



Federation of State Massage Therapy Boards

Massage & Bodywork Licensing Examination Bibliography

There is no single text recommended by FSMTB. The Massage & Bodywork Licensing Examination reflects practice in the United States as determined by the most recent Job Analysis.

FSMTB's item writers and examination development committee members frequently use the following texts as resources; however, the sources used are not limited to the books listed here. The list is not comprehensive and does not imply that references not included on this list are inappropriate or of lesser value or quality than references that are included. The list is presented to assist individuals in preparing for the examination; however, study of the following references will not guarantee that an individual will pass the examination.

Reference Texts

- Beck, Mark F. *Theory and Practice of Therapeutic Massage*. (4th edition). Baltimore: Lippincott, Williams and Wilkins, 2006.
- Benjamin, Ben and Cherie Sohnen-Moe. *The Ethics of Touch*. Tucson: Sohnen-Moe Associates, Inc., 2004.
- Benjamin, Patricia and Frances M. Tappan. *Tappan's Handbook of Healing Massage Techniques: Classic, Holistic and Emerging Methods*. (4th edition). Upper Saddle River: Prentice Hall, 2005.
- Biel, Andrew. *Trail Guide to the Body*. (3rd edition). Boulder: Books of Discovery, 2005.
- Braun, Mary Beth and Stephanie Simonson. *Introduction to Massage Therapy*. Baltimore: Lippincott, Williams and Wilkins, 2005.
- Fritz, Sandy. *Mosby's Fundamentals of Therapeutic Massage*. (3rd edition). St. Louis: Mosby/Elsevier, 2004.
- Fritz, Sandy and James M. Grosenbach. *Mosby's Essential Sciences for Therapeutic Massage: Anatomy, Physiology, Biomechanics and Pathology*. (2nd edition). St. Louis: Mosby/Elsevier, 2004.
- McIntosh, Nina. *The Educated Heart: Professional Boundaries for Massage Therapists, Bodyworkers and Movement Teachers*. (2nd edition). Baltimore: Lippincott, Williams and Wilkins, 2005.
- Premkumar, Kalyani. *The Massage Connection: Anatomy and Physiology*. (2nd edition). Baltimore: Lippincott, Williams and Wilkins, 2004.
- Rattray, Fiona and Linda Ludwig. *Clinical Massage Therapy: Understanding, Assessing and Treating Over 70 Conditions*. Ontario: Talus, Inc., 2000.
- Salvo, Susan G. *Massage Therapy Principles and Practice*. (3rd edition). St. Louis: Saunders/Elsevier, 2003.
- Sohnen-Moe, Cherie. *Business Mastery*. (3rd edition). Tucson: Sohnen-Moe Associates Inc., 2005.
- Werner, Ruth. *A Massage Therapist's Guide to Pathology*. (3rd edition). Baltimore: Lippincott, Williams and Wilkins, 2005.