

New Jersey Board of Massage and Bodywork Therapy

consumer *brief*

The New Jersey Board of Massage and Bodywork Therapy licenses massage and bodywork therapists and massage and bodywork therapist employers. The Board consists of nine members appointed by the Governor.

THE PURPOSE OF THE BOARD IS:

- to protect the health, safety and welfare of the people of New Jersey;
- to regulate the practice of massage and bodywork therapy; and
- to ensure that these therapies are performed in compliance with State law.

HOW DOES THE BOARD ACCOMPLISH ITS PURPOSE?

The Board protects the public by:

- evaluating the qualifications of applicants;
- granting licensure to those who are qualified; and
- investigating complaints of unprofessional or unethical conduct.

WHAT ARE MY RIGHTS AS A CONSUMER IF I HAVE A COMPLAINT AGAINST A MASSAGE AND BODYWORK THERAPIST?

If you feel a massage and bodywork therapist is violating State regulations, you may file a complaint against that individual. You may obtain a complaint form by writing to the:

New Jersey Board of Massage and Bodywork Therapy
P.O. Box 45048
Newark, NJ 07101

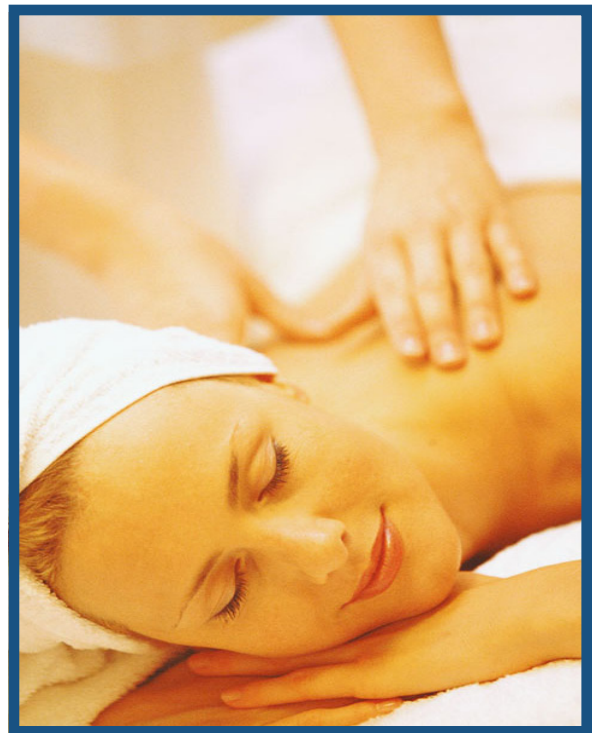
calling the Board at: **973-504-6520**,
or by visiting: **www.njconsumeraffairs.gov**, then
clicking on: **Boards & Committees, Massage and Bodywork.**

HOW ARE COMPLAINTS RESOLVED?

If the complaint is within the Board's jurisdiction:

- the complaint may be referred to an investigator who may contact you for additional information;

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- the therapist will be asked to respond to your complaint; and
- the Board will evaluate the complaint and the response from the therapist and determine if the complaint involves a violation of law.

WHAT HAPPENS NEXT?

- If a violation did occur, the Board may revoke, suspend or fail to renew the individual's licensure. The Board may also impose monetary penalties or take other appropriate action.
- During disciplinary proceedings, licensed therapists may be represented by an attorney and are given the right to demonstrate their compliance with the law. Once the Board has taken action against an individual, he/she has the right to appeal that action to the Appellate Division of Superior Court.
- You will be notified of the outcome, in writing, when the investigation of the complaint is concluded.

FREQUENTLY ASKED QUESTIONS

What is massage and bodywork therapy?

Massage is the application of soft-tissue manipulation techniques to the body, generally intended to reduce stress and fatigue while improving circulation.

Bodywork involves a variety of touch therapies that may use manipulation, movement, and/or repatterning to affect structural changes to the body.

There are more than 200 variations of massage and bodywork therapies and many practitioners utilize multiple techniques.

What are some of the techniques used?

Some of the techniques utilized may include, but are not limited to: stroking, kneading, tapping, compression, vibration, rocking, friction and pressure to the muscular structure or soft tissues of the human body. The use of oils, lotions and powders may also be used to reduce friction on the skin.

Do I need a prescription to see a massage and bodywork therapist?

No. While your doctor may recommend massage, a prescription is not required.

What are the benefits of therapeutic massage and bodywork?

Therapeutic massage and bodywork can improve circulation, help to loosen contracted muscles and stimulate weakened muscles. They also aid relaxation, help to reduce stress, improve flexibility and relieve pain from injuries and muscle spasms.

Note: Massage and bodywork therapy practices are designed to affect the energetic system of the body for the purpose of promoting and maintaining the health and well-being of the client. They do not include the diagnosis or treatment of illness, disease, impairment or disability.

New Jersey Office of the Attorney General DIVISION OF CONSUMER AFFAIRS

Consumer Service Center

124 Halsey Street
P.O. Box 45025
Newark, NJ 07101

973-504-6200

800-242-5846
(toll free within N.J.)



E-Mail: AskConsumerAffairs@dca.lps.state.nj.us

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