



## Bureau of Professional Licensure



Iowa Board of Massage Therapy

<http://www.idph.iowa.gov/Licensure/Iowa-Board-of-Massage-Therapy>

### Contact Information

Bureau of Professional Licensure  
Iowa Department of Public Health  
Lucas State Office Building  
321 E. 12th Street,  
Des Moines, IA 50319  
Ph (515) 281-6959  
Fax (515) 281-3121

Online Licensure Services: <https://ibplicense.iowa.gov>

**The definition of massage is broad. Structural Integration is not mentioned by name in the Definition or in the Exemptions, though movement therapies such as Rolf Movement® are exempt.**

### Law and Regulation

#### Definition of Massage

<https://www.legis.iowa.gov/docs/code/2015/152C.1.pdf>

#### 152C.1 Definitions.

3. “*Massage therapy*” means performance for compensation of massage, myotherapy, massotherapy, bodywork, bodywork therapy, or therapeutic massage including hydrotherapy, superficial hot and cold applications, vibration and topical applications, or other therapy which involves manipulation of the muscle and connective tissue of the body, excluding osseous tissue, to treat the muscle tonus system for the purpose of enhancing health, muscle relaxation, increasing range of motion, reducing stress, relieving pain, or improving circulation.

#### Exemptions

<https://www.legis.iowa.gov/docs/code/2016/152C.9.pdf>

#### 152C.9 Exemptions.

6. Persons engaged within the scope of practice of a profession with established standards and ethics utilizing touch, words, and directed movement to deepen awareness of existing patterns of movement in the body as well as to suggest new possibilities of movement, provided that the practices performed or services rendered are not designated or implied to be massage therapy. Such practices include, but are not limited to, the Feldenkrais method, the Trager approach, and mind-body centering.

### Rules

<http://www.idph.iowa.gov/Licensure/Iowa-Board-of-Massage-Therapy/Laws-and-Rules>

## **Board Meeting Dates, Agendas, and Minutes**

<http://www.idph.iowa.gov/Licensure/Iowa-Board-of-Massage-Therapy/Meeting-Information>

### Meeting Location:

Professional Licensure Conference Room  
Lucas State Office Building, 5th floor  
Des Moines