

# Practice Exam Kit for the MBLEx

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## Your Test Statistics

Test Mode	Test
Number of Questions	101
Number Correct	68
Number Incorrect	33
Number Not Answered	0
Date/Time Started	Feb 8, 2017 6:23 (PST)
Date/Time Finished	Feb 8, 2017 7:05 (PST)
Time Logged	1:12:02
Score	67%

## Statistics by Section

#	Section	Questions	Correct	Incorrect	Unanswered	Score
1	Anatomy and Physiology	18	11	7	0	61%
2	Client Assessment	9	8	1	0	89%
3	Ethics, Boundaries, Rules and Regulations	7	6	1	0	86%
4	Guidelines for Professional Practice	6	3	3	0	50%
5	Kinesiology	8	7	1	0	88%
6	Massage History and Culture	8	5	3	0	63%
7	Miscellaneous Scenarios	19	15	4	0	79%
8	Pathology and Contraindications	16	6	10	0	38%
9	Physiological Effects of Massage	10	7	3	0	70%
Total:		101	68	33	0	67%

## Test Preferences for this Test

Test Preference	Your Setting
Test Sections	ALL Sections - TestSIM
Prompts & Explanations	Off - TestSIM
Test Notes	Off - TestSIM

Question Order	Random - TestSIM
# of Questions	101 Questions
Time Limit	1 Hour, 50 Minutes

### Your results for this test follow:

#### 1. Carbohydrate digestion mostly occurs at which point in the digestive tract?

- a. Mouth
- b. Stomach
- c. Small intestine
- d. Large intestine

Explanation: Carbohydrate digestion occurs mainly in the small intestine where the pancreatic digestive enzyme amylase converts starches into maltose which is then converted to glucose by the enzyme maltase. Sucrase converts sucrose to glucose and lactase converts lactose to glucose in the small intestine as well.

#### 2. Where is the largest cache of serotonin located within the body?

- a. Brain
- b. Thoracic cavity
- c. Pelvic cavity
- d. Abdominal cavity

Explanation: Although the gut runs through the thoracic and pelvic cavity, it is mostly located in the abdominal cavity and it is in the gut that the largest storage of serotonin exists within the body. The gut is known as the second brain and makes up the enteric nervous system which includes tissue sheaths that line the esophagus, stomach, small intestine and colons. This would explain why people feel butterflies in their stomach when they are nervous, fearful or excited.

#### 3. Which of the following anatomical directional references is not matched correctly?

- a. Medial - toward the midline of the body
- b. Distal - toward an attached base structure
- c. Ventral - toward the front or belly side
- d. Dorsal - on the posterior or back side

Explanation: All directional terms use the anatomical position as the standard point of reference. The term "distal" refers to a structure that is located away from a base structure - for example, the hand is distal to the elbow.

#### 4. Choose the medical term given to name the collection of heart muscle cells that regulate the heart beat.

- a. Arterioles
- b. Bradycardia
- c. Bundle of His

## d. Coronary sinus

Explanation: The collection of specialized heart muscle cells which regulate the heart beat was discovered by the Swiss cardiologist Wilhelm His in 1893 and this given the name, Bundle of His.

**5. Where would you find a diaphysis in the human body?**

- a. Kidney
- b. Bone
- c. Brain
- d. Lung

Explanation: The diaphysis is the relatively straight main body of a long bone and is also known as the shaft. A great example is the long part shaft of the femur.

**6. The prefix nephro- refers to:**

- a. Nerve
- b. Infant
- c. Kidney
- d. Brain

Explanation: Nephro and nephr both refer to the kidneys. An example is nephritis, which is an inflammation of the kidneys.

**7. Which of the following bones are part of the hindfoot?**

- a. Phalanges
- b. Cuboid
- c. Navicular
- d. Talus

Explanation: The talus is also known as the ankle bone to which the tibia and fibula connect. The other bone of the hindfoot region is the calcaneus also known as the heel.

**8. Arteries carry blood to the heart.**

- True
- False

Explanation: Arteries carry blood away from the heart and veins carry blood to the heart. Oxygen rich blood in arteries is red and oxygen poor blood in veins is blue/green.

**9. Which of the following is the only neurotransmitter used by the motor division of the somatic nervous system?**

- a. Acetylcholine
- b. Dopamine

- c. Serotonin
- d. Glutamate

Explanation: Acetylcholine is distinguished from other neurotransmitters due to its ability to transmit signals at the neuromuscular junction between the nervous system and the muscular system.

10. Neutrophils, monocytes and macrophages are all under the classification of \_\_\_\_\_.

- a. lymphocytes
- b. phagocytes
- c. proteins
- d. neurotransmitters

Explanation: Neutrophils, monocytes and macrophages are all phagocytes, which are cells of the immune system that ingest and destroy foreign cells or other harmful substances via phagocytosis.

11. The plasma membrane is also known as \_\_\_\_\_.

- a. phospholipid bilayer
- b. peripheral protein
- c. cytoplasm
- d. branching cells

Explanation: The plasma membrane is made of two layers of fat molecules that contain phosphorus and is also known as the phospholipid bilayer.

12. Which postural muscle is typically indicated in the chronic frozen shoulder?

- a. Infraspinatus
- b. Supraspinatus
- c. Pectoralis major
- d. Subscapularis

Explanation: The subscapularis muscle is a powerful postural muscle of the shoulder originating on the subscapular fossa and inserting into the lesser tubercle of the humerus. Its location between the scapula and posterior rib cage makes it difficult to access and palpate during massage. The difficulty to stretch and release adhesions within this muscle is a major contributing factor to frozen shoulder.

13. The cerebral cortex is responsible for \_\_\_\_\_.

- a. consciousness
- b. hormone production
- c. regulating the heartbeat
- d. muscle motor functions

Explanation: The cerebral cortex is the largest part of the brain and plays a key role in awareness, communication, consciousness and memory.

**14. Which cells are responsible for generating the electrical impulses that control heart rate?**

- a. Myocytes
- b. Glial
- c. Epithelial
- d. Merkel

Explanation: There are various forms of myocytes in the body, but it is the cardiac myocytes that are responsible for generating the electrical impulses that control heart rate.

**15. Fast twitch or white muscle fibers are anaerobic in function.**

- True
- False

Explanation: Fast twitch muscle fibers do not require much oxygen to contract. Instead, they obtain ATP (adenosine triphosphate) or energy by converting glucose to lactic acid in the absence of oxygen.

**16. Insulin and glucagon are hormones released from which of the following anatomical structures?**

- a. Pancreas
- b. Liver
- c. Adrenal glands
- d. Thyroid

Explanation: The pancreas plays a major role in both the endocrine and digestive system. As an endocrine gland, the pancreas develops and releases insulin to lower blood sugar, glucagon to raise blood sugar levels and somatostatin to regulate the endocrine system. As a digestive organ, the pancreas secretes digestive enzymes into the chyme (partially digested food that is passed from the stomach to the duodenum) to further assist in the breaking down of carbohydrates, lipids and proteins.

**17. What part of the spine is affected by hyperkyphosis?**

- a. Cervical
- b. Thoracic
- c. Lumbar
- d. Sacral

Explanation: Hyperkyphosis is an excessive curvature of the thoracic spine. The condition is often caused by weakened vertebrae through diseases like osteoporosis.

**18. Where would you locate branchiomic musculature?**

- a. Feet
- b. Intestines
- c. Urinary system
- d. Head and neck

Explanation: Branchiomic muscles are striated muscles of the head and neck and are supplied by the cranial nerves. Actions of branchiomic muscles include mastication and facial expressions.

**19. What unilateral action occurs during a concentric contraction of the iliopsoas muscle?**

- a. Posterior tilt of pelvis
- b. Extension and medial rotation
- c. Stabilize the pelvis
- d. Lateral rotation and flexion

Explanation: The concentric contraction is the action of a specific muscle. In this case, the unilateral or single sided concentric contraction of the iliopsoas muscle is lateral rotation and flexion of the hip (think crossing a leg while sitting).

**20. A person in a fowler's position would be \_\_\_\_\_.**

- a. lying face down
- b. lying face up
- c. lying on their side
- d. seated at a 45 degree angle

Explanation: A Fowler's position puts the patient/client in a seated position to help reduce stress and tension on the abdominals and to help with breathing. Often the knees are slightly bent to add comfort.

**21. What is the name of the movement that allows a person to stand on their toes?**

- a. Plantar flexion
- b. Dorsiflexion
- c. Inversion
- d. Eversion

Explanation: Plantar flexion is the movement that increases the angle between the shin and the superior surface of the foot which allows a person to stand on their toes.

**22. The gracilis muscle is a functional part of which muscle group?**

- a. Quads
- b. Hamstrings
- c. Gluteals
- d. Adductors

Explanation: The gracilis muscle, originating from the inferior ramus of the pubis and ramus of the ischium and inserting into the proximal medial shaft of the tibia at the pes anserinus tendon assists with flexion and medial rotation of the knee and is part of the adductor group of muscles.

**23. Condylod and saddle joints are examples of \_\_\_\_\_ joints.**

- a. multiaxial

- b. biaxial
- c. uniaxial
- d. triaxial

Explanation: Condylod and saddle joints allow for movement in two different planes along two axes of the body. This is known as a biaxial joint.

**24. A reverse Trendelenburg position is where the client's feet are above their head while in a supine position.**

- a. True
- b. False

Explanation: A reverse Trendelenburg position is where the head is slightly above the feet while lying down. The statement in the question indicates a true Trendelenburg positioning. Therapeutic Practice

**25. Moving the left hand from in front of the right hip to the front of the left shoulder is an example of \_\_\_\_\_.**

- a. diagonal abduction
- b. diagonal adduction
- c. external rotation
- d. horizontal abduction

Explanation: The movement in question indicates a diagonal abduction and returning the hand to the starting point would be a diagonal adduction.

**26. Which of the following muscles is known as a pinnate muscle?**

- a. Rectus femoris
- b. External obliques
- c. Psoas major
- d. Pectoralis major

Explanation: There are five different muscle classifications within the human body. This includes circular, convergent, parallel, fusiform and pinnate muscles. The rectus femoris is a pinnate muscle and more specifically a bipennate muscle. This means it has two rows of muscle fibers that face in opposite diagonal directions in relation to the tendon. This fiber design creates an incredibly powerful muscle but has the drawback of limited range of motion.

**27. What symptom can be expected with a diagnosis of Cystitis?**

- a. Lack of sleep
- b. Painful urination
- c. Headaches
- d. Sore feet

Explanation: Cystitis is a technical term for a bladder infection, or rather a lower urinary tract infection. Symptoms include frequent and painful urination.

**28. Which of the following systems is directly affected by multiple sclerosis?**

- a. Circulatory
- b. Muscular
- c. Nervous
- d. Digestive

Explanation: Multiple sclerosis is an inflammatory disease that attacks the myelin sheaths of the brain and spinal cord. The resulting condition affects the nervous systems ability to communicate and progresses to inhibit both physical and cognitive function.

**29. Which of the following is an infection of the kidney?**

- a. Pyelonephritis
- b. Endocarditis
- c. Pneumonia
- d. Crohn's disease

Explanation: Pyelonephritis is an infection of the kidney usually caused by bacteria spreading from the bladder.

**30. Seizures are typical with which of the following conditions?**

- a. Hypokinesia
- b. Epilepsy
- c. Paraplegia
- d. Pleurisy

Explanation: Epilepsy is a term used to describe a set of neurological disorders that causes recurrent and unprovoked seizures. Some factors are brain trauma, brain cancer, drug and alcohol abuse but many factors are undetectable.

**31. Choose the term for a paralysis affecting only the lower part of the body.**

- a. Diplegia
- b. Hemiplegia
- c. Paraplegia
- d. Tetraplegia

Explanation: Paraplegia is a paralysis that occurs with the lower half of the body, affecting the legs and sometimes the pelvis. This typically occurs as a result of a spinal cord injury but can also be caused by a congenital condition.

**32. Which of the following techniques is contraindicated if a client is taking blood thinners or anti-inflammatory medication?**

- a. Cross fiber friction
- b. Shaking/jostling



- c. Effleurage
- d. Trigger point therapy

**Explanation:** Cross fiber friction is designed to create micro tears in muscle and tissue, triggering an inflammatory response for healing. If a client is on blood thinners, excess blood in the immediate region could cause unhealthy bruising. If a client is on an anti-inflammatory medication, the purpose of the technique is negated.

**33. Which cranial nerve is directly affected in Bell's Palsy?**

- a. 5th
- b. 6th
- c. 7th
- d. 8th

**Explanation:** Bell's Palsy is a dysfunction of the 7th cranial nerve when no specific cause can be identified. The resulting symptoms are a partial paralysis of the face and is the most common acute mononeuropathy or disease affecting one nerve specifically. Characteristics of Bell's Palsy are facial drooping and immobility of muscles attached to the affected nerve.

**34. Adenitis is an inflammation to which body structure?**

- a. Heart
- b. Lymph nodes
- c. Lungs
- d. Kidneys

**Explanation:** Adenitis is a general term used to describe an inflammation of lymph glands. Cervical adenitis is an inflammation of lymph glands located in the neck region.

**35. If a client presents with a case of enteritis, which area of the body would be contraindicated from deep massage?**

- a. Quads
- b. Neck
- c. Upper arm
- d. Abdomen

**Explanation:** Enteritis is an inflammation of the small intestines which can include symptoms of abdominal discomfort and pain, bloating, cramping, diarrhea, dehydration and fever. Mild cases of enteritis is locally contraindicated. However, more extreme cases would be a total contraindication of massage accompanied by a referral to seek immediate medical care.

**36. Pathogenesis is the study of the \_\_\_\_\_ of a disease.**

- a. effects
- b. origin
- c. cure
- d. morbidity

**Explanation:** Pathogenesis is the study of the origin and development of a disease. The Greek words pathos (disease) and genesis (creation) are combined.

**37. A client indicates they have a hematoma. What would a massage therapist expect to find?**

- a. A benign growth of vascular tissue
- b. An area of bruising
- c. A malignant skin growth
- d. A large mole

**Explanation:** A hematoma is an accumulation of blood outside of a blood vessel and when this occurs in the skin it is known as a bruise. Any part of the body can accumulate blood and thus a hematoma can be found in muscles, the brain and other body parts.

**38. Choose the term for a paralysis affecting only one side of the body.**

- a. Diplegia
- b. Hemiplegia
- c. Paraplegia
- d. Tetraplegia

**Explanation:** Hemiplegia can be a complete or partial paralysis that affects the arms, legs, torso or face on only one side of the body. The condition can arise as the result of a congenital disorder or from an illness, injury or a stroke.

**39. Which body system would be directly involved with the use of ACE inhibitors?**

- a. Digestive
- b. Reproductive
- c. Circulatory
- d. Respiratory

**Explanation:** Angiotensin-converting enzymes (ACE) inhibitors are prescribed to reduce mild to moderate increases in blood pressure and is also used to treat congestive heart failure.

**40. What part of the body is affected by peritonitis?**

- a. Abdomen
- b. Brain cavity
- c. Thoracic cavity
- d. Lungs

**Explanation:** The peritoneum is the membrane that lines the abdominal cavity. Therefore, peritonitis is an inflammation of the peritoneum. This condition can be caused by bacteria or a chemical irritation. Pain and tenderness in the abdominal region are common symptoms.

**41. With which condition is Pott's disease associated?**

- a. Diabetes
- b. Cancer
- c. Tuberculosis
- d. Viral infection

Explanation: Pott's disease is a tuberculous infection of bone by the organism mycobacterium tuberculosis which is spread to bone by another infected area of the body, mostly the lungs or lymph nodes. The condition usually affects the spine which causes the vertebrae to collapse under the body's weight.

**42. Where would a Baker's cyst be located?**

- a. Wrist
- b. Elbow
- c. Knee
- d. Ankle

Explanation: A Baker's cyst is a benign swelling of the semimembranous tissue or synovial bursa behind the knee. This condition is also known as a popliteal cyst but is often referred to by the name of the surgeon William Baker who first described the condition.

**43. What are the ideal times to perform an assessment of the client to understand problem areas and the effectiveness of treatment?**

- a. Before the treatment
- b. After the treatment
- c. During the treatment
- d. All of the above
- e. A and b only

Explanation: Before starting treatment with a client, a massage therapist must first understand what the nature of the client's complaint is, whether the condition is indicated or contraindicated or if a referral is necessary. Once the therapy session is complete, an assessment is necessary to determine the benefit of the treatment to the client.

**44. What does the Arndt-Schultz Law pertain to?**

- a. Acute and chronic injuries
- b. Dry and moist skin types
- c. Flexibility and tension patterns
- d. Pressure related physiological processes

Explanation: The Arndt-Schultz Law states that a weak stimulus will have no effect on a physiological process, that an intermediate stimulus will promote a physiological process whereas a strong stimulus will inhibit a physiological process.

**45. Using the AC joint during an assessment would give an indication of \_\_\_\_\_ symmetry.**

- a. ankle

- b. hip
- c. shoulder
- d. head

**Explanation:** The AC joint is the acromioclavicular joint located at the junction of the acromion process and the clavicle. The AC joint is assessed to indicate the symmetry of the shoulder.

**46. When a client's skin is discolored with a bluish tint, this would be an indication of which body system dysfunction?**

- a. Skin
- b. Nervous
- c. Muscular
- d. Cardiovascular

**Explanation:** The bluish tint in a client's skin is an indication of a cardiovascular issue and is due to a lack of oxygen within the blood also known as hypoxia.

**47. Which of the following muscle groupings are considered phasic muscles?**

- a. Triceps brachii, deltoid
- b. Temporalis, masseter
- c. Quadratus lumborum, cervical erector spinae
- d. Gastrocnemius, soleus

**Explanation:** Phasic muscles are fast twitch muscles and are best suited for quick movements. The triceps brachii and deltoid muscles are typically used for movements and do not have a postural role. They are also prone to inhibition as well as fatigue.

**48. Which muscle would be shortened in a client with an increased lordotic curvature?**

- a. gluteals
- b. trapezius
- c. scalenes
- d. psoas

**Explanation:** Lordosis is a condition of the lumbar spine which causes and anteriorly rotated pelvis. The anterior rotation causes the hip flexors to tighten which includes a shortening of the psoas muscle.

**49. What does the acronym TART relate to in the therapeutic environment?**

- a. Soft tissue assessment protocol
- b. Massage treatment protocol
- c. Indication or contraindication evaluation
- d. Pathological skin detection

**Explanation:** TART is an acronym for a soft tissue assessment protocol.  
T- Texture and tonicity of superficial and deep layers of tissue.

A - Asymmetry and bilateral differences between body structures in reference to color, function, temperature and tonicity.

R - Range of motion. An assessment of joint health and function.

T - Tenderness or pain and discomfort in an area or specific tissues.

**50. A client with a valgus deformity is also described as being \_\_\_\_\_.**

- a. knock kneed
- b. pigeon toed
- c. hump backed
- d. double jointed

Explanation: A valgum deformity is an outward angulation of the distal segment of a joint or bone. In other words, the knees will be angled medially and the feet will be angled laterally. Reverse this scenario to laterally angled knees and medially angled feet and you will see a varum deformity also known as bow legged.

**51. A range of motion assessment of a joint is calculated by testing \_\_\_\_\_.**

- a. its capsular pattern
- b. the cartilage
- c. inert tissue
- d. posture

Explanation: A range of motion assessment is achieved by testing the joints capsular pattern, which will indicate any limitations by structure or function.

**52. Massage has a thixotropic effect on the body. What does this mean?**

- a. Massage loosen tight muscles
- b. Massage rebalances energy
- c. Massage liquifies ground substance
- d. Massage assists entrainment

Explanation: Thixotropy is the property of a substance becoming more fluid with movement or agitation. Massage has the ability to thin the viscosity of ground substance within the body.

**53. Which massage technique is best suited to assist entrainment?**

- a. Gentle rocking
- b. Deep tissue
- c. Trigger point
- d. Petrissage

Explanation: Entrainment is a synchronization of biological oscillators to assist with homeostasis. By gently rocking the body during massage, a practitioner is able to balance the heart beat, breathing, digestion and chemical functions to a harmonious rhythm.

54. Which of the following is the best technique for stretching a hypertonic iliopsoas muscle?

- a. Post isometric relaxation
- b. Trigger point
- c. Passive range of motion
- d. Deep tissue massage

Explanation: The iliopsoas is a difficult muscle to access and palpate rendering both trigger point and deep tissue massage as not the best choices. Passive range of motion is good for assessing rotation issues of the coxal joint but the best technique is post isometric relaxation. The technique requires the client to isometrically contract the iliopsoas into the therapists resistance, then relax as the therapist extends and stretches the iliopsoas muscle. Three passes are typical with clients force at about 30% of power for a period of 10 seconds each.

55. The lengthening of sarcomeres by stretching is a/an \_\_\_\_\_ effect of massage therapy.

- a. reflexive
- b. mechanical
- c. indirect
- d. beneficial

Explanation: Sarcomeres are the long fibrous proteins within muscle that lengthen and shorten during muscular movement. The lengthening of muscle tissue due to stretching would be a mechanical effect.

56. What massage technique would be best to use on an athlete 1-2 hours after their sports event?

- a. Active resistance exercises
- b. Deep focused pressure
- c. Light centripetal strokes
- d. Trigger point and deep compression

Explanation: The goal of post-sports event massage is to assist the athlete with flushing of lactic acid and other by-products of metabolism from muscular tissue. Applying light, draining strokes in the direction towards the heart (centripetal) will help move the waste out of the muscle and into the interstitial fluid where the lymph system can assist with bringing the athlete back into homeostasis.

57. Massage can directly improve venous flow, which is a \_\_\_\_\_ effect of the \_\_\_\_\_ system.

- a. mechanical, circulatory
- b. reflexive, circulatory
- c. mechanical, digestive
- d. reflexive, lymphatic

Explanation: A direct effect of massage is typically going to be a mechanical effect. Improving venous flow is a benefit to the circulatory system. The correct answer is a mechanical effect of the circulatory system.

58. Petrissage and jostling/shaking are massage techniques that \_\_\_\_\_ the nervous system.

- a. sedate
- b. stimulate
- c. strain
- d. irritate

**Explanation:** The quick movements of petrissage and jostling/shaking techniques can have a mild triggering effect on the sympathetic nervous system. This will result in an increase in heart rate and breathing, spatial awareness, as well as improved mental clarity. These techniques are used in pre-event sports massage and for waking a client who will need to drive after a very relaxing massage.

**59. How much time is generally needed of sustained touch to engage the parasympathetic nervous system?**

- a. 2 minutes
- b. 8-10 minutes
- c. 15 minutes
- d. 30 minutes

**Explanation:** Touch can initially trigger the sympathetic nervous system. However, after a sustained period of 15 minutes, the parasympathetic nervous system engages. Once this engagement occurs, the release of dopamine, serotonin, oxytocin, endorphins and a decrease in cortisol will aid and assist in the healing process of massage.

**60. The nervous system responds to massage through the stimulation of \_\_\_\_\_.**

- a. muscle fibrils
- b. the integumentary system
- c. sensory receptors
- d. varied pressure

**Explanation:** In the nervous system, sensory receptors are nerve endings which respond to stimuli. Massage triggers these sensory receptors to send messages to the central nervous system.

**61. What is a beneficial effect of the application of aromatherapy during a massage?**

- a. Reduces edema
- b. Local vasodilation
- c. Mood enhancer
- d. Releases trigger points

**Explanation:** Although the scientific data is inconclusive, most people claim to have an improved sense of well being from the scent of certain aromatherapy oils.

**62. A massage therapist has worked with a particular client for over a year now. In the last couple of massages, the therapist has noticed a shift in the way the client responds to the treatment but is not able to discern anything specific. What could the massage therapist do to help the situation with the client?**

- a. Talk with the client about intimacy issues.

- b. Be sure to adjust body language towards the client.
- ✓ c. Refer to a peer for support.
- d. Sign up for a continuing education class to deal with the client.

Explanation: Discussing the issue with a peer is the best step towards gaining an unbiased view of the situation. The other choices signal that the therapist has made an assumption about the dynamics surrounding the client's behavior.

**63. Which of the following is the local laws that control the physical location of an office?**

- a. Building codes
- b. Licensing
- ✓ c. Zoning
- d. Business registry

Explanation: Zoning ordinances and regulations are local laws that govern how a property can be used. Always check with the local municipality before making any major changes to a home or office.

**64. When are massage therapists allowed to disclose confidential information about the client to third parties without the client's consent?**

- a. When the massage therapist is placed in danger
- b. When required by law or court order
- c. When the massage therapist has suspicion of child abuse
- ✓ d. All of the above

Explanation: In almost all situations, the massage therapist needs to retain a strict confidentiality of the client's information. However, there are certain exceptions, such as when the massage therapist feels in personal danger, when there are suspicions of a client abusing a child and whenever required by law.

**65. Which ethical code would be violated if you shared information about a client with another client?**

- a. Scope of practice
- b. Dual relationship
- c. Professional boundary
- ✓ d. Confidentiality

Explanation: Sharing information between clients is a breach of confidentiality.

**66. Which of the following best describes HIPAA?**

- a. Therapeutic relationship
- ✓ b. Patient rights
- c. Office safety
- d. Credentialing

Explanation: HIPAA or the Health Insurance Portability and Accountability Act, was established in 1996 to restrict access to individuals private medical records in an effort to protect patient/client rights.



**67. A 16 year old has come to your office for a massage. What is your next step?**

- a. Fill out the intake form
- b. Make sure they can afford the treatment
- c. Request a parental release
- d. Ask them for referrals

Explanation: Before providing a massage to a minor, the massage therapist needs to obtain a parental release. Any person under the age of 18 is considered a minor.

**68. A regular client who has been going thru a divorce has begun to share emotional details about their experience. They are staying later after their treatment and now routinely show up late for their appointment. They state they are having a difficult time and really need a friend. What can be said about the relationship between the client and therapist?**

- a. The client is still learning how to be responsible.
- b. Everything is okay. The client will eventually recover.
- c. The client is testing the boundaries of the therapeutic relationship.
- d. The client is experiencing a tough time and is allowed special treatment.

Explanation: A client who routinely presses the structure of the practice, like in this case, is testing the boundaries on what is acceptable. Regardless of a client's situation, it is the therapist's responsibility to set appropriate boundaries to ensure all participants feel safe and comfortable within the therapeutic environment.

**69. A massage therapist that applies effleurage to the hamstrings, then to the calves and then back to the hamstrings is demonstrating \_\_\_\_\_ technique.**

- a. distal proximal distal
- b. proximal distal proximal
- c. regional local regional
- d. local regional local

Explanation: Proximal and distal are used to distinguish locations on an extremity. The massage therapist is working on the proximal leg, then distal leg and then proximal leg again.

**70. Which of the following is the number one ethical standard of providing massage therapy?**

- a. Always look your best
- b. Do no harm
- c. Present a warm attitude
- d. Never turn away a client

Explanation: Do no harm. It is the number one rule for providing massage. In fact, it's the number one rule for all of healthcare.

**71. A massage therapist who is providing an intake to uncover the treatment desires of the client is performing \_\_\_\_\_.**

- a. an informed consent
- b. a needs assessment
- c. a treatment plan
- d. an appointment policy

**Explanation:** A client with a specific goal in mind requires the massage therapist to perform a needs assessment of the client before and treatment plan can be created.

**72. A client has called in to schedule a massage appointment after waking up with muscular pain and limited movement of her neck. She is requesting a medical massage treatment. Choose the correct way to proceed.**

- a. No massage
- b. No massage and recommend a visit to the doctor
- c. Massage but avoid the area of concern
- d. Massage the area as needed without a prescription

**Explanation:** Medical massage is a term used to indicate massage specifically applied to treat muscular dysfunctions that can be perceived as a medical issue. However, a muscular dysfunction is not necessarily a medical issue which requires a medical release. Therefore, a massage practitioner who provides medical massage may provide treatment for muscular dysfunctions without requiring a prescription.

**73. How often is it necessary for a therapist to wash their hands?**

- a. At least once a day
- b. After each treatment
- c. Before and after each treatment
- d. Before, during, and after each treatment

**Explanation:** The purpose of washing hands prior to a treatment is to prevent contamination of the client. The purpose of washing hands after a treatment is to prevent contamination of the environment. Washing hands both prior and after treatment is necessary for proper cleanliness.

**74. Maintaining a therapeutic relationship with a client is very important. Which of the following should NOT be relied upon to preserve the relationship dynamic?**

- a. Intuition
- b. Framework
- c. Boundaries
- d. Ethics

**Explanation:** Intuition is a wonderful aspect of the psyche and can be a great quality of the massage therapist. However, in the complex world of maintaining therapeutic relationships there must be a solid framework in place, clear boundaries identified and an adherence to the ethics set forth by the profession.

**75. In TCM, which of the following organs is associated with the element of water?**

- a. Small intestine
- b. Lung

- c. Kidney
- d. Stomach

Explanation: The kidney (and bladder) is associated with the element of water.

**76. A massage therapist has given three one hour massages and is starting to feel strain in his lower back. What is the most likely cause?**

- a. Type of massage lotion/oil
- b. Feeling upset
- c. Overextending
- d. Position of the client

Explanation: A common problem for massage therapists is physical stress and strain on the practitioner's body. This is usually caused by the therapist overreaching or overextending his massage stroke which places unnecessary stress upon the lower back.

**77. In TCM, the triple burner is also called the \_\_\_\_\_.**

- a. I Ching
- b. San Jiao
- c. Wu Xing
- d. Yangtze

Explanation: The term triple burner in TCM refers to a collection of organ systems rather than one specific organ. The name San Jiao means three burners or triple burners. It consists of three segments, the Shan Jiao (upper burner) which includes the lungs and heart, the Zhong Jiao (middle burner) which includes the stomach and spleen and the Xia Jiao (lower burner) which includes the liver, small and large intestines, kidneys and urinary bladder.

**78. Which chakra is related to intuition and imagination?**

- a. Root
- b. Crown
- c. Third eye
- d. Heart

Explanation: The third eye chakra is also known as the inner eye, or all seeing eye, which allows a person to perceive life beyond the tangible. Our intuition and imagination comes from the third eye chakra.

**79. Which chakra is identified with the ego?**

- a. Root
- b. Heart
- c. Crown
- d. Solar plexus

Explanation: The solar plexus or naval chakra, also known as Manipura or city of jewels, is associated with self esteem, the power of transformation, warrior energy and ego.

**80. Who is credited for developing and teaching Swedish Massage?**

- a. Hippocrates
- b. Bonnie Pruden
- ✓ c. Per Henrik Ling
- d. Ruth Rice

Explanation: Per Henrik Ling (b: 15 November 1776 - d: 3 May 1839) as a physical therapist, developed a series of techniques referred to as medical-gymnastics to help restore health to his patients. However, the Dutch practitioner Johan Georg Mezger applied French names to a simplified set of 5 strokes from the medical-gymnastic catalog which became effleurage, petrissage, tapotement, friction and vibration. Swedish massage is known as "classic massage" throughout the world.

**81. Which of the following is a trait of yang in TCM?**

- a. Darkness
- b. Rest
- ✓ c. Fire
- ✗ d. Water

Explanation: Yang (and yin) are fundamental concepts in TCM (traditional Chinese medicine) theory. Yang is bright, masculine, active, energetic and fiery. Yin, is the opposite of Yang and would be dark, feminine, restful, solid and water in comparison.

**82. Which chakra is known for enlightenment?**

- ✓ a. Crown chakra
- b. Root
- c. Heart
- d. Naval

Explanation: The crown chakra (Sahasrara) located at the top of the head, is associated with a deep understanding of all aspects of life.

**You are offering complimentary massage at a local hospital. One of the patients that you have been asked to work with is recovering from a surgery and is suffering from edema.**

**83. What are the signs of inflammation?**

- a. Pain, cold, pallor, sweating
- b. Swelling, sweating, pain, cyanosis
- ✓ c. Pain, swelling, redness, heat
- d. Heat, sensitivity, redness, leaking

Explanation: Inflammation is characterized by redness, swelling, heat and pain.

**84. Which technique would be appropriate to use to reduce edema?**

- a. Circular friction
- b. Cupping
- c. Petrissage
- d. Lymphatic drainage

Explanation: Lymphatic drainage is specifically used to treat edema. It stimulates the return of fluids to the lymphatic system and promotes venous return.

**85. When would massage be contraindicated for a client with edema?**

- a. When the cause of the edema is unknown
- b. When the client has pitting edema
- c. When the client has thrombophlebitis
- d. All of the above

Explanation: All of the above conditions would, at the very least, be local contraindications for massage.

**86. While working on the client, the client becomes sexually aroused. What is your best course of action?**

- a. Continue working on the client without calling attention to the arousal.
- b. Immediately stop the session because it is illegal to work on clients who become aroused.
- c. Stop working until the client's arousal subsides.
- d. Explain to the client that you will need to stop the session if the arousal continues.

Explanation: The nature of massage may illicit physical responses in clients that are beyond their control. Physical arousal does not immediately contraindicate massage.

**87. Which of the following would be a mechanical effect of massage?**

- a. Increases lymphatic drainage
- b. Improves mood
- c. Induces a state of calm
- d. Improves sleep

Explanation: Mechanical effects are directly caused by massage. Massage encourages the movement of fluids through the body, including lymph.

**Fred goes on an interview where the listing has asked for a massage therapist who is punctual, has manicured soft skills, understands terms in pathology and anatomy, is fluent in soap notes, and does not need to be instructed on what to do but has self-initiative and exhibits a leadership attitude. Fred lands the interview and when the chiropractor, Dr. Castillo, comes into the room, she goes to shake Fred's hand. Fred looks down and says hello in a shallow voice. The doctor asks Fred to follow her to the office where they will have a verbal interview. Dr. Castillo has a series of questions for Fred. She would like to find out if he understands pathology and how serious she takes it, as to protect the safety of her clients and staff. She explains to Fred that she had a very good therapist but she did not know her anatomy which became a problem during her process of creating SOAP notes. She is very present with her clients and wants to see if Fred understands soft skills. She believes in creating an atmosphere where**

her clients are heard and respected. She found her last therapist texting during a massage and wants to prevent that from happening again.

**88. Dr. Castillo would like to test your knowledge of pathology and asks "Can you tell me which one of the following is contagious?"**

- a. Hammer Toe
- b. Scleroderma
- c. Hyperthyroidism
- d. Scabies

Explanation: Scabies is contagious and is spread through skin to skin contact. Signs and symptoms are a rash with small red bumps and blisters, and itching. Medication must be used to rid the itch mite. Hammer toe is a contracture deformity of one or both joints in the second, third fourth or fifth toe. Scleroderma is a skin disease but is not contagious or infectious. It is a chronic connective tissue disease classified as one of the autoimmune rheumatic diseases. Hyperthyroidism is a condition where the thyroid gland is overactive.

**89. Dr. Castillo would like to assess your knowledge of anatomy and use of SOAP notes and asks: "The client has a contusion on the lower half of their right leg on the backside. How should you describe the location of the contusion in your SOAP notes?"**

- a. "Right lower half of leg bruised."
- b. "Bruising on right posterior calf."
- c. "Bruising on distal leg."
- d. "Prone bruising on distal lower half of body."

Explanation: Contusion is the medical term for bruising. Posterior is the medical term for further back in position. The calf includes the gastrocnemius, soleus, and Achilles tendon. Answer A is incorrect because the statement does not explain that it is the back side of the leg. So this statement could mean that it is in the front as well. Answer C is incorrect because distal leg does not describe the lower half of the backside of the leg. Distal means situated away from the center of the body. Answer D is incorrect because it could mean any location below the waistline.

**90. When Fred was greeted by Dr. Castillo, what could he have done to better his soft skills?**

- a. Look at the doctor and speak in a tone that is appropriate for a professional setting.
- b. Address her on a first name basis
- c. Hand her his resume instead of the hand shake
- d. Wave to her before she greeted him

Explanation: To exhibit good professional soft skills, one should look a client or other professional in the eye when speaking to them.

**91. Why would Dr. Castillo want to prevent her massage therapists from texting during a massage session?**

- a. It can make the client uncomfortable.
- b. It can be a violation of privacy.
- c. It takes away from massage time which the client is paying for.
- d. All of the above.

Explanation: Clients may question what the therapist is texting about as they lay on the table. It can make the client uncomfortable for this reason. In addition, if anything about the client is mentioned in the text, it can be a violation of privacy and may be a HIPAA violation. Finally, the client is paying for the massage session and to engage in personal activities during the massage session takes away from the service the client has paid for.

**92. Why would Dr. Castillo be concerned about her clients being heard?**

- a. It creates trust.
- b. The more a client asks for, the more money the practice can make.
- c. If clients are heard, their misunderstandings can be corrected.
- d. To give the client everything they ask for.

Explanation: When a client feels that a practitioner is listening to them, it gives the client a sense that the practitioner cares for them which develops feelings of trust. When a client trusts a practice he or she is more likely to be satisfied with the care and return for additional services. Listening and being responsive and respectful creates a happy customer and provides good customer service.

**A client fell while out running and sustained an injury to the right anterior thigh. The injured area is slightly inflamed and the client is having difficulty bearing weight on the injured leg. The client is also having slight pain when attempting to extend the knee or flex the hip.**

**93. Which of the following muscle groups would you suspect to be injured in this case?**

- a. Rotator cuff
- b. Forearm extensors
- c. Hamstrings
- d. Quadriceps

Explanation: The only muscle group from the choices that is located on the anterior thigh are the quadriceps.

**94. Of the quadriceps, which muscle is both a flexor of the hip and an extensor of the knee?**

- a. Rectus femoris
- b. Biceps femoris
- c. Biceps brachii
- d. Vastus lateralis

Explanation: Rectus femoris is the only quadriceps femoris muscle to cross both the knee and hip joints. It, therefore, is the only quadriceps to act both on the knee and the hip.

**95. The client has now been cleared for massage by a physician. What would be the most appropriate goal for your treatments?**

- a. Reducing inflammation in the affected area
- b. Releasing adhesions in the injured tissues
- c. Creating a functional scar
- d. All of the above are appropriate goals.

Explanation: Once in the post-acute stages on an injury, the goals of massage are to reduce inflammation that promotes the formation of scar tissue, break up adhesions that have formed within surrounding tissues, align scar tissues with healthy tissues and create a functional scar.

**96. If this client came to you for a massage within hours of the injury occurring, what would be the most appropriate course of action for you?**

- a. Apply ice to the injured area.
- b. Perform a deep tissue massage.
- c. Refer the client to their primary care physician.
- d. Clean and dress the wound.

Explanation: Within hours of an injury, clients are in the acute stages of that injury and, as such, are contraindicated for massage treatments.

**97. Which chemical released by the damaged cells stimulates blood vessel walls to become more permeable, causing leakage of blood into the damaged tissues, causing inflammation?**

- a. Keratin
- b. Histamine
- c. Plasma
- d. Melanin

Explanation: Histamine is released by damaged cells and increases the permeability of blood vessel walls, allowing white blood cells to leak into the surrounding tissues, causing inflammation.

**Jesse's client, Melissa, has asked to receive a full body Lymph Drainage session. This is Melissa's first time receiving this massage and she has questions about the lymphatic system. She also does not like any type of deep work done and has asked for light pressure. When looking over Melissa's intake form Jessie noticed that Melissa has had issues with her thyroid.**

**98. In which direction does lymph move through the lymphatic system?**

- a. Backwards
- b. Unidirectional
- c. Multi-directional
- d. It does not move.

Explanation: Lymph moves in one direction through the lymphatic system. Because of a one-way valve that is part of the lymph vessels, lymph is prevented from moving backwards.

**99. Melissa marked on her intake form that she has had issues with her thyroid. What action needs to be taken?**

- a. This is considered a contraindication.
- b. Refer to another therapist with special training.
- c. This is an indication and or precaution.
- d. Receive a doctor's approval before application of massage.



Explanation: Any thyroid issue is considered a precaution. A client may receive treatment but massage is locally contraindicated on and around the throat.

**100. Jesse is thinking of creating an informational email to be sent to her clients prior to a lymph drainage session to prepare them for the procedure. Which of the following would not be included in the information because it is inaccurate?**

- a. "You should arrive to your session well hydrated."
- b. "Do not consume alcohol or recreational drugs the night before your session."
- ✓ c. "Plan to rest without movement for 15 minutes after the treatment."
- d. "Do not apply lotion to your skin prior to treatment."

Explanation: Of the answer options, Answer C is inaccurate. A client who has undergone a lymph drainage session should be instructed to engage in gentle movement and breathing immediately after the session and continue it for at least 15 minutes. The reason is that the lymph system collects toxins and places them in the blood stream for removal. Fifteen minutes of movement, like a short walk, is critical.

**101. What are the major functions of lymph nodes?**

- a. They create RBCs, WBCs and platelets
- ✓ b. Filter lymph and assist the immune system
- c. Generate hormones
- d. Assist with blood clots

Explanation: Lymph nodes hold lymphocytes, which is a type of white blood cell, which protects the body from infectious agents. RBCs, WBCs and platelets are produced in the red bone marrow. Hormones are generated in the endocrine system. Lymphatic system belongs to the circulatory system. No lymph runs through the central nervous system.

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