

# MARYLAND STATE BOARD OF MASSAGE THERAPY EXAMINERS

## LICENSED MASSAGE THERAPIST (LMT) STATUS EDUCATION REQUIREMENTS

As of 10/1/2022

- A. Graduated from an institution of postsecondary education** as defined in § 10-101 of the Education Article, and approved by the Maryland Higher Education Commission with at least **750 contact hours** of education in a curriculum:
- i. Approved by the Board;
  - ii. Endorsed by:
    1. The Commission on Massage Therapy Accreditation; or
    2. An equivalent entity that accredits both institutions of higher education and programs offering instruction in massage therapy; and
  - iii. Accredited by an institutional accreditation agency recognized by the United States Department of Education.
- B. Has completed 750 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 therapy theory;
  - iii. Contraindications and pathology;
  - iv. Professional ethics;
  - v. Health and hygiene;
  - vi. Research;
  - vii. Supervised hands-on techniques; and
  - viii. Clinical assessment and documentation.

### NOTE:

**RMP to LMT Conversion** –The Board has submitted regulatory language to the Secretary of Health. This regulatory proposal was discussed and approved by the Board at its April 2023 meeting. Regulations are subject to a 30-day comment period after they are published in the Maryland Register and before they are adopted.

Once regulations are officially submitted to the Secretary, the timeline for the regulatory approval process is not within the Board's control. When the regulations governing the conversion requirements are adopted, the Board will notify all RMPs using eblast and posting of the information on the website.