

MARYLAND STATE BOARD OF MASSAGE THERAPY EXAMINERS

LICENSED MASSAGE THERAPIST (LMT) STATUS EDUCATION REQUIREMENTS

A. Graduated with:

- (1) 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**
- (2)
 - i. 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
 - ii. 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;

A LIST OF BASIC AND APPLIED SCIENCE COURSE RELATED TO HEALTH CARE IS ON SUBSEQUENT PAGES

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LIST OF ACCEPTED COLLEGE COURSES FOR BASIC AND APPLIED SCIENCE RELATED TO HEALTHCARE, WHICH MAY INCLUDE, BUT IS NOT LIMITED TO, THE FOLLOWING AREAS OF STUDY:

Abnormal Psychology
Advanced Physical Chemistry
Anatomy & Physiology I & II
Biotechnology
Biochemistry
Bodywork Lab
Botany
Cellular Biology
Child Psychology
Chemistry I & II
Client Assessment
Clinical Courses
Counseling Techniques
Developmental Psychology
Exercise Physiology
Functional Anatomy
Functional Physiology
General Biology I & II
General Chemistry I & II
General Physics I & II
General Psychology
Genetics
Geriatric Psychology
Health Assessment
Health Psychology
Human Behavior
Human Biology
Human Growth Development
Human Services Courses
Integrative Health courses
Inorganic Chemistry I & II
Intro to Counseling
Introduction to Physics
Immunology
Kinesiology
Lifespan Development

Massage Lab
Massage Theory
Massage Techniques
Medical Massage
Medical Surgery
Medicinal Botany
Microbiology
Molecular Biology
Neurobiology
Neuromuscular Massage
Nursing Courses
Nursing Practicum
Occupational Therapy Courses
Organic Chemistry I & II
Orthopedic Massage Course
Pathology
Pathophysiology
Personal Wellness
Personality Theory
Physical Chemistry I & II
Physical Science
Physical Therapy Courses
Population Focused Nursing
Psychology of Aging
Physics I & II
Postural Assessment
Quantum Physics
Sociology
Swedish Massage Course
Wellness Classes

Courses from the Following Applied Science Disciplines

Medical Assistant
Nursing
Occupational Therapy
Physical Therapy
Respiratory Therapy

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GUIDELINE LIST FOR APPROVED MODALITIES AND CE COURSES,
WHICH MAY INCLUDE, BUT IS NOT LIMITED TO, THE FOLLOWING AREAS:

LIST OF CORE MODALITIES FOR MASSAGE		
<i>Swedish Massage</i> <i>Deep Tissue Massage</i> <i>Myofascial Release</i> <i>Postural Analysis</i> <i>Client Assessment</i>	<i>Neuromuscular Massage</i> <i>Trigger Point Therapy</i> <i>Sports Massage</i> <i>Massage Teacher Training</i> <i>Kinesiology</i> <i>Documentation -SOAP Notes</i>	<i>Anatomy/Physiology</i> <i>Pathology</i> <i>Pharmacology</i> <i>Professional Practices (see Guidelines)</i> <i>Research</i> <i>Structural Integration</i>
List of Required CEUs	Electives	Ineligible as Continuing Education
Ethics (see Guidelines) Communicable diseases Cultural competency	Acupressure Advanced Science Asian Bodywork Ayurveda Body work Cranio-Sacral Diet - Nutrition Graston/IASTM Gross Anatomy Hot/Cold Stone massage Hydrotherapy Meditation Psychology Research Reflexology Somatic Sports Stretching Thai Massage Trager TuiNa Therapist Self-Care	Applied Kinesiology Animal Massage Aromatherapy Bamboo Qi Gong Crystals Crystal Bowls Dancing Dry Needling Electric Stimulation Energy Work Exercise Feng Shui Herbal Remedies Homeopathic Remedies Light Therapy Martial Arts Personal Training Pilates Polarity Therapy Reiki Sea Shells Social Work Spirituality Supplements Tai Chi Tuning Forks-Vibration-Sound Ultrasound Weightlifting Yoga

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GUIDELINE LISTINGS CONT'D.

Ethics includes but is not limited to:	Special Populations	Professional Practices
Addictions/Substance Abuse Boundaries Cultural Competencies Ethics Human Trafficking Infectious Disease Control Laws Mandated Reporting Medical Error Prevention Regulations Scope of Practice Sexual Misconduct/Abuse	Athletes/Fitness Disabilities Geriatric Hospice Infant & Children Medical Massage Military-PTSD Healthcare Setting Orthopedic Obese Oncology Pregnant Trauma	Assessment Benefits of Massage Body Mechanics Business Communication with Clients Contraindications Documenting/Charting Record Keeping Treatment Planning Third Party Reimbursement Universal Precautions