

May 24, 2021

The Honorable Dick Stein, Chair
House Commerce and Labor Committee
Ohio State Legislature
77 South High Street, 12th Floor
Columbus, OH 43215

RE: HB 81 to revise laws governing massage establishments/massage therapy

Dear Chairperson Stein and members of the Committee:

I am one of 13 United States *Trager*® Association certified practitioners in Ohio. I have served on the boards of the United States Trager Association, the Great Lakes Trager Association and the US Trager Foundation for Education and Research. I began my training in 2004 and was certified in 2008. Previously, I was a 20-year University Dance Professor. Following my dance teaching career, practicing the Trager Approach appealed to me because it is about movement, education, healing, and caring for the whole person—body, mind and spirit. Trager practitioners work with people who have many kinds of physical and emotional issues as well as people who are primarily looking for stress relief and pain management.

In addition to serving private clients, I volunteer Trager sessions to organizations of people who generally cannot afford somatic/alternative health care on their own. I work with members of the Stone Soup Project, who donate their time to the Veterans Association, nursing students, the YWCA, hospice workers and other organizations. After COVID-19 abates, I plan to serve these communities again. The Veterans are especially grateful to receive Trager, which consists of physically gentle and emotionally supportive movement that gives people a sense of calm, well-being, and increased freedom of movement. Veterans find that these sessions offer much needed relaxation and relief from physical discomfort and pain.

The Trager Approach is an entirely different practice from massage therapy. If you were to experience both, you would feel the difference. I am a movement and education professional who studied Trager for four years later in life. I have had excellent teachers, tutorials, and yearly post-certification courses. This Trager training took vast amounts of time and money; and to be forced to begin a new profession in order to receive an unnecessary massage license, at age 74, represents a dire personal hardship for me and other Trager practitioners.

Please exempt Ohio practitioners of the Trager Approach and other non-massage practices from being licensed in massage therapy. Thank you for considering this request. It is very important to me, my clients and to my future in providing health care.

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