



MBLEx

# Massage & Bodywork Licensing Examination

Candidate Handbook

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**Federation of State Massage Therapy Boards**

fsmtb.org • *Effective July 2020*

# Notice to MBLEx Applicants: COVID-19 Changes to Exam Policies

**Effective until September 30, 2020**

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## MBLEx Fee

The MBLEx fee increase will be implemented on October 1, 2020.

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## Authorization to Test (ATT)

**The FSMTB has extended the window to take the MBLEx until December 31, 2020 for those who apply on or before September 30, 2020. On October 1, 2020, Authorizations to Test (ATT) will return to the standard 90-day window.**

As test centers begin to reopen, Pearson VUE is following federal, state, and local guidelines for employee and candidate safety. Some test centers are only allowing essential professions (e.g., nursing, funeral, mental health) to test, other test centers are preparing to open for all candidates, and some may be permitted to open in adherence with government guidelines but have insufficient personnel to offer exams. In other words, the situation is different for each of the 311 test centers across the country, and the situation at a test center on one day is subject to change the next day. For more information, please visit <https://home.pearsonvue.com/coronavirus-update>.

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## Changing Your Exam Appointment

Candidates who apply on or before September 30, 2020 will not be charged the \$20 change fee for rescheduling their exam appointment.



MBLEx

# Massage & Bodywork Licensing Examination

Candidate Handbook | Effective July 2020

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## Federation of State Massage Therapy Boards

7300 College Boulevard, Suite 650, Overland Park, Kansas 66210

MBLEx Service Support Center: 1.866.962.3926 | [mblex@fsmtb.org](mailto:mblex@fsmtb.org)

FSMTB Executive Office: 913.681.0380 | [info@fsmtb.org](mailto:info@fsmtb.org)

[www.fsmtb.org](http://www.fsmtb.org)

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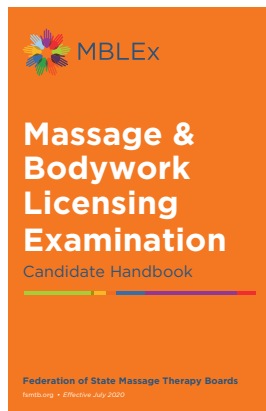
# Introduction

# Introduction

## About this Handbook

This handbook serves as the principal source of information for those applying to take the **Massage & Bodywork Licensing Examination (MBLEx)**. Please note, all applicable rules and circumstances cannot be cited in this handbook, so additional FSMTB policies, procedures, and instructions may also apply.

Inside, you will find information on eligibility requirements, application procedures, fees, scheduling, exam content, and results. We advise that you check our website, [fsmtb.org](https://www.fsmtb.org), for any updates or changes to exam policies or requirements that may take place after this handbook is published. While FSMTB gives applicants and candidates advance notice of changes to exam policies and procedures, it is your responsibility to make sure that you are informed about current exam requirements, policies, and procedures.



**Consult [fsmtb.org](https://www.fsmtb.org) for any updates regarding exam eligibility, administration, content, or other policy changes.**

This edition of the Handbook supersedes all prior policies or procedures as to the subjects addressed in it and all representations, oral or written.

The policies and procedures in this handbook may be modified, amended, or cancelled by FSMTB at any time, with or without notice.

This edition of the handbook supersedes all previous exam policies and procedures as to the subjects addressed in it, and all representations, oral or written.

**By reading the MBLEx Candidate Handbook,**

- I understand this handbook was developed to provide the information I need to successfully complete the exam application process, as well as to inform me of all MBLEx policies, procedures, and requirements.
- I understand and agree to comply with all of the information presented in this handbook.

## About FSMTB

**The FSMTB is a fully autonomous, non-profit organization established in 2005.** It operates under Section 501(c)(3) of the Internal Revenue Code. All revenue collected by the organization is used to enhance FSMTB programs, improve the quality of its examinations and services, and provide support to its Member Boards in fulfilling their responsibility of protecting the public.

The FSMTB is governed by a seven-member Board of Directors, who are voted into office by general election at the FSMTB Annual Meeting. Nominees for the Board of Directors are selected by the Nominating Committee. In making nominations, the committee considers diversity in ethnicity, gender, geographic distribution, and professional experience.

**Our mission is to support our Member Boards in their work to ensure that the practice of massage therapy is provided to the public in a safe and effective manner. In carrying out this mission, FSMTB:**

- Facilitates communication among Member Boards and provides a forum for the exchange of information and experience.
- Provides education, services and guidance to Member Boards that help them fulfill their statutory, professional, public, and ethical obligations.

- Supports efforts among Member Boards to establish compatible requirements and cooperative procedures for the legal regulation of massage therapists, to facilitate professional mobility and to simplify and standardize the licensing process.
- Ensures the provision of a valid and reliable licensing examination to determine entry-level competence.
- Improves the standards of massage therapy education, licensure, and practice through cooperation with entities that share this objective, including other massage therapy organizations, accrediting agencies, governmental bodies and groups whose areas of interest may coincide with those of Member Boards.
- Represents the interests of its Member Boards in matters consistent with the scope of the Bylaws.

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## About the MBLEx

**As part of fulfilling our mission, FSMTB maintains the MBLEx, the profession's sole licensing examination.** The MBLEx provides unified, nationally verified, entry-level standards for the safe and competent practice of massage and bodywork.

The first MBLEx was administered in July 2007 during the pilot testing phase of development. The examination was developed with the help of leading massage/bodywork professionals throughout the nation. During this development period, FSMTB followed national guidelines for testing to ensure a fair, valid, and reliable examination. The first administration of the MBLEx was a milestone event in the massage and bodywork profession in the United States.

To ensure the examination continues to reflect current practice, a [Job Task Analysis \(JTA\) Survey](#) is conducted every five to seven years under the guidance of testing and psychometric experts. The JTA is further validated by



input from massage, bodywork and somatic professionals representing every state in the U.S.

The MBLEx is administered by Pearson VUE, the global leader in electronic testing services, at authorized high-security test centers located throughout all 50 states, the District of Columbia, and the U.S. territories.

**CONTACT US:** If you are unsure about an examination policy or procedure, please contact FSMTB at [mblex@fsmtb.org](mailto:mblex@fsmtb.org) or call the dedicated MBLEx toll-free number 1.866.9MB.EXAM (1.866.962.3926).

## Contacting You

**The FSMTB will communicate with you primarily through email. If you do not have an email address, FSMTB will communicate with you via U.S. mail, which may result in communication delays.** Such delays will not extend exam processing time frames or deadlines. In the interest of expediency, FSMTB recommends that you utilize an email address during the examination process. It is your responsibility to keep FSMTB apprised of your current email address and mailing address.

Any updates to your contact information may be made via your dashboard in your FSMTB Examination Account.

If your name, date of birth, or Social Security number changes, please email [mblex@fsmtb.org](mailto:mblex@fsmtb.org) with an explanation of the change, as well as verification, such as a copy of your ID, marriage certificate, divorce decree, or other legal document(s) that validate the change(s).

## Privacy Policy

**For security purposes, before any information is released over the phone, the caller will be asked for identifying information.** You may be asked to provide, for example, your date of birth or address. This security feature

helps FSMTB protect your personal information from being inappropriately released. Examination results are never released over the phone.

For more information, please read our [Privacy Policy](#), which can be found on [fsmtb.org](https://fsmtb.org).

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## Confidentiality Policy

The FSMTB respects the privacy of all examination applicants and candidates. All documentation submitted and received in connection with examination applications and results are held in confidence, and are not disclosed, except upon written permission from the applicant or candidate, as requested by governmental licensing bodies, or as required by law. The FSMTB will not communicate with a third party, such as your school, parent, spouse, or friend regarding your examination result or experience without your express consent.

If you would like to designate a third party to discuss your confidential file and related details with FSMTB, please complete the [Agent Designation Form](#) available on [fsmtb.org](https://fsmtb.org).

# Notice to MBLEx Applicants Regarding Exam Irregularities, Misconduct and Fraud

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## Fraudulent Documents

In the event of a fraudulent application, submission of fraudulent documents, inaccuracies, misrepresentations or discrepancies, the introduction of fraud

at any point in the application process, sharing exam content after your exam administration, advance access to exam content prior to your exam administration (exam irregularities), or violation of any FSMTB and test site rules, policies or procedures, FSMTB reserves the right to impose fees to offset any administrative or legal costs associated with the investigation and/or adjudication of the case.

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## MBLEx Result Invalidations

**Violation of any FSMTB examination policy or Pearson VUE test center rule may be grounds for a candidate's MBLEx result being invalidated by FSMTB.**

In the event of an examination policy violation or other application or exam irregularity, FSMTB will request that you submit correspondence responding to the policy violation and any documentation supporting your position. The FSMTB will then review all information received and available to determine the necessary action(s), which includes, but is not limited to, the invalidation of your MBLEx result and/or suspension of future access to the MBLEx or other FSMTB programs and services. FSMTB will notify all State Licensing Boards of all MBLEx result invalidations

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## Cheating

Your participation in any irregularity occurring before, during or after the examination, such as giving or obtaining unauthorized information or aid, as evidenced by observation or subsequent statistical analysis, or any other examination irregularity, including but not limited to the failure to report any information about any irregularity or any suspected irregularity, may be sufficient cause for FSMTB, at its sole discretion, to terminate your participation, invalidate the results of your examination, seek monetary compensation, or take other appropriate action.

The MBLEx is protected by U.S. copyright law. The FSMTB reserves the right to enforce consequences applicable when violations and infractions of such laws are discovered. The FSMTB will provide candidates with due process in all such cases.

# THE MBLEx PROCESS

## 1 Application

Applicant may access the MBLEx application and apply online after creating an FSMTB Examination Account.

## 2 Processing

After FSMTB receives the application, payment, and education verification, the completed application will be processed within five business days.

## Schedule MBLEx 4

Candidate may schedule online or call toll-free, selecting the date, time, and test center location.

## Authorization to Test 3

FSMTB issues an ATT via email and the candidate must test within 90 days.

## 5 Confirmation

Appointment confirmation is sent to the candidate via email.

## 6 Take MBLEx

Candidate receives unofficial result at testing center. FSMTB sends the official results to designated state board or agency within 24 hours.

**Apply**

# Application Process

## Regulation of Massage/Bodywork Therapy in the United States

Currently, 49 states and territories in the United States regulate the practice of massage therapy. State law dictates the scope of practice and requirements for licensure. Laws and regulations vary widely between states, so be sure that you understand your state's requirements for practice and licensure prior to applying for the MBLEx. To find information about contacting your state's regulatory board or agency, please visit [fsmtb.org](https://fsmtb.org).

## MBLEx Eligibility

Before you apply to take the MBLEx, you must make sure that you meet the eligibility requirements on the following page (page 11).

If you are unable to meet the eligibility requirements, have further questions, or need clarification, please contact FSMTB at [mblex@fsmtb.org](mailto:mblex@fsmtb.org).

## Fees

**The MBLEx application fee must be paid at the time of submission.** All fees must be paid in US (\$) funds by credit card, certified check, or money order, which must be made payable to FSMTB; personal checks are not accepted.

**MBLEx application fees are not refundable in part or in full.**

Candidates who apply to retake the MBLEx must apply as a new applicant, inclusive of fees in effect at that time.

# MBLEx Eligibility

To be deemed eligible to take the MBLEx, you must meet all of the following requirements:

-  Submit a complete MBLEx Application.

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-  Ensure your approved massage therapy education program has verified your education.

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-  Acknowledge and agree in writing to abide by FSMTB policies.

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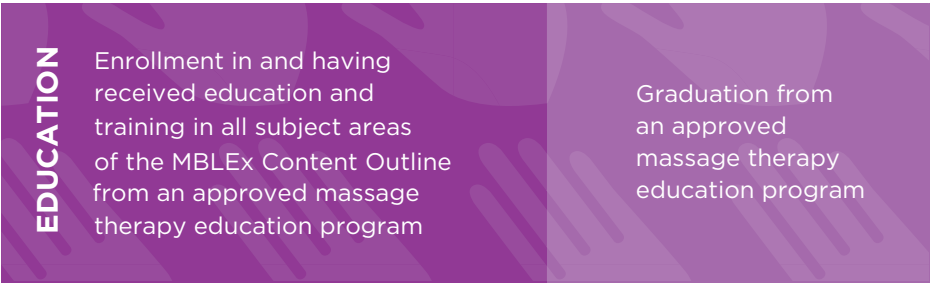
-  Verify that you have reviewed the MBLEx Content Outline and have education and training in the content areas.

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-  Pay the required fee.

# Massage Education Policy

**Applicants seeking access to the MBLEx will be required to substantiate either:**



<b>EDUCATION</b>	Enrollment in and having received education and training in all subject areas of the MBLEx Content Outline from an approved massage therapy education program	Graduation from an approved massage therapy education program
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An approved massage therapy education program is one that is approved or recognized by the state board or agency authorized to regulate massage therapy in the state in which the school is located.

In the event the massage therapy board/agency does not approve or recognize education programs, approval, or recognition from the relevant state department of education or like agency, in the state in which the school is located, shall apply. In the event of a conflict between the state board/agency and department of education, the approval or recognition of the massage therapy board/agency shall prevail.

In the event the massage therapy board/agency does not approve or recognize education programs, and there is no approval or recognition from the relevant state department of education or like agency, in the state in which the school is located, the massage therapy education program must obtain approval from FSMTB.

## Education Verification

**In addition to submitting a completed MBLEx application and examination fee, you must ensure your school verifies your education via the [Education Verification Center \(EVC\)](#).** Once you list your education on your MBLEx application, your school is notified via email that education verification is



needed. However, it is your responsibility to ensure your school completes the verification process.

In the event that your school has been closed, you will need to contact your state's department of higher education. When a school or education program closes documents, such as student transcripts, are stored in the department's repository of records. If you experience further difficulties in obtaining your education records, please contact FSMTB.

**Please note that MBLEx applicants do not need to graduate from a massage therapy education program prior to applying for the MBLEx.**

## Apprenticeship

**If you received your massage education by completing an apprenticeship, check with the state licensing board or agency to verify that it will consider your education acceptable for licensing BEFORE you apply to take the MBLEx.**

In addition to submitting an MBLEx application, MBLEx applicants who apprenticed will be required to have their mentor submit education records, verifying that the applicant has met the FSMTB education requirements for taking the MBLEx.

The MBLEx applicant who apprenticed must apply for licensure through their state licensing board or agency BEFORE being approved to take the MBLEx.

In such cases, FSMTB will verify with the state licensing board or agency that the state is in possession of the individual's licensing application before the applicant will be approved to take the MBLEx.

## International Education

If you received your massage education outside of the United States, an independent equivalency evaluation of your massage therapy education and training is required. Please check with [your state's requirements](#), as some states require a specific agency to conduct the evaluation. Further information about education review procedures can be found on [fsmtb.org](#). Please note that FSMTB requires all evaluation documents to be in English.

The MBLEx applicant who was educated internationally must apply for licensure through their state licensing board or agency BEFORE being approved to take the MBLEx.

**Remember that passing the MBLEx does NOT guarantee that your state licensing board or agency will issue you a license. Passing the MBLEx is only one component of licensure requirements.**

## Exam Language

The FSMTB offers the MBLEx in English and Spanish. You will be able to choose your examination language on the MBLEx application. If you tested in English, you cannot retest in Spanish. If you tested in Spanish, you may retest in English in order to meet regulatory requirements with state permission.

### LANGUAGE

**The MBLEx IS NOT OFFERED** in languages other than English and Spanish.

Your state may have requirements regarding examination language. The language you choose to test in will be included in the exam result report, which is sent to your state licensing board upon exam completion. Please review your state's requirements before selecting your exam language. You may view your state's requirements by selecting your state from the Regulated States page on [fsmtb.org](#).

## Testing Accommodations

The FSMTB complies with federal laws regarding the Americans with Disabilities Act and will accept requests, from qualified candidates with a diagnosed disability, for accommodations to take the MBLE<sup>x</sup> if the request is reasonable, properly documented and does not fundamentally alter the examination or jeopardize exam security.

To request testing accommodations, you must select “yes” or “no” in the accommodations box on your MBLE<sup>x</sup> application. In addition, you will have the ability to upload all documentation applicable to your diagnosis while completing the online application. For more information on testing accommodations and details on the application process, please refer to the MBLE<sup>x</sup> Testing Accommodations Handbook, which can be found on [fsmtb.org](https://www.fsmtb.org). No additional fees are assessed for testing accommodations. If retaking the exam, you may request the same or different accommodations.

Candidates who have been granted testing accommodations will receive an approval letter via email. You must sign and return the accommodations agreement letter to FSMTB through your FSMTB Examination Account or email them to [ada@fsmtb.org](mailto:ada@fsmtb.org). The signed agreement will prompt the release of your Authorization to Test (ATT). You must bring your approval letter to the test center and present it at check-in on the day of your exam. Accommodations cannot be requested at the test center. All direct inquiries should be sent to [ada@fsmtb.org](mailto:ada@fsmtb.org). Please note, a request for testing accommodations may prolong application processing time.

The **MBLE<sup>x</sup> Testing Accommodations Handbook** is available on [fsmtb.org](https://www.fsmtb.org). Please review this handbook for details about how to request testing accommodations.

# How to Apply for the MBLEEx

Applicants can apply for the MBLEEx online by creating a personal FSMTB Examination Account. Printable applications may be requested by contacting [mblex@fsmtb.org](mailto:mblex@fsmtb.org).

To access the MBLEEx application, please follow the steps below:

## TO CREATE YOUR EXAMINATION ACCOUNT

1. Click on the [FSMTB Examination Center](#)

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2. Create a personal login to access your FSMTB Examination Account
  - a. Select “Click Here to Register”

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  - b. Enter the required information on the registration page

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  - c. Click “Submit Registration”

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  - d. You will receive an email with a temporary password

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  - e. Login using your User Name (email) and the temporary password

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  - f. Reset your password (minimum of 8 characters with at least one upper/lower case, number, and symbol)

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  - g. Type your password again

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3. You have created your Examination Account

## TO APPLY FOR THE MBLEX

1. Click on the [FSMTB Examination Center](#)
2. Login to your Examination Account with your Username and Password
3. Click the New MBLEx Application button in the upper right hand corner of the screen
4. Complete the application and payment information
5. Submit

## TO CHECK THE STATUS OF YOUR APPLICATION

1. Login to your [FSMTB Examination Account](#)
2. The status of your application will be detailed at the bottom of your FSMTB Examination Account – find out if education has been verified, if there are any application deficiencies, or if you have been authorized to test.

**Before the application can be approved, the applicant's education must be verified by the education program.**

**Returning candidates who tested before the implementation of the online Examination Center must register and create an FSMTB Examination Account.**

For questions regarding the FSMTB Examination Center, please contact the MBLEx Service Support Center at [mblex@fsmtb.org](mailto:mblex@fsmtb.org).

**Be sure that the name you submit on your MBLEx application matches the name on the two pieces of identification you will bring to the test center.** Further details about identification requirements can be found in the Required Identification section of this handbook.

Upon submission of your MBLEx application, you will receive a confirmation email from FSMTB. Completed applications are processed within five business days.

## Signature and Acknowledgement

Your signature on your MBLEx application or submission of your electronic application means that you understand and agree to certain conditions as part of your application. Specifically:

1. You acknowledge and agree to abide by all FSMTB examination policies and procedures, including the consequences of noncompliance.
2. You attest that you personally completed the application and the information contained in the application or in connection with your application is true and accurate. If it is determined by FSMTB that any information provided to FSMTB regarding your application is not true, falsified or inaccurate, your application may be denied or your exam result may be invalidated.
3. You authorize FSMTB to obtain additional information about your qualifications and application for testing.
4. You acknowledge and agree that you are prohibited from transmitting information about FSMTB examination questions or content by any means (oral, written, electronic or otherwise) in whole or in part. You understand that failure to comply with this prohibition or failure to report any information about suspected violations of such prohibitions, or otherwise, about any possible cheating by yourself or others, can result not only in a denial to release examination results, invalidations of examination results, suspension from access to the MBLEx and other FSMTB programs and services, but also in possible legal action against you, including criminal prosecution.

The FSMTB provides a [video explaining examination security](#) which can be viewed on [fsmtb.org](https://www.fsmtb.org). All candidates are advised to access the video prior to taking the examination.



# Know Your Testing Time Frames

The examination appointment time is two (2) hours. The MBLEx is 110 minutes. The additional appointment time is to allow you to complete the administrative survey and confidentiality agreement.

## 5 Business Days

I understand that it will take five (5) business days to process my completed MBLEx application.

## 6 Months

I understand that my incomplete MBLEx application will remain valid for six (6) months.

## 90 Days

I understand that I have 90 days to take the MBLEx once my Authorization to Test (ATT) has been issued.

## 30 Minutes

I understand that I should arrive at the test center 30 minutes prior to my examination appointment allowing time to complete the mandatory check-in process.

## 2 Hours

I understand that the examination appointment time is two (2) hours. The additional appointment time is to allow me to complete the administrative survey and confidentiality agreement.

## 110 Minutes

I understand that I have up to 110 minutes to complete the MBLEx.

# Application Review

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## Application Approval

**Submission of an application does not guarantee your eligibility to take the MBLEx.** Once the MBLEx application is submitted, it is valid for six months. A complete MBLEx application consists of the application form, fee, and education verification. Verification of education must be completed by your school. It takes five business days to process completed applications. If your application is not complete within the six-month time frame, it will expire, and a new MBLEx application and fee will need to be submitted.

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## Insufficient Documentation Notification

**It is solely your responsibility to ensure FSMTB receives all required information and documentation.** If your application is incomplete, FSMTB will, as a courtesy, notify you via email, telephone, or U.S. mail to inform you of any documentation or information that is needed to complete your application.

The FSMTB will retain incomplete applications for six months. If requested documentation for an incomplete application is not received after six months' time, the application expires without further notice to the applicant, and reapplication is required, inclusive of all examination fees in effect at that time.

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## Authenticity and Adequacy of Documentation

**The FSMTB may verify the authenticity of all documents before determining your eligibility to test.** Submission of an application does not automatically guarantee your eligibility to take the exam on any particular test date.



The following guidelines apply to all information submitted as part of the MBLEx application:

### **Accuracy is essential.**

Falsification, misrepresentation or omission of any required information on the application or in supporting documentation are grounds for denial of your application, invalidation of your MBLEx result, suspension of future access to the MBLEx or other FSMTB programs and services, and notification to state licensing boards.

Please be advised that all relevant factors, including any of these decisions, may be taken into consideration on any future application to sit for the MBLEx. Additionally, FSMTB reserves the right to notify all states of an MBLEx result invalidation.

### **Consistency is key.**

All documentation must contain your name exactly as it appears on your application, and a numeric identifier, such as your date of birth or social security number.

Applicants are solely responsible for ensuring that FSMTB receives all necessary documentation. The FSMTB is not responsible for lost, undelivered or misdelivered documents; therefore, we recommend that you apply online. If you wish to submit written materials, use a traceable form of delivery such as return receipt, USPS Express Mail, First-Class Mail or Priority Mail with delivery signature confirmation; or a private overnight delivery service such as FedEx or UPS.

## **Approved Applications**

### **Authorization to Test**

**It takes five business days to process your completed MBLEx application.**

Once FSMTB approves your application, you will receive an Authorization to Test (ATT) letter via email. It is solely your responsibility to make sure FSMTB

has your current email address on file. Your ATT letter is important and authorizes you to schedule and sit for the MBLEx.

Your ATT includes details on how to schedule your MBLEx directly with Pearson VUE. If you must schedule, reschedule, or cancel your exam, you cannot do so with FSMTB, you must do so directly with Pearson VUE. Please see the [Changing Your Exam Appointment](#) section of this handbook for more information. Contact information for Pearson VUE is listed on your ATT.

ATT

Your ATT is active for **90 DAYS**.

It is your responsibility to review your ATT for accuracy. The name as listed on your ATT must match the name on the two forms of identification you will bring to the test center on the day of your exam. **Contact FSMTB immediately and before you schedule your examination appointment, if you find an error on your ATT at [mblex@fsmtb.org](mailto:mblex@fsmtb.org).** Please note, FSMTB may require documentation to correct the information and reissue your ATT.

**Do not delay in contacting FSMTB if you have not received electronic communication from us within five (5) business days of submitting a completed application.**

## ATT Expiration

**If you do not test within 90 days of the date listed on your ATT, you will be required to reapply as a new applicant, subject to all application and fee requirements in effect at that time.** It is best to plan your time carefully and be prepared to test at the time you submit your application. The FSMTB will not extend the expiration date of an ATT.

# Consequences of Exam Misconduct

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## Fraud and Exam Irregularities

In the event of a fraudulent application, submission of fraudulent documents, inaccuracies, misrepresentations or discrepancies, the introduction of fraud at any point in the application process, advance access to exam content prior to your exam administration (exam irregularities), sharing exam content after your exam administration, or violation of any FSMTB and test center rules, policies or procedures, FSMTB reserves the right to impose fees to offset any administrative or legal costs associated with the investigation and/or adjudication of the case.

## MBLEx Result Invalidations

**Violation of any FSMTB examination policy or Pearson VUE test center rule may be grounds for your MBLEx result to be invalidated by FSMTB.**

In the event of an examination policy violation, application, or exam irregularity, FSMTB will request that you respond by submitting any documentation supporting your position. The FSMTB will review all information received and available to determine the necessary action(s), which includes, but is not limited to, MBLEx result invalidation and/or suspension from future access to the MBLEx and other FSMTB programs and services. The FSMTB will notify all state licensing boards of all MBLEx result invalidations.

# Scheduling Your Appointment

The MBLEx is administered year-round at authorized Pearson VUE test centers across the United States. For the most current test center information, please visit [pearsonvue.com/fsmtb](https://pearsonvue.com/fsmtb).

Once you receive an Authorization to Test (ATT), you will use the information in the ATT to register for the exam date and test center location of your choice. Please see the Authorization to Test (ATT) section of this handbook for more information.

## Before You Schedule

### 1. Review the spelling of your name on the ATT.

If it does not match the identification you will take to the test center, be sure to contact FSMTB immediately at [mblex@fsmtb.org](mailto:mblex@fsmtb.org) and provide the correct information, spelling, etc.

### 2. Check for content accuracy.

If you detect an error on your ATT, FSMTB will require documentation of the correct information before your ATT will be reissued.

### 3. Be prepared to sit for the exam.

The ATT includes the beginning and end dates of the 90-day period in which you are eligible to schedule and take your exam. We recommend that you schedule your examination as soon as you receive your ATT so that you have the best opportunity to get the date and location that you want. Same day appointments and walk-ins are not permitted.

## How to Schedule

To schedule your examination appointment, you may use the online scheduler at [pearsonvue.com/fsmtb](https://pearsonvue.com/fsmtb) or call the Customer Service Call Center at 888.790.4892 toll-free Monday through Friday, 7 a.m.-7 p.m. U.S. Central Time. You will select the available date, time and test center location that work best for you.

## Confirmation

### Registration Confirmation Notice

Within 24 hours after you schedule your examination, you will receive a registration confirmation notice with specific information from Pearson VUE via email (or postal mail if you did not include an email address on your application). It will contain the date, time, and location of the exam you are registered to take.

The information will include directions to the test center and a reporting time. It may be helpful, although it is not necessary, to bring your registration confirmation notice with you to the test center.

### Changing Your Exam Appointment

Within your 90-day eligibility window you may change your test date and/or test center online or via the Customer Service Call Center.

**Candidates who reschedule an exam appointment will be charged a fee of \$20 per appointment change. You may not make changes less than three business days prior to your appointment.**

Changes to your exam appointment cannot be made by leaving a phone message; you must speak with a Pearson VUE scheduling representative.

If you change your appointment online, be sure that you click “*Submit*” to complete the process.

Upon successfully changing your exam appointment, either by phone or online, you will receive an email within 24 hours that confirms both the cancellation of your prior appointment, and the date of your new appointment.

If you do not receive an email confirmation, please contact [Pearson VUE](#), as you may not have successfully completed the process.



## How to Schedule

Schedule online or over the phone. Select the available date, time and test center location that work best for you.

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## Visit the Online Scheduler

[pearsonvue.com/fsmtb](https://pearsonvue.com/fsmtb)

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## Call the Customer Service Call Center

888.790.4892 (toll-free)

Monday - Friday  
7AM to 7 PM (U.S. Central Time)

**Prepare**

# Examination Development

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## Scope of the Examination

**Examination questions are designed to allow candidates to demonstrate their knowledge of facts and use of judgment.** There are no trick or ambiguous questions.

Given the diversity of the massage/bodywork field, there may be a small number of questions outside the training of every individual. This will vary from person to person depending on one's training. However, the number of these questions is not enough to pose a barrier to passing the MBLEx. Qualified candidates with the requisite education and training should pass the examination.



# MBLEx Content Outline

## **ANATOMY & PHYSIOLOGY (11%)**

### **A. System structure**

- Circulation
- Digestive
- Endocrine
- Integumentary
- Lymphatic
- Muscular
- Nervous
- Reproduction
- Respiratory
- Skeletal
- Special Senses
- Urinary

### **B. System function**

- Circulation
- Digestive
- Endocrine
- Integumentary
- Lymphatic
- Muscular
- Nervous
- Reproduction
- Respiratory
- Skeletal
- Special Senses
- Urinary

### **C. Tissue injury and repair**

### **D. Concepts of energetic anatomy**

## **KINESIOLOGY (12%)**

### **A. Components and characteristics of muscles**

### **B. Concepts of muscle contractions**

### **C. Proprioceptors**

### **D. Locations, attachments (origins, insertions), actions and fiber directions of muscles**

### **E. Joint structure and function**

### **F. Range of motion**

- Active
- Passive
- Resistant

## **PATHOLOGY, CONTRAINDICATIONS, AREAS OF CAUTION, SPECIAL POPULATIONS (14%)**

### **A. Overview of pathologies**

### **B. Contraindications**

- Site specific
- Pathology related
- Special populations
- Tools
- Special applications

### **C. Areas of caution**

### **D. Special populations**

### **E. Classes of medications**

## **BENEFITS AND PHYSIOLOGICAL EFFECTS OF TECHNIQUES THAT MANIPULATE SOFT TISSUE (15%)**

### **A. Identification of the physiological effects of soft tissue manipulation**

### **B. Psychological aspects and benefits of touch**

### **C. Benefits of soft tissue manipulation for specific client populations**

### **D. Soft tissue techniques**

- Types of strokes
- Sequence of application

### **E. Hot/cold applications**

### **F. Overview of massage/bodywork modalities**

## **CLIENT ASSESSMENT, REASSESSMENT & TREATMENT PLANNING (17%)**

### **A. Organization of a massage/bodywork session**

### **B. Client consultation and evaluation**

- Verbal intake
- Health history form

### **C. Written data collection**

### **D. Visual assessment**

- General
- Postural

### **E. Palpation assessment**

### **F. Range of motion assessment**

### **G. Clinical reasoning**

- Ability to rule out contraindications
- Client treatment goal setting

- Evaluation of response to previous treatment
- Formulation of treatment strategy

## **ETHICS, BOUNDARIES, LAWS, REGULATIONS (16%)**

### **A. Ethical behavior**

### **B. Professional boundaries**

### **C. Code of ethics violations**

### **D. The therapeutic relationship**

### **E. Dual relationships**

### **F. Sexual misconduct**

### **G. Massage/bodywork-related laws and regulations**

### **H. Scope of practice**

### **I. Professional communication**

### **J. Confidentiality**

### **K. Principles**

## **GUIDELINES FOR PROFESSIONAL PRACTICE (15%)**

### **A. Proper and safe use of equipment and supplies**

### **B. Therapist hygiene**

### **C. Sanitation and cleanliness**

### **D. Safety practices**

- Facilities
- Therapist personal safety
- Client safety

### **E. Therapist care**

- Body mechanics
- Protective gear (masks, gowns, gloves, etc.)
- Self-care
- Injury prevention

### **F. Draping**

- Safe and appropriate
- Communication

### **G. Business Practices**

- Business planning
- Strategic planning
- Office management
- Marketing
- Hiring/Interviewing
- Documentation and Records
  - Client records
  - Business records

### **H. Healthcare and business terminology**

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## Computer Adaptive Testing

The MBLEx consists of 100 questions and is a fixed length computer adaptive test (CAT). Each question must be answered in the order presented, and must be completed within the allotted time, or it will result in a failed exam. When you answer a question correctly, the next question has a slightly higher level of difficulty. The difficulty level of the questions presented to the candidate continues to increase until a question is answered incorrectly. Then a slightly easier question is presented. In this way, the exam is customized to your ability level.

[A video explaining Computer Adaptive Testing](#) is available on fsmtb.org. We advise all candidates to view the video prior to taking the examination.

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## FSMTB Study Resources

The FSMTB encourages MBLEx candidates to utilize supporting materials from their core education (e.g., textbooks, class notes) to prepare for the MBLEx. In addition, we provide several study resources to facilitate exam preparation.

These resources include the *MBLEx Study Guide*, *MBLEx Check: Online Readiness Assessment*, and several informational videos created to prepare MBLEx candidates for the examination experience.

**Available videos include:**

- [What to Expect During Your Exam](#)
- [Understanding Exam Security](#)
- [Identification Requirements](#)
- [Computer Adaptive Testing](#)

These videos are available on [fsmtb.org](https://www.fsmtb.org).

## MBLEx Study Guide

The [MBLEx Study Guide](#) is the only MBLEx preparatory material that is created by the experts who develop the exam. The Study Guide provides MBLEx study tips, breaks down each of the exam's content areas, and includes a 100-question practice test.

For more information about the [MBLEx Study Guide](#), please refer to the last page of this handbook.

## MBLEx Check

The MBLEx Check is an online practice exam designed to replicate the MBLEx test experience. It is a great way to see if you are prepared for the MBLEx, and to determine which content areas you might need to focus on before testing.

The MBLEx Check features the same topic distribution as the MBLEx; you will have 110 minutes to complete 100 multiple choice questions. Once you complete the assessment you will be able to review your results in each content area, to help you prepare for the MBLEx.

Upon completion of the MBLEx Check, you will be prompted to complete a short, post-exam survey. Your feedback is important to us as we continue to enhance the MBLEx Check experience.

You can access the MBLEx Check at [reach4ce.org](https://reach4ce.org).

For more information about the [MBLEx Check: Online Readiness Assessment](#), please refer to the last page of this handbook.

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## Development of the Examination

The MBLEx is developed in stages. In the first stage, a job analysis is outlined by a panel of expert practitioners from many traditions and schools of thought in the field of massage/bodywork.

These outlines describe the functions of a practitioner and the knowledge needed to perform those functions. Since massage/bodywork is such a diverse field and is practiced in a variety of ways, FSMTB takes great care to involve groups of educators and practitioners who are broadly representative of the field as it is practiced in the United States.

The job analysis is then validated by surveying practitioners throughout the United States. Several thousand practitioners typically participate in each [Job Task Analysis \(JTA\) Survey](#), which is conducted every five to seven years. The MBLEx Content Outline is created from the survey results.

The second, on-going stage of development involves other representative groups of practitioners across the country who work with FSMTB to write questions based on the MBLEx Content Outline. These new questions are reviewed by a committee of subject matter experts and are edited to ensure that they are clearly written and that there is only one correct answer to each question.

In developing the examination, every effort is made to respect and include the various forms of massage/bodywork practiced in the United States. Reviews of the field are undertaken periodically to ensure that the examination remains relevant to current practice standards.

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## Commitment to a Fair, Valid and Reliable Examination

The FSMTB contracts with an independent professional examination agency for the ongoing development and psychometric analyses of the MBLEx.

Pearson VUE, the global leader in electronic testing for regulatory and other credentialing boards, is the professional testing agency contracted by FSMTB to assist in the administration, scoring and reporting of the MBLEx. With the world's largest network of test centers, innovative technology and a commitment to excellent customer service, Pearson VUE provides a superior testing experience to candidates.

**Take the  
MBLEx**

# Take the MBLEx

## Confidentiality and Exam Security

The FSMTB requires you to maintain the confidentiality and security of the exam questions on the MBLEx. By applying for and/or taking the MBLEx, you agree to maintain the confidentiality and security of the exam questions, answer choices and content. All those who take the MBLEx are required to acknowledge that they understand and agree to the following:

1. The MBLEx is the exclusive property of the Federation of State Massage Therapy Boards (FSMTB).
2. The MBLEx and the items contained therein are protected by United States copyright law.
3. Absolutely no part of the MBLEx may be copied, reproduced or transmitted to any other person, in part or in whole, by any means whatsoever, including memorization.
4. The theft or attempted theft of the MBLEx, in part or in whole, is punishable as a felony.
5. Copying, reproducing, memorizing, or transmission by any means (oral, written, electronic, or otherwise) MBLEx content in whole or in part, is forbidden.

Your participation in any irregularity occurring before, during or after the examination, such as giving or obtaining unauthorized information or aid, as evidenced by observation or subsequent statistical analysis, or any other examination irregularity, including but not limited to the failure to report any information about any irregularity or any suspected irregularity, may be sufficient cause for FSMTB, at its sole discretion, to terminate your participation, invalidate the results of your examination, seek monetary compensation or take other appropriate action.

The MBLEx is protected by U.S. copyright law. The FSMTB reserves the right to enforce consequences applicable when violations and infractions of such laws are discovered. The FSMTB will provide candidates with due process in all such cases.

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## What to Expect at the Test Center

**An informational video that explains the testing experience is available at [fsmtb.org](https://www.fsmtb.org).** It is in your best interest to view this video prior to taking the exam, as it provides important information that will help you better prepare.

For more information on what to expect when you take your exam, please refer to the [Take the MBLEx](#) section of this handbook.

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## Test Center Staff

**Test center staff will assist you with the check-in process at the test center and will observe examinations in progress.** Staff can review test center protocol and procedures but are prohibited from answering questions about exam content or from providing support for any computer screen prompts. Staff monitor breaks and require you to provide biometric verification if you need to leave and reenter the exam room during the examination.

Translators or interpreters are not permitted at any test center, including print, electronic or in person. Test center staff are prohibited from acting as translators at any point in the check-in and testing process. In addition, candidates may not bring a translator to translate for them during any part of the examination appointment, including check-in.

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## Report Time and Check-In

**Allow yourself sufficient time to find the test center.** The FSMTB does not provide information on nearby lodging or parking for the test centers. You are advised to gather this information before your exam date to avoid unnecessary delays.



Please arrive at the test center **AT LEAST 30 MINUTES BEFORE** your appointment.

It may be helpful to travel to the test center on the same day of the week and same time of your appointment, prior to your actual exam date, to ascertain traffic patterns and travel time to the location.

All candidates must sign in at the test center before the exam can begin. A digital photograph and biometric security procedures such as palm vein recognition will be employed as part of the check-in procedures. Test center staff are prohibited from acting as translators at any point in the check-in and exam experience. Failure to complete the check-in procedure may result in being refused access to the examination.

Candidates are not permitted to leave the building during the examination.

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## Lateness on the Day of the Exam

**You must arrive by the report time on your registration confirmation notice or you will not be admitted to the exam.** You will be considered absent if you arrive late.

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## Absences on the Day of the Exam

**The FSMTB is liable for all associated exam delivery costs for an applicant, whether the applicant tests or not.** If you do not appear for the exam date for which you have registered, your Authorization to Test (ATT) will no longer be valid. If you choose to reapply to take the MBLEx, you will be subject to application and fee requirements in effect at that time. There are no exceptions to this policy; it applies in all circumstances.

## Weather

**In the event of inclement weather or unforeseen emergencies, Pearson VUE will determine whether circumstances warrant the closure of a particular test center.** Your examination will not be rescheduled if the supervisor is able to open the test center. You may contact the Customer Service Call Center at 888.790.4892 to determine if your test center is closed.

If an examination is cancelled by Pearson VUE, candidates scheduled for that center will be contacted by Pearson VUE to schedule a different exam date. You will not incur any additional exam fees if your test is cancelled by Pearson VUE.

The FSMTB is not responsible for any personal expenses (e.g., travel, food, and lodging) incurred for an exam administration that is cancelled for any reason, including inclement weather and unforeseen emergencies.

## Required Identification

**You must bring TWO forms of identification (ID) to the test center on your exam date.** The primary form of identification must be

government issued and include a photograph and signature; it must not be temporary or expired. The secondary form of identification may include a photograph but a photo-graph is not necessary; however, it must include a signature and must not be expired.

The same version of your name must appear on your MBLEx application, the Authorization to Test (ATT) and on the identification you present at the test center. The accuracy of your first and last names on your ID is critical.

Your middle name or initial is less critical and is not a required field on the MBLEx application. You will not be prevented from testing if your

middle name or initial appears on your MBLEx application but not your ID, or vice versa.

If the test center staff question the identification presented, you may be asked for additional proof of identity. You will be refused access to the examination if you have not proven your identity. Note that MBLEx application fees are not refundable; in part, or in full.

Admission to the test center and access to the examination does not imply that your identification is authentic and does not preclude subsequent invalidation of your MBLEx results due to misrepresentation, impersonation, forgery, or fraud.

An informational [video that illustrates identification requirements](#) is available on [fsmtb.org](https://www.fsmtb.org). All candidates are advised to view the video prior to their exam dates.

### PRIMARY (Government Issued) (PHOTO, SIGNATURE, NOT EXPIRED)

### SECONDARY (SIGNATURE, NOT EXPIRED)

International Travel Passport

U.S. Social Security Card

U.S. State/Territory driver's license\*

School ID

U.S. State/Territory ID

Employee ID/work badge

U.S. Certificate of Naturalization

Bank issued credit card,  
ATM or debit card

Military ID\*

Any ID on the Primary list

Alien registration card  
(green card or permanent  
resident visa)

\* NOTE: *FSMTB does not accept a temporary driver's license, a learner's license, a learner's permit, or an expired driver's license with renewal paperwork as a form of primary ID.*

You will NOT BE ADMITTED to the examination without proper identification.

## Clothing

Candidates are advised to wear clothing that will be comfortable for various temperature conditions at the test center. Note that eyeglasses, layered clothing, and accessories will be inspected prior to granting access to the testing room and examination.

## Lockers

Lockers are provided at the test center to store a small number of personal belongings. It is the candidate's responsibility to surrender all items voluntarily prior to testing. The FSMTB is not responsible for any items that are lost or stolen at the test center. Any person possessing prohibited items or accessing lockers during the examination, whether inside or outside of the testing room, will not be allowed to continue their examination and will receive a failing result due to an incomplete examination. The FSMTB reserves the right to confiscate any prohibited item.

## Prohibited Items

Cell phone access is prohibited at any time while at the test center. Items that can NOT be taken into the testing room include but are not limited the list on the following page (page 41).

# Prohibited Items

Backpack or bag

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Beverage of any kind

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Bluetooth devices of any kind

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Books or textbooks

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Briefcase or other luggage

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Calculator

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Calendar, day planner, or other organizer

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Camera of any kind

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Car or house keys

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Cellphone or smart phone

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Cigarettes or tobacco products

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Coat, jacket, gloves

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Computers of any kind

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Cup or container of any kind

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Digital scanning or imaging device, stick or pen

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Earplugs

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E-cigarettes or gum

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Electronic device of any kind

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Electronic, printed or live translators

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Eyeglasses case

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Food or snacks of any kind

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Good luck charms

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Gum

---

Hat, cap, visor or head covering

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Headphones or earphones

---

Large jewelry of any kind

---

Magazine

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Notebook

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Notes in any form

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Outline

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Pager or beeper

---

Paper of any kind

---

Paper or electronic dictionary

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Pens, pencils, erasers

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Pencil sharpener

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Plastic bag

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Purse or handbag

---

Radio transmitter or receiver

---

Recording device or player

---

Ruler or slide rule

---

Study materials of any kind

---

Sunglasses

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Umbrella

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USB storage device

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Video recording device of any kind

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Wallet or clutch

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Watch of any kind

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Weapon of any kind, including pocket knife

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## Test Length and Time Allowed

The MBLEx is a computer-based test that requires candidates to complete a 100- item multiple choice examination.

An MBLEx candidate's exam appointment is scheduled for two (2) hours. Of this time, a maximum of five (5) minutes is allotted to the security and confidentiality agreement and five (5) minutes to a brief survey.

EXAMINATION	NUMBER OF ITEMS	TIME ALLOWED
Security Agreement	N/A	5 minutes
MBLEx Survey	N/A	5 minutes
Massage & Bodywork Licensing Examination (MBLEx)	100	110 minutes

Be aware that you have limited time to read and respond to the introductory screens. While there is adequate time to read and respond, there is not enough time to leave the testing room or do anything other than proceed to the exam. Proctors at the test center will instruct you on what to do if you finish the exam before the allotted time has passed.

## Pre-Exam Modules

**Candidates have limited time to complete the Security and Confidentiality Agreement and the Information Survey.** Writing on the erasable note board during this time is not permitted. Candidates who attempt to write on the erasable note board before the exam begins shall have their note board confiscated and the proctor will immediately escort the candidate out of the testing room. At that time, the candidate's exam appointment will end, and they will not gain access to the MBLEx. The candidate will then have to reapply for the exam, inclusive of all exam application policies and fees in effect at that time.

**Candidates who DO NOT COMPLETE ALL 100 ITEMS will fail the exam.**

## Examination Breaks

**There are no scheduled breaks during the examination unless approved for specific testing accommodations during the MBLEx application process.**


Unscheduled breaks during the examination are taken on your own time. The clock does not stop if you take a break during the examination to eat or use the restroom. Plan your exam time carefully. Security protocols will be in effect as you exit and reenter the testing room; there is no time adjustment for security checks.

## Exam Administration Conditions

**If you experience any concerns, challenges or difficulties during the administration of the examination** (too hot, too cold, too noisy, testing issues, technology issues, etc.), it is your responsibility to notify a proctor about your concern at the time of your examination and before you leave the test center.

Candidates should also notify FSMTB in writing about concerns that were reported at the test center so that FSMTB can take appropriate action. The FSMTB, in consultation with the test administrator, will investigate and verify the incident. Concerns not resolved at the test center should also be submitted in writing to FSMTB.

**Any concerns that need to be reported to FSMTB must be submitted within two days of your examination date. Please send your written report to FSMTB via email to [mblex@fsmtb.org](mailto:mblex@fsmtb.org).**

The background of the page is a repeating pattern of light gray, stylized hands with fingers spread, arranged in a grid. The hands are positioned as if they are reaching out or holding something. The text is centered in the middle of the page.

**We hope you have a positive and successful experience taking the MBLEx as you move towards becoming a licensed professional.**



# Results

# Examination Results

Examination results are reported as **PASS** or **FAIL** to indicate a candidate has demonstrated the knowledge required to meet entry-level standards of competence as defined by the profession.

MBLEx results are valid for use in support of an application for licensure to practice massage/bodywork in a regulated jurisdiction. Passing the MBLEx does not result in a certification or credential of any kind.

Candidates will receive their unofficial examination result at the test center immediately upon completing the examination.

The state board indicated on a candidate's MBLEx application will receive an official examination result within 24 hours. Candidates who are successful on the exam can then apply for licensure in that jurisdiction.

Completion of the MBLEx does not guarantee state licensure, nor does submitting your MBLEx scores to your state licensing board initiate the licensing process. Before you can practice, you must meet all your state's requirements.

If a candidate fails, they will be given diagnostic information indicating their performance in each content area. The indicators on the diagnostic summary are provided to assist in future study efforts. For information on how to retake the MBLEx, please refer to the [Retaking the MBLEx section](#) of this handbook.

**The FSMTB never releases copies of examinations  
or individual examination items.**

## Criterion-Referenced Scoring

The passing standard for the Massage & Bodywork Licensing Examination (MBLEx) is adopted by the FSMTB Board of Directors using a recommendation from subject matter experts under the direction of

**professionals in testing and psychometrics.** The criteria define the minimum acceptable level of competence required for the safe and effective practice of massage/bodywork. The passing standard is determined by a criterion-referenced method, which is commonly used in licensing examinations. A criterion-referenced passing score applies minimum standards for competent practice to all candidates.

Criterion-referenced standard setting begins with the establishment of a minimum acceptable level of competence for safe practice that candidates must possess in order to pass the examination. The standard setting is achieved by a group comprised of licensed practitioners who represent various aspects of the practice, geographic areas and levels of expertise. To ensure that the description of the profession represents the job tasks of practitioners entering the profession, input from entry-level practitioners is always included.

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## Result Transfers

**With written permission of an MBLEx candidate, FSMTB can transfer an exam result to support practitioners when they are moving to a new state and applying for a license to practice or support a practitioner during an employment interview process.**

### **TO REQUEST TO SEND ADDITIONAL REPORTS OF YOUR EXAMINATION RESULT**

1. Login to your [FSMTB Examination Account](#)
2. Click the Result Transfer Form button
3. Complete the information, along with payment information, to have your examination result transferred
4. Submit the request

You also may mail a hard copy of your [MBLEx Result Transfer Form](#) to our office or email to [mblex@fsmtb.org](mailto:mblex@fsmtb.org).

The request will be processed within five business days. The FSMTB retains sole discretion as to fulfillment of the request, dependent upon a review of the candidate's file.

Candidates are wholly responsible for submitting requests in a timely manner. When applying for licensure, be sure to check with the state in which you are applying for licensure-related deadlines.

The FSMTB will allow for resending an exam result to the same state for a period not to exceed six months' time at no additional cost. After the six-month period, all requests to resend results to a state will require a Result Transfer form and fee payment.

## Retaking the MBLEx

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### Reapplying for the Exam

- If you are unsuccessful in your exam attempt, or missed your exam appointment for any reason, you may reapply.
- You must wait 30 days from your last exam date to test again. If approved, your 90-day authorization will not begin until 30 days has elapsed.
- Once you reapply to take the MBLEx, you must submit a new application, and you will be subject to application and fee requirements in effect at that time.
- You must notify FSMTB of any changes, such as name, address, or accommodation requests, when submitting a new application.
- If your education has already been verified, no action is needed, unless requested by FSMTB to do so.

- If you previously tested with Testing Accommodations, please refer to the [Testing Accommodations Handbook](#) for details on how to reapply with accommodations.

**If directed by a state licensing board or agency to retake the MBLEx after previously passing it, the applicant is required to be approved by the state licensing board to retest before an ATT may be issued.**

## How Many Times Can I Take the MBLEx?

**The FSMTB does not limit the number of times a candidate may take the MBLEx;** however, a state may impose a limit. Check to see if your state licensing board or agency has a limit on the number of times a candidate may attempt to pass the MBLEx.

The FSMTB allows candidates who were unsuccessful in their exam attempt to retake the MBLEx after 30 days has elapsed from the previous examination appointment. Candidates must reapply as a new applicant.

In cases where FSMTB discovers fraud in the application, testing or licensure processes, the FSMTB board of directors will review all applicable information and discern the reapplication timeline. This may include banning an individual from retaking the MBLEx.

## Candidate Care Calls

**The FSMTB cares about MBLEx candidates.** We understand your desire to work as a massage professional. The FSMTB Candidate Care Team are members of FSMTB examination staff. This team personally works

with candidates who have struggled to pass the MBLEx to discuss exam preparation, study resources and study strategies.

The FSMTB also listens to feedback about the examination process or the exam itself. All candidates can have a bad day and not perform their best. Because of this, we discuss performance patterns, how to prepare differently for the next exam, and how to adjust your approach to test taking. It is our hope, as it is yours, that you will experience success on the MBLEx and move toward your goal of professional practice. If you would like to speak with a member of the Candidate Care Team, please do so by emailing [mblex@fsmtb.org](mailto:mblex@fsmtb.org). One of our team members will reach out to you!

**Get Licensed**

# Get Licensed

The MBLEx is used by state licensing boards as part of their licensing requirements. The FSMTB provides the Massage & Bodywork Licensing Examination (MBLEx), which is only one component of licensure requirements. It is the candidate's responsibility to meet state licensure requirements. [Contact information for state licensing boards](#) is available on [fsmtb.org](https://www.fsmtb.org).

**Please note that the license to legally practice is issued by state licensing boards, not FSMTB.**

**Even though you may receive a passing result on the MBLEx, this does NOT mean that you are licensed.** You may not represent or advertise that you are licensed until you receive official notification of licensure from the state licensing board in the state in which you wish to practice.

## Reporting MBLEx Results to State Licensing Boards

**Candidates must indicate on their MBLEx application the state to which they want their official exam result sent.** The first result report request is fulfilled at no additional cost to the candidate. A second state may be chosen on the application for an additional fee.

Subsequent requests for exam results to be reported to a state licensing board or agency may be requested by completing the [MBLEx Result Transfer Form \(RTF\)](#) available on [fsmtb.org](https://www.fsmtb.org). Candidates are solely responsible for submitting result transfer requests in a timely manner.

Please check with the state in which you are applying for licensure-related deadlines.



When FSMTB reports your official MBLEx result to the state that you have designated, it is reported along with the identification and educational information that you provided to FSMTB on your application. This ensures that your exam result is matched correctly to the licensing application you submit to the state. State licensing boards and agencies will contact FSMTB if there are any discrepancies in the information when comparing your MBLEx result file to your application for licensure.

In the event of a discrepancy or inaccuracy that calls into question your eligibility to take the MBLEx, FSMTB may request that you submit documentation to verify or otherwise substantiate the information that you provided on your MBLEx application. If any of the information on your MBLEx application is determined to be inaccurate, misrepresented or falsified, FSMTB reserves the right to invalidate your MBLEx result, suspend future access to the MBLEx or other FMSTB programs and services or impose other conditions for accessing the MBLEx.

The FSMTB reserves the right to impose fees to offset any administrative or legal costs associated with the investigation and/or adjudication of the case.

# MBLEx Study Guide

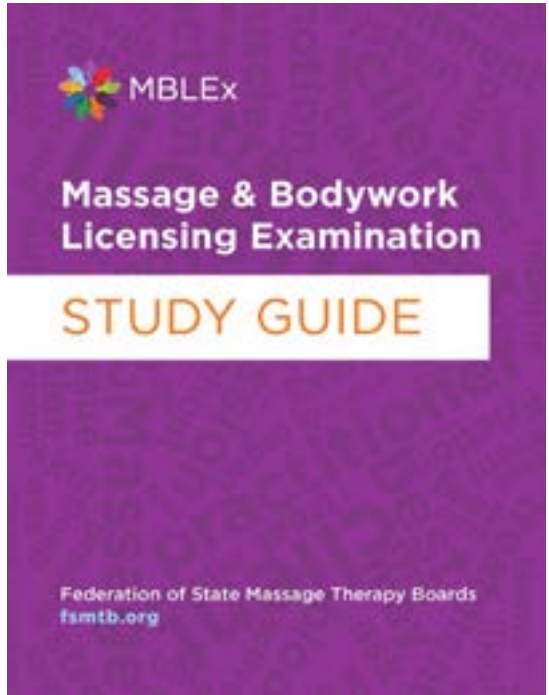
**Do you need to study for the MBLEx but aren't sure where to begin?**

The *MBLEx Study Guide*, created by FSMTB, is the only official MBLEx study guide. With this guide, you can prepare with a breakdown of each exam content area and study more than 100 questions written by the same people who create the MBLEx.

Ensure that you're studying relevant materials that will matter on the MBLEx and throughout your massage career!

Order the ***MBLEx Study Guide*** on [fsmtb.org](https://www.fsmtb.org).

For questions, please email [studyguide@fsmtb.org](mailto:studyguide@fsmtb.org) or call 913.681.0380.



# MBLEx Check

## *Online Readiness Assessment*

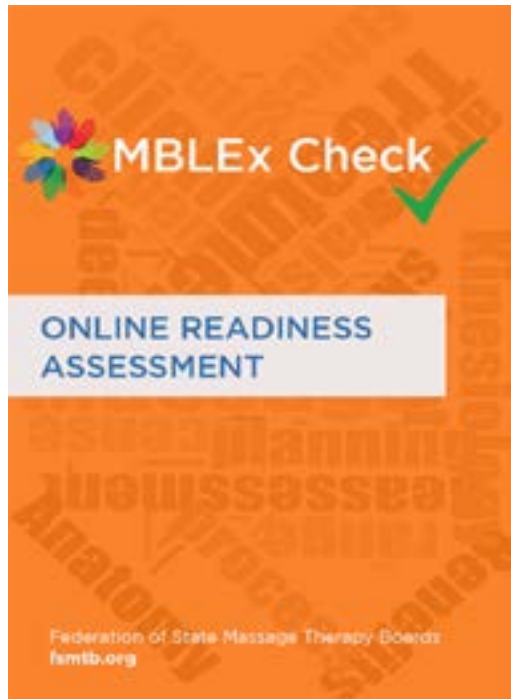
The MBLEx Check is an online practice exam designed to replicate the MBLEx test experience.

It's a great way to see if you're prepared for the MBLEx, and to determine which areas you might need to focus on before testing.

The MBLEx Check features the same topic distribution as the MBLEx; you will have 110 minutes to complete 100 multiple choice questions. Once you complete the assessment you will be able to review your results in each content area, to help you prepare for the MBLEx.

Upon completion of the MBLEx Check, you will be prompted to complete a short, post-exam survey. Your feedback is important to us as we continue to enhance the MBLEx Check experience.

You can access the MBLEx Check at [reach4ce.org](https://reach4ce.org).





# MBLEx

MASSAGE & BODYWORK  
LICENSING EXAMINATION

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## **Federation of State Massage Therapy Boards**

7300 College Boulevard, Suite 650  
Overland Park, KS 66210

## **MBLEx Service Support Center**

1.866.962.3926 | [mblex@fsmtb.org](mailto:mblex@fsmtb.org)

## **FSMTB Executive Office**

913.681.0380 | [info@fsmtb.org](mailto:info@fsmtb.org)

[fsmtb.org](http://fsmtb.org)