

DEPARTMENT OF HEALTH

NO. 6535

22 August 2025

ALLIED HEALTH PROFESSIONS ACT, 1982 (Act No. 63 of 1982)

REGULATIONS RELATING TO THE PROFESSION OF THERAPEUTIC
MASSAGE

The Minister of Health has, in terms of section 38 of the Allied Health Professions Act (Act No 63 of 1982), after consultation with the Allied Health Professions Council, made the Regulations in the Schedule.



DR PAKISHE AARON MOTSOLEDI, MP
MINISTER OF HEALTH

DATE:

13/7/2025

SCHEDULE

Definitions

1. In these Regulations 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, 1982 (Act No. 63 of 1982);

“therapeutic massage therapist” means a person registered as a therapeutic massage therapist under the 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;
- (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 by Notice in the Government *Gazette*.

Remedies relating to therapeutic massage therapy

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, 2025.

KITSISO YA PUSO

LEFAPHA LA BOITEKANELO

**MELAWANATAOLO E E AMANANG LE BORUTEGI JWA KALAFI YA
TSHIDILO E E ALAFANG**

Tona ya Boitekanelo o dirile, go ya ka karolo 38 ya *Allied Health Professions Act* (Molao 63 wa 1982), morago ga go rerisana le Lekgotla la Semphato sa Diporofeshene tsa Boitekanelo, melawanataolo jaaka e tlhagisitswe mo Šejuleng.



NGAKA PAKISHE AARON MOTSOALEDI, MP

TONA YA BOITEKANELO

LETLHA: 13/7/2025

ŠEJULE

Ditlhaloso

1. Mo Melawanataolong eno tlhagiso efe e e tlhalositsweng mo Molaong e nna le bokao joo e bile, ntle le fa bokao bo kaya ka mokgwa osele –

“**tshwaro ya ditogwa tse di boleta ka diatla e bile bonolo**” e kaya kalafo ya ditogwa tse di boleta mo mmeleng wa motho yo o tshelang ka go dirisa dithekeniki tsa go sidila tse di seng matlhagatlhaga kgotsa tse di matlhagatlhaga, tsa kwa godimo ga letlalo kgotsa tse di tseneletseng go akaretsa mme go sa lekanyetswa mo go tshwareng, go forogotlheng, go gotlheng, go roromiseng, go betsabetseng, go dubeng, go otlololeng, go gateleleng le go tsamaiseng ditokololo mo tekanyong ya saekholoji e e tlwaelegileng ya motsamao, le jaaka tlaleletsi mo go yona tiriso ya kwa ntle ya metsi, mogote, serame, melemo e e tlolwang le didiriswa tsa metšhini, go tlhotlheletsa ka tlhamalalo kgotsa e seng ka tlhamalalo togwa e e boleta, diedi tsa mmele le maemo a bayokhemikhale;

“**kalafi ya tshidilo**” e kaya tshwaro ya ditogwa tse di boleta ka diatla e bile bonolo mo mmeleng wa motho yo o tshelang;

“**Molao**” o kaya *Allied Health Professions Act*, Molao 63 wa 1982;

“moalafi wa tshidilo e e alafang” o kaya motho yo o kwadisitsweng jaaka moalafi wa tshidilo e e alafang ka fa tlase ga Molao, yo o ka

alafang kgotsa yo o ka tlamelang ka kalafi ya malwetse a a lemogilweng pele a mmele, bolwetse kgotsa ditlhaelo mo bathong; kgotsa yo o ka thibelang bolwetse joo jwa mmele kgotsa ditlhaelo mo bathong mabapi le maitlhommo a poelo ya kalafi;

“kalafi ya tshidilo e e alafang” e kaya matlhamaganyane a a nang le dikarolo tse dintsi a tlhokomelo ya boitekanelo le kalafi a a dirisang tshwaro ya ditogwa tse di boleta ka diatla e bile bonolo mabapi le maitlhommo a kalafo go akaretsa le kokobatso ya ditlhabi, kalafi ya mathata a boitekanelo kgotsa go sa dire sentle ga mmele, le mabapi le tlhokomelo, pusetso kgotsa tsosoloso ya boitekanelo;

“filosofi ya kalafi ya tshidilo e e alafang” e kaya meono, dithekeniki, difilosofi, ditori kgotsa dikgopolo tsa kgobokanyo-tshedimosetso ya molwetse le tekolo kgotsa tlhatlhobo ya mmele, tlhaloganyo le bayomekheniki e e gatisitsweng mo mekwalong e e amogelesegang ya thuto le mo diphasalatsong tse dingwe tse di ka ga kalafi ya tshidilo.

Ditiro tse di mabapi le borutegi jwa moalafi wa tshidilo e e alafang

2. Tse di latelang ke ditiro tse di amanang ka totobalo le borutegi jwa kalafi ya tshidilo e e alafang –
 - (a) tekolo ya mmele / tlhatlhobo ya motho mabapi le maitlhommo a kalafi kgotsa thibelo ya malwetse a mmele a a lemogilweng pele, bolwetse kgotsa tlhaelo go ya ka meono ya tshidilo e e alafang kgotsa thibelo ya bolwetse jwa mmele, bolwetse kgotsa ditlhaelo mo mothong yoo;
 - (b) kalafi kgotsa thibelo ya malwetse a mmele afe, bolwetse kgotsa tlhaelo mo mothong ka -

- (i) tshwaro ya ditogwa tse di boleta ka diatla e bile bonolo;
 - (ii) motsamao o o matlhagatlhaga le o o seng matlhagatlhaga wa ditokololo;
 - (iii) go ikotlolola ka matlhagatlhaga kgotsa e seng ka matlhagatlhaga;
 - (iv) kgakololo ya mokgwa wa botshelo, go ikatisa le tlhokomelo ya boitekanelo;
 - (v) kgatiso ya dintlha tsa sebele tsa molwetse, hisitori ya boitekanelo e e ka ga maemo a molwetse, matshwao a botlhokwa, kalafi le dintlha tse di atlanegisitsweng le kgatelopelo;
- (c) ditiro tse dingwe tse ka totobalo di leng ka ga borutegi jwa kalafi ya tshidilo e e alafang tse di ikaegileng mo thutong le mo katisong ya baalafi ba tshidilo e e alafang jaaka e rebotswe ke Lekgotla, nako le nako, ka katlanegiso ya boto ya seporofesene e e maleba le go phasalatswa mo Lekwalodikgannyeng la Puso.

Dithuso tse di amanang le kalafi ya tshidilo e e alafang

3. Go latela ditaello tsa *Medicines and Related Substances Act, 1985* (Molao 101 wa 1965), moalafi wa tshidilo e e alafang yo o kwadisitsweng o ka, mabapi le maitlhommo a tiragatso ya gagwe e e amanang le borutegi jwa gagwe, tshola kgotsa o ka nna ka fa tlase ga taolo ya gagwe le sere se maikaelelo ka kgethego e leng go se dirisa ka fa ntle ga letlalo go nolofatsa tsamaiso ya tshidilo, go akaretsa mme

go sa lekanyetswa go dioli tse di tsholang (carrier oils), dibotoro (butters), ditlolo (creams), ditlolo tsa go sidila (embrocations), dithaleke (talcs) le dipoere, tse di sa akaretseng melemo.

Setlhogokhutswe

4. Melawanataolo eno e bidiwa Melawanataolo e e Amanang ka Totobalo le Borutegi jwa Kalafi ya Tshidilo e e Alafang, 2025.
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