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**GOVERNMENT NOTICES • GOEWERMENTSKENNISGEWINGS**

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**DEPARTMENT OF HEALTH****NO. R. 2296****21 July 2022****ALLIED HEALTH PROFESSIONS ACT, 1982 (Act No. 63 OF 1982)****REGULATIONS RELATING TO THE PROFESSION OF THERAPEUTIC  
MASSAGE**

The Minister of Health intends, in terms of section 38 of the Allied Health Professions Act, after consultation with the Allied Health Professions Council, to make Regulations in the Schedule.

Interested persons are invited to submit substantiated comments or representations in writing on the proposed amendments to the regulations, to the Director-General: Health, Private Bag X828, Pretoria, 0001 (for the attention of the Director: Public Entities Governance, Ms M Mushwana, [mihloti.mushwana@health.gov.za](mailto:mihloti.mushwana@health.gov.za) and [godfrey.tsbe@health.gov.za](mailto:godfrey.tsbe@health.gov.za)), within one month of the date of the publication of this Notice.

**Dr M.J Phaahla, MP****Minister of Health****Date:** 26/06/2022

## SCHEDULE

### Definitions

1. In this Schedule any expression defined in the Act bears that meaning and, unless the context otherwise indicates –

**“manual and subtle soft tissue manipulation”** means the treatment of soft tissue in a living human body using passive or active, superficial or deep massage techniques including but not limited to touch, stroking, friction, vibration, percussion, kneading, stretching, compression and joint movement within the normal physiological range of motion, and as an adjunct thereto the external application of water, heat, cold, topical preparations and mechanical devices, in order to directly or indirectly influence soft tissue, body fluids and biochemical states;

**“massage therapy”** means the manual and subtle soft tissue manipulation in a living human body;

**“the Act”** means the Allied Health Professions Act, Act 63 of 1982;

**“therapeutic massage therapist”** means a person registered under this Act, who may treat or provide treatment for pre-diagnosed physical disease, illness or deficiencies in humans; or prevent such physical disease, illness or deficiencies in humans for the purpose of a therapeutic outcome;

**“therapeutic massage therapy”** means a multifaceted system of health care and treatment using manual and subtle soft tissue manipulation for therapeutic purposes including for the relief of pain, the treatment of health disorders or physical dysfunction, and for the maintenance, restoration or rehabilitation of health; and

**“therapeutic massage therapy philosophy”** means those principles, techniques, philosophies, theories or ideologies pertaining to techniques or principles of case-taking and physical, mental and biomechanical evaluation or assessment which are recorded in recognised academic texts and other publications on massage therapy.

**Acts specifically pertaining to the profession of a therapeutic massage therapist**

2. The following are acts specifically pertaining to the profession of therapeutic massage therapy –

- (a) the physical evaluation or assessment of a person for the purpose of treatment or prevention of a pre-diagnosed physical disease, illness or deficiency according to therapeutic massage principles or for the prevention of physical disease, illness or deficiencies in such person;
- (b) the treatment or prevention of any physical disease, illness or deficiency in a person by –
  - (i) manual and subtle soft tissue manipulation;
  - (ii) active and passive joint movement;
  - (iii) active and passive stretching;
  - (iv) lifestyle, exercise and healthcare advice;
  - (v) recording of a patient's personal details, the health history pertaining to the condition of the patient, vital signs, treatment and recommendation details as well as progress; and
- (c) other acts specifically pertaining to the profession of therapeutic massage therapy based on the education and training of therapeutic massage therapists as approved by the Council, from time to time, at the recommendation of the applicable professional board and published in the *Government Gazette*.

**Remedies relating to therapeutic massage**

3. Subject to the provisions of the Medicines and Related Substances Act, 1985 (Act No 101 of 1965), a registered therapeutic massage therapist may for the purposes of his or her practice and within the scope of practice relevant to his or her profession, possess or have under his or her control substances intended exclusively for external application to the skin to facilitate the massage process, including but not limited to carrier oils, butters, creams, embrocations, talcs and powders, which exclude medicines.

**Short title**

4. These regulations are called the Regulations Relating Specifically to the Profession of Therapeutic Massage, 2022.