



Oregon Board of
Massage Therapists



BOARDerline

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Festival Preparations

With the warm weather, festivals abound! Many massage therapists provide services at a variety of outdoor events. The Board recognizes that when doing outdoor events, the LMT may have little control when it comes to the overall facility or location. For these circumstances, massage therapists are expected to maintain safety and sanitation when the massage therapist has control and the Board created rules to address the LMT's work space when doing outcall or on-site massage, such as these outdoor festivals and events.

334-020-0015 (2) Outcall/On-site

(a) Any temporary location where the LMT conducts massage and bodywork, the LMT must provide and utilize:

- (A) Safe, sanitized and well-maintained equipment, tools and preparations;
- (B) Sanitary linen practices; and
- (C) Client privacy practices.

It is important to be aware that LMT's are still required to adhere to all other safety and sanitation rules:

334-020-0015 Equipment

- (1) All equipment and tools used in conjunction with a treatment on a client must:
 - (a) Be approved by a nationally recognized testing laboratory when applicable;
 - (b) Be maintained on a regular basis; and
 - (c) Be cleaned between each use.
- (2) Cushions on tables and chairs, as well as bolster and pillows, must be covered with impervious material that is cleaned after every use.
 - (3) Topical preparations must be:
 - (a) Stored in a manner that maintains the integrity of the product and prevents spoilage and contamination;
 - (b) Dispensed in a manner that prevents contamination of the unused portion; and
 - (c) Dispensed in a manner that prevents cross-contamination between clients.
- (4) Topical preparations such as ice cubes, plasters, herbal wraps and any other similar product that comes in contact with the client must be used only once and then disposed of in a sanitary manner.



2012 Upcoming Board Meeting Dates

- Monday, Jun 11th
- Monday, Aug 6th
- Monday, Sept 10th
- Monday, Oct 15th

All meetings are held at the Board office and begin at 9:00 a.m. unless otherwise noticed.

Festival Preparations Continued

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334-020-0050 Linens

- (1) When linens are used they must be routinely cleaned and stored in a manner which reasonably assures the sanitary use for each client.
- (2) The use of soiled linens is prohibited.
- (3) All soiled linens must be:
 - (a) immediately placed in a receptacle that closes and prevents cross-contamination;
 - (b) handled as little as possible;
 - (c) laundered in a manner that eliminates the risk of spreading parasites, communicable diseases and infections; and
 - (d) laundered in a manner that removes all residue of topical preparations.

334-020-0055 Communicable Disease Control

- (1) All therapists must always practice communicable disease prevention and control.
- (2) LMTs are required to follow the communicable disease guidelines as adopted by the Board.

Additionally, LMTs should be aware of the license posting requirement (OAR 334-010-0025 (8) Active licensed massage therapists must display their license in a location clearly visible to their clients). Even in a mobile environment, LMTs are required to post their license. How this is done is left up to the creativity of the LMT. They may use their larger 1/3 sheet license, their small wallet card or a copy of either. The Board has no preference. However the license must be posted at the location.

Finally, don't forget to include your license number on any advertising. This includes banners, signage, business cards, fliers or any other items that has the LMT name and associates them with the practice of massage.

As always, if you have any questions, please do not hesitate to contact the Board office for assistance. Have a happy summer!

-Diana Nott

Insurance Billing Update

CPT Codes (Current Procedural Terminology) used for insurance billing purposes must be used extremely carefully. Massage Therapy in Oregon has one of the most extensive scopes of practice as compared to other states. However, just because one piece of what LMTs are allowed to do is *part* of the practice described in a CPT code does not necessarily mean that it can or should be used for billing purposes.

Insurance companies contact the board staff and even formally address the Board several times a year to ask if certain billing codes are within the scope of practice of LMTs within Oregon. Because the board does not regulate or determine CPT codes, which can change annually, this presents a challenge. While some of the practice for individual billing codes may be within the scope, other portions may not be. Additionally, there are implications when using certain specific billing codes that mean that the services were provided by a licensed individual in a

specific field of practice. There are six CPT codes in particular that can create problems for LMTs: 97001 through 97006.

These codes (PT, OT and AT evaluation and reevaluation), reflect that the services provided were provided by an individual who is licensed in Physical Therapy, Occupational Therapy, or Athletic Training. After review, discussion with a Physical Therapy professional association, a representative from the Oregon Physical Therapist Licensing Board, plus past and current American Medical Association CPT panel representatives for massage therapy, the OBMT determined that LMT use of CPT codes 97001 through 97006 may not be appropriate. (Note: any LMT who has dual licensure as a PT, OT, or AT can use the proper codes under their appropriate license.)

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Insurance Billing Update Continued

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This is a frustrating issue for many LMTs as there is NOT a billing code that LMTs can use for evaluation purposes at this time. Any evaluation time is expected to be billed under the same code(s) as the manual therapies provided. Repercussions from using billing codes that are not appropriate may vary from relatively minimal (insurance companies refusing to pay) to more extreme, which can include investigation, potential civil penalties, and even restrictions on or revocation of a license if the LMT is found to be practicing out of scope or billing illegally and/or unethically.

It is *always* the LMT's responsibility to know and follow current regulations regarding insurance billing and all other aspects of practicing massage therapy. There have been multiple cases of insurance fraud brought before the board; some were punitive attempts by insurance companies refusing to pay, others were legitimate claims against illegal and/or unethical billing practices by LMTs. Regardless of what you may have been taught in an insurance billing class, or told by someone who bills insurance companies for you, it is *you* as a health professional that will be held responsible for illegal and unethical billing practices.

~Heather Bennouri

Ask the Board

Q: "How do you get to be on the Board?"

A: All board members are appointed by the Governor of the State of Oregon and confirmed by the Senate. There is a board vacancy that will occur in May 2012.

In order to be appointed as a board member you must perform the following:

complete the Governor's Interest Form <http://governor.oregon.gov/Gov/pdf/forms/Interestformdown.pdf>

Send the completed and signed interest form and letter of recommendation to:

Office of the Governor
Executive Appointments
900 Court Street NE, Room 160
Salem, OR 97301-4075

Q: "Does the Board make surprise visits to massage locations, i.e. home office, workplace?"

A: The board does not usually make surprise visits to your workplace. When the board investigates a complaint they could send a board investigator to your location and receive a massage. This usually occurs only after a complaint is received by our office.

If you would like to submit your question to be addressed in a future issue of the Boarderline, please email your question to kathryn.watson@state.or.us

Scope of Practice Focus: Goniometers

The OBMT frequently receives questions in regards to the scope of practice for massage therapy in Oregon. One of the more recent questions was about the use of a **goniometer**.

A goniometer is an instrument that is used to measure precise angles of an object. In health professions, this is used to measure bone angles at joints during an evaluation. The results can be used for diagnosis (in those health professions where diagnosing is within the scope of practice) and can also be used to track change(s) over time.

Goniometers can be purchased over the counter and can be utilized without a prescription. When used as a tool for evaluation but *not* diagnosis, and when used by someone who has been trained appropriately in the usage of the tool, it is acceptable for massage therapists to use goniometers in their practice. It is also important that you be able to demonstrate (either through course syllabi or detailed course description *and* completion certificates) that you have completed training in the proper use of this type of tool for your own protection should it ever come into question.

Here are a few examples of usage from information gathered and potentially* acceptable and out-of-scope conclusions:

Measuring the angle of a joint at the client's end range of motion at an initial evaluation

Acceptable: noting the measurement in the client's chart and, if it is less than the normal range of motion, using the information to determine where and how to treat the client, or if the client has not already seen a doctor for the condition, referring the client out for further evaluation and diagnosis.

Out of Scope: Informing the client that because of the restricted range of motion, they have a specific pathology or telling them not to visit a doctor be-

cause you see this all the time.

Observing a restricted range of motion and reporting this result to the client

Acceptable: "This appears to be restricted. I recommend you check in with your doctor for a diagnosis." or "I'm recording this so we can keep track of your progress with treatments." It may also be acceptable to say something along the lines of, "I know it may not seem like progress because you can't completely straighten your arm yet, but at your first visit you only had 90 degrees of extension, and according to my measurement today you now show 150 degrees of extension."

Out of Scope: "This is restricted. You need to get into your doctor immediately to let him/her know you have frozen shoulder."

After recording goniometer measurements over time and noting progress in a report to an insurance company.

Acceptable: The client began with limited range of motion at the elbow measuring a 90 degree limit of extension and progressed to 150 degrees. Progress was greater with the first three treatments and has continued to progress although more slowly in the five treatments following. I recommend continuing weekly treatment as the client continues to progress and reevaluate in six weeks.

Out of Scope: My measurements show that the client's progress indicates that a return to normal range of motion in extension is possible and treatment should continue until that time.

*The examples given assume that the individual is only licensed for massage therapy, and are based on limited information; each case is different and the LMT is responsible for his/her own actions with regards to professionalism as well as ethical and legal usage of all techniques and tools.

~Heather Bennouri



Education Committee Report

The Education Committee has worked on revising the Model Curriculum for many months and we can see the light at the end of the tunnel! In March 2012 we presented our first complete draft to Oregon schools at the All Schools meeting hosted by the Board. We have received good feedback from schools and instructors and are working on incorporating the feedback in our final draft. The Model Curriculum covers the content needed to train entry-level bodyworkers and massage therapists including required muscles and pathologies lists. We expect to present the final draft to the Board at the August meeting.

Our next task is to review the continuing education process for the Board including hours, content, &

methods of completing and reporting the hours. There has been some discussion around this issue on the national level. We encourage all LMT's to view the Federation of State Massage Therapy Boards proposal and weigh in with your opinion. You can find the proposal entitled "Maintenance of Core Competence Program" (MOCC) at www.fsmtb.org

The Committee welcomes your opinion on these issues – join us at a meeting (dates posted on OBMT website) or email me at lb@oregonschoolofmassage.com

~Lisa Barck Garofalo, Committee Chair

Renewals and Late Fees

Please stop and ask yourself the following questions. When does my license expire? When is my renewal due? Each month we hear from massage therapists being assessed late fees because they did not realize that their renewal was due on the 1st day of the month their license expires.

In order to avoid any late fees when you renew your license, your on-line renewal must be completed by 11:59 p.m. on the 1st day of the month – or – your paper renewal must be postmarked no later than the 1st day of the month. The late fees begin on the second day of the expiration month at a rate of \$25.00 per week up to the maximum amount of \$250.00.

The board will mail you a reminder postcard approximately six weeks prior to your renewal date.

If you have any questions regarding your renewal, please feel free to contact Crystal Quatier at crystal.quatier@state.or.us or (503) 365-8657 ext. 6.

Continuing Education Audit Process

25 hours of continuing education are required at renewal time; with the exception of first time renewals and contact hours may be carried forward for one renewal. For complete information please see Oregon Administrative Rule 334-010-0050.

You will not need to provide proof of Continuing Education unless you are selected for a CE audit.

Instead you will need to record the continuing education information on the renewal form. It is still important that what you record equals or exceeds the 25 hour requirement.

If you are selected for a CE audit you will need to provide proof of the continuing education that you

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Ten Types of LMTs

Ten Types of LMTs: Which One Are You??

- The Pro:** Has obviously found his or her place in the world. Cheerful, but not too cheerful. Sympathetic, but not too sympathetic. Expensive, but not too expensive – worth every penny, plus a large tip.
- The Question Mark:** You just don't know what to think – it didn't seem like a very good experience and they didn't seem to care – you still need a massage.
- The Nightmare:** The room is cold and dirty. The provider doesn't seem to want to be there. Later, you feel cold and dirty and don't want to be there – everything still hurts.
- The Mystery:** (How they ever obtained the license) More sense of danger than “nightmare”. They do everything wrong and you never feel safe or get to relax.
- Stinky:** Everything was great except for a lingering weird smell that makes you never go back.
- The Talker:** Never shuts up. They seem to think of they go on and on explaining life in detail it won't matter that their work is only so-so.
- The Fascist:** Self-explanatory. You can tell they don't like you and don't have time for a smile nor are they likely to cause anyone else to smile.
- The Apologist:** Every sentence begins with an insincere “I'm sorry, but...” Sometimes escalates into “Mommy-Daddy” where they feel put upon to explain everything they say or do as if you are a two year old.
- The Woo-Woo:** Talks and dresses like a cosmic nutcase but the massage is terrible. It's mostly a fifty minute infomercial about the merchandise they are promoting.
- The Angel:** Saves your life. Says and does exactly what you need to get through the challenges that were getting the best of you. Truly give you back your life.

~Fran More LMT #1477

Continuing Education Audit Process Continued

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listed on your renewal form within 30 days of the date on the notification letter. You may fax, mail, scan and email, or hand deliver your documents to the Board office. If your documents do not align with what is listed on your renewal or you fail to provide the required documents within the allotted timeframe this could result in disciplinary action by the Board.



Oregon Board of Massage Therapists

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For newsletter related comments contact the office or email

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Mission: The Oregon Board of Massage Therapists regulates and monitors the practice of massage therapy in Oregon. Its role is to balance public safety and the needs of Licensed Massage Therapists by developing, implementing, and maintaining the standards of professional conduct and practice.