



FSMTB

FEDERATION OF STATE
MASSAGE THERAPY BOARDS

MASSAGE & BODYWORK LICENSING EXAMINATION CONTENT OUTLINE

<p>ANATOMY & PHYSIOLOGY (11%)</p> <p>A. System structure</p> <ul style="list-style-type: none"> • Circulation • Digestive • Endocrine • Integumentary • Lymphatic • Muscular • Nervous • Reproduction • Respiratory • Skeletal • Special Senses • Urinary <p>B. System function</p> <ul style="list-style-type: none"> • Circulation • Digestive • Endocrine • Integumentary • Lymphatic • Muscular • Nervous • Reproduction • Respiratory • Skeletal • Special Senses • Urinary <p>C. Tissue injury and repair</p> <p>D. Concepts of energetic anatomy</p> <p>KINESIOLOGY (12%)</p> <p>A. Components and characteristics of muscles</p> <p>B. Concepts of muscle contractions</p> <p>C. Proprioceptors</p> <p>D. Locations, attachments (origins, insertions), actions and fiber directions of muscles</p> <p>E. Joint structure and function</p> <p>F. Range of motion</p> <ul style="list-style-type: none"> • Active • Passive • Resistant 	<p>PATHOLOGY, CONTRAINDICATIONS, AREAS OF CAUTION, SPECIAL POPULATIONS (14%)</p> <p>A. Overview of Pathologies</p> <p>B. Contraindications</p> <ul style="list-style-type: none"> • Site specific • Pathology related • Special populations • Tools • Special applications <p>C. Areas of caution</p> <p>D. Special populations</p> <p>E. Classes of medications</p> <p>BENEFITS AND PHYSIOLOGICAL EFFECTS OF TECHNIQUES THAT MANIPULATE SOFT TISSUE (15%)</p> <p>A. Identification of the physiological effects of soft tissue manipulation</p> <p>B. Psychological aspects and benefits of touch</p> <p>C. Benefits of soft tissue manipulation for specific client populations</p> <p>D. Soft tissue techniques</p> <ul style="list-style-type: none"> • Types of strokes • Sequence of application <p>E. Hot/cold applications</p> <p>CLIENT ASSESSMENT, REASSESSMENT & TREATMENT PLANNING (17%)</p> <p>A. Organization of a massage/bodywork session</p> <p>B. Client consultation and evaluation</p> <ul style="list-style-type: none"> • Verbal intake • Health history form <p>C. Written data collection</p> <p>D. Visual assessment</p> <ul style="list-style-type: none"> • General • Postural <p>E. Palpation assessment</p> <p>F. Range of motion assessment</p> <p>G. Clinical reasoning</p> <ul style="list-style-type: none"> • Ability to rule out contraindications • Client treatment goal setting • Evaluation of response to previous treatment • Formulation of treatment strategy 	<p>OVERVIEW OF MASSAGE & BODYWORK MODALITIES/ CULTURE/ HISTORY (5%)</p> <p>A. History of massage & bodywork</p> <p>B. Overview of the different skill sets used in contemporary massage/bodywork environments</p> <p>C. Overview of massage/bodywork modalities</p> <p>ETHICS, BOUNDARIES, LAWS, REGULATIONS (16%)</p> <p>A. Ethical behavior</p> <p>B. Professional boundaries</p> <p>C. Code of ethics violations</p> <p>D. The therapeutic relationship</p> <p>E. Dual relationships</p> <p>F. Sexual misconduct</p> <p>G. Massage/bodywork-related laws and regulations</p> <p>H. Scope of practice</p> <p>I. Professional communication</p> <p>J. Confidentiality</p> <p>K. Principles</p> <p>GUIDELINES FOR PROFESSIONAL PRACTICE (15%)</p> <p>A. Proper and safe use of equipment and supplies</p> <p>B. Therapist hygiene</p> <p>C. Sanitation and cleanliness</p> <p>D. Safety practices</p> <ul style="list-style-type: none"> • Facilities • Therapist personal safety • Client safety <p>E. Therapist care</p> <ul style="list-style-type: none"> • Body mechanics • Protective gear (masks, gowns, gloves, etc) • Self-care • Injury prevention <p>F. Draping</p> <ul style="list-style-type: none"> • Safe and appropriate • Communication <p>G. Business Practices</p> <ul style="list-style-type: none"> • Business planning • Strategic planning • Office management • Marketing • Hiring/Interviewing • Documentation and Records <ul style="list-style-type: none"> - Client records - Business records <p>H. Healthcare and business terminology</p>
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% weighting is approximate