



Federation of State
Massage Therapy Boards

Massage & Bodywork Licensing Examination (MBLEx)

Content Outline



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ANATOMY & PHYSIOLOGY (14%)

- A. System structure
 - Circulation
 - Digestive
 - Endocrine
 - Integumentary
 - Lymphatic
 - Muscular
 - Nervous
 - Reproduction
 - Respiratory
 - Skeletal
 - Special Senses
 - Urinary
- B. System function
 - Circulation
 - Digestive
 - Endocrine
 - Integumentary
 - Lymphatic
 - Muscular
 - Nervous
 - Reproduction
 - Respiratory
 - Skeletal
 - Special Senses
 - Urinary
- C. Healthcare related and medical terminology
- D. Tissue injury and repair
- E. Concepts of energetic anatomy

KINESIOLOGY (11%)

- A. Components and characteristics of muscles
- B. Concepts of muscle contractions
- C. Proprioceptors
- D. Locations, attachments (origins, insertions), actions and fiber directions of muscles
- E. Joint structure and function
- F. Range of motion
 - Active
 - Passive
 - Resistant

PATHOLOGY, CONTRAINDICATIONS, AREAS OF CAUTION, SPECIAL POPULATIONS (13%)

- A. Common pathologies
- B. Contraindications
 - Site specific
 - Pathology related
 - Special populations
 - Tools
 - Special applications
- C. Areas of caution
- D. Special populations
- E. Classes of medications

BENEFITS AND PHYSIOLOGICAL EFFECTS OF TECHNIQUES THAT MANIPULATE SOFT TISSUE (17%)

- A. Identification of the physiological effects of soft tissue manipulation
- B. Psychological aspects and benefits of touch
- C. Benefits of soft tissue manipulation for specific client populations
- D. Soft tissue techniques
 - Types of strokes
 - Sequence of application
- E. Hot/cold applications

CLIENT ASSESSMENT, REASSESSMENT & TREATMENT PLANNING (17%)

- A. Organization of a massage/bodywork session
- B. Client consultation and evaluation
 - Verbal intake
 - Health history form
- C. Written data collection
- D. Visual assessment
 - General
 - Postural
- E. Palpation assessment
- F. Range of motion assessment
- G. Clinical reasoning
 - Ability to rule out contraindications
 - Client treatment goal setting
 - Evaluation of response to previous treatment
 - Formulation of treatment strategy

OVERVIEW OF MASSAGE & BODYWORK HISTORY/ CULTURE/ MODALITIES (5%)

- A. History of massage & bodywork
- B. Overview of the different skill sets used in contemporary massage/bodywork environments
- C. Overview of massage/bodywork modalities

ETHICS, BOUNDARIES, LAWS, REGULATIONS (13%)

- A. Ethical behavior
- B. Professional boundaries
- C. Code of ethics violations
- D. The therapeutic relationship
- E. Dual relationships
- F. Sexual misconduct
- G. Massage/bodywork-related laws and regulations
- H. Scope of practice
- I. Professional communication
- J. Confidentiality
- K. Principles

GUIDELINES FOR PROFESSIONAL PRACTICE (10%)

- A. Proper and safe use of equipment and supplies
- B. Therapist hygiene
- C. Sanitation and cleanliness
- D. Safety practices
 - Facilities
 - Therapist personal safety
 - Client safety
- E. Therapist care
 - Body mechanics
 - Protective gear (masks, gowns, gloves, etc)
 - Self-care
 - Injury prevention
- F. Draping
 - Safe and appropriate
 - Communication
- G. Business Practices
 - Business planning
 - Strategic planning
 - Office management
 - Marketing
 - Hiring/Interviewing
 - Documentation and Records
 - Client records
 - Business records