, including oil or lotion dispensers. This process includes cleaning:
  - a. **Hard (Non-Porous) Surfaces:** If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection. For disinfection, [use EPA-approved disinfectants](#) for use against the virus that causes COVID-19.
  - b. **Soft (Porous) Surfaces:** For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.
  - c. **Electronics:** For electronics such as tablets, touch screens, keyboards, remote controls, and ATM machines, follow the manufacturer's instructions for all cleaning and disinfection products.
  - d. **Linens, Clothing, and Other Items That Go in the Laundry:** Clean and dirty linens will be stored in separate closed containers. Do not shake dirty laundry. Remove all linens, blankets, and table setups. Launder items using the warmest appropriate water setting for the items and dry items completely.
- 11.) Repeat hand washing protocol and reset the table and treatment space for each client.

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