

REFLEXOLOGY SHOULD BE EXEMPT FROM THE MASSAGE LAW

Reflexology is the systematic, manual stimulation of the reflex maps that resemble the shape of the human body located on feet, hands and outer ear thereby promoting relaxation and well being.

Conventionally people use the term massage very loosely to include other touch therapies that have nothing to do with massage techniques.

1. Reflexology has its own history, vocabulary, theories, and techniques separate from any other profession. It works primary with the reflexes through the nervous system versus the musculature as in massage. The intent is neither to change the soft tissue of the body nor to practice medicine in any form. The intent behind Reflexology is to bring the body into balance through the relaxation process, thus promoting stress reduction and well-being.
2. Why should another profession be given control over Reflexology when Reflexologists are / Reflexology is acting in a responsible manner by having its own:
 - Schools and educational programs with hours of Reflexology training that surpass what is taught in massage schools as Reflexology,
 - Their own state, national, and international Reflexology organizations
 - A national certification program designed to protect the public through the recognition of competent practitioners meeting certain standards; and
 - Separate research studies from around the world to prove the efficacy and safety of Reflexology.
3. Other states recognize Reflexology's legitimate claim of difference:
 - In Maine, North Carolina, Tennessee, Missouri, Maryland, New Mexico, Rhode Island, California and Washington Reflexology is exempt from the massage law.
 - Reflexologists from North Dakota and Tennessee have their own law.
 - In El Paso, Texas, Tucson, Arizona and Henderson, Nevada, reflexology is governed successfully under local Reflexology ordinance, which requires a business license and payment of a modest fee.
4. Other organizations recognize the differences between Reflexology & Massage:
 - Bell Yellow Pages has had a separate listing for the two since 1981
 - The Library of Congress distinguishes its as Reflexotherapy. At the National Institute of Health, Office of Alternative & Complementary Medicine separate research categories have been designed for Reflexology and Massage under Manual Therapies.
 - The Government Relations Committee of the American Massage Therapy Association strongly recommends an exemption for Reflexology.
 - The United States Department of Education has Reflexology classified with its own separate Classification of Instruction (CIP) code
5. Placing Reflexology under the Massage law limits the public's right of choice because:
 - Many Reflexologists will cease to practice rather than to invest the time and money to become a massage therapist when they don't want to practice massage; and
 - As valuable as massage is there are those members of the public who want to benefit from stress reduction but do not want to disrobe because of religious convictions or modesty.

For all of the above reasons Reflexology should be granted an exemption from the Massage law or be entitled to it's own law if public safety is a factor.

AMTA MODEL STATE CODE PROPOSAL

This proposal is offered by the American Massage Therapy Association® (AMTA) as a guideline for new and revisionist massage legislation on a state level. The intent in this version is to cover massage therapy only, but with language that would allow inclusion of similar modalities in regulation appeals to their practitioners.

A model law should be a living document. It means to change over time as better wording is found and the profession changes. Amendments and additions may be necessary to tailor it to the needs of each state. It should be considered as a menu, bearing in mind that the parts work together. A change in the definition may require a change in the requirements to achieve credential. The AMTA national Government Relations Committee (GRC) members are available for consultation in this process.

The GRC strongly recommends use of the 8 exemptions listed in section 3.0.* We particularly caution that exemptions 5.6 and 7 are extremely important since we are using such a broad definition of massage therapy. If you are tempted to eliminate any of these exemptions, please contact the AMTA GRC staff person who can help you notify groups concerned about being “caught” in massage regulation.

- 3.0 Exemptions. The following practitioners are exempt from the provision of this Article:
- (1) Persons who are licensed, certified, or registered under other laws of this State and who are performing services within their authorized scope of practice and do not hold themselves out to be massage therapists;
 - (2) persons duly licensed, Registered or certified in another state, territory, the District of Columbia, or a Foreign country when incidentally called into this state to teach a course related to massage and bodywork therapy or to consult with a person licensed under this Article;
 - (3) Students enrolled in a program recognized by the Board while completing clinical requirement for graduation that shall be performed under the supervision of a person licensed under this Article;
 - (4) A person giving massage and bodywork to members of that person’s immediate family;
 - (5) Persons who restrict their manipulation of the soft tissue of the human body to the hands, feet or ears and do not hold themselves out to be massage therapists or do massage therapy;
 - (6) Nothing in this Article shall be construed to prevent or restrict the practice of any person in this state, who uses touch, words and directed movement to deepen awareness of existing patterns of movement in the body as well as to suggest new possibilities of movement while engaged within the scope of practice of a profession with established standards and ethics, provided that their services are not designated or implied to be massage or massage therapy. Such practices include, but are not limited to the Feldenkrais method, The Trager Approach, and Body-Mind Centering;
 - (7) Persons engaged within the scope of practice of a profession with established standards and ethics in which touch is limited to that which is essential for palpation and affectation of the human energy system, provided that their Services are not designated or implied to be massage or massage therapy.
 - (8) Persons incidentally in this state to provide services as a part of an emergency response team working in conjunction with disaster relief officials.

LEGAL STATUS OF REFLEXOLOGY IN 2002

Compiled by Christine Issel, Bill Flocco & the Legislative Options Committee Members of the Reflexology Association of California

OWN STATE REFLEXOLOGY LAW ~ NORTH DAKOTA ~ TENNESSEE

EXEMPTION OF REFLEXOLOGY FROM STATE MASSAGE LAW:

STATE	HOW	REASONING/WORDING
Washington D.C.	Written in ordinance	Manipulation of soft tissue limited to feet & hands is not massage
Maine	Written within the Massage Law	Reflexology is not massage
Maryland	Within the Law and Rules and regulations of Massage Board	The practice of techniques executed with the recipient fully clothed which are specifically intended to affect the human energy field, including but not limited to Reflexology
Missouri	Written within the massage law	If practice is restricted to hands, feet or ears, exempt
New Mexico	Within the law Currently: within the Rules and regulations of Massage Board	Massage therapy does not apply to...foot and hand reflexology (without the use of creams, oils or mechanical tools) -This was then repealed in the same law Exempt under healers: Reflexology, which is limited to hands, feet and ears
North Carolina	Within the Law and Rules and regulations of massage & Body work Therapy Practice Board	The practice of techniques that are specifically intended to affect the human energy field
Washington	Written within the massage law (effective 6/13/02)	For the purpose of this chapter, the practice of reflexology is limited to hands, feet and outer ears. The services provided by those who limit their practice to reflexology are not designed or implied to be massage or Massage Therapy
Texas	Ruling from the department of Health	Including specific modalities within the massage law is not legal
Illinois		Massage law passed this session exempting reflexology law to go in effect April 2004

AMERICAN MASSAGE THERAPY ASSOCIATION (AMTA) ACCREDITED SCHOOLS

School & Location	Total curriculum hours	Total hours of Reflexology
Swedish Institute New York City	1000	15*
Integrative Therapy School Sacramento, CA	500	0
New Mexico Academy of Massage & Advanced Healing	650-1500	9
Health Enrichment Center Lapeer, MI	1000	8**
Atlanta School of Massage Atlanta, GA	600	8
Baltimore School of Massage Baltimore, MD	500	8
Chicago School of Massage Chicago, IL	600	8
Northern Light School of Massage Minneapolis, MN	550	0**

* 15 hours is included in 4 separate complementary disciplines within the massage curriculum

** Reflexology workshops are offered in this school and many others for continuing education

REFLEXOLOGY SCHOOLS

American Academy of Reflexology, Los Angeles, CA	200 hrs.
Laura Norman & Associates New York, NY	200-325 hrs.
Community College of Southern Nevada, Las Vegas, NV	325 hrs.
Seattle Reflexology & Massage Center,* Seattle, WA	300 hrs.
Suster Rosalind Gergres School of Professional Massage, St. Paul, MN	200 hrs.
N.E. Institute of Reflexology, Onset, MA	200 hrs.

*AMTA approved school with separate reflexology and massage programs

NATIONAL CERTIFICATION TESTING AGENCY

Massage: National Certification Board of Massage
Therapy & Bodywork (NCBMTB)

Reflexology: American Reflexology Certification Board (ARCB)

NATIONAL ORGANIZATION FOR ACCREDITATION OF SCHOOLS AND/OR INSTRUCTORS

Massage ~ COMTA

Reflexology ~ ACARET

	NCBTMB	ARCB
Educational prerequisite for testing	500 hrs	200 hrs
No. of questions on written test	150	300
Subjects covered	A&P/ Massage	A&P/ Reflexology
Hands-on Practical test	none	30 mins.
Documentation	none	30 clients three x each
Number tested per year	36,650+	650+

The study of Anatomy and Physiology from a Reflexology perspective
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Anatomy and physiology of the body is for the most part, the same for each individual. Likewise, the study of A&P is similar with most disciplines. However, the theory of body systems and application of techniques by the practitioner of Reflexology is different than other professions.

Reflexology A&P consists of the interconnection between:

- The systems of the body and their functions
- The foot as a structure (i.e., nerves tissues, biomechanics)
- The map of the reflexes in the feet (i.e., reflexes as they anatomically are reflected on the feet)
- Pathology in relation to the systems
- Energy pathways, and
- How all of the above are affected by stimulation of the feet.

The study includes:

- Hands on application
- Palpation of landmarks of the feet
- Identification and reflexing of reflexes and other tissue in relation to the theory of the body being replicated on the feet, and
- The innate ability of the body to balance itself physiologically and through energy pathways.

The A&P mechanisms by which Reflexology works includes, but is not limited to:

- The nervous system
- Subtle energy systems & energy pathways
- Circulatory and lymphatic systems
- Sensory stimulation
- Biomechanics
- Zones
- The relaxation response.

These differences make Reflexology a unique and separate discipline from other professions.