

Practice Advisory: Stone Therapy

Reason for Practice Advisory

Massage therapy practitioners may not be aware that completing an NHPC-approved training course is required to practise Stone Therapy.

Once recognized training is completed, the certificate of completion must be submitted to the NHPC so it can be added to your membership profile and included in your professional liability insurance coverage.

Without approved training on file with the NHPC, you **will not** be covered by professional liability insurance if a client is injured or harmed because of Stone Therapy treatment.

The NHPC's position is that to practise Stone Therapy competently and safely, practitioners must complete approved training. Approved training mitigates the risk of harm to clients by ensuring that:

- practitioners have the necessary knowledge and skills to perform the technique safely and competently
- proper heating equipment specifically designed for Stone Therapy is used
- practitioners are aware of and comply with appropriate hygiene and sanitization protocols

Overview of Stone Therapy

Stone therapy is a type of massage that uses either heated or chilled round, smooth stones placed on key points on the body for therapeutic benefit. The practitioner uses the stones to massage the body and to transfer the heat to the client.

Potential Risks of Stone Therapy

Risks may include:

- burns from stones that are too hot
- burns from stones that are too cold
- infections due to improper cleaning of stones and equipment
- injuries caused using inappropriate heaters, such as slow cookers, food roasters, rice cookers, hot plates, or microwave ovens. Kitchen appliances such as slow cookers and food roasters are not designed for therapeutic applications. These devices can reach temperatures exceeding 450°F (230°C), posing a serious burn risk to both practitioners and clients.

NHPC Approved Training

To perform Stone Therapy safely and competently, practitioners are required to complete NHPC-approved training. Some practitioners may have received introductory instruction in Stone Therapy as part of their massage therapy program. However, the NHPC's position is that this instruction is not sufficient for recognition of Stone Therapy.

To confirm if a course is approved by the NHPC, please contact the Membership and Credentials team by email: memberservices@nhpcanada.org.

Frequently Asked Questions

How can I check which modalities are included in my membership profile?

Log in to your member account on the NHPC website. On the member dashboard, look for the "Membership and Insurance Confirmation Letter" (PDF). This letter lists the modalities you are recognized to practise and covered for under NHPC's professional liability insurance program.

Is there an additional cost to add liability insurance coverage for Stone Therapy?

No, if you have a Stone Therapy certificate on file, Stone Therapy will be added to your professional liability coverage at no additional cost.

I received instruction on Stone Therapy during my massage therapy training. Does this qualify as approved training?

No, you must complete an NHPC-approved course in Stone Therapy.

I have seen practitioners using slow cookers with a built-in temperature gauge to heat stones. Why can't a slow cooker be used?

Only professional-grade stone heaters may be used. Even if a device has a built-in temperature gauge, it is not designed specifically for therapeutic stone heating. Using non-approved devices will affect your professional liability coverage if a client is injured during treatment.