

Alabama	Maryland	Rhode Island
Alaska	Massachusetts	South Carolina
Arizona	Michigan	South Dakota
Arkansas	Minnesota	Tennessee
California	Mississippi	Texas
Colorado	Missouri	Utah
Connecticut	Montana	Vermont
Delaware	Nebraska	Virginia
Florida	Nevada	Washington
Georgia	New Hampshire	West Virginia
Hawaii	New Jersey	Wisconsin
Idaho	New Mexico	Wyoming
Illinois	New York	DC
Indiana	North Carolina	American Samoa
Iowa	North Dakota	Guam
Kansas	Ohio	Northern Mariana Islands
Kentucky	Oklahoma	Puerto Rico
Louisiana	Oregon	US Virgin Islands
Maine	Pennsylvania	

ALABAMA

<http://www.almtbd.alabama.gov/default.aspx>

License Classification: Massage Therapist

Qualifications:

Minimum of 650 hours from an accredited massage therapy school (Defined in statute as: A school where massage therapy is taught which is

one of the following: a. If located in Alabama is approved by the board as meeting the minimum established standards of training and

curriculum as determined by the board. b. If located outside of Alabama is recognized by the board and by a regionally recognized professional accrediting body. c. Is a postgraduate training institute accredited by the Commission on Accreditation for Massage Therapy.)

By rule of the board, the minimum 650 hours shall consist of the following: 100 hours of anatomy and physiology to include 35 hours of myology, 15 hours of osteology, 10 hours of circulatory system, and 10 hours of nervous system, with the remaining 30 hours to address other body systems at the discretion of the school; 250 hours of basic massage therapy, the contradistinctions of massage therapy, and related touch therapy modalities, to include a minimum of 50 hours of supervised massage; 50 hours to include business, hydrotherapy, first aid, cardiopulmonary resuscitation, and professional ethics; and 250 hours of electives to be determined by the school.

Exams:

passed either the NCBTMB exam or the MBLEx exam

Scope of Practice:

MASSAGE THERAPIST. A person licensed pursuant to this chapter who practices or administers massage therapy or touch therapy modalities to a patron for compensation.

THERAPEUTIC MASSAGE AND RELATED TOUCH THERAPY MODALITIES. The mobilization of the soft tissue which may include skin, fascia, tendons, ligaments, and muscles, for the purpose of establishing and maintaining good physical condition. The term shall include effleurage, petrissage, tapotement, compression, vibration, stretching, heliotherapy, superficial hot and cold applications, topical applications, or other therapy which involves movement either by hand, forearm, elbow, or foot, for the purpose of therapeutic massage. Massage therapy may include the external application and use of herbal or chemical preparations and lubricants such as salts, powders, liquids, nonprescription creams, mechanical devices such as T-bars, thumpers, body support systems, heat lamps, hot and cold packs, salt glow, steam cabinet baths or hydrotherapy. The term includes any massage, movement therapy, massage technology, myotherapy, massotherapy, oriental massage techniques, structural integration, or polarity therapy. The term shall not include laser therapy, microwave, injection therapy, manipulation of the joints, or any diagnosis or treatment of an illness that normally involves the practice of medicine, chiropractic, physical therapy, podiatry, nursing, midwifery, occupational therapy, veterinary, acupuncture, osteopathy, orthopedics, hypnosis, or naturopathics.

Notes:

ALASKA

<https://www.commerce.alaska.gov/web/cbpl/professionallicensing/boardofmassagetherapists.aspx>

License Classification: Massage Therapists

Qualifications:

625 hours of in-class supervised instruction and clinical work. An "approved massage school" means a massage therapy school or

program that has authorization to operate from the Alaska Commission on Postsecondary Education or a similar entity in another state OR is

accredited by a nationally recognized accrediting agency in accordance with AS 08.61.040.

The 625 hours shall include: (a) Anatomy, Physiology, Pathology, and Kinesiology: 162 (at least 40 hours of pathology)

(b) Massage Theory and Practical Application: 275; (c) Clinical Practice: 138; (d) Ethics and Law:

50. No more than 50 hours from exempt techniques. Practical Application may not exceed 20% of the total hours of the program.

Additionally, all applicants shall obtain and maintain CPR certification from the American Red Cross, American Heart Association, American Health and Safety Institute, or equivalent organization; complete at least two hours of bloodborne pathogens / universal precautions education within the two years preceding the initial application

Exams:

NCBTMB or MBLEx

Scope of Practice:

"practice of massage therapy" means the provision, for compensation, of a service involving the systematic manipulation and treatment of the soft tissues, including the muscular and connective tissues of the human body, to enhance the functions of those tissues and promote relaxation and well-being; in this paragraph, "manipulation and treatment"

(A) includes manual techniques applied with the intent to physically affect local soft tissues, such as pressure, friction, stroking, percussion, kneading, vibration, muscular assessment by palpation, range of motion for purposes of demonstrating muscle exertion for muscle flexibility, nonspecific stretching, and application of superficial heat, cold, water, lubricants, or salts;

(B) does not include diagnosis, the prescription of drugs or medicines, the practice of physical therapy, attempts to manipulate any articulation of the body or spine, or mobilization of these articulations by use of a thrusting force.

Notes:

ARIZONA

<https://massagetherapy.az.gov/>

License Classification: Massage Therapists

Qualifications:

An applicant for licensure as a massage therapist shall either:

1. Have successfully completed a course of study of massage therapy or bodywork therapy consisting of a minimum of seven* hundred classroom and clinical hours of supervised instruction at a board recognized school in this state that is accredited by an agency recognized by the secretary of the United States department of education.

2. Have done both of the following:

(a) Successfully completed a course of study in massage therapy or bodywork therapy consisting of a minimum of seven* hundred classroom and clinical hours of supervised instruction at a school in this state that is licensed by the state board for private postsecondary education or at a school outside of this state that is recognized by the board pursuant to section 32-4228.

(b) Successfully passed an examination administered by a national board accredited by the certifying agency that has been approved by the national commission on competency assurance and that is in good standing with that agency or have successfully passed an examination that is administered or approved by the board. :

*Note: Statute states "five hundred"; however, it also states "The board by rule may increase the minimum number of classroom hours of supervised instruction at a board recognized school that an applicant for licensure must successfully have completed."

Exams:

Graduates of non-AZ schools must pass either the NCBTMB or FSTMB

Scope of Practice:

"Massage therapy" means the following that are undertaken to increase wellness, relaxation, stress reduction, pain relief and postural improvement or provide general or specific therapeutic benefits:

(a) The manual application of compression, stretch, vibration or mobilization of the organs and tissues beneath the dermis, including the components of the musculoskeletal system, peripheral vessels of the circulatory system and fascia, when applied primarily to parts of the body other than the hands, feet and head.

(b) The manual application of compression, stretch, vibration or mobilization using the forearms, elbows, knees or feet or handheld mechanical or electrical devices.

(c) Any combination of range of motion, directed, assisted or passive movements of the joints.

(d) Hydrotherapy, including the therapeutic applications of water, heat, cold, wraps, essential oils, skin brushing, salt glows and similar applications of products to the skin.

6. "Practice of massage therapy" means the application of massage therapy to any person for a fee or other consideration. Practice of massage therapy does not include the diagnosis of illness or disease, medical procedures, naturopathic manipulative medicine, osteopathic manipulative medicine, chiropractic adjustive procedures, homeopathic neuromuscular integration, electrical stimulation, ultrasound, prescription of medicines or the use of modalities for which a license to practice medicine, chiropractic, nursing, occupational therapy, athletic training, physical therapy, acupuncture or podiatry is required by law.

Notes:

ARKANSAS

<https://www.healthy.arkansas.gov/programs-services/topics/massage-therapy>

License Classification: Massage Therapists (Also licenses "Master Massage Therapists")

Qualifications:

Complete a massage therapy program of at least 500 hours of in-classroom coursework from a Department approved massage therapy school or State approved education institution. Curriculum must meet the state required courses as set forth in Arkansas Code 17-86-306 (Below):

- (1) One hundred seventy-five (175) hours of anatomy, physiology, pathology, and contraindications to massage therapy;
 - (2) Two hundred twenty-five (225) hours of technique;
 - (3) Twenty-five (25) hours of hydrotherapy, electrotherapy, and heliotherapy;
 - (4) Twenty-five (25) hours of hygiene and infection control;
 - (5) Twenty-five (25) hours of massage therapy law, business management, and professional ethics; and
 - (6) Twenty-five (25) hours of related subjects as approved by the department.
-

Exams:

MBLEx or MCBTMB's NCETM or NCETMB; AR Law and Rule

Scope of Practice:

--- "Massage therapist" means a person who has:

- (i) Earned a diploma from a State Board of Health accepted school of massage therapy;
- (ii) Passed an examination required or accepted by the State Board of Health; and
- (iii) Become licensed and registered to practice massage therapy.

--- "Massage therapist" includes a person who has previously obtained the massage therapist license under prior state law.

--- A massage therapist may:

- (i) Instruct continuing education programs approved by the Department of Health; and
- (ii) Assist in the instruction of the procedures defined in subdivisions (3)(A)-(C) of this section under the direct supervision of a massage therapy instructor or master massage therapist;

--- "Massage therapy" means the treatment of soft tissues, which may include skin, fascia, and muscles and their dysfunctions for therapeutic purposes of establishing and maintaining good physical condition, comfort, and relief of pain.

--- "Massage therapy" is a healthcare service that includes gliding, kneading, percussion, compression, vibration, friction, nerve strokes, and stretching the tissue.

--- "Massage therapy" also means to engage in the practice of any of the following procedures:

- (i) Massage therapy techniques and procedures, either hands-on or with mechanical devices;
 - (ii) Therapeutic application and use of oils, herbal or chemical preparations, lubricants, nonprescription creams, lotions, scrubs, powders, and other spa services;
 - (iii) Therapeutic application of hot or cold packs;
 - (iv) Hydrotherapy techniques;
 - (v) Heliotherapy, which may include mechanical devices, heat lamps, and other devices;
 - (vi) Electrotherapy;
 - (vii) Any hands-on bodywork techniques and procedures rising to the level of the techniques and procedures intended to be regulated under this chapter and not covered under specific licensing laws of other boards; and
 - (viii) Cupping therapy;
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Notes:

CALIFORNIA

License Classification: Certified Massage Therapist (Voluntary Certification)

Qualifications:

500 hours, a minimum of 100 hours of instruction shall address anatomy and physiology, contraindications, health and hygiene, and business and ethics. All of the 500 hours shall be from approved schools.

Exams:

MBLEx or NCBTMB NOTE: CA BCP 4604(3) states: The applicant has passed a massage and bodywork competency assessment examination that meets generally recognized psychometric principles and standards and that is approved by the council. The successful completion of this examination may have been accomplished before the date the council is authorized by this chapter to begin issuing certificates. This paragraph shall be inoperative commencing on January 1, 2019, and shall become operative on January 1, 2021.

Scope of Practice:

“Massage” means the scientific manipulation of the soft tissues. For purposes of this chapter, the terms “massage” and “bodywork” shall have the same meaning.

“Massage practitioner” means a person who is certified by the council pursuant to Section 4604.2 and who administers massage for compensation.

“Massage therapist” means a person who is certified by the council under Section 4604 and who administers massage for compensation

Notes:

CA Massage Therapy Council is a private nonprofit authorized by CA Business and Professions Code section 4602 to oversee the CA BPC Sections 4600-4621. These sections outline the voluntary certification of massage professionals in CA, as well as the make up of the "board", identified and defined as CAMTC.

COLORADO

<https://dpo.colorado.gov/MassageTherapy/Laws>

License Classification: Massage Therapist

Qualifications:

Attain a degree, diploma, or otherwise successfully complete a massage therapy program that consists of at least five hundred total hours of course work and clinical work from an approved massage school;

Exams:

MBLEX, NCETM, or NCETMB (authorized by rule to approve equivalent exams on a case by case basis)

Scope of Practice:

"Massage" or "massage therapy" means a system of structured touch, palpation, or movement of the soft tissue of another person's body in order to enhance or restore the general health and well-being of the recipient. The system includes, but is not limited to, techniques such as effleurage, commonly called stroking or gliding; petrissage, commonly called kneading; tapotement or percussion; friction; vibration; compression; passive and active stretching within the normal anatomical range of movement; hydromassage; and thermal massage. The techniques may be applied with or without the aid of lubricants, salt or herbal preparations, water, heat, or a massage device that mimics or enhances the actions possible by human hands.

"Massage therapist" means an individual licensed by this state to engage in the practice of massage therapy. The terms "masseuse" and "masseur" are synonymous with the term "massage therapist".

Notes:

CONNECTICUT

[https://portal.ct.gov/DPH/Practitioner-Licensing-- Investigations/Massagetherapist/Massage-Therapist-Licensure](https://portal.ct.gov/DPH/Practitioner-Licensing--Investigations/Massagetherapist/Massage-Therapist-Licensure) License Classification: Massage Therapist

Qualifications:

Graduation from a school of massage therapy offering a course of study of not less than seven hundred fifty (750) classroom hours with the instructor present and, at the time of the applicant's graduation, held a current school code assigned by the National Certification Board for Therapeutic Massage and Bodywork and was either (A) accredited by an agency recognized by the United States Department of Education or by a state board of post-secondary technical trade and business schools; or (B) accredited by the Commission on Massage Therapy Accreditation (COMTA). Please note that on-line instruction is not acceptable towards meeting the 750 classroom hours and completed 60 hours of unpaid and supervised clinical or internship experience; and

Exams:

MBLEx or NCETMB (Historical)

Scope of Practice:

"Massage therapy" means the systematic and scientific manipulation and treatment of the soft tissues of the body, by use of pressure, friction, stroking, percussion, kneading, vibration by manual or mechanical means, range of motion and nonspecific stretching. Massage therapy may include the use of oil, ice, hot and cold packs, tub, shower, steam, dry heat, or cabinet baths, for the purpose of, but not limited to, maintaining good health and establishing and maintaining good physical and mental condition. Massage therapy does not encompass (1) diagnosis, the prescribing of drugs or medicines, spinal or other joint manipulations, (2) any service or procedure for which a license to practice medicine, chiropractic, naturopathy, physical therapy, or podiatry is required by law, or (3) Thai yoga practiced by a person who is registered as a yoga teacher with the Yoga Alliance Registry and has completed two hundred hours of training in Thai yoga.

Notes:

DELAWARE

<https://dpr.delaware.gov/boards/massagebodyworks/>

License Classification: Massage Therapist

Qualifications:

Completed 500 hours of supervised in-class study as a student in a school which trains massage or bodywork therapists, or as a student in an approved program of massage or bodywork therapy; the school or program of training must include a curriculum of no less than:

- a. 100 hours of anatomy and physiology;
 - b. 300 hours of technique and theory of massage or bodywork therapy;
 - c. 75 hours of elective courses in the field of massage therapy;
 - d. 25 hours of ethics, law and contraindications; Pass a state-certified CPR training, and possess a current CPR certification.
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Exams:

MBLEx or NCETMB

Scope of Practice:

“Massage and bodywork therapist” shall mean a person who represents himself or herself to the public by any title or description of services incorporating the words “bodywork,” “massage,” “massage therapist,” “massage therapy,” “massage practitioner,” “massagist,” “masseur,” “masseuse,” or who engages in the practice of massage and bodywork for a fee, monetary or otherwise.

“Massage technician” shall mean a person, who is certified with the Board to perform certain functions within the practice of massage therapy, and who is authorized by the Board to use any title or description of services incorporating the words “bodywork,” “massage,” “massage practitioner,” “massagist,” “masseur,” “masseuse,” or “certified massage technician” but shall be prohibited from using the words “therapist” or “therapy.”

“Practice of massage and bodywork” shall mean a system of structured touch applied to the superficial or deep tissue, muscle, or connective tissue, by applying pressure with manual means. Such application may include, but is not limited to, friction, gliding, rocking, tapping, kneading, or nonspecific stretching, whether or not aided by massage oils or the application of hot and cold treatments. The practice of massage and bodywork is designed to promote general relaxation, enhance circulation, improve joint mobilization and/or relieve stress and muscle tension, and to promote a general sense of well-being.

Notes:

Also Licenses Massage Technicians, see scope. Technicians complete a 300 hr course, with the same course categories, but with a break down of 60, 140, 75, and 25, respectively. Must hold CPR certification, but no national exam.

FLORIDA

<https://floridasmassagetherapy.gov/>

License Classification: Licenced Massage Therapist

Qualifications:

In Florida: Has completed a minimum 500 clock hour course of study at a board-approved massage school or has completed an apprenticeship in the State of Florida.

In another state: If the school you attended is located in another state, the school must be approved by the Department of Education or an equivalent licensing agency in the state in which it is located. Official transcripts must show completion of a course of study including a minimum of 500 clock hours.

Exams:

MBLEx (will accept historical exams: MCETM, NCBTMB, NESL if taken prior to their retirement)

Scope of Practice:

“Massage” means the manipulation of the soft tissues of the human body with the hand, foot, arm, or elbow, whether or not such manipulation is aided by hydrotherapy, including colonic irrigation, or thermal therapy; any electrical or mechanical device; or the application to the human body of a chemical or herbal preparation.

(4) “Massage therapist” means a person licensed as required by this act, who administers massage for compensation.

Notes:

GEORGIA

<https://sos.ga.gov/index.php/licensing/plb/33>

License Classification: Massage Therapists

Qualifications:

completion of a program that consists of at least 500 hours of course and clinical work;

Exams:

NCETM, NCETMB, or MBLEx

Scope of Practice:

"Massage therapist" means a person licensed under this chapter as a massage therapist who administers or teaches massage or massage therapy for compensation.

"Massage therapy" or "massage" means the application of a system of structured touch, pressure, movement, and holding to the soft tissue of the body in which the primary intent is to enhance or restore health and well-being. Such term includes complementary methods, including without limitation cupping therapy, taping techniques, the external application of water, superficial heat, superficial cold, lubricants, salt scrubs, or other topical preparations and the use of commercially available electromechanical devices which do not require the use of transcutaneous electrodes and which mimic or enhance the actions possible by the hands; the term also includes determining whether massage therapy is appropriate or contraindicated, or whether referral to another health care provider is appropriate. Such term shall not include the use of ultrasound, fluidotherapy, laser, and other methods of deep thermal modalities.

Notes:

HAWAII

<http://cca.hawaii.gov/pvl/boards/massage/>

License Classification: Massage Therapists

Qualifications:

—Meet the minimum education and training hours requirement of 570 hours. Training shall consist of training in anatomy, physiology, structural kinesiology, and the theory and demonstration of massage, which is not confined to any specific system or method of massage therapy, spent at least six months as a massage therapist apprentice or massage therapist student in a school approved by the board, and met all other requirements set for apprentices or students by the board pursuant to section 452-6(c).

—possess current infant and adult cardiopulmonary resuscitation ("CPR") certificate from the American Red Cross or the American Heart Association.

Exams:

State Exam

Scope of Practice:

"Massage", "massage therapy", and "Hawaiian massage" commonly known as lomilomi, means any method of treatment of the superficial soft parts of the body, consisting of rubbing, stroking, tapotement, pressing, shaking, or kneading with the hands, feet, elbow, or arms, and whether or not aided by any mechanical or electrical apparatus, appliances, or supplementary aids such as rubbing alcohol, liniments, antiseptics, oils, powder, creams, lotions, ointments, or other similar preparations commonly used in this practice. Any mechanical or electrical apparatus used as described in this chapter shall be approved by the United States Food and Drug Administration.

Notes:

IDAHO

<https://ibol.idaho.gov/IBOL/BoardPage.aspx?Bureau=MAS>

License Classification: Massage Therapist

Qualifications:

Successfully completed a massage program registered pursuant to chapter 24, title 33, Idaho Code (ID Postsecondary School Requirements), or a comparable authority in another state that consists of the minimum of five hundred (500) in-class supervised hours of coursework and clinic work; Coursework must include the following content areas and minimum hours:

- a. Two hundred (200) hours in massage and bodywork assessment, theory, and application;
 - b. One hundred twenty-five (125) hours in body systems including anatomy, physiology, and kinesiology;
 - c. Forty (40) hours in pathology;
 - d. Twenty-five (25) hours in business and ethics; and
 - e. Clinical Work. A minimum of one hundred ten (110) hours must be clinical work.
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Exams:

MBLEx, NCETMB (if taken prior to 2015), NCETM (if taken prior to 2015)), or other Board-approved exam

Scope of Practice:

—"Massage therapist" means a person who is licensed under this chapter and who engages in the practice of massage therapy.

—"Massage therapy" means the care and services provided by a massage therapist.

—"Practice of massage therapy" means the application of a system of structured touch, pressure, movement and holding of the soft tissues of the human body. The application may include:

- (a) Pressure, friction, stroking, rocking, kneading, percussion, or passive or active stretching within the normal anatomical range of movement;
 - (b) Complementary methods, including the external application of water, heat, cold, lubricants and other topical preparations; or
 - (c) The use of mechanical devices that mimic or enhance actions that may be done by the hands.
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Notes:

ILLINOIS

<https://www.idfpr.com/profs/massagetherapy.asp>

License Classification: Massage Therapist

Qualifications:

Complete an approved course consisting of a minimum of 600 hrs in::

A) Human anatomy, physiology, pathology and kinesiology.

B) Massage therapy theory, technique and practice, which may include but is not limited to: effleurage/gliding; petrissage/kneading; compression; friction tapotement/percussion; vibration; direct pressure; superficial warming techniques; pumping; stretching; jostling; shaking; rocking.

C) Contraindications, benefits, universal precautions, body mechanics, history, client data collection, documentation, ethics, business and legalities of massage, professional standards including draping and modesty, therapeutic relationships and communications.

Exams:

MBLEx OR NCBTMB

Scope of Practice:

"Massage" or "massage therapy" means a system of structured palpation or movement of the soft tissue of the body. The system may include, but is not limited to, techniques such as effleurage or stroking and gliding, petrissage or kneading, tapotement or percussion, friction, vibration, compression, and stretching activities as they pertain to massage therapy.

These techniques may be applied by a licensed massage therapist with or without the aid of lubricants, salt or herbal preparations, hydromassage, thermal massage, or a massage device that mimics or enhances the actions possible by human hands. The purpose of the practice of massage, as licensed under this Act, is to enhance the general health and well-being of the mind and body of the recipient. "Massage" does not include the diagnosis of a specific pathology.

"Massage" does not include those acts of physical therapy or therapeutic or corrective measures that are outside the scope of massage therapy practice as defined in this Section.

"Massage therapist" means a person who is licensed by the Department and administers massage for compensation.

Notes:

INDIANA

<https://www.in.gov/pla/massage.htm>

License Classification: Massage Therapist

Qualifications:

Successfully completed a massage therapy school or program that:

- (i) requires at least six hundred twenty-five (625) hours of supervised classroom and hands on instruction on massage therapy;
 - (ii) is in good standing with a state, regional, or national agency of government charged with regulating massage therapy schools or programs; and
 - (iii) is accredited by the department of workforce development under IC 22-4.1-21 or accredited by another state where the standards for massage therapy education are substantially the same as the standards in Indiana, or is a program at an institution of higher learning that is approved by the board;
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Exams:

MBLEx, NCETM, NCETMB, or NBCA NCE

Scope of Practice:

"Massage therapy":

(1) means a health care service involving the external manipulation or pressure of soft tissue for the purposes of enhancing health, providing muscle relaxation, increasing range of motion, reducing stress, relieving pain, or improving circulation of the human body;

(2) includes:

(A) the use of touch, external pressure, friction, stroking, rocking, gliding, vibration, percussion, kneading, movement, positioning, nonspecific stretching, stretching within the normal anatomical range of movement, and holding, with or without the use of massage devices that mimic or enhance manual measures; and

(B) the external application of heat, cold, water, ice, stones, lubricants, abrasives, and topical preparations that are not classified as prescription drugs; and

(3) does not include:

(A) spinal manipulation or grade 5 mobilization referred to in IC 25-10-1-14; and

(B) diagnosis or prescribing drugs for which a license is required.

Notes:

Transition from certification to license July 2019.

IOWA

<https://idph.iowa.gov/Licensure/Iowa-Board-of-Massage-Therapy>

License Classification: Massage Therapist

Qualifications:

Completion of at least six hundred hours of supervised academic instruction. An approved curriculum shall include but not be limited

to the following content areas:

1. Fundamentals of massage therapy.
 2. Clinical application of massage and bodywork therapies.
 3. Client communication theory and practice.
 4. Health care referral theory and practice.
 5. Anatomy and physiology.
 6. Kinesiology.
 7. Pathology and skills in infection control, injury prevention and sanitation.
 8. Iowa law and ethics.
 9. Business management, including legal and financial aspects, documentation and record maintenance.
 10. Wellness and healthy lifestyle theory and practice in such areas as hydrotherapy, hot and cold applications, spa techniques, nutrition, herbal studies, wellness models, somatic movement and energy work.
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Exams:

MBLEx or NCETMB

Scope of Practice:

“Massage therapist” means a person licensed to practice the health care service of the healing art of massage therapy under this chapter.

“Massage therapy” means performance for compensation of massage, myotherapy, massotherapy, bodywork, bodywork therapy, or therapeutic massage including hydrotherapy, superficial hot and cold applications, vibration and topical applications, or other therapy which involves manipulation of the muscle and connective tissue of the body, excluding osseous tissue, to treat the muscle tonus system for the purpose of enhancing health, muscle relaxation, increasing range of motion, reducing stress, relieving pain, or improving circulation

Notes:

KANSAS

License Classification: No License

Qualifications:

Exams:

Scope of Practice:

Notes:

KENTUCKY

<http://bmt.ky.gov/Pages/default.aspx>

License Classification: Massage Therapist

Qualifications:

Successfully completed a course of study consisting of a minimum of six hundred (600) hours of supervised instruction in a massage therapy training program approved by the board with clock hours devoted to each subject with the following minimums:

1. One hundred twenty-five (125) hours of anatomy, physiology, or kinesiology;
 2. A two hundred (200) hour course to include massage theory, technique, and practice focusing on gliding strokes, kneading, direct pressure, deep friction, joint movement, superficial warming techniques, percussion, compression, vibration, jostling, shaking, and rocking;
 3. Two hundred (200) hours of approach to the business of massage, specifically including contraindications, benefits, business, history, ethics, client documentation, legalities of massage, and modality courses designed to meet the school's specific program objectives;
 4. Forty (40) hours of pathology; and
 5. The school may use its discretion in allotting the additional thirty-five (35) curricular hours that are required under KRS 309.358;
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Exams:

MBLEx, State of Ohio Massage Therapy Exam, State of New York Massage Therapy Exam, or NBCA Massage Therapy Certification Exam: Level 1.

Scope of Practice:

"Practice of massage therapy" means the application, by a massage therapist licensed by the board, of a system of structured touch, pressure, movement, and holding to the soft tissues of the human body with the intent to enhance or restore the health and well-being of the client. The practice includes the external application of water, heat, cold, lubricants, salt scrubs, or other topical preparations; use of electromechanical devices that mimic or enhance the actions of the hands; and determination of whether massage therapy is appropriate or contraindicated, or whether referral to another health care practitioner is appropriate

Notes:

LOUISIANA

<https://www.labmt.org/site.php>

License Classification: Massage Therapist

Qualifications:

completed a minimum of 500 in-class hours that shall consist of 325 hours dedicated to the study of massage therapy techniques and clinical practicum-related modalities, 125 hours dedicated to the study of anatomy and physiology, and 50 hours of discretionary related course work including, but not limited to, hydrotherapy, business practices and professional ethics, health and hygiene, and cardiopulmonary resuscitation (CPR) and first aid.

Exams:

MBLEx or NCETMB (Historical)

Scope of Practice:

"Practice of massage therapy" means the manipulation of soft tissue for the purpose of maintaining good health and establishing and maintaining good physical condition. The practice of massage therapy shall include advertising or offering to engage in the practice of massage therapy and holding oneself out or designating oneself to the public as a massage therapist or massage establishment. The practice of massage therapy shall include effleurage (stroking), petrissage (kneading), tapotement (percussion), compression, vibration, friction (active/passive range of motion), stretching activities as they pertain to massage therapy, Shiatsu, acupressure, reflexology, trigger point massage, and Swedish massage either by hand, forearm, elbow, foot, or with mechanical appliances for the purpose of body massage. Massage therapy may include the use of lubricants such as salts, powders, liquids, creams with the exception of prescriptive or medicinal creams, heat lamps, hot and cold stones, whirlpool, hot and cold packs, salt glow, body wraps, or steam cabinet baths. It shall not include electrotherapy, laser therapy, microwave, colonic therapy, injection therapy, or manipulation of the joints. Equivalent terms for massage therapy are massage, therapeutic massage, massage technology, body work, or any derivation of those terms. As used in this Chapter, the terms "therapy" and "therapeutic" shall not include diagnosis, the treatment of illness or disease, or any service or procedure for which a license to practice medicine, chiropractic, physical therapy, or podiatry is required by law.

Notes:

MAINE

<https://www.maine.gov/pfr/professionallicensing/professions/massage/>

License Classification: Massage Therapist

Qualifications:

Pass the examination sponsored by the National Certification Board for Therapeutic Massage and Bodywork or the Federation of State Massage Therapy Boards or their successor or other organizations approved by the department; or demonstrate completion of a course of training consisting of 500 or more hours approved by the department;

Exams:

MBLEx or NCETMB (passage of exam is an alternative to education)

Scope of Practice:

Massage therapy. "Massage therapy" means a scientific or skillful manipulation of soft tissue for therapeutic or remedial purposes, specifically for improving muscle tone and circulation and promoting health and physical well-being. The term includes, but is not limited to, manual and mechanical procedures for the purpose of treating soft tissue only, the use of supplementary aids such as rubbing alcohol, liniments, oils, antiseptics, powders, herbal preparations, creams or lotions, procedures such as oil rubs, salt glows and hot or cold packs or other similar procedures or preparations commonly used in this practice. This term specifically excludes manipulation of the spine or articulations and excludes sexual contact as defined in Title 17-A, section 251, subsection 1, paragraph D.

Notes:

MARYLAND

<https://health.maryland.gov/massage/Pages/home.aspx>

License Classification: Registered Massage Therapist OR Licensed Massage Therapist

Qualifications:

— Qualifications for license massage therapist:

a. Has graduated with:

- (i) At least 60 credit hours of education at an institution of higher education, as defined in § 10-101 of the Education Article, as approved by the Board and the Maryland Higher Education Commission, of which a minimum of 24 credit hours shall have been in basic and applied science courses related to health care accredited by an accrediting agency or organization that accredits both institutions of higher education and programs offering instruction in massage therapy; or
- (ii)

- 1. At least 60 credit hours of education at an institution of higher education, as defined in § 10-101 of the Education Article, and as approved by the Maryland Higher Education Commission; and
- 2. 24 credit hours or 360 contact hours of advanced massage therapy continuing education as approved by the Board in basic and applied science courses related to health care;

b. Has completed 600 contact hours of education in a Board-approved program for the study of massage therapy that includes the following areas of content:

- (i) Anatomy, physiology, and kinesiology;
- (ii) Massage theory, techniques, and practice;
- (iii) Contraindications to massage therapy;
- (iv) Professional ethics;
- (v) Pathology; and
- (vi) Research;

— Qualifications for registered massage therapist:

a. Has graduated from a program for the study of massage therapy:

- (i) That has been approved by the Maryland Higher Education Commission and accredited by an accrediting agency or organization that accredits both institutions of higher education and programs offering instruction in massage therapy; and
- (ii) That has been approved by the Board and that requires at least 600 contact hours of classroom instruction that includes the following areas of content:

- 1. Anatomy, physiology, and kinesiology;
- 2. Massage theory, techniques, and practice;
- 3. Contraindications to massage therapy;
- 4. Professional ethics;
- 5. Pathology; and
- 6. Research;

—BOTH: Current certification in CPR at the Basic Life Support (BLS) level;

Exams:

MD State Jurisprudence Exam

Scope of Practice:

— Massage therapy. --

(1) "Massage therapy" means the use of manual techniques on soft tissues of the human body including effleurage (stroking), petrissage (kneading), tapotement (tapping), stretching, compression, vibration, and friction, with or without the aid of heat limited to hot packs and heating pads, cold water, or nonlegend topical applications, for the purpose of improving circulation, enhancing muscle relaxation, relieving muscular pain, reducing stress, or promoting health and well-being.

(2) "Massage therapy" includes the laying on of hands, consisting of pressure or movement on an individual who is fully clothed, except for footwear, to specifically affect the electromagnetic energy or energetic field of the human body if this practice includes use of the manual techniques set forth in paragraph (1) of this subsection.

(3) "Massage therapy" does not include:

- (i) The diagnosis or treatment of illness, disease, or injury;

- (ii) The adjustment, manipulation, or mobilization of any of the articulations of the osseous structures of the human body or spine; or
- (iii) Except as provided in paragraph (2) of this subsection, the laying on of hands, consisting of pressure or movement on an individual who is fully clothed, except for footwear, to specifically affect the electromagnetic energy or energetic field of the human body.
- (4) The provisions of paragraph (3) of this subsection do not preclude the application of the modalities described in paragraph (1) of this subsection to an individual who has an injury.
- "Practice massage therapy" means to engage professionally and for compensation in massage therapy
 - "Licensed massage therapist" means an individual who is licensed by the Board to practice massage therapy. Practice massage therapy.
 - "Registered massage practitioner" means an individual who is registered by the Board to practice massage therapy in a setting that is not a health care setting.

Notes:

MASSACHUSETTS

<https://www.mass.gov/massage-therapy-licensing>

License Classification: Massage Therapist

Qualifications:

successfully completed a course of study consisting of at least 500 classroom hours or an equivalent number of credit hours of supervised instruction at a licensed massage school; or provides proof of the successful passage of a board approved examination administered by a national organizational or board accredited by the National Commission of Certifying Agencies and approved by the National Organization for Competency Assurance;

Exams:

In lieu of Education... NCCA approved national exams.

Scope of Practice:

"Massage", the systematic treatment of the soft tissues of the body by use of pressure, friction, stroking, percussion, kneading, vibration by manual or mechanical means, range of motion for purposes of demonstrating muscle excursion or muscle flexibility and nonspecific stretching. Massage therapy may include the use of oil, ice, hot and cold packs, tub, shower, steam, dry heat or cabinet baths, in which the primary intent is to enhance or restore the health and well-being of the client. Massage therapy shall not include diagnoses, the prescribing of drugs or medicines, spinal or other joint manipulations or any services or procedures for which a license to practice medicine, chiropractic, occupational therapy, physical therapy or podiatry is required by law.

"Massage therapist" or "Massage practitioner", a person licensed by the board who instructs or administers massage or massage therapy for compensation.

Notes:

MICHIGAN

https://www.michigan.gov/lara/0,4601,7-154-89334_72600_72603_27529_53660---,00.html

License Classification: Massage Therapist

Qualifications:

A massage education that includes a minimum of 625 hours of courses or coursework including both of the following:

(i) Classroom instruction as defined in R 338.701(1)(b)(i), including both of the following:

(A) Seventy-five hours performing massage therapy services in a student clinic that is supervised by a licensed massage therapist and meets the requirements under R 338.724.

(B) Two hundred hours of massage and bodywork assessment, theory, and application instruction.

(ii) Classroom instruction as defined in R 338.701(1)(b)(i) or (ii), including all of the following:

(A) One hundred twenty-five hours of instruction on the body systems that include anatomy, physiology, and kinesiology.

(B) Forty hours of pathology.

(C) Twenty-five hours of business, professional practice, or ethics instruction with a minimum of 10 hours in ethics.

(D) One hundred sixty hours of instruction in an area or related field, as determined by the school, that complete the massage therapy program of study.

Completion of training to identify victims of human trafficking.

Exams:

MBLEx, NCETMB, or NCETM (if taken before 2014).

Scope of Practice:

"Practice of massage therapy" means the application of a system of structured touch, pressure, movement, and holding to the soft tissue of the human body in which the primary intent is to enhance or restore the health and well-being of the client. Practice of massage therapy includes complementary methods, including the external application of water, heat, cold, lubrication, salt scrubs, body wraps, or other topical preparations; and electromechanical devices that mimic or enhance the actions possible by the hands. Practice of massage therapy does not include medical diagnosis; practice of physical therapy; high-velocity, low-amplitude thrust to a joint; electrical stimulation; application of ultrasound; or prescription of medicines.

Notes:

MINNESOTA

License Classification: No License

Qualifications:

Exams:

Scope of Practice:

Notes:

MISSISSIPPI

<https://www.msmbt.ms.gov/SitePages/Home.aspx>

License Classification: Massage Therapist

Qualifications:

—CPR and First Aid courses are those that are approved by the American Heart Association or the American Red Cross or The American Safety and Health Institute

— Completed a board-approved training program of not less than six hundred (600) hours of supervised in-class massage therapy instruction, and at least one hundred (100) hours of student clinic, with a minimum grade requirement of “C” or better in every course of instruction, in the following subjects:

- (a) Two hundred (200) hours in massage theory and practicum;
 - (b) Two hundred (200) hours in science of the human body;
 - (c) Two hundred (200) hours in allied modalities; and
 - (d) One hundred (100) hours in supervised student clinic.
-

Exams:

MS State Pre-Licensure Exam, MBLEx, NESL, NCETMB, or ABTE (NCCAOM); and MS State Law Exam

Scope of Practice:

“Massage” means touch, stroking, kneading, stretching, friction, percussion and vibration, and includes holding, positioning, causing movement of the soft tissues and applying manual touch and pressure to the body (excluding an osseous tissue manipulation or adjustment). “Therapy” means action aimed at achieving or increasing health and wellness. “Massage therapy” means the profession in which the practitioner applies massage techniques with the intent of positively affecting the health and well-being of the client, and may adjunctively (i) apply allied modalities, heat, cold, water and topical preparations not classified as prescription drugs, (ii) use hand held tools such as electric hand massagers used adjunctively to the application of hand massage or devices designed as t-bars or knobbies, and (iii) instruct self-care and stress management. “Manual” means by use of hand or body.

Notes:

MISSOURI

<https://pr.mo.gov/massage.asp>

License Classification: Massage Therapist

Qualifications:

Completed a program of massage therapy studies, as defined by the board, consisting of at least five hundred hours of supervised instruction and subsequently passing an examination approved by the board. The examination may consist of school examinations. The program and course of instruction shall be approved by the board.

The five hundred hours of supervised instruction shall consist of three hundred hours dedicated to massage theory and practice techniques, one hundred hours dedicated to the study of anatomy and physiology, fifty hours dedicated to business practice, professional ethics, hygiene and massage law in the state of Missouri, and fifty hours dedicated to ancillary therapies, including cardiopulmonary resuscitation (CPR) and first aid.

Exams:

AMMA NBCE, MBLEEx, NESL, NCETMB, or ABTE (NCCAOM); and MS State Law Exam

Scope of Practice:

"Massage therapy", a health care profession which involves the treatment of the body's tonus system through the scientific or skillful touching, rubbing, pressing or other movements of the soft tissues of the body with the hands, forearms, elbows, or feet, or with the aid of mechanical apparatus, for relaxation, therapeutic, remedial or health maintenance purposes to enhance the mental and physical well-being of the client, but does not include the prescription of medication, spinal or joint manipulation, the diagnosis of illness or disease, or any service or procedure for which a license to practice medicine, chiropractic, physical therapy, or podiatry is required by law, or to those occupations defined in chapter 329;

Notes:

MONTANA

<http://boards.bsd.dli.mt.gov/lmt>

License Classification: Massage Therapist

Qualifications:

successful completion of a massage therapy educational program of a minimum of 500 hours of study that meets or exceeds the curriculum guidelines established by any program or organization accredited by the national commission for certifying agencies or its equivalent or successor

Exams:

MBLEx, NCETMB, NESL, or the NCETM

Scope of Practice:

—"Massage therapist", "licensed massage therapist", "L.M.T.", "masseur", or "masseuse" means a person who is licensed by the board to practice massage therapy. The terms are equivalent terms, and any derivation of the phrases or any letters implying the phrases are equivalent terms. Any reference to any one of the terms in this chapter includes the others.

"Massage Therapy"

—(a) (i) the term "Massage therapy" when provided by a massage therapist means the application of a system of structured touch, pressure, positioning, or holding to soft tissues of the body, Swedish massage, effleurage, petrissage, tapotement, percussion, friction, vibration, compression, passive and active stretching or movement within the normal anatomical range of motion, the external application of water, heat, cold, lubricants, salts, skin brushing, or other topical preparations not classified as prescription drugs, providing information for self-care stress management, and the determination of whether massage is contraindicated and whether referral to another health care practitioner is recommended.

(ii) The techniques described in subsection (4)(a)(i) must be applied by the massage therapist through the use of hands, forearms, elbows, knees, or feet or through the use of hand-held tools that mimic or support the action of the hands and are primarily intended to enhance or restore health and well-being by promoting pain relief, stress reduction, and relaxation.

—(b) The term does not include providing examinations for the purpose of diagnosis, providing treatments that are outside the scope of massage therapy, attempts to adjust, manipulate, or mobilize any articulations of the body or spine by the use of high-velocity, low-amplitude thrusting force, exercise, exercise instruction or prescription, or the use of tape when applied to restrict joint movement, manual or mechanical traction when applied to the spine or extremities for the purposes of joint mobilization or manipulation, injection therapy, laser therapy, microwave diathermy, electrical stimulation, ultrasound, iontophoresis, or phonophoresis.

Notes:

NEBRASKA

<http://dhhs.ne.gov/licensure/Pages/Massage-Therapy.aspx>

License Classification: Massage Therapist

Qualifications:

completed a course of study and training in massage

therapy not less than 1,000 hours, distributed over a term of not less than 9 months as specified in 172 NAC 81-002, item 12, which includes at least:

a. 100 hours in each of the following areas:

- (1) Anatomy;
- (2) Health Service Management;
- (3) Hydrotherapy;
- (4) Hygiene and Practical Demonstration;
- (5) Massage;
- (6) Pathology;
- (7) Physiology; and

b. The remaining 300 hours must be obtained in subject areas related to the clinical practice of massage therapy; and

Exams:

MBLEx and State Jurisprudence

Scope of Practice:

Massage Therapy means the physical, mechanical, or electrical manipulation of soft tissue for the therapeutic purposes of enhancing muscle relaxation, reducing stress, improving circulation, or instilling a greater sense of well-being and may include the use of oil, salt glows, heat lamps, and hydrotherapy. It does not include diagnosis or treatment or use of procedures for which a license to practice medicine or surgery, chiropractic, or podiatry is required nor the use of microwave diathermy, shortwave diathermy, ultrasound, transcutaneous electrical nerve stimulation, electrical stimulation of over thirty-five volts, neurological hyperstimulation, or spinal and joint adjustments.

a. Well-being includes, but is not limited to:

- (1) Remediation, such as myofascial release, active/passive stretching, and similar modalities;
- (2) Relaxation, such as Swedish Massage, hot stone, and similar modalities; and
- (3) Holistic, such as Ortho-Bionomy®, polarity, shiatsu, reflexology, acupressure, and similar techniques.

b. Mechanical or electrical manipulation includes, but is not limited to, the use of the following equipment:

- (1) Electrical stimulation equipment under 35 volts output;
 - (2) Oscillating (vibrating) equipment; and
 - (3) Hydrotherapy equipment
-

Notes:

NEVADA

<http://massagetherapy.nv.gov/>

License Classification: Massage Therapists

Qualifications:

Complete a minimum of 550 hours of instruction in the following courses before receiving a certificate evidencing successful completion of the program:

1. At least 125 hours of instruction in the body's systems, including, without limitation, anatomy, physiology and kinesiology;
 2. At least 220 hours of instruction which is taken in a classroom setting with hands-on instruction in assessment, theory and application instruction, which must include at least 80 hours in clinical instruction;
 3. At least 40 hours of instruction in pathology;
 4. At least 40 hours of instruction in business or ethics or a combined total of at least 40 hours of instruction in business and ethics; and
 5. At least 125 hours of instruction in other courses of massage therapy in a classroom setting with hands-on instruction.
-

Exams:

NCETM, NCETMB, NESL, MBLEx, ITEC

Scope of Practice:

1. "Massage therapy" means the application of a system of pressure to the muscular structure and soft tissues of the human body for therapeutic purposes, including, without limitation:

- (a) Effleurage;
- (b) Petrissage;
- (c) Tapotement;
- (d) Compressions;
- (e) Vibration;
- (f) Friction; and
- (g) Movements applied manually with or without superficial heat, cold, water or lubricants for the purpose of maintaining good health and establishing and maintaining good physical condition.

2. The term does not include:

- (a) Diagnosis, adjustment, mobilization or manipulation of any articulations of the body or spine; or
- (b) The demonstration of a product on a person that applies a system of pressure to the muscular structure and soft tissues of the human body, provided that the demonstration is not longer than 2 minutes

"Reflexology" means the application of a system of pressure to the feet, ears and hands of the human body.

"Structural integration" means the application of a system of manual therapy, movement education and embodiment education that is intended to improve the functional relationship of the parts of the human body to each other within the influences of gravity.

The term does not include:

- (a) The practice of physical therapy, as defined in NRS 640.024; or
 - (b) The practice of chiropractic, as defined in NRS 634.013, including, without limitation, chiropractic adjustment or manipulation, as defined in NRS 634.014 and 634.0173, respectively.
-

Notes:

Other Licesnes: Structural Integration Practitioner and Reflexologist

NEW HAMPSHIRE

<https://www.oplc.nh.gov/massage-therapy/index.htm>

License Classification: Massage Therapist

Qualifications:

Completion of a course of study of at least 750 hours, including the following:

- a. Anatomy and physiology;
 - b. History, theory, practice, benefits, and contraindications of massage therapy, related modalities, and adjunct therapies within the scope of practice of a massage therapist, including Swedish massage and hydrotherapy;
 - c. Hygiene and sanitary practices, including:
 1. Blood-borne pathogen standards; and
 2. Adult CPR and first aid, as documented by current certification in each area;
 - d. Health service management, business practices, and ethics of massage; and
 - e. Verifiably documented practical hours.
-

Exams:

NCETMB, MBLEx, or "other nationally recognized certifying exam"

Scope of Practice:

"Massage" means the application of a system of structured touch which includes holding, pressure, positioning, or causing movement, by manual means, for the purpose of promoting, maintaining, and restoring the health and well-being of the client. Massage is designed to promote general relaxation, improve movement, relieve somatic and muscular pain or dysfunction, stress and muscle tension, and provide for general health enhancement, personal growth, and the organization, balance, and integration of the body.

"Massage therapist" means a licensed individual who performs massage for compensation. Titles used may include: massage therapist, massage practitioner, bodywork practitioner, bodyworker, muscle therapist, massotherapist, or somatic therapist practitioner. A massage therapist uses visual, kinesthetic, and palpatory skills to assess the body, and may evaluate the client's condition to the extent of determining whether massage is indicated or contraindicated.

A massage therapist may do any of the following when performing massage, including, but not limited to:

- I. Use of heat and cold, hydrotherapy, heliotherapy, and external application of herbal or topical preparations not classified as prescription drugs.
 - II. Analysis of posture and movement.
 - III. Provision of education in self-care and stress management.
 - IV. Performance of techniques in which the massage therapist had been trained intended to affect the systems of the body.
-

Notes:

NEW JERSEY

<https://www.njconsumeraffairs.gov/mbt/>

License Classification: Massage and Bodywork Therapist

Qualifications:

completion of a minimum of 500 hours in class study in the field of massage and bodywork therapies approved by the board that must include:

90 hours of anatomy, physiology, pathophysiology

ethics and law;

theory and practice;

electives related to the practice of massage and bodywork therapy;

and at least 100 hours of clinical practice under the supervision of a faculty member legally authorized to practice in the State in which the school exists.

Exams:

NCBTMB, NCCAOM, or MBLEx

Scope of Practice:

"Massage and bodywork therapist" means a person licensed to practice massage and bodywork therapies pursuant to the provisions of P.L.1999, c.19 (C.45:11-53 et seq.) and P.L.2007, c.337 (C.45:11-68 et al.).

"Massage and bodywork therapies" or "massage and bodywork" means systems of activity of structured touch which include, but are not limited to, holding, applying pressure, positioning and mobilizing soft tissue of the body by manual technique and use of visual, kinesthetic, auditory and palpating skills to assess the body for purposes of applying therapeutic massage and bodywork principles. Such application may include, but is not limited to, the use of therapies such as heliotherapy or hydrotherapy, the use of moist hot and cold external applications, explaining and describing myofascial movement, self-care and stress management as it relates to massage and bodywork therapies. Massage and bodywork therapy practices are designed to affect the soft tissue of the body for the purpose of promoting and maintaining the health and well-being of the client. Massage and bodywork therapies do not include the diagnosis of illness, disease, impairment or disability.

Notes:

NEW MEXICO

http://www.rld.state.nm.us/boards/Massage_Therapy.aspx

License Classification: Massage Therapists

Qualifications:

— Completed four (4) contact course hours of cardiopulmonary resuscitation (CPR) to include automatic external defibrillator (CPR/AED) and four contact course hours of first aid and must provide proof, with the application, of current certification in basic life support accepted by EMS safety services, the American heart association, pro-training, LLC, or the American red cross.

— Completed at least the 650 hour minimum curricula of massage therapy training. The massage therapy training must meet the following minimum curriculum requirements:

A. one hundred sixty five (165) hours minimum of anatomy and physiology, to include:

- (1) physiology;
- (2) anatomy;
- (3) kinesiology; and
- (4) 40 hours minimum of pathology.

B. one hundred fifty (150) hours minimum of training in massage therapy as defined in 16.7.1.7 NMAC.

- (1) the massage therapy training shall include contraindications of massage therapy;
- (2) a minimum of 100 hours of hands on training must be completed before the student is allowed to begin a clinical practicum as defined in 16.7.1.7 NMAC.

C. seventy-five hours minimum of general instruction to include.

- (1) business; effective October 31, 2021, minimum of 20 hours;
- (2) hydrotherapy; effective October 31, 2021, minimum of eight hours;
- (3) 30 hours minimum of professional ethics;
- (4) four hours of first aid; and
- (5) four hours of cardiopulmonary resuscitation to include automatic external defibrillation (CPR/AED).

D. Electives may include:

- (1) additional massage therapy;
 - (2) related hands-on modalities;
 - (3) additional anatomy and physiology;
 - (4) clinical practicum (not to exceed 150 hours);
 - (5) counseling;
 - (6) herbology;
 - (7) homeopathy;
 - (8) nutrition;
 - (9) breathing and stretching techniques;
 - (10) theory; and
 - (11) other courses with prior board approval. See 16.7.4.14 NMAC for instructions.
-

Exams:

NCETMB, NCETM or the MBLEx plus NM Jurisprudence Exam

Scope of Practice:

“Massage therapist” means a person licensed to practice massage therapy pursuant to the New Mexico Massage Therapy Practice Act, Subsection E of Section 61-12C-E NMSA 1978.

“Massage therapy” means the treatment of soft tissues for therapeutic purposes, primarily comfort and relief of pain; it is a health care service that includes gliding, kneading, percussion, compression, vibration, friction, nerve strokes, stretching the tissue and exercising the range of motion and may include the use of oils, salt glows, hot or cold packs or hydrotherapy. Synonymous terms for massage therapy include massage, therapeutic massage, body massage, myomassage, bodywork, body rub or any derivation of those terms. "Massage therapy" does not include the diagnosis or treatment of illness or disease or any service or procedure for which a license to practice medicine, nursing, chiropractic, physical therapy, occupational therapy, acupuncture or podiatry is required by law.

Notes:

NEW YORK

<http://www.op.nysed.gov/prof/mt/>

License Classification: Massage Therapist

Qualifications:

CPR Certification AND completion of a program of not less than 1,000 clock hours of classroom instruction or the semester hour equivalent, as prescribed as follows:

200 clock hours in anatomy, physiology, and neurology, provided that a minimum of 50 clock hours of instruction is in neurology;

150 clock hours in myology and/or kinesiology;

100 clock hours in general pathology, including instruction related to skin, neuromuscular, and soft tissue conditions;

75 clock hours in the subject of hygiene, first aid, and other areas related to the practice of massage therapy, including but not limited to instruction in: infection control procedures; cardiopulmonary resuscitation (CPR) resulting in certification; the recognition of abused and/or neglected patients; and the uses, effects, and chemical ingredients of powders, oils, and other products used in the practice of massage therapy;

150 clock hours in general theory and techniques in the fundamentals of western massage therapy and oriental massage therapy, provided that a minimum of 50 clock hours of instruction is given in each type of massage therapy; and

325 clock hours of additional instruction and student practice in massage therapy techniques, within the practice of massage therapy as defined in section 7801 of the Education Law, provided that each student shall be required to directly apply massage therapy techniques to another individual for a minimum of 150 clock hours and that student practice shall be under the on-site supervision of a person licensed to practice massage therapy pursuant to the requirements of section 7804 of the Education Law or authorized to practice massage therapy by subdivision one of section 7805 of the Education Law.

Exams:

NY State Exam

Scope of Practice:

Definition of practice of massage therapy. The practice of the profession of massage therapy is defined as engaging in applying a scientific system of activity to the muscular structure of the human body by means of stroking, kneading, tapping and vibrating with the hands or vibrators for the purpose of improving muscle tone and circulation.

Notes:

NORTH CAROLINA

<https://www.bmbt.org/>

License Classification: Massage and Bodywork Therapist

Qualifications:

Complete a program of at least 500 in-class hours of supervised instruction at a Board-approved school.

The core curriculum shall contain the following hours of specific course work that are consistent with the school's mission and educational objectives:

- (a) 200 hours in the fundamental theory and practice of massage and bodywork therapy that is designed to produce comprehensive entry-level skills in the application of direct manipulation to the soft tissues of the human body, and is based in therapeutic methods consistent with the definition set forth in G.S. 90- 622(3) such as Swedish massage, acupressure, shiatsu, deep muscle massage, trigger point therapy, and connective tissue bodywork. Of the 200 hours in this category, at least 100 hours shall be in the application of hands-on methods. The balance of the hours shall include client assessment skills, indications and contraindications for treatment, body mechanics, draping procedures, standard practices for hygiene and control of infectious diseases, and the history of massage and bodywork therapy;
 - (b) 100 hours in anatomy and physiology related to the practice of massage and bodywork therapy that shall include the structure and function of the human body and common pathologies;
 - (c) 15 hours in professional ethics, and North Carolina laws and rules for the practice of massage and bodywork therapy;
 - (d) 15 hours in business management practices related to the practice of massage and bodywork therapy;
 - (e) 20 hours in psychological concepts related to the practice of massage and bodywork therapy, including dynamics of the client/therapist relationship, professional communication skills, the mind-body connection, and boundary functions;
 - (f) 150 hours in other courses related to the practice of massage and bodywork therapy. The courses may include additional hands-on techniques, specific applications, adjunctive modalities, in-depth anatomy and physiology, kinesiology, psychological concepts, or supervised clinical practice. First Aid or CPR shall not be included in this category. Techniques that are considered exempt from licensure pursuant to G.S. 90-624(6) or (7), and that are further defined by Rule .0203(a) constitute up to 50 hours of the 150 hours in this category
-

Exams:

MBLEx, NCETMB, NCETM or ABTE

Scope of Practice:

Massage and bodywork therapy. Systems of activity applied to the soft tissues of the human body for therapeutic, educational, or relaxation purposes. The application may include:

- a. Pressure, friction, stroking, rocking, kneading, percussion, or passive or active stretching within the normal anatomical range of movement.
- b. Complementary methods, including the external application of water, heat, cold, lubricants, and other topical preparations.
- c. The use of mechanical devices that mimic or enhance actions that may possibly be done by the hands.
- d. The practice of massage and bodywork therapy shall not include any of the following:
 - (1) The diagnosis of illness or disease.
 - (2) Medical procedures, chiropractic adjustive procedures, electrical stimulation, ultrasound, or prescription of medicines.
 - (3) The use of modalities for which a license to practice medicine, chiropractic, nursing, physical therapy, occupational therapy, acupuncture, or podiatry is required by law.
 - (4) Sexual activity, which shall mean any direct or indirect physical contact, by any person or between persons, which is intended to erotically stimulate either person, or which is likely to cause such stimulation and includes sexual intercourse, fellatio, cunnilingus, masturbation, or anal intercourse. As used in this subdivision, masturbation means the manipulation of any body tissue with the intent to cause sexual arousal. Sexual activity can involve the use of any device or object and is not dependent on whether penetration, orgasm, or ejaculation has occurred.

Notes:

NORTH DAKOTA

<https://www.ndbmt.org/>

License Classification: Massage Therapist

Qualifications:

Completion of a course consisting of a min of 750 hrs or supervised instruction as follows:

- a. One hundred fifty hours of anatomy, physiology, and kinesiology.
- b. Forty hours of pathology.
- c. Ten hours of first aid and CPR. At the time of graduation, the applicant must hold a valid current CPR card certified by a nationally recognized organization to provide CPR instruction.
- d. One hundred and thirty hours of introductory massage therapy courses, including basic and allied modalities, contraindications, sanitation, disease prevention, and massage theory.

1

- e. One hundred seventy-five hours of practical application and clinical practice.
2. The applicant must also satisfy the following curriculum requirements which do not require supervised classroom instruction:
- a. Fifty hours of business practices, career development, and professional ethics.
 - b. Seventy-five hours of clinical practice.
 - c. One hundred twenty hours of other courses directly related to massage therapy.
-

Exams:

MBLEx, NCBTM, NCBTMB

Scope of Practice:

a. "Massage" means the practice of massage therapy by the manual application of a system of structured touch to the soft tissues of the human body, including:

- (1) Assessment, evaluation, or treatment;
- (2) Pressure, friction, stroking, rocking, gliding, kneading, percussion, or vibration;
- (3) Active or passive stretching of the body within the normal anatomical range of movement;
- (4) Use of manual methods or mechanical or electrical devices or tools that mimic or enhance the action of human hands;
- (5) Use of topical applications such as lubricants, scrubs, or herbal preparations; and
- (6) Use of hot or cold applications.

b. Except as provided in this chapter, "massage" does not include diagnosis or other services that require a license to practice medicine or surgery, osteopathic medicine, chiropractic, occupational therapy, physical therapy, or podiatry and does not include service provided by professionals who act under their state-issued professional license, certification, or registration

Notes:



<https://med.ohio.gov/Apply/Massage-Therapist-MT>

License Classification: Massage Therapist

Qualifications:

Massage therapy curriculum requirements.

(A) To qualify to receive a certificate of good standing for a course of instruction in massage therapy, a school's course of instruction shall:

(1) Consist of both practical and theoretical instruction meeting one of the following requirements:

(a) For classes enrolling no later than December 30, 2005, a period of not less than one year and a minimum of six hundred clock hours; or

(b) For classes enrolling on and after December 31, 2005, a minimum of seven hundred fifty clock hours .

(2) Beginning with classes enrolling on or after December 31, 2005, teach at least the minimum required hours in the following subjects in dedicated clock hours, as appropriate to massage therapy:

(a) Anatomy and physiology; pathology: three hundred twenty-five clock hours;

(b) Massage theory and practical, including hygiene: three hundred twenty-five clock hours;

(c) Ethics: twenty-five clock hours, at least ten of which shall be in a class dedicated exclusively to ethics. For purposes of this rule, "ethics" shall be defined to include sexual boundary issues and impairment and chemical dependency issues;

(d) Business and law: twenty-five hours; and

(e) Such other subjects as the board deems necessary and appropriate to massage therapy: fifty clock hours;

Exams:

MBLEx

Scope of Practice:

"Massage therapy" means the treatment of disorders of the human body by the manipulation of soft tissue through the systematic external application of massage techniques including touch, stroking, friction, vibration, percussion, kneading, stretching, compression, and joint movements within the normal physiologic range of motion; and adjunctive thereto, the external application of water, heat, cold, topical preparations, and mechanical devices.

Scope of practice: massage therapy.

(A) Massage therapy is the treatment of disorders of the human body by the manipulation of soft tissue through the systematic external application of massage techniques including touch, stroking, friction, vibration, percussion, kneading, stretching, compression, and joint movements within the normal physiologic range of motion; and adjunctive thereto, the external application of water, heat, cold, topical preparations, and mechanical devices.

(B) A massage therapist shall not diagnose a patient's condition. A massage therapist shall evaluate whether the application of massage therapy is advisable. A massage therapist may provide information or education consistent with that evaluation, including referral to an appropriate licensed health care professional, provided that any form of treatment advised by a massage therapist falls within the scope of practice of, and relates directly to a condition that is amenable to treatment by, a massage therapist. In determining whether the application of massage therapy is advisable, a massage therapist shall be limited to taking a written or verbal inquiry, visual inspection including observation of range of motion, touch, and the taking of a pulse, temperature and blood pressure.

(C) No person shall use the words or letters "massage therapist," "licensed massage therapist," "L.M.T." or any other letters, words, abbreviations, or insignia, indicating or implying that the person is a licensed massage therapist without a valid license under Chapter 4731. of the Revised Code.

(D) A massage therapist may perform the following services in compliance with the following:

(1) A massage therapist may treat temporomandibular joint dysfunction provided that the patient has been directly referred in writing for such treatment to the massage therapist by a physician currently licensed pursuant to Chapter 4731. of the Revised Code, by a chiropractor currently licensed pursuant to Chapter 4734. of the Revised Code, or a dentist currently licensed pursuant to Chapter 4715. of the Revised Code.

(2) A massage therapist may apply ultrasound, diathermy, electrical neuromuscular stimulation, or substantially similar modalities provided that the patient has been directly referred in writing for such treatment to the massage therapist by a physician or podiatric physician licensed under Chapter 4731. of the Revised Code, physician assistant licensed under Chapter 4730. of the Revised Code, chiropractor licensed under Chapter 4734. of the Revised Code, advanced practice

registered nurse licensed under Chapter 4723. of the Revised Code, or physical therapist licensed under Chapter 4755. of the Revised Code, who is acting within the scope of their professional license.

(a) The massage therapist must perform the modality within the minimal standards of care.

(b) If the food and drug administration classifies the device as a prescription device, as that term is defined in 21 CFR 801.109 amended as of June 15, 2016, or a restricted device that can only be sold, distributed, or used upon the order of an authorized healthcare provider, the massage therapist's application of the device must be done under the on-site supervision of the referring practitioner.

(c) If the food and drug administration classifies the device as an over-the-counter device, the massage therapist may apply the device without the on-site supervision of the referring practitioner.

(E) All persons who hold a certificate to practice massage therapy issued pursuant to section 4731.17 of the Revised Code shall prominently display that certificate in the office or place where a major portion of the certificate holder's practice is conducted. If a certificate holder does not have a primary practice location, the certificate holder shall at all times when practicing keep either the wall certificate on the holder's person or provide verification of licensure status from the board's internet web site upon request . The board's website is: www.med.ohio.gov.

(F) Massage therapy does not include:

(1) Colonic irrigation;

(2) The practice of chiropractic, including the application of a high velocity-low amplitude thrusting force to any articulation of the human body;

(3) The use of graded force applied across specific joint surfaces for the purpose of breaking capsular adhesions;

(4) The prescription of therapeutic exercise for the purpose of rehabilitation or remediation of a disorder of the human body;

(5) The treatment of infectious, contagious or venereal diseases;

(6) The prescription, dispensing, personally furnishing or administration of drugs; and

(7) The performance of surgery or practice of medicine in any other form.

Notes:

OKLAHOMA

https://www.ok.gov/cosmo/Massage_Therapy/index.html

License Classification: Massage Therapist

Qualifications:

completion of at least 500 hours of formal education in a massage therapy school.

Exams:

MBLEx

Scope of Practice:

"Massage therapist" means an individual who practices massage or massage therapy and is licensed under the Massage Therapy Practice Act. A massage therapist uses visual, kinesthetic, and palpatory skills to assess the body and may evaluate a condition to the extent of determining whether massage is indicated or contraindicated;

4. "Massage therapy" means the skillful treatment of the soft tissues of the human body. Massage is designed to promote general relaxation, improve movement, relieve somatic and muscular pain or dysfunction, stress and muscle tension, provide for general health enhancement, personal growth, education and the organization, balance and integration of the human body and includes, but is not limited to:

- a. the use of touch, pressure, friction, stroking, gliding, percussion, kneading, movement, positioning, holding, range of motion and nonspecific stretching within the normal anatomical range of movement, and vibration by manual or mechanical means with or without the use of massage devices that mimic or enhance manual measures, and
 - b. the external application of ice, heat and cold packs for thermal therapy, water, lubricants, abrasives and external application of herbal or topical preparations not classified as prescription drugs;
-

Notes:

OREGON

<https://www.oregon.gov/OBMT/Pages/index.aspx>

License Classification: Massage Therapist

Qualifications:

625 hours/25 quarter credits/15.74 semester credits of education from an accredited or Department of Education approved school with the following:

A minimum of 200 hours/8 quarter credits/ 5.34 semester credits of health sciences, consisting of Anatomy and Physiology, Pathology, and Kinesiology; and

A minimum of 300 hours/12 quarter credits/8 semester credits of Massage Theory and Practical Application, Clinical Practice, Business Development, Sanitation, Communication, and Ethics.

The remaining 125 hours/5 quarter credits /2.4 semester credits required may be in any of the above subject areas

Exams:

MBLEx, NCBTM, NCBTMB, CESI, plus OR Jurisprudence Exam

Scope of Practice:

—(a) “Massage,” “massage therapy” or “bodywork” means the use of pressure, friction, stroking, tapping or kneading on the human body, or the use of vibration or stretching on the human body by manual or mechanical means or gymnastics, with or without appliances such as vibrators, infrared heat, sun lamps or external baths, and with or without lubricants such as salts, powders, liquids or creams, for the purpose of, but not limited to, maintaining good health and establishing and maintaining good physical condition.

—(b) “Massage,” “massage therapy” and “bodywork” do not include the use of high-velocity, short-amplitude manipulative thrusting procedures to the articulations of the spine or extremities.

—“Massage facility” does not include:

(A) A career school licensed under ORS 345.010 to 345.450;

(B) An accredited college or university or a community college operated under ORS chapter 341; or

(C) A clinic or facility owned or operated by a person authorized to practice a profession by a health professional regulatory board, as defined in ORS 676.160.

—“Practice of massage” means the performance of massage:

(a) For purposes other than sexual contact, as defined in ORS 167.002 (5); and

(b) For compensation.

Notes:

PENNSYLVANIA

License Classification: Massage Therapist

Qualifications:

Completion of an approved Massage therapy programs that provides at least 600 hours of in-class, postsecondary education instruction, including:

- (1) At least 175 contact hours of instruction in anatomy and physiology, kinesiology and pathology, including training in the human immunodeficiency virus and related risks.
- (2) At least 250 contact hours in massage therapy and bodywork assessment, theory and practice including sanitation, safety and hygiene.
- (3) At least 25 contact hours in professional ethics, and business and law related to a massage therapy business.
- (4) At least 150 contact hours in related courses appropriate to a massage therapy curriculum as set forth in § 20.13 (related to required knowledge base), including cardiopulmonary resuscitation.
- (b) Massage therapy programs may meet the 600-hour requirement through both didactic and clinical courses.
- (c) Externship hours may not be included in the 600-hour minimum education instruction. For purposes of this section, an externship is an offsite practical technique learning experience where the student's supervision is provided by a licensed massage therapist, supervisor or other appropriate licensed health professional.
- (d) Hours for practicing assigned techniques under indirect supervision may not be included in the 600-hour minimum education instruction.

Exams:

NCETM, NCBTMB, NESL, and MBLEx

Scope of Practice:

"Massage therapist." An individual licensed by the State Board of Massage Therapy to practice massage therapy.

"Massage therapy." The application of a system of structured touch, pressure, movement, holding and treatment of the soft tissue manifestations of the human body in which the primary intent is to enhance the health and well-being of the client without limitation, except as provided in this act. The term includes the external application of water, heat, cold, lubricants or other topical preparations, lymphatic techniques, myofascial release techniques and the use of electro-mechanical devices which mimic or enhance the action of the massage techniques. The term does not include the diagnosis or treatment of impairment, illness, disease or disability, a medical procedure, a chiropractic manipulation - adjustment, physical therapy mobilization - manual therapy, therapeutic exercise, electrical stimulation, ultrasound or prescription of medicines for which a license to practice medicine, chiropractic, physical therapy, occupational therapy, podiatry or other practice of the healing arts is required.

Notes:

RHODE ISLAND

<https://health.ri.gov/licenses/detail.php?id=229>

License Classification: Licensed Massage Therapist

Qualifications:

Be a graduate of an approved school as defined in § 10.3 of this Part.

2. The curriculum shall have consisted of at least five hundred (500) hours which included study and practical training specifically designed to provide knowledge and skills necessary for the practice of massage. The content of the five hundred (500) hour program shall include no less than the following classroom subjects, including practical training:

- a. Anatomy, physiology and kinesiology
 - b. Supervised theory and practice
 - c. Clinical Assessment and bodywork competency
 - d. Pathology
 - e. Elective subjects, including first aid and cardiopulmonary resuscitation {CPR}, and any of the following: ethics, boundaries, regulations and guidelines for professional practice, business practices/law, office procedures
-

Exams:

MBLEx

Scope of Practice:

"Massage" means the systematic and scientific manipulation of the soft tissues of the body accomplished by the use of digits, hands, forearms, elbows, knees, or feet, hand-held tool, or other external apparatus. Massage may include the use of topical applications.

"Massage therapist" means a person engaged in the practice of massage and is licensed in accordance with this chapter of the general laws of the state of Rhode Island.

"Massage therapy" means the use of massage for therapeutic purposes, including, but not limited to: pain management, stress reduction, promotion of relaxation, and enhancement of general health and well-being. Massage therapy includes, but is not limited to, manipulation of soft tissue and normal movement of the body to develop an appropriate massage therapy session and the delivery of self-care and health maintenance information. Massage therapy does not encompass:

- (i) Diagnosis;
- (ii) The prescribing of drugs or medicines;
- (iii) Spinal manipulation; and
- (iv) Any service or procedure for which a license or registration is required by law, including, but not limited to, the practice of medicine, chiropractic, naturopathy, physical therapy, occupational therapy, nutrition, psychotherapy, behavioral health services, or podiatry.

"Practice of massage therapy" means the exchange of massage therapy services for currency, goods, or services.

Notes:

SOUTH CAROLINA

<https://lir.sc.gov/mas/>

License Classification: Massage/Bodywork Therapist

Qualifications:

five hundred hour course of classroom study at an approved massage/bodywork school having a curriculum that meets the standards set forth in regulation by the department;

Exams:

NCETMB, NCETM, MBLEx

Scope of Practice:

"Massage/bodywork therapy" means the application of a system of structured touch of the superficial tissues of the human body with the hand, foot, arm, or elbow whether or not the structured touch is aided by hydrotherapy, thermal therapy, a massage device, human hands, or the application to the human body of an herbal preparation.

"Massage/bodywork therapist" means an individual licensed as required by this chapter, who administers massage/bodywork therapy for compensation.

Notes:

SOUTH DAKOTA

<https://doh.sd.gov/boards/Massage/>

License Classification: Massage Therapist

Qualifications:

The 500 hours of education and training must include:

One hundred twenty-five hours of training in the body's system and anatomy, physiology, and kinesiology;

Two hundred hours of training in massage and bodywork assessment, theory, and application;

Forty hours of training in pathology;

Ten hours of training in business and ethics, with a minimum of six hours in ethics; and

One hundred twenty-five hours of additional training in an area or related field that theoretically completes a massage program of study.

Exams:

NCETM, NCETMB, NBCA, MBLEx

Scope of Practice:

"Massage," the systematic mobilization of the soft tissues of the body through the application of hands, feet, or devices for the purposes of therapy, relaxation, or education through means which include:

(a) Pressure, friction, stroking, rocking, kneading, percussion, compression, or stretching;

(b) External application of water, heat, cold, lubricants, or other topical agents; or

(c) The use of devices that mimic or enhance the actions of human hands or feet; and

"Practice of massage therapy," the performance of massage for a fee or other compensation or holding oneself out to the public as performing massage.

Notes:

TENNESSEE

<https://www.tn.gov/health/health-program-areas/health-professional-boards/ml-board/ml-board/about.html>

License Classification: Massage Therapist

Qualifications:

Completion of an approved program that shall, at a minimum, consist of five hundred (500) classroom hours and must contain:

1. Two hundred (200) classroom hours of sciences including, but not limited to, anatomy, physiology-Western and/or Eastern, kinesiology, pathology, HIV/AIDS and blood-borne pathogens, and hygiene (including standard precautions).

Other sciences related to the human body may be included with Board approval.

2. Two hundred (200) classroom hours of basic massage theory and practice including, but not limited to, history, benefits, indications, contraindications, demonstration and supervised practice, client assessment/evaluation, soft tissue manipulations including: gliding, kneading, friction, compression, vibration, percussion, stretching, joint movements, draping, positioning, turning, feedback, charting/documentation, proper body mechanics, and self-care.

3. Eighty-five (85) classroom hours of related subjects including, but not limited to, business standards of practice, communication skills, CPR/First Aid, the Americans with Disabilities Act, referral methods, specialized populations, and specialized and adjunct therapies/modalities (including hydrotherapy).

4. Ten (10) classroom hours of ethics instruction.

5. Five (5) classroom hours regarding Tennessee massage statutes and regulations.

Exams:

MBLEx

Scope of Practice:

“Massage/bodywork/somatic” means the manipulation of the soft tissues of the body with the intention of positively affecting the health and well being of the client;

“Massage therapist” means a person who practices massage for compensation and is licensed by the board.

Notes:

TEXAS

<https://www.tdlr.texas.gov/mas/masboard.htm>

License Classification: Massage Therapist

Qualifications:

completed massage therapy studies in a 500-hour minimum, supervised course of instruction provided by a massage therapy instructor at a massage school, a licensed massage school, a state-approved educational institution, or any combination of instructors or schools, in which at least:

- (A) 200 hours are taught by a licensed massage therapy instructor and dedicated to the study of massage therapy techniques and theory and the practice of manipulation of soft tissue, with at least 125 hours dedicated to the study of Swedish massage therapy techniques;
 - (B) 50 hours are dedicated to the study of anatomy;
 - (C) 25 hours are dedicated to the study of physiology;
 - (D) 50 hours are dedicated to the study of kinesiology;
 - (E) 40 hours are dedicated to the study of pathology;
 - (F) 20 hours are dedicated to the study of hydrotherapy;
 - (G) 45 hours are dedicated to the study of massage therapy laws and rules, business practices, and professional ethics standards;
 - (H) 20 hours are dedicated to the study of health, hygiene, first aid, universal precautions, and cardiopulmonary resuscitation (CPR); and
 - (I) 50 hours are spent in an internship program;
-

Exams:

MBLEx and TX Jurisprudence Exam

Scope of Practice:

"Massage therapist" means a person who practices or administers massage therapy or other massage services to a client for compensation. The term includes a licensed massage therapist, therapeutic massage practitioner, massage technician, masseur, masseuse, myotherapist, body massager, body rubber, or any derivation of those titles.

"Massage therapy" means the manipulation of soft tissue by hand or through a mechanical or electrical apparatus for the purpose of body massage and includes effleurage (stroking), petrissage (kneading), tapotement (percussion), compression, vibration, friction, nerve strokes, and Swedish gymnastics. The terms "massage," "therapeutic massage," "massage technology," "myotherapy," "body massage," "body rub," or any derivation of those terms are synonyms for "massage therapy."

Notes:

UTAH

License Classification:

Qualifications:

Exams:

Scope of Practice:

Notes:

VERMONT

License Classification: No License

Qualifications:

Exams:

Scope of Practice:

Notes:

VIRGINIA

<http://www.dhp.virginia.gov/Boards/Nursing/PractitionerResources/Forms>
/

License Classification: Massage Therapist

Qualifications:

completed a minimum of 500 hours of training
from a massage therapy program, certified or approved by the State Council of Higher Education
or an agency in another state, the District of Columbia, or a United States territory that approves
educational programs, notwithstanding the provisions of § 23.1-226 (Education Exemptions);

Exams:

MBLEx

Scope of Practice:

"Massage therapist" means a person who meets the qualifications specified in this chapter and
who is currently licensed by the Board.

"Massage therapy" means the treatment of soft tissues for therapeutic purposes by the application
of massage and bodywork techniques based on the manipulation or application of pressure to the
muscular structure or soft tissues of the human body. The term "massage therapy" does not
include the diagnosis or treatment of illness or disease or any service or procedure for which a
license to practice medicine, nursing, midwifery, chiropractic, physical therapy, occupational
therapy, acupuncture, athletic training, or podiatry is required by law or any service described in
§ 54.1-3001(18).

"Massage therapy" shall not include manipulation of the spine or joints.

Notes:

WASHINGTON

<https://www.doh.wa.gov/LicensesPermitsandCertificates/ProfessionsNewReneworUpdate/MassageTherapist>

License Classification: Massage Therapist

Qualifications:

500 hours to be completed in no less than six months and must consist of the following:

One hundred thirty hours of anatomy, physiology, and kinesiology with a minimum of 40 hours of kinesiology.

Fifty hours of pathology.

Two hundred sixty-five hours of theory and practice of massage. A maximum of 50 of these hours may include time spent in a student clinic.

Fifty-five hours of clinical/business practices.

Exams:

MBLEx or NCETMB, plus WA Jurisprudence Exam

Scope of Practice:

"Massage" and "massage therapy" mean a health care service involving the external manipulation or pressure of soft tissue for therapeutic purposes. Massage therapy includes techniques such as tapping, compressions, friction, reflexology, Swedish gymnastics or movements, gliding, kneading, shaking, and fascial or connective tissue stretching, with or without the aids of superficial heat, cold, water, lubricants, or salts. Massage therapy does not include diagnosis or attempts to adjust or manipulate any articulations of the body or spine or mobilization of these articulations by the use of thrusting force, nor does it include genital manipulation. See WAC 246-830-550 for additional limitations on massage practice.

Notes:

WEST VIRGINIA

<http://www.wvmassage.org/>

License Classification: Massage Therapist

Qualifications:

Completion of a program of massage education at a school approved by the West Virginia Council for Community and Technical College Education pursuant to section nine, article two-b, chapter eighteen-b of this code or by a state agency in another state, the District of Columbia or a United States territory which approves educational programs and which meets qualifications for the National Certification Exam administered through the National Certification Board for Therapeutic Massage and Bodywork. This school shall require a diploma from an accredited high school, or the equivalent, and require completion of at least five hundred hours of supervised academic instruction. Programs shall contain a min of:

—Two hundred (200) hours in the fundamental theory and practice of massage and bodywork therapy, which include a minimum of one hundred (100) hours in application of hands-on methods; the balance of such hours shall include client assessment skills, indications, and contraindications for treatment, body mechanics, draping procedures, standard practices for hygiene and control of infectious diseases, and the history of massage and bodywork therapy

—One hundred (100) hours in anatomy and physiology, which will include the structure and function of the human body and common pathologies;

—Fifty (50) hours in the following areas:

a. Fifteen (15) hours in professional ethics, and West Virginia laws and rules for the practice of massage and bodywork therapy; West Virginia Law and Rules, (scope) of Practice

b. Fifteen (15) hours in business practices related to the field of massage and bodywork therapy; and

c. Twenty (20) hours in dynamics of the therapist/client relationships, communication skills, and boundary functions;

— One hundred fifty (150) hours in other courses related to the practice of massage and bodywork therapy; such courses may include additional hands-on techniques, specific applications, spa massage, clinical massage, adjunctive modalities, in-depth anatomy and physiology, kinesiology, movement education, or supervised clinical practice. First Aid or CPR may not be included in this category.

Exams:

MBLEx or NCETMB (only if taken prior to Feb. 1, 2015)

Scope of Practice:

"Massage therapist" means a person licensed to practice the health care service of massage therapy under this article who practices or administers massage therapy to a client of either gender for compensation. No person licensed by the massage therapy licensure board may be referred to as a primary care provider nor be permitted to use such designation.

"Massage therapy" means a health care service which is a scientific and skillful manipulation of soft tissue for therapeutic or remedial purposes, specifically for improving muscle tone, circulation, promoting health and physical well-being.

Massage therapy includes massage, myotherapy, massotherapy, bodywork, bodywork therapy, or therapeutic massage including hydrotherapy, superficial hot and cold applications, vibration and topical applications or other therapies which involve manipulation of the muscle and connective tissue of the body, for the purpose of enhancing health, reducing stress, improving circulation, aiding muscle relaxation, increasing range of motion, or relieving neuro-muscular pain.

Massage therapy does not include diagnosis or service which requires a license to practice medicine or surgery, osteopathic medicine, chiropractic, or podiatry, and does not include service performed by nurses, occupational therapists, or physical therapists who act under their own professional license, certificate or registration.

Notes:

WISCONSIN

<https://dsps.wi.gov/Pages/Professions/MassageTherapistBodyworkTherapist/Default.aspx>

License Classification: Massage Therapist and Bodywork Therapist

Qualifications:

Completion of an approved training program that shall consist of a minimum of 600 classroom hours of study and shall include the following subject areas:

- (a) One hundred twenty-five classroom hours in anatomy, physiology, pathology, and kinesiology.
- (b) Fifty classroom hours in business, law and ethics, which shall include at least 6 classroom hours in the laws of this state and rules of the board relating to the practice of massage therapy or bodywork therapy required by s. MTBT 2.01 (3) (b).
- (c) Three hundred classroom hours in massage therapy or bodywork therapy theory, technique, and practice, which shall include 100 classroom hours of supervised hands-on practice.
- (d) Twenty classroom hours in student clinic.
- (e) Five classroom hours in adult cardiopulmonary resuscitation and standard first aid. The requirement of this paragraph may be alternatively satisfied as provided under s. MTBT 2.01 (3) (j).
- (f) One hundred classroom hours in additional massage therapy or bodywork therapy course offerings meeting the objectives of the course of instruction.

Has successfully completed a course consisting of 5 classroom hours in adult cardiopulmonary resuscitation and standard first aid if the 5 classroom hours are not part of the course of study

or approved training program completed by the applicant for purposes of meeting the requirement under par. (a).

Has current proficiency in the use of an automated external defibrillator achieved through instruction provided by an individual, organization, or institution of higher education approved under s. 46.03 (38), Stats., to provide the instruction

Exams:

NCETMB, MBLEEx, NCCAOM, or an examination relating to the practice of massage therapy or bodywork therapy that is administered by a national board that is accredited by NCCA; and WI Jurisprudence

Scope of Practice:

“Massage therapy or bodywork therapy” means the science and healing art that uses manual actions and adjunctive therapies to palpate and manipulate the soft tissue of the human body, in order to improve circulation, reduce tension, relieve soft tissue pain, or increase flexibility. Massage therapy or bodywork therapy includes determining whether manual actions and adjunctive therapies are appropriate. Massage therapy or bodywork therapy does not include making a medical, physical therapy, or chiropractic diagnosis.

Notes:

WYOMING

License Classification: No License

Qualifications:

Exams:

Scope of Practice:

Notes:

US Districts & Territories



<https://dchealth.dc.gov/service/massage-therapy-licensing>

License Classification: Massage Therapist

Qualifications:

500 hrs from an institution that is approved or accredited by the Commission on Massage Therapy Accreditation/Approval or shall have equivalent standards as determined by the Board; or said institution(s) shall be accredited by the Accreditation Council for Continuing Education and Training, the Accrediting Commission of Career Schools and Colleges of Technology, another accreditation agency approved by the United States Department of Education, or a regional body for post secondary education, at the time the applicant graduated. The program shall not be less than 6mo, and shall include a minimum of 100 hours shall consist of anatomy, physiology, and kinesiology. The remaining 400 hours shall include a majority of hours in massage therapy theory and practice, as well as discretionary related course work, including but not limited to professional ethics, business practices, health and hygiene, contraindications of massage, cardiopulmonary resuscitation (CPR), and first aid

Exams:

NCETMB, MBLEX, NCCA

Scope of Practice:

A massage therapist or any person so authorized under the Act to perform massage therapy may perform therapeutic maneuvers in which the practitioner applies massage techniques, including use of the hand or limb, by applying touch and pressure to the human body. Such techniques include, but are not limited to the following:

- (a) Stroking, (including but not limited to Effluerage);
 - (b) Kneading, (including but not limited to Petrissage);
 - (c) Tapping, (including but not limited to Tapotement);
 - (d) Flexibility training, (including but not limited to stretching, strengthening, and manual traction);
 - (e) Compression;
 - (f) Vibration;
 - (g) Friction;
 - (h) Application of heat, cold, and water;
 - (i) Non-prescription drug applications, (including mild abrasives) for the purpose of improving circulation, enhancing muscle relaxation, relieving muscle pain, reducing stress, or promotion health; or
 - (j) Holding, positioning, or causing movement of an individual's body.
- 7510.2 Massage therapy does not include incidental use of soft tissue manipulation while primarily engaging in another technique or modality in which a practitioner is qualified

Notes:

AMERICAN SAMOA

License Classification: No License

Qualifications:

Exams:

Scope of Practice:

Notes:

GUAM

License Classification: No License

Qualifications:

Exams:

Scope of Practice:

Notes:

NORTHERN MARIANA ISLANDS

License Classification: No License

Qualifications:

Exams:

Scope of Practice:

Notes:

PUERTO RICO

No Website

License Classification:

Qualifications:

1000 hrs in a therapeutic massage school authorized by the official entities of the Commonwealth of Puerto Rico. Passed a course (with exam) on CPR, completed a workshop on HIV through the Dept of Health

Exams:

PR Exam (Must pass every 5 years)

Scope of Practice:

Massage therapist. — Is a person who meets all the requirements of this chapter and has been duly certified by the Board to practice massaging [sic] in the jurisdiction of Puerto Rico.

Massage therapy. — Means a system of structured manipulation for therapeutic, preventive and remedial purposes through scientific and skilled manipulation of superficial or deep soft tissue to promote general relaxation, improve circulation, joint mobility, soothe stress and muscular tension and generally promote physical, mental and emotional wellbeing. The term and its practice include manual, mechanical and technical procedures generally accepted in the practice of massage, including but not limited to, rubbing, stroking, rocking, pressure, tapping, kneading, stretching and other techniques developed under the concept of bodywork, which may use the application of oils, salts, compresses and other externally applied products that ease movement. Excluded from this definition are those practices and techniques that are exclusive to the profession of physical therapy.

Notes:

US VIRGIN ISLANDS

License Classification: Facility Only

Qualifications:

Exams:

Scope of Practice:

Notes:

Licensed through Business Regulation as a Massage Parlor, and all individuals who work in a facility must be issued a Massage Health Card (proof that the holder does not carry any parasitic diseases) only.