

January 15, 2018

Rep. Maida Townsend
& the House Committee on Government Relations
115 State Street
Montpelier, VT 05633

Dear Committee Members,

I have been receiving massage therapy for long term childhood injuries since my twenties.
(I am 47 now.)

My career has been hard on my body. I get tossed around like a wet noodle by large dogs and horses. That kind of chronic wear and tear makes massage essential to my ability to continue my career and function with life's daily chores.

I utilize two different massage therapists. One therapist does more of a whole body relaxation massage including manual lymph drainage that helps with constant swelling from long term injuries. My other massage therapist is certified in orthopedic/medical massage. She works hand in hand with my occupational therapist, my chiropractor or my GP to treat chronic and acute injuries. All of my chronic ailments are kept tolerable by regular massage therapy. Both of my massage therapists have been licensed in an adjacent state (NY & MA) and continue to develop their skills with continuing education. They are also Board Certified in Therapeutic Massage and Bodywork, a national certification.

I think when anyone can hang a sign and become a self-proclaimed professional in a field, it is a slippery slope. If massage therapists aren't careful they can very much re-injure ailments or cause unnecessary pain. I think elevating the standards and making some minimal standardizing requirements for this field is imperative. Going to school and attending on-going continuing education can only make more sound and safe massage therapists. The public deserves this minimal public health protection.

Sincerely,

Deborah Glottmann, CVT

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