

California Medical Massage Permitted Indoors



**TEMPLEWORK LA will
continue to provide
services that are
considered "essential"**

Please note that according to the California Department of Public Health (CDPH), Essential Services Inquiries, "Medical Massage is massage that is done based on a referral from a doctor or chiropractor. Medical Massage can be done indoors as it is considered essential as healthcare and therefore not under personal services. There is no requirement that it be in a medical office, only that it be done based on a referral from a doctor or chiropractor." Therefore, according to the CDPH, massage may still be provided, indoors with modifications, in the Regions subject to the Regional Stay at Home Order, if it is provided based on a referral from a physician or chiropractor, and the county/city allows it.

We are a treatment based business and special thanks to those who are seeking Medical Massage at this time.

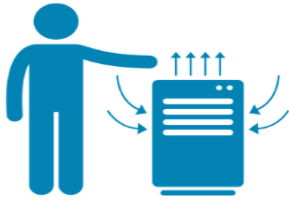
What constitutes a Medical Massage?

There is, in fact, a difference. In both, someone applies pressure to your body. However, a medical massage differs in three important ways:

- 1. It is outcome-based. In addition to stress relief and relaxation, a medical massage focuses on a medical need. It is often used to manage pain, reduce inflammation, improve circulation, relieve nerve compression, improve digestion, increase flexibility or treat other health care concerns.*
- 2. It targets your needs through a variety of techniques. Spa massage and medical massage may feel similar, but their techniques differ. During a spa massage, the techniques likely focus on relaxation. A medical massage will use a broader set of therapies/modalities for muscle health and recovery.*
- 3. It includes specific follow-up recommendations. A medical massage will provide a targeted plan for treatment, along with recommendations for a series of timed visits versus a periodic spa visit.*

We have been providing these detailed services since we opened our doors in 2016 and are elated that during this very difficult time our knowledgeable therapists can now provide these services indoors.

We will continue to follow the sanitizing and disinfecting guidelines from CAMTC, ABMP, CDC, CDPH, and FSMTB. Some of the measures listed below are mandated and some might be temporary. We thank you for understanding.



HEPA Air Purifiers in each room to ensure comfort



Masks are required by both therapist and client



Physical distancing and limited lobby occupancy



Wellness checks upon entry to studio



Sanitizing stations located throughout



Additional cleaning protocols in the studio

Being that our business is structured around taking care of our clients, we are concerned about our elderly population and that of anyone who is immunocompromised. In accordance with extended shelter-in-place recommendations, to protect our more vulnerable populations, we will refrain from working with clients with compromised immune systems, clients aged 65 or above, or clients in other elevated at-risk categories at this time. We so look forward to seeing you when the time is right. Thank you for understanding.

NEW CLIENTS: Please fill out our NEW CLIENT intake form https://templeworkla.com/wp-content/uploads/2017/10/templework_la_intake_form.pdf

EXISTING CLIENTS: If you haven't already, please take the extra time to fill out the COVID Consent Intake Treatment Form https://templeworkla.com/wp-content/uploads/2020/06/covid19_intake_form.pdf

We are happy to be returning to what we know best. Your comfort is important to us and we look forward to seeing you!

To seek our services please email and we will contact you to schedule.

Our direct email: info@templeworkla.com