



STANDARDS OF PRACTICE FOR REFLEXOLOGY

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The Stone Institute LLC is the first school based in the greater St. Louis and bi-state area dedicated to teaching reflexology for national certification. Certification can be completed within one year.

Stone blends East and West approaches in training health professionals and laypersons in modern applications of this ancient healing practice.

Stone is a NCTMB-certified massage therapist, massage therapy instructor, certified reflexology instructor, master reflexologist, ARCB- and NTCB-certified reflexologist.

Each profession maintains standards of practice. Rules and regulations for reflexology practice vary among states and local ordinances. In the absence of regulation, professional practitioners adhere to standards of practice that support health and safety standards for the client, reflexologist, and the public.

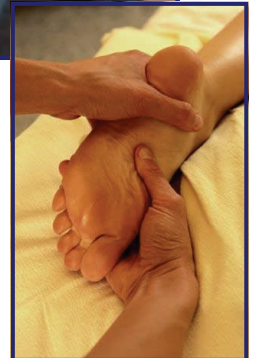
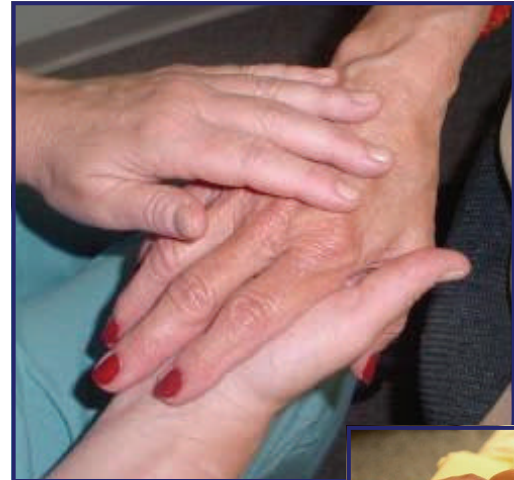
Standards of practice can be identified according to the quality of service delivered to clients and the level of professionalism. Best Practice Standards identify the highest quality. Good Practice Standards identify acceptable practices.

“...Professional practitioners adhere to standards of practice that support health and safety....” ~ Paula S. Stone

I developed the Standards of Practice as shown in Table 1-1 (seen on next page) as a point to launch a more comprehensive code. Table 1-1 lists standards of practice pertaining to safety and hygiene, plus basic business practices and ethical guidelines.

Other health professions have standards in place or in development. Best Practice Standards will be an interesting area to watch in the emerging field of reflexology. In the meanwhile, formal standards of practice are one way to increase the professionalism and safety within the reflexology practice.

How to begin? Research and



identify standards which you are held accountable to by state and local ordinances. If you are in an unregulated area, identify those you choose to incorporate into your practice. Adjust and evolve standards of practice as part of your ongoing aspect of the reflexology practice.



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Table 1-1: Standards of Practice

Standards of Practice	Local/State Law or Assn	Your Practice
Business Practices, Ethics, Professional Boundaries		
Conduct and present business and professional activities with honesty, integrity, and abiding by the industry's code of ethics.		
Secure, maintain, and display professional and business licenses.		
Secure, maintain, and display professional association certificates.		
Maintain professional liability insurance.		
Join and support your professional organizations.		
Modify or terminate session at the client's request regardless of prior consent.		
Reserve the right to refuse or terminate session regardless of prior consent.		
Documentation		
Obtain and document written client assessment.		
Update client records after each session.		
Store client records for at least three (3) years.		
Provide privacy for client as needed.		
Safety and Hygiene		
Utilize universal precautions. This includes handwashing before and after each session and not knowingly exposing clients to contagious diseases.		
Provide adequate space around the equipment to allow for proper body mechanics.		
Maintain all equipment, furnishings, and condition of the room in a safe and sanitary condition. This includes:		
- covering any equipment that does not have an impervious barrier with a single service material.		
- repairing all cuts and nicks in upholstery.		
- cleansing all equipment coming in contact with a client, including linens, hydrotherapy equipment, showers, tubs, basins, and bottles with an antibacterial agent between each client use.		
- perform a visual inspection of all equipment for the presence of any liquid, oil, and/or body fluid and clean with an antibacterial agent between each client use.		
Cleanse and store in suitable containers after each use lubricants (oils, soaps, shampoos, alcohol, powders, lotions, shampoos, salts) and store them separately from cleaning supplies and in a manner to preserve them.		
Remove lubricants from containers in a sanitary manner. Cleanse multiple use containers between each client use and before refilling.		
Use only clean linens and drapes.		
Furnish clean and fresh all single-service materials and linens, such as sheets, towels, and pillowcases for each client session.		
All soiled single-service materials and linens, shall be professionally laundered or washed on a hot water setting with detergent and at least one (1) cup or an antibacterial agent used in accordance with product label instructions in a clothes washing machine and dried on a high heat setting in a dryer.		
Store clean linens and single service materials in closed shelves, containers, cabinets, or closets at least six (6) inches from the floor and in separate containers from dirty linens, trash, and refuse.		
Other:		
Other:		