

Chapter 79. Massage Therapists.

12 AAC 79.140 is repealed and readopted to read:

12 AAC 79.140. Massage school education requirements. (a) Applicants must show

(1) successful completion of a board approved massage therapy program of at least 625 hours; and

(2) that the practical application portion of the curriculum does not exceed 20 percent of the total hours of the massage program.

(b) If the applicant did not attend an approved massage school and attended a program that is an exception from massage therapy licensure, the applicant must show successful completion of at least 625 hours of education or instruction in massage therapy that includes the following subjects for the minimum number of hours specified:

(1) anatomy, physiology, pathology, and kinesiology: 162 hours, including instruction in

(A) at least 40 hours in pathology, including indications and contraindications;

(B) the muscular system;

(C) the nervous system;

(D) osteology;

(E) the circulatory system; and

(F) kinesiology;

(2) massage theory and practical application: 275 hours, including instruction in

(A) basic massage therapy techniques dedicated to the study of massage therapy and various clinically related modalities; and

(B) assessment;

(3) clinical practice: 138 hours, including instruction in

(A) universal and standard precautions;

(B) self-care;

(C) body mechanics;

(D) draping;

(E) record keeping;

(F) business practice and professional development; and

(G) medical terminology;

(4) ethics and laws: 50 hours, including instruction in

(A) professional boundaries;

(B) therapeutic relationships; and

(C) local and state laws;

(5) not more than 50 hours in techniques that are exempt from license

requirements;

(6) practical application, not to exceed 20 percent of the total hours of the

massage program.

(c) In this section, “practical application” means a hands-on application of various clinical modalities dedicated to the practice of massage therapy. (Eff. 4/17/2019, Register 230; am ____/____/_____, Register _____)

Authority: AS 08.61.020 AS 08.61.100

12 AAC 79.210 is repealed and readopted to read:

12 AAC 79.210. Continuing education requirements. (a) An applicant for renewal of a massage therapy license, for every biennial licensing period

(1) must document completion of at least 16 continuing education credits completed between the beginning of the concluding licensing period and the time of application, two of which must be in ethics; and

(2) must document completion of a cardiopulmonary resuscitation course as required under 12 AAC 79.200.

(b) An applicant for renewal under this section may receive two hours of continuing education credit for completion of hands-on cardiopulmonary resuscitation through the American Red Cross, American Heart Association, American Safety and Health Institute, or an equivalent organization.

(c) Continuing education must be completed through a

(1) board-approved massage therapy or bodywork therapy school or training program;

(2) regionally or nationally accredited institution of higher education; a course, seminar, workshop, or other program through that institution must be approved by the board as directly related to the skills and knowledge required for the practice of massage therapy; or

(3) local, state, or national professional organization that serves the massage therapy profession, including

(A) Associated Bodywork and Massage Professionals;

(B) the American Massage Therapy Association;

(C) the Federation of State Massage Therapy Boards; and

(D) the National Certification Board for Therapeutic Massage and

Bodywork.

(d) An applicant for renewal is responsible for maintaining adequate and detailed records of all continuing education hours claimed and shall make the records available to the board upon request under 12 AAC 79.220. Records must be retained for four years from the date the contact hours were obtained.

(e) An applicant for renewal under (a) of this section may receive three continuing education credits for attending at least 75 percent of a regularly scheduled board meeting once every biennial licensing period.

(f) An applicant for renewal under (a) of this section who has been licensed more than 90 days but less than 12 months of the concluding biennial license period is not required to submit proof of completion of continuing education.

(g) For the purposes of this section,

(1) one continuing education credit equals one hour of classroom instruction between instructor and participant;

(2) one academic semester credit equals 15 contact hours; and

(3) one academic quarter credit equals 10 contact hours. (Eff. 5/28/2016, Register 218; am 7/15/2016, Register 219; am 7/5/2017, Register 223; am 4/17/2019, Register 230; am 3/25/2020, Register 233; am 6/6/2021, Register 238; am ____/____/_____, Register _____)

Authority: AS 08.61.020 AS 08.61.030 AS 08.61.050