

**House File 2178 - Introduced**

HOUSE FILE 2178  
BY BARKER

**A BILL FOR**

1 An Act relating to the practice of reflexology.

2 BE IT ENACTED BY THE GENERAL ASSEMBLY OF THE STATE OF IOWA:

unofficial

1 Section 1. Section 147.13, subsection 1, Code 2026, is  
2 amended to read as follows:

3 1. For medicine and surgery, osteopathic medicine and  
4 surgery, acupuncture, reflexology, and genetic counseling, the  
5 board of medicine.

6 Sec. 2. Section 147.74, Code 2026, is amended by adding the  
7 following new subsection:

8 NEW SUBSECTION. 29. A reflexologist certified pursuant to  
9 chapter 148K may use the words "certified reflexologist" after  
10 the person's name.

11 Sec. 3. NEW SECTION. **148K.1 Definitions.**

12 As used in this chapter, unless the context otherwise  
13 requires:

14 1. "Board" means the board of medicine established in chapter  
15 147.

16 2. "Reflexologist" means a person who is engaged in the  
17 practice of reflexology.

18 3. "Reflexology" means a protocol of manual techniques,  
19 including thumb-walking and finger-walking, hook and backup, and  
20 rotating-on-a-point, that are applied to specific reflex areas  
21 predominantly on the feet and hands of an individual who is  
22 fully clothed except for footwear, to activate the complex neural  
23 pathways linking body systems and support the body's efforts to  
24 function optimally. "Reflexology" does not include the diagnosis  
25 of or treatment for specific diseases, or joint manipulations.

26 Sec. 4. NEW SECTION. **148K.2 Reflexology — certification.**

27 1. An applicant for a reflexologist certification shall  
28 submit an application on a form prescribed by the board that  
29 includes all of the following:

30 a. Evidence of an active certification from the American  
31 reflexology certification board, or its successor organization.

32 b. Evidence of successful completion of a reflexology  
33 education program as described in section 148K.3 and approved by  
34 the board by rule.

35 c. Evidence of successful completion of a psychometrically

1 valid reflexology exam approved by the board by rule.

2 d. Any other information required by the board by rule.

3 e. An application fee as provided by the board by rule.

4 2. An applicant for a reflexologist certification must meet  
5 all of the following requirements:

6 a. Be at least eighteen years of age.

7 b. Have no history of adverse actions on a professional or  
8 occupational license during the two years immediately preceding  
9 the submission of the application.

10 c. Submit to a criminal history check.

11 3. Notwithstanding subsections 1 and 2, the board shall issue  
12 a reflexologist certification to an applicant who completes an  
13 application as provided by the board by rule, submits evidence  
14 of having completed an education program that is substantially  
15 similar to the education program described in section 148K.3,  
16 and submits evidence of a current and active reflexologist  
17 certification in another state or territory of the United States.

18 Sec. 5. NEW SECTION. **148K.3 Reflexology — educational**  
19 **requirements.**

20 1. A reflexology education program shall consist of a minimum  
21 of two hundred credit hours and shall include instruction on all  
22 of the following:

23 a. Anatomy and physiology of the body systems.

24 b. Anatomy and biomechanics as they relate to the study of  
25 the lower legs, feet, hands, forearms, and outer ears.

26 c. Reflexology maps, reflexology techniques, and reflexes as  
27 anatomically reflected on the feet, hands, and outer ears.

28 d. Critical thinking as applied to assessment, pathologies,  
29 contraindications, medical consideration, the interrelatedness of  
30 body systems, organ function, and health.

31 e. Reflexology theory, history, and research.

32 f. Business practices, including ethics, business standards,  
33 record keeping, security, and local and state laws.

34 g. Supervised practicum or clinical work that provides  
35 hands-on palpation of landmarks and reflex points with sensory

1 identification of palpated areas.

2 2. A reflexology education program may include additional  
3 coursework on documenting client reflexology sessions, instructor  
4 or classroom discussions of client sessions, and other coursework  
5 that provides for practical experience.

6 3. Instruction on reflexology maps, reflexology techniques,  
7 and reflexes as anatomically reflected on the feet, hands, and  
8 outer ears shall be performed by an instructor certified by  
9 the American reflexology certification board, or its successor  
10 organization.

11 Sec. 6. NEW SECTION. **148K.4 Examination — waiver.**

12 1. An applicant who fails to pass a reflexology exam as  
13 approved by the board by rule may retake the examination up to  
14 two additional times. The board may require an applicant who  
15 has failed three examinations to complete further educational  
16 coursework prior to retaking the examination.

17 2. a. The board may waive the examination required in  
18 section 148K.2, subsection 1, paragraph "c", for an applicant who  
19 does all of the following:

20 (1) Submits a completed application form as provided by the  
21 board by rule.

22 (2) Provides evidence of completion of an approved  
23 reflexology education program described in section 148K.3.

24 (3) Provides evidence that the applicant has practiced  
25 reflexology as part of the applicant's occupation for the five  
26 years immediately preceding the effective date of this Act.

27 (4) Submits an application fee as provided by the board by  
28 rule.

29 b. This subsection is repealed effective July 1, 2028.

30 Sec. 7. NEW SECTION. **148K.5 Certification — renewal —**  
31 **fees.**

32 1. A certification issued pursuant to section 148K.2 is valid  
33 for a period of two years and expires on the date of birth of the  
34 reflexologist.

35 2. The board shall impose the following fees for the issuance

1 and renewal of a reflexology certification:

2 a. For issuance of an initial certification, fifty dollars.

3 b. For renewal of a certification, forty dollars.

4 c. For renewal of a certification within three months after  
5 expiration, sixty-five dollars.

6 d. For reissuance of an expired certification, sixty-five  
7 dollars.

8 e. For issuance of an official certification to a third  
9 party, ten dollars.

10 f. For issuance of a duplicate certification to a certificate  
11 holder, ten dollars.

12 Sec. 8. NEW SECTION. **148K.6 Rules.**

13 The board shall adopt rules pursuant to chapter 17A for the  
14 administration of this chapter.

15 EXPLANATION

16 The inclusion of this explanation does not constitute agreement with  
17 the explanation's substance by the members of the general assembly.

18 This bill relates to the practice of reflexology, defined  
19 in the bill as a protocol of manual techniques applied to  
20 specific reflex areas predominantly on the feet and hands of an  
21 individual.

22 The bill requires the board of medicine (board) to issue  
23 a reflexologist certification to an applicant who submits  
24 proof of an active certification from the American reflexology  
25 certification board, or its successor organization, proof of  
26 completion of a reflexology education program approved by the  
27 board and described in the bill, proof of completion of an  
28 exam approved by the board, any other information required  
29 by the board, and an application fee. An applicant must  
30 be at least 18 years of age, submit to a criminal history  
31 check, and not have been subject to any form of professional  
32 or occupational discipline within the two years immediately  
33 preceding the submission of the application. The board shall  
34 also issue a certification to a person who has completed an  
35 education program that is substantially similar to an education

1 program approved by the board and is certified as a reflexologist  
2 in another state or territory of the United States.

3 The bill allows a person who has failed a reflexology exam  
4 to retake the exam two additional times. The bill also allows  
5 the board to require a person who failed the reflexology exam  
6 three times to complete further educational coursework prior  
7 to taking the exam again. If an applicant has completed an  
8 approved reflexology education program and practiced reflexology  
9 as part of the applicant's profession for the last five years,  
10 the bill allows the board to waive the reflexology examination  
11 requirement. This provision of the bill is repealed effective  
12 July 1, 2028.

13 The bill establishes fees for the issuance and renewal of a  
14 reflexology certification. The bill requires the board to adopt  
15 rules for the administration of the bill.