



A BRIEF HISTORY OF MASSAGE THERAPY

● 3000 B.C.

The **Ayurvedic** natural healing system is developed in India to include touch therapy.



● 2500 B.C.

Ancient Egyptians discover **Reflexology**.



● 800 B.C.

Ancient Greek athletes loosen up for the **Olympics** with a form of Massage Therapy.



● 200 B.C.

Chinese medical text, **The Huangdi Neijing**, suggests Massage Therapy for a variety of conditions

● 150 A.D.

The first **school of massage** is founded in China.



● 600 A.D.

Shiatsu is invented in Japan.



● 1500 - 1800 A.D.

Western scientists begin to document the **benefits** of Massage Therapy.



● 1850 A.D.

The **Taylor brothers** come to the U.S. from Sweden, introducing America to **Scientific Massage Therapy**.

● 1920 A.D.

Massage Therapy is used to treat **soldiers** returning from **WWI**.

● 1992 A.D.

The **National Certification Board for Therapeutic Massage & Bodywork** is established to offer a uniform national certification.



● 2018 A.D.

There are around **350,000 Massage Therapists and massage students** in the United States, making Massage Therapy an **\$18 billion industry**.



Key Dates in Massage Therapy History

Pre-1988 Regulations



Very few states in the U.S. have massage therapy regulations.

1988 Meeting of the Minds



AMTA Board Members & several esteemed massage therapy authors, therapists, school owners, and leaders meet to brainstorm the needs of our profession.

1990 Creating the Test



AMTA Board Members invite a handful of massage therapy professionals to create a test to help with reciprocity throughout the states.

1991 Writing and Edits



Nationwide massage therapy school owners come together to write and edit test questions.

1992 Founding



NCBTMB is founded by a group of dedicated massage therapy professionals determined to establish a national standard of excellence.

MID-1990's Put to the Test



Many states utilize NCBTMB's exam as one of their entry level massage requirements to become legally licensed.

2005 Marking the Standard



State board members from 22 states come together to discuss standard licensing requirements.

2013 Board Certification



NCBTMB introduces the highest voluntary massage therapy credential, Board Certification, to further define the difference between licensing and certification.

2014 Board Certification



NCBTMB and FSMTB sign agreement to support FSMTB's MBLEx as the nation's entry level licensure examination.