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WELLNESS MESSAGE EDUCATION

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To Representative Crum and the Health and Human Services Committee:

My name is Paulette Danielson. I am an owner of a massage clinic in Topeka, KS, and have been practicing massage therapy since 1998. I have taught massage therapy at the Kansas Massage Institute, Topeka, Kansas and MTTI WellSpring, Kansas City, Missouri as well. I am an AMTA (American Massage Therapy Associate) member and I am NCTMB (Nationally Certified in Therapeutic Massage and Bodywork). Last year I paid \$9,512.09 in taxes. I am also a registered nurse. I am opposed to HB 2187 as it reads. I cannot agree with the statement that reads we will not do physical therapy joint mobilization or therapeutic exercise, without clarification of those two points (page 2, lines 5 and 7) HB 2187. If the bill were to become law, Kansas massage therapists would be in violation of it. I would like to adopt a variation of the Missouri law for Kansas massage therapists.

I, and other massage therapists, have had training in joint mobilization and therapeutic exercise. At the AMTA 4-state conference in Overland Park, KS in 2004, Aaron Mattes taught joint mobilization for the whole body. He refers to it as Active Isolated Stretching. At the Kansas chapter meeting in Emporia in 2011, we (AMTA members) had training in joint mobilization. James Waslasky taught how to mobilize a frozen shoulder and pelvic instability. Both of these instructors are nationally and internationally recognized and both teach to chiropractors, physical therapists, and massage therapists. This last weekend we were to have a workshop on Integrated Therapeutic Stretching and the Strait Method for Scar Tissue. It was cancelled for snow.

The people who have written this bill are so focused on getting the bill passed that they are not taking into consideration what massage therapists actually do in their practice. The wording says we can do passive and active stretching within anatomical range of movement but we cannot do joint mobilization. We are taught range of motion not range of movement. Either way, it is still joint mobilization. Taber's Medical Dictionary describes joint mobilization as, "The movement of previously injured, frozen, or limited joints to improve ranges of motion and function. Joint mobilization is not synonymous with joint manipulation. Both are techniques used in manual therapy of diseased joints and limbs but joint manipulation involves high velocity thrusting, while joint mobilization does not." All massage therapist work on diseased joints.

Sally Hacking reports she is a master's level nurse and does not practice massage therapy. Her goal has been to license states even at the expense of massage therapists not being able to utilize their

trained skills. The law written for Pennsylvania is similar to HB 2187. I talked to Nancy Porambo, MS, LMT, NMT from Jim Thorpe, PA. Nancy also taught an AMTA sponsored class in Topeka in February 2012 on "Fibromyalgia". She stated the law was limiting for massage therapist. I called her to get more information and she said they had to change the wording of what the massage therapist do even though they are still doing joint mobilization to movement. You can find the Pennsylvania law at www.pacode.com/secure/data/049/chapter20/chap20toc.html this leaves the massage therapist vulnerable if there was a law suit. Nancy Porambo at www.thetherapyoption.com

I have clients that have been coming to me since 1998 who rely on the joint mobilization, and therapeutic exercise that I and my staff provide to keep them working. These people are teachers, bankers, superintendants, legislator, senators, contractors, UPS drivers, secretaries, nurses, doctors, retired people and more. People who do not have health insurance, work injuries and do not want to use workers compensation, or just want to maintain their health to retirement use massage therapy to keep range of motion, mobility in their necks, shoulders, hips, low backs, knees and more. An example is someone who has scoliosis, joint degeneration. Insurance only pays for a short time but their pain is never ending and massage therapy provides relief.

Massage therapy has always been front door access to the public. We do not get reimbursed by insurance. People do not have to have a doctor's order to receive massage therapy. Our clients are our bosses. We are free enterprise. If we do not achieve results, clients do not return because they are not going to pay for massage therapy if it is not result oriented.

As it stands now we do not infringe on physical therapist or chiropractor. We spend an hour with our clients and our joint mobilization is slow but effective and teaching therapeutic exercises does not take a Bachelor's degree. How many trainers are practicing therapeutic exercise in Kansas with just a certificate?

I have suggested that we use a variation of Missouri's massage therapy law, most importantly, the section on standards of practice. The majority of massage therapists in Kansas are in Kansas City and they are already familiar with the Missouri law. Missouri's law, it would also allow Kansas massage therapists to continue to practice what they have learned, paid hard earned money for, and built a practice on. Missouri's law can be found at: www.sos.mo.gov/adrules/csr/current/20csr/20csr.asp#20-2197

We need standards, education, and a code of ethics, and to be protected from other practices making money off our backs, but not at the expense of services we are currently providing now. The wording in HB 2187 will become law and the massage therapists of Kansas will be in violation of it. We can do better than HB 2187.

Thank you for your time.

Sincerely,

Paulette Danielson, RN, NCTMB

