



Janet T. Mills
Governor

STATE OF MAINE
DEPARTMENT OF PROFESSIONAL
AND FINANCIAL REGULATION
Massage Therapy Program
35 STATE HOUSE STATION
AUGUSTA, MAINE
04333-0035

Anne L. Head
Commissioner

June 12, 2020

Dear Maine Massage Therapists:

Greetings. We hope you have been safe and healthy during this difficult time.

As you probably know, Governor Mills developed a phased plan to safely restart Maine's economy following the shutdown caused by the COVID-19 pandemic. The Governor's Restarting Plan is available at this link <https://www.maine.gov/covid19/restartingmaine>

Pursuant to the Governor's Restarting Plan, and subject to the DHHS COVID-19 Guidance for Health Care Providers <https://www.maine.gov/dhhs/coronavirus-resources.shtml>, health care related massage therapy services may now be provided by an LMT. All other types of massage must wait until Stage 3, expected to July 1, depending on health metrics.

Maine's massage therapy licensing program does not differentiate between medical or health care massage and other types of massage, so we do not certify or otherwise give permission to do a certain type of massage. According to the Department of Economic and Community Development, for the purposes of Stage 1 opening, "LMTs may practice if their client has been referred by a medical professional and the services that the client requires are for a medically necessary condition where the medical need outweighs the risk of contact."

Massage therapists contemplating opening to provide health care/medical massage must comply with the DHHS Guidance for Health Care Professionals available at this link <https://www.maine.gov/dhhs/coronavirus-resources.shtml>. LMTs must use their professional judgment to determine if they can comply with the DHHS Guidance, including US CDC Infection Control Guidance. If, after reading the DHHS guidance, you believe that you can safely practice, you may do so to provide health care related massage. Reopening is optional and subject to your adoption of safety recommendations in the DHHS Guidance.

In anticipation of the Stage 3 Opening, DECD has posted a checklist for Massage Facilities available at this link <https://www.maine.gov/decd/covid-19-prevention-checklists>. Please be sure to read and follow both the General Checklist and the Massage Facility checklist. They both contain important information to ensure the health and safety of you and your clients.

In addition, we recommend that you refer to the Federation of State Massage Therapy Boards Guidelines <https://www.fsmtb.org/media/2319/fsmtb20200519guidelinesforpracticecovid-19.pdf>

We know this has been a difficult time for you, and for many of our licensees, friends and families. We wish you the best in your reopening preparations.

OFFICES LOCATED AT: 76 NORTHERN AVENUE, GARDINER, MAINE

PHONE: (207)624-8624 (VOICE)

TTY users: call Maine Relay 711

FAX: (207)624-8637