

AMT Position Statement

on provision of mobile massage therapy services

The Association of Massage Therapists (AMT) represents 3000 massage therapists. Around 8% of AMT members provide mobile massage therapy (in-home and corporate) services to clients.

AMT strongly endorses the provision of mobile massage therapy services by qualified massage therapists within the Australian healthcare system. These services can provide a vital link to people in the community who are housebound, immobile, elderly, disabled, vulnerable or isolated.

Providing in-home massage therapy services is consistent with Government policy in the aged care and disability sectors, where in-home healthcare services are funded through the Community Home Support Programme (CHSP) and the National Disability Insurance Scheme (NDIS). Also, the Hospital in the Home scheme (HITH) provides inpatient healthcare services in homes.

QUALITY AND SAFETY

Qualified massage therapists can provide mobile services in a safe, effective and appropriate manner.

AMT members are required to hold a current first aid certificate, professional indemnity and public liability insurances, and undertake ongoing professional development. From 1 July 2018, all practitioner members will be required to provide a National Police Check to AMT every three years.

AMT members must uphold the AMT Code of Practice standards. The following AMT standards are of particular relevance in relation to the provision of mobile massage therapy services:

- **Infection Control and Hygiene**

<http://www.amt.org.au/downloads/practice-resources/AMT-code-of-practice-final.pdf#page=53>

- **Work health and safety**

<http://www.amt.org.au/downloads/practice-resources/AMT-code-of-practice-final.pdf#page=57>

- **Record keeping**

<http://www.amt.org.au/downloads/practice-resources/AMT-code-of-practice-final.pdf#page=39>

EVIDENCE INFORMED

A recent study of the effect of massage therapy on blood pressure in hypertensive women showed that even short sessions of massage (10 – 15 minutes, three times per week) has a clinically significant impact on blood pressure control (<https://www.ncbi.nlm.nih.gov/m/pubmed/29693035/>). This has positive implications for services delivered in the workplace and in residential care environments.

AMT's Classified Research Database contains a body of evidence to support the efficacy of massage therapy for particular populations that may benefit from in-home, residential or onsite care including:

- **Older adults**

<https://bit.ly/2w82s0L>

- **Workers**

<https://bit.ly/2rh3Lop>

- **Care for arthritis patients**

<https://bit.ly/2rgDqrk>

- **Care for cancer patients**

<https://bit.ly/2l8z8Mw>

- **Spinal cord injury patients**

<https://bit.ly/2HOtWtw>

- **Autism Spectrum Disorder and ADHD**

<https://bit.ly/2FCfV0r>

