



FSMTB

FEDERATION OF STATE
MASSAGE THERAPY BOARDS

<p>MASSAGE & BODYWORK LICENSING EXAMINATION CONTENT OUTLINE</p> <p>ANATOMY & PHYSIOLOGY (12%)</p> <p>A. System structure</p> <ul style="list-style-type: none"> <input type="checkbox"/> Circulation <input type="checkbox"/> Digestive <input type="checkbox"/> Endocrine <input type="checkbox"/> Integumentary <input type="checkbox"/> Lymphatic <input type="checkbox"/> Muscular <input type="checkbox"/> Nervous <input type="checkbox"/> Reproduction <input type="checkbox"/> Respiratory <input type="checkbox"/> Skeletal <input type="checkbox"/> Special Senses <input type="checkbox"/> Urinary <p>B. System function</p> <ul style="list-style-type: none"> <input type="checkbox"/> Circulation <input type="checkbox"/> Digestive <input type="checkbox"/> Endocrine <input type="checkbox"/> Integumentary <input type="checkbox"/> Lymphatic <input type="checkbox"/> Muscular <input type="checkbox"/> Nervous <input type="checkbox"/> Reproduction <input type="checkbox"/> Respiratory <input type="checkbox"/> Skeletal <input type="checkbox"/> Special Senses <input type="checkbox"/> Urinary <p>C. Tissue injury and repair</p> <p>D. Concepts of energetic anatomy</p> <p>KINESIOLOGY (11%)</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"> <input type="checkbox"/> Active <input type="checkbox"/> Passive <input type="checkbox"/> Resistant 	<p>PATHOLOGY, CONTRAINDICATIONS, AREAS OF CAUTION, SPECIAL POPULATIONS (13%)</p> <p>A. Overview of Pathologies</p> <p>B. Contraindications</p> <ul style="list-style-type: none"> <input type="checkbox"/> Site specific <input type="checkbox"/> Pathology related <input type="checkbox"/> Special populations <input type="checkbox"/> Tools <input type="checkbox"/> 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 (14%)</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"> <input type="checkbox"/> Types of strokes <input type="checkbox"/> 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"> <input type="checkbox"/> Verbal intake <input type="checkbox"/> Health history form <p>C. Written data collection</p> <p>D. Visual assessment</p> <ul style="list-style-type: none"> <input type="checkbox"/> General <input type="checkbox"/> Postural <p>E. Palpation assessment</p> <p>F. Range of motion assessment</p> <p>G. Clinical reasoning</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ability to rule out contraindications <input type="checkbox"/> Client treatment goal setting <input type="checkbox"/> Evaluation of response to previous treatment <input type="checkbox"/> 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 (15%)</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 (13%)</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"> <input type="checkbox"/> Facilities <input type="checkbox"/> Therapist personal safety <input type="checkbox"/> Client safety <p>E. Therapist care</p> <ul style="list-style-type: none"> <input type="checkbox"/> Body mechanics <input type="checkbox"/> Protective gear (masks, gowns, gloves, etc) <input type="checkbox"/> Self-care <input type="checkbox"/> Injury prevention <p>F. Draping</p> <ul style="list-style-type: none"> <input type="checkbox"/> Safe and appropriate <input type="checkbox"/> Communication <p>G. Business Practices</p> <ul style="list-style-type: none"> <input type="checkbox"/> Business planning <input type="checkbox"/> Strategic planning <input type="checkbox"/> Office management <input type="checkbox"/> Marketing <input type="checkbox"/> Hiring/Interviewing <input type="checkbox"/> Documentation and Records <p>- Client records</p> <p>- Business records</p> <p>H. Healthcare and business terminology</p>
---	---	--