



**Registered Massage Therapists Phases
for Back to Work**

Phase Chart

Phase	1	2
Date in effect	Government NL Level 5 & 4	Government NL Level 3 & 2
Guideline		

Length of Treatments	Maximum of 60 minutes treatments	Maximum of 90 minutes treatments
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Number of clients treated per day	Recommending 4 clients a day but may treat more	Recommending 6 clients a day but may treat more
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This recommendation is based on the exposure to clients/therapists and the ability to maintain the new requirements

**Vulnerable group	strongly recommended to forgo treatment but clients may decide to proceed with treatment	recommended to forgo treatment but clients may decide to proceed with treatment
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This is a based-on government public recommendation; clients can then make an informed decision to have treatment or not

Cleaning/disinfecting	According to back to work document	According to back to work document
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Time Between Clients	Minimum of 15 Minutes	Minimum of 15 Minutes
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PPE requirements	Masks for Therapist: 3ply to 2 ply medical masks (Not N-95). May use one mask per day as long as not removed. Required to change if removed at all, if nose or mouth is exposed or if it becomes contaminated.	Masks for Therapist: 3ply to 2 ply medical masks (Not N-95). May use one mask per day as long as not removed. Required to change if removed at all, if nose or mouth is exposed or if it becomes contaminated.
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	Masks for Client: Minimum 2 layer, well fitted homemade mask, non-medical mask or a mask provided by RMT	Minimum 2 layer, well fitted homemade mask, non-medical mask or a mask provided by RMT
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Clients may need to adjust mask for comfort while in prone position

	Gloves: May use skin to skin contact	May use skin to skin contact
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- Handwashing to the elbow is mandatory if treating with skin on skin contact
- Clients may refuse skin on skin contact and therapist should include this in their informed consent
- 60% alcohol-based hand sanitizer must be used before leaving the treatment if not using gloves

	gown/clinic coat/any covering that covers front of body from neck to mid- thigh that must be changed between clients	gown/clinic coat/any covering that covers front of body from neck to mid- thigh that must be changed between clients or when soiled/end of day
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Gowns may be washed and reused, not required to be a gown, may use long button up shirt, apron, arms exposed if using skin on skin contact

	Face Shield/Goggles: Mandatory	Face Shield/Goggles: recommended
Client group	Level 5: Urgent care clients only Level 4: General public, vulnerable group strongly recommended to forgo treatment	Level 2: general public, vulnerable group recommended to forgo treatment but clients may decide to proceed with treatment
Intra Oral Treatments	Not Permitted	Therapists may provide essential intra oral treatment to clients*** -Full PPE (mask, gown, shield, gloves) is required, and must all be changed following treatment -Client mask is only removed during intra oral portion of treatment -Informed consent must include that there is an increased risk to client with intra oral treatments -Therapists may refuse clients requests for intra oral treatments

**<https://www.gov.nl.ca/covid-19/files/Information-for-Adults-over-60-and-Individuals-with-ChronicConditions.pdf>

***Therapists and client are at increased risk during intra oral treatment and the decision to proceed with treatment should not be made lightly by the Therapist or the client

To aide in the decision of urgent care please consider the following:

Urgent Care is:

Acute condition or acute flare up on an existing condition

Treatment necessary to maintain activities of daily living in the case where delayed treatment could cause prolonged damage or suffering to the client

Urgent Care is NOT:

Treating individuals of a certain occupation i.e. front line workers

Continuing client's regular treatment plan to avoid a flare up or regression of a chronic condition

Decreased number of clients per day/week

Treating new clients without a referral for acute care