

Meeting Minutes
South Dakota Board of Massage Therapy
Wednesday, March 23, 2022
9:00 a.m. CST
Via Zoom Meeting

President Christine Ellwein called the meeting to order at 9:01 a.m. Pankratz seconded the motion. **Motion passed.**

Board Members Present:

Christine Ellwein, Fallon Helm, Lorin Pankratz, Alvin Trace, Kaylyn Reinert

Others in Attendance:

Melissa Miller, Executive Secretary, Legal Counsel, Steve Blair, Department of Health, Susan Sporrer, Board of Massage Therapy, Jessica Doorn, Ashley Hernandez (FSMTB), SD School of Massage Therapy (Rhanda Heller, Sierra Broussard, Bard Trevett, Bridget Myers and Rebecca Herman), Olawa Rae-Bruhjell, R. Mercer, Tonia McGeorge

Approval of Agenda

Pankratz made a motion to approve the agenda. Trace seconded the motion. **Motion passed.**

Approval of the Draft Minutes (Nov. 17 and Dec. 14, 2021, and Jan. 17, 2022)

Christine Ellwein voiced spelling of last name not being correct in the November 17 minutes. Helm makes a motion to approve minutes with amended spelling. Reinert seconded the motion. **Motion passed.**

(Christine Ellwein and Mellissa Miller had technical difficulties and were absent for 7 minutes)

Open Forum

Rebecca Herrmann, Rhanda Heller, Sierra Broussard and Bridget Myers addressed the board.

Executive Session

Helm made a motion to go into executive session. Trace seconded the motion. Ellwein called for a vote. **Motion passed.** Helm recuses herself and was put into waiting room for first complaint.

Boarded entered into executive session at 9:16 a.m. Miller put Jessica Doorn, Ashley Hernandez (FSMTB), SD School of Massage Therapy (Rhanda Heller, Sierra Broussard, Bard Trevett, Bridget Myers and Rebecca Herman), Olawa Rae-Bruhjell, Tonia McGeorge into the waiting room.

Helm was put back into executive session at 9:34 a.m.

Board came out of executive session at 10:29 a.m. Miller put Jessica Doorn, Ashley Hernandez (FSMTB), SD School of Massage Therapy, Rhanda Heller, Sierra, Olawa Rae-Bruhjell, R. Mercer, Tonia McGeorge back into the meeting

Case 2021-001

Trace made a motion to dismiss 2021-001. Reinert seconded the motion. Ellwein called for a vote. Helm abstained from the vote. **Motion passed.**

Case 2022-002

Ellwein assigned Reinert to work with Melissa to investigate complaint 2022-002.

Applications Approval/Denial

Helm made a motion to approve item number seven of the first application. Reinert seconded the motion. **Motion passed.**

Pankratz made a motion to start the formal process identified in 36-1C with item number Seven, the second application. Trace seconded the motion. **Motion passed.**

Secretary Report

Miller summarized the handouts and ask for any questions.

Adjournment

Trace made a motion to adjourn at 10:35 a.m. Pankratz seconded the motion. **Motion passed.**

Fallon Helm,
Secretary

DRAFT

Certified Chair Massage Therapist

Rational:

Provide opportunities for those interested in learning chair massage for working in environments such as conventions, sport events, workplace, stores and other situations. This training would not prepare a student to practice as a Licensed Massage Therapist. It does however provide skills and techniques to provide a seated/chair massage.

Requirements:

Anatomy and Physiology	40 hours
Chair Massage techniques	30 hours
Ethics	10 hours
CPR/First Aid	10 hours
Contraindications	10 hours
Total	100 hours

Chair Massage Certification, Training and Careers:

Chair massage is a brief session of bodywork during which the client is treated while in a seated position.

The chair massage, which usually lasts between 5 and 30 minutes, may take place in a special massage chair or an ordinary chair and focuses on the head, neck, shoulders, back and hips.

If you've attended chair massage school, you'll find that job opportunities are everywhere from, shopping malls to hospitals, from convention centers to sporting events.

Making chair massage available to those who have an interest in this line of work would provide a new work opportunity that would not impact the work of a Licensed Massage Therapist. It actually would likely provide a referral opportunity to LMT's in their community.

Benefits of Chair Massage

1. REDUCES STRESS

A whopping 85% stress reduction! Stress levels measured before and after each massage found one of the biggest benefits of seated massage therapy to be a seriously effective office stress reliever.

2. DECREASES ANXIETY AND DEPRESSION

One of the biggest benefits of office massages is that massage reduces anxiety by 26%, and depression scores also improve by 28%.

3. RELIEVES MUSCLE TENSION AND PAIN

Back pain is cut in half with regular corporate chair massages. A 48% decrease was seen in the studies on back pain and tension.

4. IMPROVES QUALITY OF SLEEP

Over multiple studies, the average improvement in sleep quality was 28%. That includes increased duration as well as fewer sleep disturbances.

5. RELIEVES HEADACHES

Headaches are decreased by an average of 48% in duration and intensity with regular onsite massages.

6. LOWERS BLOOD PRESSURE

Across multiple studies, there was an average of a 6% drop in blood pressure, which may not sound like a lot. But that's the difference between hypertensive blood pressure and normal blood pressure, and that's without any medication at all! Plus, these studies showed that there was a lasting effect and the benefits of corporate massage programs showed very clearly as the massage group continued to have lower blood pressure than the control groups for weeks after treatment stopped.

7. PREVENTS REPETITIVE STRAIN INJURIES

For employees doing repetitive movements, weekly chair massage reduces repetitive stress injuries by 37%.

8. INCREASES IMMUNE FUNCTION

In studies on immune function, the good cells of the body perform 35% better as one of the benefits of corporate chair massage, and this is especially true for autoimmune and inflammatory illnesses.

9. INCREASES FOCUS, ENERGY, AND MENTAL CLARITY

After chair massages, employees in two studies show increased alertness, speed, and accuracy on math computations following treatment.

Care of:

nivati

MENTAL HEALTH FOR THE WHOLE EMPLOYEE

Remaining Authority by Object/Subobject

Expenditures current through 04/30/2022 01:20:41 PM

HEALTH -- Summary

FY 2022 Version -- AS -- Budgeted and Informational

FY Remaining: 17.0 %

09211	Board of Massage Therapy - Info					PCT
Subobject	Operating	Expenditures	Encumbrances	Commitments	Remaining	AVL
EMPLOYEE SALARIES						
5101010 F-t Emp Sal & Wages	0	24,568	0	0	-24,568	0.0
5101030 Board & Comm Mbrs Fees	1,537	1,440	0	0	97	6.3
Subtotal	1,537	26,008	0	0	-24,471	0.0
EMPLOYEE BENEFITS						
5102010 Oasi-employer's Share	180	1,888	0	0	-1,708	0.0
5102020 Retirement-er Share	0	1,474	0	0	-1,474	0.0
5102060 Health Insurance-er Share	0	5,075	0	0	-5,075	0.0
5102080 Worker's Compensation	0	40	0	0	-40	0.0
5102090 Unemployment Compensation	0	2	0	0	-2	0.0
Subtotal	180	8,479	0	0	-8,299	0.0
51 Personal Services						
Subtotal	1,717	34,487	0	0	-32,770	0.0
TRAVEL						
5203010 Auto-state Owned-in State	0	11	0	0	-11	0.0
5203030 Auto-priv (in-st.) H/rte	1,200	0	0	0	1,200	100.0
5203100 Lodging/in-state	400	0	0	0	400	100.0
5203140 Meals/taxable/in-state	150	0	0	0	150	100.0
Subtotal	1,750	11	0	0	1,739	99.4
CONTRACTUAL SERVICES						
5204010 Subscriptions	0	20	0	0	-20	0.0
5204020 Dues & Membership Fees	854	42	0	0	812	95.1
5204050 Computer Consultant	10,400	1,010	8,105	0	1,285	12.4
5204080 Legal Consultant	9,727	844	0	0	8,883	91.3
5204090 Management Consultant	53,500	575	9,425	0	43,500	81.3
5204130 Other Consulting	3,000	2,374	126	0	500	16.7
5204180 Computer Services-state	0	1,089	0	0	-1,089	0.0
5204181 Computer Services-state	0	100	0	0	-100	0.0
5204200 Central Services	0	1,799	0	0	-1,799	0.0
5204204 Central Services	0	365	0	0	-365	0.0
5204207 Central Services	0	908	0	0	-908	0.0
5204220 Equipment Serv & Maint	0	49	0	0	-49	0.0
5204230 Janitorial & Maint Serv	0	3	0	0	-3	0.0
5204360 Advertising-newspaper	1,040	0	0	0	1,040	100.0
5204490 Rents-private Owned Prop.	0	1,177	0	0	-1,177	0.0

Remaining Authority by Object/Subobject

Expenditures current through 04/30/2022 01:20:41 PM

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09211	Board of Massage Therapy - Info						PCT
Subobject		Operating	Expenditures	Encumbrances	Commitments	Remaining	AVL
5204530	Telecommunications Srves	0	429	0	0	-429	0.0
5204540	Electricity	0	84	0	0	-84	0.0
5204550	Garbage & Sewer	0	10	0	0	-10	0.0
5204590	Ins Premiums & Surety Bds	525	825	0	0	-300	0.0
5204960	Other Contractual Service	1,200	1,106	0	0	94	7.8
Subtotal		80,246	12,809	17,656	0	49,781	62.0
SUPPLIES & MATERIALS							
5205020	Office Supplies	0	450	0	0	-450	0.0
5205310	Printing-state	0	467	0	0	-467	0.0
5205350	Postage	0	1,224	0	0	-1,224	0.0
5205510	Heating & Cooking Fuels	0	8	0	0	-8	0.0
Subtotal		0	2,149	0	0	-2,149	0.0
52 Operating							
Subtotal		81,996	14,969	17,656	0	49,371	60.2
Total		83,713	49,456	17,656	0	16,601	19.8

SD Board of Massage Therapy
April 2022 Monthly Report

Monthly Activity
(Activity Based on Deposits in March)

Inactive to Active	0
Temporary Permits	0
New Licensees	14
License Denial	1

Total Licenses and Permits as of 4/22/2022

Active Licenses	897
Temporary Permits	2
Inactive Licenses	361

Next Board Meeting The next meeting is Wednesday, May 25. In addition to the meeting there will be a training on the Board/Commission Meeting Guidelines and Complaint Process.

Phone/Email Questions We have received questions about the application process, fees, timelines and complaints.