



In Touch

IN TOUCH ~ AN OFFICIAL PUBLICATION OF THE ALABAMA BOARD OF MASSAGE THERAPY

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WE'RE ON THE WEB!
www.almtbd.alabama.gov

MARCH 2016

Comments from the Chair

Michael Stephens, Board Chair, (LMT 989)

Greetings my fellow licensed massage therapists. I hope you are having a wonderful start to a new year!

This newsletter will include an array of topics which may pique your interest. They include an article on issues commonly encounters by our inspector, Mike James, when conducting establishment inspections, along with articles on establishment licensing requirements, disciplinary actions handed down by the Board, the importance of explaining health benefits of massage therapy to our clients, and finally an Executive Director's report by Keith Warren.

Here are some current numbers you might be interested in for the State of Alabama. Currently the number of active LMT's are 1836. The number of establishment licenses are 552. Alabama has 13 massage schools and Alabama is one of 44 states which regulate massage therapy.

If you ever have any questions, comments or concerns, I encourage you to please contact the Board's office by phone (334-420-7233) or email (massage@alstateboard.com), and as always, you are welcome to join us for our scheduled board meetings which are open to you and the public. ***

2016 Board Meetings

Each beginning at 10:00 a.m.

Minutes of these meetings are available on the Board's website

January 8

April 8

July 8

October 7

*Any changes in meeting dates and time are posted on the Board's web site:
www.almtbd.alabama.gov*

Newsletter—Electronic Version

To continue to receive this newsletter, please send us your e-mail address.

All future issues will be sent electronically.

Please send us your email address, along with your name and license number.

You can notify us by FAX (334) 263-6115 or e-mail at

massage@alstateboard.com.

If you have moved, you are required to submit a "Change of Address" form notifying this office of the change.

(Change of Address form can be obtained on the Board's website)

Learn the Health Benefits of Massage and Pass it On

By Michael S. Stephens (LMT #989)

We have only hit the tip of the iceberg as far as knowing all of the great benefits of massage. But lots of studies are being researched and the positive results of receiving massage are astounding.

For instance, massage can help people coping with Multiple Sclerosis, Parkinson's Disease and heart problems. Therapy helps M.S. patients by reducing stress. The touch stimulus by the LMT helps to override the pain stimulus. It also releases endorphins to reduce physical discomfort as well as the emotional drag. M.S. patients who have had six months of massage showed less signs of brain disease than the control group. People who suffer from Parkinson's Disease have symptoms which include fatigue, depression and muscle rigidity. There was research on Parkinson's which studied two groups over the course of five weeks. One group was given muscle relaxation training classes. The second group only received massage therapy. Both of the groups were found to have real good improvement with their common symptoms of Parkinson's Disease. But, the control group that received massage treatments had even more profound improvement. At times, cardiac patients are encouraged by their heart doctors to get a therapeutic massage. They are also encouraged to get massage for post operation recovery. This is to induce the relaxation process to speed up healing.

Massage therapy is POWERFUL !

An experience of my own involves a 93 year old client. He recently divulged to me that in his 40's, he battled bladder cancer. After the cancer was removed, he had to be administered testosterone treatments on a weekly basis to maintain his male characteristics. Now let's fast forward about 45 years. He said that soon after receiving massage treatments from me, he noticed enhanced characteristics such as more dense beard growth. His doctor told him to keep doing what he was doing. And the doctor took him completely off the testosterone treatments. This is testimony of the significance of therapeutic massage.

LMT's need to keep themselves on top of the common health benefits in our field of practice. And we should keep our clients and potential clients informed. After an LMT works on a client, one should tell them what to expect from the massage and recommend a time for a follow up session. A massage should be on a regular basis. Just like eating right and exercise, massage should be conducted on a regimental basis to get the most benefit from it. Massage wasn't meant to be one and done. Though it is surprising that so many have this attitude, it is up to LMT's to break that cycle of thinking. We have medical studies and testimonials on our side. One idea is to have a printout which has many verified health benefits that you can give to each client as they leave. That way it can stick in their head as they scan over the list from time to time.

If you have any personal testimonials that you would like to share, then feel free to contact my email address: Michael Stephens at wareagle3448@gmail.com. Maybe we can form a massage awareness group within the state.

ESTABLISHMENT INSPECTIONS—

by Mike James, Investigator/Inspector

Under administrative Code 532-x-3-04 (7), an inspection may be initiated by the Board at any time during reasonable business hours. It's never a good time to be inspected, that, I do understand. As the Board's Inspector, I will make every *reasonable* effort to work with your schedule. "Come back next month" is not reasonable, although you would not be the first to give me that answer, and I can't blame you for trying!

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ESTABLISHMENT INSPECTIONS—

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Most times the failure of inspection is based upon the following:

- ◆ No posting of original licenses: Yes, if you work at two places, original licenses are required to be posted at both locations).
- ◆ No proof of current liability insurance: Insurance information does not have to be posted, but proof must be available at time of inspection (the document being at home does not help!)
- ◆ Establishment license posted: Yes, even if you are a sole proprietorship, an establishment license is also required and must be posted).
- ◆ The bed not being made will not cause you to fail an inspection!

The Board’s inspection process is not designed to be punitive nor burdensome; it is designed to protect the public from non-licensed therapist or non-licensed establishments. Inspections are one of the regulatory functions performed by the Board to protect the public.

If you have questions or concerns, please feel free to call me (256) 302-2234 or shoot me an email at mike@alstateboard.com ***

EXECUTIVE DIRECTOR REPORT

By Keith E. Warren, Executive Director

I hope each of you had a great 2015 and are looking forward to an even greater 2016!! The Board has been busy this year with various tasks, in addition to the daily operations of the Board, by getting more involved in the FSMTB and Federal Tasks Forces. We have also had some changes in the staff and hope that you haven’t experienced too much of a delay in your correspondence during this transition. If you have, I appreciate your patience and understanding.

As you are probably aware, we conduct inspections on establishments that are licensed and those that also advertise massage therapy services to the public that may not hold a license. Many of the new establishment applications that we received are generated through the inspection process. Also, please remember that any business that advertises massage therapy services must be licensed by this Board and hold an Alabama Massage Therapy Establishment License. Please report those businesses that continue to operate without a license. We will be glad to assist you.

I also want to remind you that anyone that conducts and offers massage therapy to the public (except for the exemptions in Section 34-43-5, Code of Ala., 1975.) must be licensed by the Alabama Board of Massage Therapy. The Alabama Board of Massage Therapy and the Alabama Board of Cosmetology work together through our inspection process for those businesses that offer overlapping services. Some Day Spas offer services that are regulated by the Cosmetology Board and there are some Salons that offer services that are regulated by the Board of Massage Therapy. If you are ever in doubt regarding any services you plan to offer in your establishment or business, please contact either or both of the boards for further guidance. We will be glad to assist.

We are looking forward to continuing a great year in 2016 and please let us know if we can assist you at any time. You can find all the information you need on our website at www.almtbd.alabama.com or contact us by email at massage@alstateboard.com. Thank you! ***

The *Law & Regs* page on the Board’s web site (www.almtbd.alabama.gov) can provide additional information on the topics covered in this newsletter and compliance with licensing requirements of this Board.

Application forms and fee schedule are also available on the Board’s website.

The Board’s staff is also available to answer any questions that you may have by contacting us at (334) 420-7233 or by email at massage@alstateboard.com.

DISCIPLINARY ACTION BY THE BOARD

Case #2015-008

Respondent: Alicia Jones/Serenity Day Spa
February 8, 2016

License LMT# 2270

Allegation: Alicia Jones, as owner of Serenity Day Spa, violated Ala. Code § 34-43-11 for employing an unlicensed therapist to perform massage therapy.

Board Action: A Consent Agreement was issued, fining Ms. Jones \$500.00. Ms. Jones has closed her business and her establishment license is void.

Case #2015-042

Respondent: Spa Rejuvenate/Scott Hicks
February 3, 2016

License# E2234

Allegation: Scott Hicks, as owner of Spa Rejuvenate, violated Ala. Code § 34-43-159A(a)(3) for engaging in unprofessional conduct that endangered the health, safety and welfare of the public.

Board Action: A Cease and Desist letter was issued and delivered to the establishment. Subsequently, as a result of the criminal charges, the Board ordered immediate suspension of the Massage Therapy Establishment License.

Case #2015-042

Respondent: Spa Rejuvenate/Scott Hicks
February 3, 2016

License# E2092

Allegation: Scott Hicks, as owner of Spa Rejuvenate, violated Ala. Code § 34-43-159A(a)(3) for engaging in unprofessional conduct that endangered the health, safety and welfare of the public.

Board Action: A Cease and Desist letter was issued and delivered to the establishment. The establishment was subsequently closed.

Case #2016-005

Respondent: Royal Spa/Jun Kim
January 26, 2016

License LMT# 1500

Allegation: Jun Kim, as owner of Royal Spa, violated Ala. Code §§34-43-11(a), 34-43-15(a)(3), and 34-43-15(c) and Alabama Board of Massage Therapy Administrative Code Rule 532-X-5-.03(1)(d) for unprofessional conduct.

Board Action: License surrendered.

Case #2016-005

Respondent: Myung H. Kim
January 26, 2016

License LMT# 2535

Allegation: Myung H. Kim violated Ala. Code §§34-43-8(b), 34-43-15(a)(3) and 34-43-15(c) and Alabama Board of Massage Therapy Administrative Code Rule 532-X-5-.03(1)(d) for unprofessional conduct.

Board Action: License surrendered.

Case #2016-005

Respondent: Un H. Choe
January 26, 2016

License#: LMT 3302

Allegation: Un H. Choe violated Ala. Code §§34-43-8(b), 34-43-15(a)(3) and 34-43-15(c) and Alabama Board of Massage Therapy Administrative Code Rule 532-X-5-.03(1)(d) for unprofessional conduct.

Board Action: License surrendered.

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Establishment Licenses Non-Transferable

Please take note that a Massage Therapy Establishment License is NOT transferable should there be any changes in your business. If you sell your business or relocate your business, you will need to re-apply for a new Establishment License. This application is available on our website for your convenience. Please contact us via email should you have any questions at massage@alstateboard.com. Thank you!

NATIONAL EXAMINATION: Since August 2013, the Board has accepted the examinations offered by the Federation of State Massage Therapy Boards as part of the licensure process.

DISCIPLINARY ACTION by the Board

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Case #2015-036

Respondent: No Su Yim/Ocean Sauna

License LMT# 1534

January 19, 2016

Allegation: No Su Yim, as owner of Ocean Sauna, violated Ala. Code §§34-43-11(a) and 34-43-15(a)(3), (c) and Alabama Board of Massage Therapy Administrative Code Rule 532-X-5.03(1)(d) by promoting prostitution.

Board Action: No Su Yim entered into a Consent Order with this Board regarding the alleged violations. Pursuant to said consent order, Mr. Yim has agreed to surrender his Massage Therapy Establishment License and will not reapply for licensure in the State of Alabama for a minimum of three (3) years.

Case #2015-038

Respondent: Chong S. Yu

License LMT# 3293

January 15, 2016

Allegation: Chong S. Yu violated Ala. Code §§ 34-43-8(b) and 34-43-15(a)(3), (b) and Alabama Board of Massage Therapy Administrative Code Rule 532-X-5.03(1)(d) for unprofessional conduct.

Board Action: Chong S. Yu entered into a Consent Order with this Board regarding the alleged violations and his Massage Therapy license has been surrendered. Mr. Yu is not allowed to reapply for licensure in the State of Alabama for a minimum of three (3) years.

Additional information about Disciplinary Action by the Board is listed on the Board's website

If you have a complaint, a copy of the Consumer Complaint form can be found on the Board's website in the Forms section.

Please complete the form and submit it to the Board's office at 2777 Zelda Road, Montgomery, AL 36106



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