

**MEETING AGENDA
SOUTH DAKOTA BOARD OF MASSAGE THERAPY**

Wednesday, February 11, 2026 -- 9:00 am CST

The meeting will be held via Microsoft Teams
Click here to join the meeting:

[Join Teams Meeting](#)

Or Call: 1-605-679-7263, ID 278 006 025#

1. Call to Order
2. Roll Call & Introduction of New Board Member Leslie Nuckles
3. Approval of Agenda
4. Open Forum
5. Approval of the Draft Meeting Minutes (November 19, 2025)
6. Executive Secretary Report
 - a. Financial Report for the Month Ending January 31, 2026
 - b. 2026 Massage Therapy Legislative Bill
 - c. Dismissal of Complaint 2025-003
7. Continuing Education
8. Approval of South Dakota Massage Therapy Schools – Should we seek an administrative rule change
10. Appointment of Board Member as Education Committee
11. Next Meeting Date – April 19, 2026 – Proposed Agenda Items
12. Adjourn

SOUTH DAKOTA BOARD OF MASSAGE THERAPY HEARING MINUTES
Wednesday, November 19, 2025
Via Microsoft Teams

1. Call to Order

President Fallon Helm called the meeting to order at 9:02 am CDT. Members of the public could join the meeting via Microsoft Teams or tele-conferencing.

2. Roll Call & Introduction of New Board Member

Ashley Kesterson was introduced as a new massage therapist member of the board. Megan Borchert was introduced as the board's new legal counsel, replacing Steve Blair who accepted a different position. Alvin Trace resigned from the board effective November 12, 2025. The Governor has not yet named a replacement.

President Fallon Helm read the roll and a quorum was established.

Members Present:

Fallon Helm – via Teams Meeting
Ashley Kesterson – via Teams Meeting
Mariah Pokorny, via Teams Meeting
Thor Thonvold – via Teams Meeting

Others Present:

Kate Boyd, Executive Secretary – via Teams Meeting
Megan Borchert, Staff Legal Counsel – via Teams Meeting
Kaitlin Sherer, SD Department of Health – via Teams Meeting

Guests Present:

Bridget Myers, Rhanda Heller, Elise Blaine, Cynthia Riley, Liliya Dailey, Christine Hooper, Cynthia Riley, Jada Thompson, Olawa Rae-Bruhjell, Paul Thronson, Tonia McGeorge, Bob Mercer—
KELO News

3. Approval of Agenda

Mariah Pokorny made a motion, seconded by Thor Thonvold, to approve the agenda. **MOTION PASSED.** Roll Call Vote (Helm yea; Kesterson yea; Pokorny yea; Thonvold yea)

4. Open Forum

Rhanda Heller spoke during open form and stated that she hopes to learn more about the budget and the status of the proposed legislative bill.

5. Approval of Draft Meeting Minutes (August 6, 2025)

Mariah Pokorny made a motion, seconded by Thor Thonvold, to approve the May 21, 2025 meeting minutes. **MOTION PASSED.** Roll Call Vote (Helm yea; Kesterson yea; Pokorny yea; Thonvold yea)

6. Executive Secretary Report

Executive Secretary Kate Boyd reported the following:

a. Financial Report for the Month Ending October 31, 2025 – The available funds for the remainder of the fiscal year are \$47,726.13, and the cash center balance is \$33,991.03.

b. 2025 License Renewal Report – License Renewals for 2025 are:

Active licenses - 950 – this number increases throughout the year as new licensees become licensed but decreases when a number of licensees choose to not renew their license.

Licenses not renewed in 2025 and now are expired – 45

Licensees applied for inactive status -- 20

c. 2026 Massage Therapy Legislative Bill – Executive Secretary Boyd stated that the draft legislation approved by the board on August 6, 2025 has been forwarded to the Department of Health and is currently under review.

d. School License Sale/Transfer – Patricia Fields from Gary, South Dakota contacted Executive Secretary Boyd last week to report that the sale of Pam's Massage School to her is in progress.

e. Continuing Education – Executive Secretary Boyd stated that she would like to put an item on the agenda to review continuing education requirements for new licensees who completed continuing education for another state prior to applying for a South Dakota license and for South Dakota licensees who complete continuing education to reactivate their license.

7. Proposed Amendment to Board Policy Regarding Reporting of Unlicensed Practitioners

This was a follow-up from the August 6, 2025 board meeting. The board is being asked to consider whether to amend the current policy, adopted in 2015 of contacting a State's attorney's office to report unlicensed practitioners. President Fallon Helm emphasized that the Board does not have any authority or jurisdiction over unlicensed individuals. It becomes a criminal matter. Executive Secretary Boyd stated that she attended a meeting the previous day with other executive directors of Department of Health licensing boards. Unlicensed activity is a problem for most licensing boards in South Dakota and across the nation. She learned that most boards find it more beneficial to report unlicensed activity to local law enforcement.

Thor Thonvold made a motion, seconded by Mariah Pokorny to discontinue referring of unlicensed activity to the state's attorney and instead refer to local law enforcement. **MOTION PASSED.** Roll Call Vote (Helm yea; Kesterson yea; Pokorny yea; Thonvold yea)

The new policy reads as follows (~~Strike-thru~~ eliminates language and underscore adds new language):

The Board authorizes the Executive Secretary to refer complaints alleging unlicensed practice to ~~the state's attorney~~ local law enforcement at the time the complaint is filed with the Board and

dismiss the complaint due to lack of jurisdiction. (*Board Action ~~March 16, 2015~~ November 19, 2025*)

8. Report of the FSMTB Annual Meeting

President Fallon Helm and Executive Secretary Kate Boyd reported on their attendance at the October annual meeting of the Federation of State Massage Therapy Boards (FSMTB). This was the 20th anniversary of FSMTB and the federation paid for two attendees from each state. In other years they pay for one representative from each member state. Executive Secretary Boyd stated that she found the discussions of unlicensed activity to be beneficial, as well as the networking between colleagues from other states. She noted that the State of Maryland passed a new law that affects all their licensing boards to make any unlicensed activity a felony. This seems to be getting more attention from the State's attorneys to prosecute these criminal cases. South Dakota would likely need much more documentation over a period of years from all licensing boards before this would even be considered for legislation.

President Fallon Helm agreed with the things that Ms Boyd brought up. She also mentioned a presentation on human trafficking and the likelihood that an individual who touches a client inappropriately will reoffend. Also, a client who is seeking sexual favors will often move to a new massage therapist if a therapist refuses to accommodate them. Ms. Helm stated that it is beneficial to have continuity of who attends the annual meeting. FSMTB pays for one representative's attendance who is the voting member for the member state. Others from each state are invited to attend, but attendance must be paid by the state or the individual. Given the state of our board's budget, it will likely mean self-pay to attend.

9. Proposed 2026 Board Meeting Dates

The Board agreed on the following meeting dates for 2026:

February 4, 2026
April 29, 2026
July 29, 2026
October 28, 2026

All meetings are scheduled for 9:00 – 11:00 central time on a Wednesday. In most years, it becomes necessary to schedule one or two additional meetings.

10. Annual Election of Officers

Thor Thonvold made a motion, seconded by Mariah Pokorny to elect Fallon Helm as President. **MOTION PASSED.** Roll Call Vote (Helm abstain; Kesterson yea; Pokorny yea; Thonvold yea)

Fallon Helm made a motion, seconded by Mariah Pokorny, to elect Thor Thonvold as Vice President. **MOTION PASSED.** Roll Call Vote (Helm yea; Kesterson yea; Pokorny yea; Thonvold abstain)

Fallon Helm made a motion, seconded by Thor Thonvold, to elect Mariah Pokorny as Secretary. **MOTION PASSED.** Roll Call Vote (Helm yea; Kesterson yea; Pokorny abstain; Thonvold yea)

11. Executive Session

Thor Thonvold made a motion, seconded by Ashley Kesterson, to go into executive session, pursuant to SDCL 1-25-2(3) and 1-27-1.5(5)) to discuss Applications T11043, T11045, T11048, and T110AB. **MOTION PASSED.** Roll Call Vote (Helm yea; Kesterson yea; Pokorny yea; Thonvold yea)

Executive Session began at 9:50 am.

The Board returned to the open meeting at 10:40 am.

Application T11043 – Thor Thonvold made a motion, seconded by Ashley Kesterson, to approve application T11043. **MOTION PASSED.** Roll Call Vote (Helm yea; Kesterson yea; Pokorny yea; Thonvold yea)

Application T11045 – Mariah Pokorny made a motion, seconded by Thor Thonvold, to approved application T11045. **MOTION PASSED.** Roll Call Vote (Helm yea; Kesterson yea; Pokorny yea; Thonvold yea)

Application T11048 – Ashley Kesterson made a motion, seconded by Mariah Pokorny, to approve application T11048. **MOTION PASSED.** Roll Call Vote (Helm yea; Kesterson yea; Pokorny yea; Thonvold yea)

Application T110AB – Thor Thonvold made a motion, seconded by Ashley Kesterson, to approve application T11043. **MOTION PASSED.** Roll Call Vote (Helm yea; Kesterson yea; Pokorny yea; Thonvold yea)

12. Next Meeting

The next regularly scheduled meeting is February 4, 2026. Carry-over agenda items include: Continuing Education, Consideration of adding additional legal questions on applications, and executive session to receive input from legal counsel on applicant education.

13. Adjourn

Thor Thonvold made a motion, seconded by Mariah Pokorny to adjourn. **MOTION PASSED.** Roll Call Vote (Helm yea; Kesterson yea; Pokorny yea; Thonvold yea)

The meeting was adjourned at 10:45 am.

Respectfully submitted,

Executive Secretary Kate Boyd and Secretary Thor Thonvold

BUDGET UNIT 09211

AVAILABLE FUNDS
AS OF: 01/31/2026
FY YEAR REMAINING: 41.4%
PAY DAYS REMAINING: 9

MONTHLY

PAGE 1,653

DATE 01/31/2026

BUDGET UNIT NAME BOARD OF MESSAGE THERAPY - INFO

COMP	ORIGINAL APPROPRIATION	APPROPRIATION TRANSFERS	YEAR-TO-DATE COMMITMENTS	YEAR-TO-DATE ENCUMBRANCES	EXPENDITURES YEAR-TO-DATE	AVAILABLE APPROPRIATIONS	CASH BALANCE
6503-I	129,102.00	0.00	0.00	36,181.04	48,440.78	44,480.18	16,680.20
BUDGETED TOT	129,102.00	0.00	0.00	36,181.04	48,440.78	44,480.18	
ALL COMP TOT	129,102.00	0.00	0.00	36,181.04	48,440.78	44,480.18	

TOTAL BUDGETED:

OBJECT OF EXPENDITURE	AMOUNT BUDGETED	COMMITMENTS YEAR-TO-DATE	ENCUMBRANCES YEAR-TO-DATE	EXPENDITURES MONTHLY	EXPENDITURES YEAR-TO-DATE	BUDGET AVAILABLE	PCT AVL
5101 EMPLOYEE SALARIES	4,707.00	0.00	0.00	0.00	1,494.00	3,213.00	68.3
5102 EMPLOYEE BENEFITS	2,433.00	0.00	0.00	0.00	114.28	2,318.72	95.3
5203 TRAVEL	3,371.00	0.00	0.00	0.00	0.00	3,371.00	100.0
5204 CONTRACTUAL SVCS	115,591.00	0.00	36,181.04	9,731.90	45,204.56	34,205.40	29.6
5205 SUPPLIES & MATRLS	2,700.00	0.00	0.00	295.98	1,627.94	1,072.06	39.7
5207 CAPITAL OUTLAY	300.00	0.00	0.00	0.00	0.00	300.00	100.0
TOTALS	129,102.00	0.00	36,181.04	10,027.88	48,440.78	44,480.18	34.5

BREAKOUT BY COMPANY:

COMPANY 6503-I PROFESSIONAL & LICENSING BOARDS

OBJECT OF EXPENDITURE	AMOUNT BUDGETED	COMMITMENTS YEAR-TO-DATE	ENCUMBRANCES YEAR-TO-DATE	EXPENDITURES MONTHLY	EXPENDITURES YEAR-TO-DATE	BUDGET AVAILABLE	PCT AVL
5101000 EMPLOYEE SALARIES	4,707.00	0.00	0.00	0.00	1,494.00	3,213.00	68.3
5102000 EMPLOYEE BENEFITS	2,433.00	0.00	0.00	0.00	114.28	2,318.72	95.3
5203000 TRAVEL	3,371.00	0.00	0.00	0.00	0.00	3,371.00	100.0
5204000 CONTRACTUAL SVCS	115,591.00	0.00	36,181.04	9,731.90	45,204.56	34,205.40	29.6
5205000 SUPPLIES & MATRLS	2,700.00	0.00	0.00	295.98	1,627.94	1,072.06	39.7
5207000 CAPITAL OUTLAY	300.00	0.00	0.00	0.00	0.00	300.00	100.0
PS SUBTOTALS	7,140.00	0.00	0.00	0.00	1,608.28	5,531.72	77.5
OE SUBTOTALS	121,962.00	0.00	36,181.04	10,027.88	46,832.50	38,948.46	31.9
COMPANY 6503-I TOT	129,102.00	0.00	36,181.04	10,027.88	48,440.78	44,480.18	34.5

AGENCY: 09 HEALTH
BUDGET UNIT: 09211 BOARD OF MASSAGE THERAPY - INFO

COMPANY	CENTER	ACCOUNT	BALANCE	DR/CR	CENTER DESCRIPTION
6503	092100061840	1140000	16,680.20	DR	BOARD OF MASSAGE THERAPY
COMPANY/SOURCE TOTAL 6503 618			16,680.20	DR *	
COMP/BUDG UNIT TOTAL 6503 09211			16,680.20	DR **	
BUDGET UNIT TOTAL 09211			16,680.20	DR ***	

STATE OF SOUTH DAKOTA
REVENUE SUMMARY BY BUDGET UNIT
FOR PERIOD ENDING: 01/31/2026

AGENCY	09	HEALTH	BUDGET UNIT 09211 BOARD OF MASSAGE THERAPY - INFO			YEAR-TO-DATE
CENTER	COMP	ACCOUNT	DESCRIPTION	CURRENT MONTH		
COMPANY NO 6503						
COMPANY NAME PROFESSIONAL & LICENSING BOARDS						
092110061840	6503	4293101	RENEWAL FEES	295.00-	60,205.00	
092110061840	6503	4293102	INACTIVE FEES	.00	500.00	
092110061840	6503	4293103	TEMPORARY FEES	.00	1,000.00	
092110061840	6503	4293104	REACTIVATION FEE	65.00	390.00	
092110061840	6503	4293106	APPLICATION FEES	700.00	4,200.00	
092110061840	6503	4293990	LICENSING FEES	455.00	2,795.00	
ACCT: 4293			BUSINESS & OCCUP LICENSING (NON-GOVERNMENTAL)	925.00	69,090.00 *	
ACCT: 42			LICENSES, PERMITS & FEES	925.00	69,090.00 **	
092110061840	6503	4595001	MISC INCOME COPIES-LISTS	.00	300.00	
ACCT: 4595				.00	300.00 *	
ACCT: 45			CHARGES FOR SALES & SERVICES	.00	300.00 **	
092110061840	6503	4920045	NONOPERATING REVENUES	.00	1,131.50	
ACCT: 4920			NONOPERATING REVENUE	.00	1,131.50 *	
ACCT: 49			OTHER REVENUE	.00	1,131.50 **	
CNTR: 092110061840				925.00	70,521.50 ***	
CNTR: 092110061				925.00	70,521.50 ****	
CNTR: 0921100				925.00	70,521.50 *****	
COMP: 6503				925.00	70,521.50 *****	
B UNIT: 09211				925.00	70,521.50 *****	

AGENCY 09 HEALTH
BUDGET UNIT 09211 BOARD OF MASSAGE THERAPY - INFO

[illegible]

STATE OF SOUTH DAKOTA
MONTHLY OBJECT/SUB-OBJECT REPORT BY BUDGET UNIT
FOR PERIOD ENDING: 01/31/2026

AGENCY	09	HEALTH	COMP	ACCOUNT	DESCRIPTION	CURRENT MONTH	YEAR-TO-DATE	
BUDGET UNIT	09211	BOARD OF MASSAGE THERAPY - INFO						
CENTER-5	09211	BOARD OF MASSAGE THERAPY - INFO						
CENTER	COMP	ACCOUNT						
COMPANY NO	6503							
COMPANY NAME	PROFESSIONAL & LICENSING BOARDS							
092110061840	6503	51010300000000000000		BOARD & COMM MERS FEES	.00	1,494.00		
ACCT: 5101		EMPLOYEE SALARIES			.00	1,494.00	*	
092110061840	6503	51020100000000000000		OASI-EMPLOYER'S SHARE	.00	114.28		
ACCT: 5102		EMPLOYEE BENEFITS			.00	114.28	*	
ACCT: 51		PERSONAL SERVICES			.00	1,608.28	**	
092110061840	6503	52040500000000000000		COMPUTER CONSULTANT	.00	6,205.00		
092110061840	6503	52040900000000000000		MANAGEMENT CONSULTANT	9,161.42	32,822.96		
092110061840	6503	52041800000000000000		COMPUTER SERVICES-STATE	297.00	2,199.00		
092110061840	6503	52042000000000000000		CENTRAL SERVICES	.00	1,227.37		
092110061840	6503	52042040000000000000		RECORDS MGMT SERVICES	119.03	344.02		
092110061840	6503	52042070000000000000		HUMAN RESOURCES SERVICES	120.02	270.04		
092110061840	6503	52045300000000000080		TELECOMMUNICATIONS SRVCS	20.00	140.00		
092110061840	6503	52049600000000000000		OTHER CONTRACTUAL SERVICE	14.43	1,996.17		
ACCT: 5204		CONTRACTUAL SERVICES			9,731.90	45,204.56	*	
092110061840	6503	52050200000000000000		OFFICE SUPPLIES	295.98	359.40		
092110061840	6503	52053100000000000000		PRINTING-STATE	.00	259.10		
092110061840	6503	52053500000000000000		POSTAGE	.00	1,009.44		
ACCT: 5205		SUPPLIES & MATERIALS			295.98	1,627.94	*	
ACCT: 52		OPERATING EXPENSES			10,027.88	46,832.50	**	
COMP: 6503	PROFESSIONAL & LICENSING BOARDS				10,027.88	48,440.78	***	
CENTER: 092110061840					10,027.88	48,440.78	****	
B UNIT: 09211					10,027.88	48,440.78	*****	

CONTINUING EDUCATION DISCUSSION FOR FEBRUARY 11, 2026 BOARD OF MASSAGE THERAPY MEETING

Eight hours of approved continuing education is required to renew a massage therapy license in even-numbered renewal years. As executive secretary, I have a couple of questions as it relates to continuing education and would also request that the board review the current policies regarding continuing education to see if any updates should be made.

1. New Applicants – If a new applicant has completed continuing education for another state within our two-year window, do they need to still need to complete continuing education to renew their license that first year? For example, a new applicant completes continuing education to renew in another state and then applies for a South Dakota license, do they still need to complete continuing education if it is due later that year.

2. Reactivating a License – In order to reactivate an inactive license, the licensee is required to submit proof of completing eight hours of approved continuing education in the two years preceding their application for reactivation. Do they still need to complete additional continuing education to renew later that year if the continuing education was completed in the current two-year continuing education cycle.

3. Review of Continuing Education Policies – Please read the following document to determine if any changes need to be made for the acceptable and unacceptable courses.

Continuing Education

Reiki is not massage therapy. Reiki classes are not continuing education compliant.
(Board Position April 16, 2009)

The Board does not accept carryover continuing education credits for multiple renewal periods. (Board Action March 17, 2014)

The Board accepts CPR courses only from American Red Cross and American Heart Association certified instructors and such courses count as 4 hours of continuing education per renewal period. (Board Action November 3, 2014)

Personal Protective Equipment (PPE) Sanitation presented by an approved provider of the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), American Medical Massage Association (AMMA), or Federation of State Massage Therapy Boards (FSMTB) for up to 3 continuing education units as a

qualifying continuing education course, in accordance with ARSD 20:76:03:04.
(Board Action May 19, 2020; Updated July 25, 2022)

Attendance of the video conference of a board meeting is also qualifying continuing education in conjunction with ARSD 20:76:03:04. (Board Action May 19, 2020)

The Course Category Policy below is effective November 1, 2019 as part of the Board Policies and Positions
(Board Action September 25, 2019; Updated July 25, 2022)

Acceptable Course Categories

The FSMTB has determined that courses taught in the following categories will be acceptable for inclusion in the CE Registry. The Board recognizes courses in the CE Registry as meeting requirements for license renewal.

- **Anatomy & Physiology** – Courses whose main purpose is to instruct students in the structure and function of the body.
- **Applications & Tools** – Courses whose main purpose is to instruct students in using applications and tools in the practice of massage therapy:
 - **Applications** – The topical application of any preparation, including but not limited to, the external application of hydrotherapy, thermotherapy and cryotherapy to augment the effects of massage therapy treatment.
 - **Tools** – Manual devices that mimic or enhance the actions of the hands.
- **Instructor Training** – Courses to prepare individuals to teach in the massage profession.
- **Kinesiology** – Courses whose main purpose is to instruct students in the study of the movement of the body.
- **Modalities – Eastern//Asian** – Courses whose main purpose is to instruct students in Eastern/Asian massage modalities.
- **Modalities – Western** – Courses whose main purpose is to instruct students in Western massage modalities.
- **Pathology** – Courses whose main purpose is to instruct students in the study of diseases that affect the human body and their implications for massage.
- **Pharmacology** – Courses whose main purpose is to instruct students in the interactions between medications and massage.

- **Professional Practice** – Courses in the following topic areas:

Assessment	Documenting/Charting
Benefits of Massage	Record Keeping
Body Mechanics	Treatment Planning
Business	Third Party Reimbursement
Communication with Clients	Universal Precautions
Contraindications	

- **Regulatory Ethics** – State required regulatory education courses.

Addictions/Substance Abuse	Laws
Boundaries	Mandatory Reporting
Cultural Competence	Medical Error Prevention
Ethics	Regulations
Human Trafficking	Scope of Practice
Infectious Disease Control	Sexual Misconduct/Abuse

- **Research** – Courses whose main purpose is to instruct students in the process of scientific research of massage therapy.
- **Special Populations** – Courses whose main purpose is to instruct students in providing massage/bodywork to special populations of clients.

Athletes/Fitness	Orthopedic
Disabilities	Obese
Geriatric	Oncology
Hospice	Pregnant
Infants & Children	Trauma
Military	

- **Other** – Courses whose main purpose is not found in any other category. These courses will be reviewed for acceptance on a scheduled basis.

Unacceptable Course Topics

The FSMTB does not accept courses that are out of the massage therapy scope of practice. Some unacceptable course types are:

Advanced science	Exercise	Qi Gong
Applied Kinesiology	Feng Sui	Sea shells
Animal massage	Herbal remedies	Social work
Bamboo	Homeopathic remedies	Spirituality
Chiropractic assistant	Light therapy	Supplements
Crystals	Martial Arts	Tai Chi

Crystal bowls
Dancing
Diets
Dry Needling
Electric stimulation
Energy work

Meditation
Non-biological science
Nutrition
Personal training
Pilates
Psychology

*Therapist self-care
Tuning Forks
Ultrasound
Weightlifting
Yoga

* What does the board view as therapist self-care?