

Practice Exam Kit for the MBLEx



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Your Test Statistics

Test Mode	Test
Number of Questions	100
Number Correct	52
Number Incorrect	48
Number Not Answered	0
Date/Time Started	Jan 23, 2017 12:51 (PST)
Date/Time Finished	Jan 23, 2017 3:38 (PST)
Time Logged	1:06:49
Score	52%

Statistics by Section

#	Section	Questions	Correct	Incorrect	Unanswered	Score
1	Anatomy and Physiology	18	9	9	0	50%
2	Client Assessment	9	6	3	0	67%
3	Ethics, Boundaries, Rules and Regulations	7	6	1	0	86%
4	Guidelines for Professional Practice	6	3	3	0	50%
5	Kinesiology	8	1	7	0	13%
6	Massage History and Culture	8	4	4	0	50%
7	Miscellaneous Scenarios	19	11	8	0	58%
8	Pathology and Contraindications	16	7	9	0	44%
9	Physiological Effects of Massage	9	5	4	0	56%
Total:		100	52	48	0	52%

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	100 Questions
Time Limit	1 Hour, 50 Minutes

Your results for this test follow:

1. **Osteophyte is the technical term for _____.**

- a. a bone spur
- b. a tooth
- c. a bone fracture
- d. bone cancer

Explanation: An osteophyte is the technical term for a bone spur. A bone spur is an abnormal bone growth caused by old age, articular degeneration, disease or excessive wear and tear during mechanical instability.

2. **The lateral malleolus is comprised of which of the following bones?**

- a. Fibula
- b. Tibia
- c. Calcaneus
- d. Femur

Explanation: The lateral malleolus is located on the lower extremity at the distal end of the fibula, also known as the external malleolus. The shape is of a pyramidal form and somewhat flattened from side to side and is the attachment site for the calcaneofibular ligament. The lateral malleolus descends to a lower level than the medial malleolus and the lateral malleolus is often the site of ankle injuries and fractures.

3. **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.

4. **Which muscle is flexed during forced exhalation?**

- a. Abdominals
- b. Rectus femoris
- c. Diaphragm
- d. Iliopsoas

Explanation: During a forced exhalation, the abdominal muscles are engaged to assist the expulsion of air from the lungs.

5. What is another term for kinesthesia?

- a. Proprioception
- b. Pain
- c. Mechanoreceptors
- d. Tetanus

Explanation: Kinesthesia is another term for proprioception, or the ability of a person to perceive their own movement.

6. Synarthrosis, amphiarthrosis and diarthrosis refers to _____.

- a. cellular functions
- b. joint movements
- c. nervous system functions
- d. digestive function

Explanation: All three are classifications of joint movements. An example of a synarthrosis joint is the skull sutures which permit little to no mobility. An example of amphiarthrosis joint is the cartilage of the vertebra which permits slight mobility. Examples of the diarthrosis joint are the shoulders, hips and knees which permit a wide range of movements.

7. Choose the correct definition of the anatomical term "condyle".

- a. A shallow cavity or slight depression
- b. The superior region of a long bone
- c. A projection or protuberance
- d. A rounded articular process

Explanation: The anatomical term "condyle" refers to a rounded articular process as in the medial or lateral condyles of the femur which articulate with the condyles of the tibia.

8. Where would you find collagen?

- a. Blood vessels
- b. Bones
- c. Tendons
- d. All of the above

Explanation: Collagen is the main component of connective tissue and is abundant throughout the human body. In addition to blood vessels, bones and tendons, collagen can also be found in skin, ligaments, cartilage, intervertebral discs and throughout the human body.

9. Where is the insertion of the temporalis muscle?

- a. Coronoid process of the mandible
- b. Ramus of the mandible
- c. Body of the mandible

d. Zygomatic arch

Explanation: The temporalis muscle originates on the temporal fossa of the skull and inserts into the coronoid process of the mandible. Its action is retraction and elevation of the mandible.

10. Extensor pollicis longus attaches to which of the following digits?

- a. Pinky
- b. Ring
- c. Index
- d. Thumb

Explanation: A pollicis is another term for thumb. Any question that includes the term pollicis will relate to the thumb.

11. Which muscle is responsible for initiating inhalation?

- a. Intercostals
- b. Abdominals
- c. Diaphragm
- d. Pectoralis major

Explanation: The diaphragm muscle which extends across the bottom of the rib cage is the muscle responsible for initiating inhalation.

12. Which of the following muscles would contribute to wrist adduction?

- a. Extensor carpi radialis
- b. Extensor carpi ulnaris
- c. Flexor digitorum profundus
- d. Extensor pollicis brevis

Explanation: The extensor carpi ulnaris acts to both extend and adduct the wrist.

13. Which of the following muscles are a part of the hamstrings?

- a. Rectus femoris
- b. Biceps femoris
- c. Gracilis
- d. Soleus

Explanation: The hamstrings are the muscle group of the posterior thigh and include the biceps femoris, semitendinosus and the semimembranosus. The hamstrings cross over and act upon both the hip and knee joints.

14. 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.

15. What is a function of bursa?

- a. Lubricates joints
- b. Produce hormones
- c. Creates bile
- d. Storage of lymph

Explanation: Bursa is a small synovial fluid holding sac which provides cushion between bones and tendons as well as between muscles and bone typically around a joint. It helps reduce the friction between these structures during movement.

16. Molecules of carbon dioxide and oxygen are passively exchanged by the process of _____.

- a. fission
- b. diffusion
- c. dispersion
- d. metabolism

Explanation: Diffusion is the process where an area of higher concentration naturally flows into an area of lower concentration. Upon inspiration of air into the lungs, the alveolar sac is full of oxygen and the surrounding tissue is saturated with carbon dioxide rich blood. Next, the process of diffusion allows oxygen to flow into the blood from the alveolar sacs and carbon dioxide to flow from the blood into the alveolar sacs where it will be released through exhalation.

17. How many arches are in a normal human foot?

- a. 1
- b. 2
- c. 3
- d. 4

Explanation: There are three arches in a normal human foot. These are the medial longitudinal arch, the lateral longitudinal arch and the transverse arch.

18. 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.

19. Choose the correct action for the iliacus muscle.

- a. Adduction, flexion and lateral rotation of the hip
- b. Adduction, extension and lateral rotation of the hip
- c. Adduction, flexion and medial rotation of the hip
- d. Abduction, flexion and lateral rotation of the hip

Explanation: The iliacus muscle, located deep to the anterior portion of the hip, is responsible for hip adduction and lateral rotation as well as flexion.

20. Which muscle group is responsible for leg extension?

- a. Anterior compartment
- b. Gluteals
- c. Quadriceps
- d. Hamstrings

Explanation: The quadriceps insert onto the tibial tuberosity via the patellar tendon and, as a group, act as a powerful extensor of the leg. The quadriceps consist of four muscles: vastus lateralis, vastus medialis, vastus intermedius and the rectus femoris.

21. Which of the following muscles is an example of a convergent muscle?

- a. Solar plexus
- b. Latissimus dorsi
- c. Brachioradialis
- d. Sartorius

Explanation: A convergent muscle starts from a broad origin and converges into a narrow insertion. The latissimus dorsi is an example of a convergent muscle.

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. A tetanic contraction is under the control of the patient and is considered a voluntary contraction.

- a. True

b. False

Explanation: A tetanic contraction is an involuntary contraction which occurs as a result of a hyperactive stimulation of motor neurons within a muscle. The contraction will remain constant over an extended period of time or as long as the artificial stimulant is active. The cause of this form of contraction can come from disease, electrical stimulation or toxins and drugs.

24. Which action does the flexor pollicis longus cause?

- a. Flexion of the thumb
- b. Extension of the thumb
- c. Flexion of the big toe
- d. Extension of the big toe

Explanation: The flexor pollicis longus muscle when contracted will act to flex the thumb.

25. The proximal articulation of the radius is an example of a _____ joint.

- a. condyloid
- b. pivot
- c. ball and socket
- d. saddle

Explanation: The back and forth, uniaxial rotation of the proximal radial articulation is classified as a pivot joint. This is the action of pronation and supination of the forearm.

26. Piriformis, gemelli superior and obturator internus are part of the _____ group.

- a. abductor
- b. adductor
- c. extensor
- d. lateral rotator

Explanation: Piriformis, gemelli superior and obturator internus along with the gemelli inferior, obturator externus and the quadratus femoris all make up the lateral rotator group of the hip. An easy way to remember the order is PGOGOQ.

27. What is the term for a mass of connected boils?

- a. Acne
- b. Cellulitis
- c. Urticaria
- d. Carbuncle

Explanation: Carbuncles are a highly contagious mass of boils that tend to develop in people with weakened immune systems. Carbuncles are contraindicated for massage.

28. What area of the body does Morton's Neuroma affect?

- a. Hands
- b. Feet
- c. Shoulders
- d. Hips

Explanation: Morton's neuroma is a benign tumor involving nerve cells that develops between the distal ends of the phalanges and tarsals of the foot. The location can vary and will be near or around the ball of the foot. Symptoms of the condition are pain, tenderness and swelling. The cause of the condition is irritation of the plantar nerve.

29. Cellulitis is an accumulation of cellulite.

- True
- False

Explanation: Cellulitis is an inflammation of the dermal and subcutaneous layers of the skin. Cellulite is a dimpling of the skin caused by herniations of subcutaneous fat.

30. Where would you expect to find an injury to the MCL?

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

Explanation: The MCL is the abbreviation for Medial Collateral Ligament and is located in the knee and attaches the medial condyle of the femur to the medial condyle of the tibia. The role the MCL plays is to prevent medial deviation of the leg and to stabilize the knee joint during movement.

31. What is the best technique for working the axilla?

- a. Deep tissue
- b. Trigger point
- c. Compression
- d. No technique

Explanation: The axilla is the armpit. A sensitive area that is full of lymph nodes, nerves, arteries and veins.

32. Which would you expect to see on a person with jaundice?

- a. Redness of the skin
- b. A bluish skin tint
- c. A yellowing of the skin
- d. Scaly, dry skin

Explanation: Jaundice comes from the French word jaune, which means yellow. Increased levels of bilirubin in the blood is what causes the yellow discoloration of skin.

33. What is occurring when vasodilation increases the permeability of small vessels and fluid leaks into surrounding tissue?

- a. Anoxia
- b. Chemotaxis
- ✓ c. Edema
- d. Hyperplasia

Explanation: Edema is an abnormal accumulation of fluid that causes swelling. The locations can vary from beneath the skin or in one or more cavities of the body. There are many causes and types of edema but a common form is cutaneous edema which is also known as pitting edema, a condition which occurs when pressure is applied to a small area of skin and an indentation persists for some time after the release of pressure. Deep pressure massage is contraindicated with edema.

34. A pathogen may be transmitted by a vehicle. Which of the following is classified as a vehicle?

- ✓ a. Water
- b. Airborne
- ✗ c. Insect
- d. Host to host contact

Explanation: In regards to the transmission of pathogens, a vehicle is a substance that is capable of maintaining the life of a pathogen until it reaches a host. The most common forms of pathogen vehicles are water, food and blood.

35. Which of the following is an anti-inflammatory drug?

- a. Diuretics
- ✓ b. NSAIDs
- c. Statins
- d. Anticoagulants

Explanation: NSAIDs, or non-steroidal anti-inflammatory drugs, are an unusual analgesic or pain reducers in that they are non-narcotic. The most prominent NSAID analgesics are aspirin, ibuprofen and naproxen which can be purchased over-the-counter at local drug stores.

36. Hodgkin's disease affects which of the following body systems?

- a. Digestive
- ✓ b. Lymphatic
- c. Respiratory
- d. Nervous

Explanation: Hodgkin's disease is a malignant infection of lymph tissue and eventually spreads into other areas resulting in a complete failure of the body systems and ultimately death. Massage is contraindicated.

37. Which of the following best describes a concussion?

- a. A bruise

- b. A blister
- ✓ c. Brain swelling
- d. Abdominal pain

Explanation: A concussion is a traumatic brain injury which can cause the brain to swell. Symptoms can be a temporary loss of brain function that affects the mobility, emotional disorders or in extreme cases a complete and permanent loss of brain function.

38. Which factor causes poliomyelitis?

- a. Bacterial infection
- ✓ b. Viral infection
- c. Heredity
- ✗ d. Autoimmune response

Explanation: Poliomyelitis is caused by the poliovirus which is an acute, infectious viral disease usually spread via fecal-oral transmission, which points to the great importance to washing hands after using the bathroom.

39. What would be expected of a client that presents with pediculosis?

- ✗ a. Athletes foot
- ✓ b. Lice
- c. Bad breath
- d. Impaired vision

Explanation: Pediculosis is an infestation of lice, the wingless insect that feeds on dead skin, sebaceous secretions and blood. There are three classifications of pediculosis, divided by the section of the body they infect. Pediculosis capitis is for head lice, pediculosis corporis is for body lice (aka vagabond's disease) and pediculosis pubis is for pubic lice (aka crabs).

40. 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.

41. Which condition would trigger the use of nitrates?

- a. Lymphedema
- b. Diarrhea
- c. Viral infection
- ✓ d. Heart attack

Explanation: Nitrates are used to restart the heart during a heart attack and as a preventative measure during surgery via intravenous injection (IV therapy).

42. Rheumatoid arthritis, lupus, chronic fatigue syndrome and Sjogren's syndrome are all examples of _____ diseases.

- a. autoimmune
- b. deficiency
- c. pathogenic
- d. infectious

Explanation: All the examples listed in the question are autoimmune diseases and all have their own contraindications and indications for massage.

43. Apley's scratch test is used to determine the range of motion of the _____.

- a. wrist
- b. shoulder
- c. neck
- d. hips

Explanation: The Apley's scratch test requires a client to reach behind their back, one hand from above reaching down and the other hand from behind reaching up to scratch between the shoulder blades. The test is designed to assess the range of motion of both shoulders in each direction. The client then repeats the action with the opposite hand to measure range of motion in the other direction.

44. A regular client has recently complained of pain in the arches of their feet. Which of the following healthcare providers should you refer your client to?

- a. Physical Therapist
- b. Chiropractor
- c. Orthopedist
- d. Podiatrist

Explanation: A Podiatrist is a doctor devoted to the study, diagnosis and treatment of disorders that affect the foot, ankle and lower leg. Practitioners of podiatry may focus on varying specialties within the field including primary care, orthopedics, biomechanics, pediatrics, geriatrics, sports medicine and surgery. Having an understanding of the different branches of medical providers will increase your effectiveness with your clients and allow for a better network of practitioners.

45. While doing an assessment of hip flexion, requesting your client to flex their hip is an example of _____ range of motion testing.

- a. active
- b. passive
- c. isometric
- d. eccentric

Explanation: Testing the range of motion while the client is moving under their own power is known as an active range of motion test.

46. A client has been diagnosed with pes cavus, which means they have _____.

- a. flat feet
- b. high arches of the feet
- c. an infected abscess
- d. extreme cavities

Explanation: A client with pes cavus has a foot deformity characterized by an abnormally high medially longitudinal arch, also known as a high medial arch of the foot.

47. The tendinoperiosteal junction is located between the muscle and tendon.

- a. True
- b. False

Explanation: The tendinoperiosteal junction is located between tendon and bone.

48. Applying force against an active movement by a client during an assessment is _____.

- a. active ROM
- b. active-assisted ROM
- c. passive ROM
- d. resistive ROM

Explanation: When a therapist applies force against an active movement during an assessment, they are providing resistive ROM. This is used to test for muscle strength and weakness.

49. Which activity is likely to cause the most lactic acid build up in a client?

- a. A long car ride
- b. Walking up stairs
- c. A long walk
- d. Sprinting

Explanation: Lactic acid buildup occurs when the demand for energy exceeds the tissues ability to process the metabolic waste. Sprinting is the only activity mentioned that can create this scenario.

50. Which of the following procedures is an exfoliating treatment?

- a. Salt glow
- b. Aromatherapy bath
- c. Herbal wrap
- d. Steam bath

Explanation: A salt glow is a treatment in which the practitioner applies sea salts to the body in a rubbing fashion to exfoliate the skin.

51. **Assisting a client with a movement during a palpation assessment is _____.**

- a. active ROM
- b. active-assisted ROM
- c. passive ROM
- d. resistive ROM

Explanation: Assisting a client through an active movement is active-assisted ROM. This is used to test for muscle adhesions, muscle strengths and muscle weakness.

52. **The activation of vasomotor nerves would be a/an _____ effect of massage.**

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

Explanation: Vasomotor nerves control the vasodilation or vasoconstriction of blood vessels. The activation of vasomotor nerves is a secondary response to receiving massage and would be a reflexive effect.

53. **A client who is prescribed anti-anxiety medications is also receiving relaxation massage. What kind of relationship does massage have with the medication?**

- a. metabolic
- b. inhibiting
- c. antagonistic
- d. synergistic

Explanation: An effect of massage is the reduction of anxiety. Since massage and anti-anxiety medications have a similar action on the body, they are synergists of each other.

54. **What is the name of the phenomenon where cells within an organism are inspired to move within their environment based on the presence of certain chemicals?**

- a. Chemotaxis
- b. Hypostasis
- c. Peristalsis
- d. Phagocytosis

Explanation: Chemotaxis is the movement of a cell based on the chemical makeup of its environment. Glucose can be a stimulant to attract a cell towards it or a cell can be driven away by a toxin.

55. **A client is experiencing more than usual stress lately. She has specifically requested a massage to help her relax. The therapist has chosen to provide a traditional Swedish massage. Choose the hormone that would typically be reduced during a Swedish massage.**

- a. serotonin
- b. cortisol
- c. dopamine
- d. oxycotin

Explanation: Cortisol is typically reduced during a massage through the activation of the parasympathetic nervous system. High levels of stress are common causes of elevated cortisol and an indication of an overactive sympathetic nervous system responsible for the "fight or flight" response. Excess cortisol production suppresses the immune system and is a major contributing factor for weight gain, high blood pressure, fatigue and disease.

56. _____ is a technique that is applied by a therapist through shaking or jostling the client.

- a. Vibration
- b. Tapotement
- c. Friction
- d. Petrissage

Explanation: Vibration is applied through gently shaking or jostling the client.

57. What effect does gentle rhythmic rocking of a client during massage have on the vestibular apparatus?

- a. Synchronization
- b. Activation
- c. Mechanical
- d. Placebo

Explanation: The vestibular apparatus is a complex monitoring system within the ears that utilizes the eyes as signals for balance and spatial orientation. By gently rocking a client, the fluid within the vestibular apparatus has a chance to recalibrate and help the client gain a more accurate perspective of spatial presence.

58. How does massage assist with postural alignment?

- a. Calibrates muscle tone
- b. Release of hormones
- c. Stimulation of parasympathetic nervous system
- d. Through reflexive effects

Explanation: Postural misalignment is due in large part to structural deviations and muscular imbalances. When applied skillfully, massage can rebalance muscle tone and assist with postural alignment.

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. What massage technique would be best to use on an athlete 30 minutes before their sporting event?

- a. Brisk and invigorating strokes
- b. Deep focused pressure
- c. Very light, soft pressure
- d. Long sustained compression

Explanation: The goal of pre-event sports massage is to increase circulation, flexibility and increase mental clarity. Applying brisk and invigorating strokes is the best way to achieve this goal.

61. A client has requested to receive visceral manipulation from a massage practitioner who has no experience or training in visceral manipulation but has a general understanding of the technique. The client has received visceral manipulation from other massage therapists and insists that he can teach the practitioner to provide the treatment. The client is not affiliated with any aspect of healthcare. Choose the best option to proceed.

- a. Massage the client but avoid any attempt to provide visceral manipulation.
- b. Massage the client while attempting to provide visceral manipulation.
- c. Massage the client while learning from the client's experience of visceral manipulation.
- d. Refer the client to a practitioner who is trained in visceral manipulation.

Explanation: A massage practitioner should never work outside of his or her scope of practice. There are many therapists with varying degrees of training and expertise. The best option is to refer the client to another therapist or medical practitioner with the proper training to better assist the client's needs.

62. 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.

63. What is the primary reason for keeping all records safe and protected?

- a. To insure you are paid from insurance
- b. To protect against being sued

- c. Client confidentiality
- d. Personal reasons

Explanation: Client confidentiality is an aspect of professional ethics and should be adhered to out of respect for the client. Also, not protecting a client's information is a violation of HIPAA.

64. **Over the past year, the relations between a massage therapist and a client has grown friendly. There are times when both parties talk during the massage session and sometimes things are shared that are beyond the regular scope of practice. Lately, the client, who openly talks about his financial success in business, has been having difficulties with the construction workers who are building the client's dream home. The massage therapist, who lives in an apartment, has recently become irritated by the client's personal problems and is having a difficult time performing her duties as a massage therapist. Which of the following best describes the relationship?**
- a. A dual relationship
 - b. Transference
 - c. Countertransference
 - d. Indifference

Explanation: Countertransference is when a practitioner projects feelings or emotions onto a client. In this case, the massage practitioner is most likely jealous of the client's fortunes and has lost the ability to be a compassionate professional towards them. If this were a dual relationship, the two parties would be engaging each other outside of the treatment office.

65. **A massage therapist who provides intentional spinal adjustments is violating the massage _____.**
- a. ethical standard
 - b. scope of practice
 - c. business practice
 - d. federal law

Explanation: Spinal manipulations or adjustments are within the scope of practice for chiropractors, osteopaths and qualified physical therapists but outside the scope of practice for massage therapists. A massage therapist who provides intentional spinal adjustments is violating the massage scope of practice.

66. **Which of the following includes the educational and ethical standards of the massage profession?**
- a. Scope of practice
 - b. State laws
 - c. HIPAA
 - d. Personal boundaries

Explanation: The scope of practice encompasses laws that govern the educational requirements as well as guidelines for conduct with regard to ethical standards.

67. _____ are the physical and emotional space between a client and a therapist that helps maintain professionalism.

- a. Ethics
- ✓ b. Boundaries
- c. Frameworks
- d. Laws

Explanation: Boundaries are integral to maintaining a healthy physical and emotional space within the therapeutic relationship.

68. A massage therapist has created a great side business of selling supplements and therapy aides to his clients. What ethical advantage is the massage therapist using to increase profits?

- ✓ a. Power differential
- b. Proprietary knowledge
- c. Marketing
- d. Scope of practice

Explanation: A power differential occurs when a person is in a role of an expert and another person is seeking guidance or care. The expert has the power to easily influence the decision of the seeker and is thus more likely to take or purchase anything the expert suggests. Practitioners in the field of healthcare have an ethical obligation to not capitalize on power differentials for personal gain.

69. 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.

70. Which method of massage focuses on subtle changes in the body to enhance the mind/body connection?

- a. Structural integration
- b. Visceral manipulation
- ✗ c. Myofascial release
- ✓ d. Energetic approaches

Explanation: Energetic approaches rely on soft touch and emotional intentions as the basis for healing. The other three options rely on more drastic changes in the body for effective treatment.

71. On a rare occasion a client will be unhappy or dissatisfied with an experience with a therapist. In this case, a therapist should have a _____ to address the client's issues.

- ✓ a. recourse policy
- b. special fee

- c. professional boundary
- d. training manual

Explanation: The purpose of a recourse policy is to act as a guideline for addressing client issues. The recourse policy could be a refund or offering of a complementary massage in the event of an unsatisfactory experience.

72. Which of the following should be done before working with a new client that is covered by insurance?

- a. Create a treatment plan
- b. Bill the insurance company
- c. Fill out the intake form
- d. Ask about their family life

Explanation: Filling out and reviewing the intake form is an essential document to procure before any treatment is offered. Part of the intake form is to assess whether any medical conditions prevent treatment and to obtain an authorization to administer care.

73. A therapist is applying deep tissue massage to a client. The client states the pain is between a 9 and 10 on the pain scale of 1-10. How should the therapist respond?

- a. Immediately stop working on that particular area and move on
- b. Lighten the pressure till there is no discomfort
- c. Ease off the pressure till the discomfort is closer to a 5-7 on the pain scale
- d. Give the client a squeeze ball to help them work through the pain... no pain, no gain

Explanation: There is a "goldilocks" zone for therapeutic deep tissue massage which resides somewhere between a 5-7 on a client's particular pain scale. Working within this zone is proven to provide the best results for both the client and therapist. There is an exception: the therapist must self regulate their pressure when a client experiences little to no pain or discomfort when deep hard pressure is being applied.

74. Who created Connective Tissue Therapy based upon his or her own experience of self healing?

- a. Ruth Rice
- b. Dolores Krieger
- c. Milton Trager
- d. Elizabeth Dicke

Explanation: While working as a physiotherapist in Germany, Elizabeth Dicke contracted a systemic infection that led to gangrene in her right leg. She also suffered from angina as well as gastric, kidney and liver problems that were so severe that the doctors could not amputate her infected leg. Elizabeth was set aside to die an agonizing death. Suffering from lower back pain, she chose to provide self massage and noticed sensations that referred down her leg. Over the course of a few months and with the help of her colleagues providing manual therapy, she was able to fully recover. From this experience she developed a protocol for massage, referred to as Connective Tissue Therapy.

75. Which of the following is NOT a part of the five elements in TCM theory?

- a. Metal
- b. Wood
- c. Wind
- d. Earth

Explanation: The five elements in TCM theory are metal, water, wood, fire and earth. Wind is considered an influence in TCM and not an element.

76. How many meridians are a part of the acupressure system?

- a. 10
- b. 12
- c. 14
- d. 16

Explanation: Acupressure is an extension of acupuncture and traditional Chinese medicinal theories. Pressing points along the 14 meridian lines relieve tension and increase circulation as well as restore the body's natural flow of chi or energy. There are 12 basic meridians which include the lung, liver, spleen, stomach, kidney, large intestine, small intestine, heart, pericardium, bladder, gallbladder and the sanjiao meridians but there are also two special meridians (that are included in the acupressure system) and they are the conception vessel and the governor vessel which gives a total of 14 meridians. However, these two common special meridians are part of a classification of 8 extraordinary meridians in TCM.

77. In TCM, which of the following organs is associated with the element of wood?

- a. Heart
- b. Liver
- c. Lungs
- d. Stomach

Explanation: The liver (and gallbladder) is associated with the element of wood.

78. Who wrote the book *Massage, It's principles and practice*?

- a. Hippocrates
- b. Bonnie Pruden
- c. James B. Mennell
- d. Sir William Bennett

Explanation: James B. Mennell wrote the book *Massage, It's principles and practice* in 1917 while he served as a medical officer and lecturer of massage at the Training School of St. Thomas's Hospital in London, England.

79. Which color is associated with the throat chakra?

- a. Blue
- b. Green
- c. Red

d. Yellow

Explanation: Blue is the color most associated with the throat chakra (Vishuddha). However, it is sometimes drawn with a bluish white center and violet petals.

80. In TCM, which of the following organs is associated with the element of metal?

- a. Large intestine
- b. Gallbladder
- c. Small intestine
- d. Liver

Explanation: The large intestine (and lungs) is associated with the element of metal.

81. What part of the body does an Ashiatsu practitioner utilize most during treatment?

- a. Hands
- b. Elbows
- c. Knees
- d. Feet

Explanation: Ashiatsu literally means foot pressure in Japanese. Practitioners use bars located above the treatment table to stabilize themselves as they carefully apply foot pressure to sooth and unwind tension and strain.

An automobile accident has occurred and you are one of the first on the scene. The accident has occurred on a busy street and there appear to be casualties. People are standing around, taking pictures and videotaping the scene and no one has stepped in to help the injured.

82. Which of the following are you required by law to do?

- a. Assist the most injured victims first.
- b. Call 911.
- c. Make sure that the scene is safe.
- d. You are not required by law to do anything.

Explanation: Even if you are certified in CPR and/or first aid, you are not required by law to provide assistance at the scene of an accident.

83. As you step in to provide assistance, you notice that some of the accident victims are not moving. Which of the following should you do first?

- a. Look in the vehicle for victims.
- b. Make sure that the scene is safe.
- c. Assess to see which of the victims is most severely injured.
- d. Tell the bystanders to stop videotaping.

Explanation: Before providing any assistance at an accident, you need to make sure that the scene is safe for you, the victims and bystanders.

84. One of the victims has a piece of bone protruding through his anterior thigh. What classification of bone fracture has that appearance?

- a. Compound
- b. Simple
- c. Depressed
- d. Greenstick

Explanation: Compound fractures involve pieces of bone protruding through the skin.

85. As a result of providing assistance in the above scenario, your clothes are stained with the blood of some of the injured victims. What steps should you take to clean your clothing?

- a. Tear up your clothing and throw it away.
- b. Separate your soiled clothing from other items using gloves and wash them separately with a 10% bleach solution.
- c. Leave your clothing at the accident scene to be dealt with by the authorities.
- d. Wash your soiled clothing with all your other clothes as you normally would.

Explanation: OSHA regulations state that items contaminated with client's bodily fluids should be isolated from other laundry items and washed separately. A 10% bleach solution has been found to be effective in inactivating blood borne pathogens.

86. As you are providing assistance, you check one of the injured victims for a pulse. Which of the following defines a pulse?

- a. The sound heard when blood escapes from a malfunctioning heart valve
- b. Alternating contraction and recoil of an artery, as a result of the heartbeat
- c. A localized dilation of a blood vessel
- d. Obstruction of a blood vessel by a foreign body

Explanation: As you compress an artery against a bone, pressure exerted by the beating heart is reflected by alternating contracting and recoil in the artery.

You are out having lunch one afternoon, when you begin to observe the posture and gait patterns of passers-by.

87. Which condition is caused by weakness of the cardio-esophageal sphincter, leading to excessive acid reflux?

- a. Irritable bowel syndrome
- b. G.E.R.D.
- c. Appendicitis
- d. Colitis

Explanation: G.E.R.D. is gastro esophageal reflux disease and is caused by weakness of the cardio esophageal sphincter.

88. In considering postural patterns as people walk by, what property of connective tissue allows it to be deformed when manipulated by an outside force, giving it a plastic consistency?

- ✓ a. Viscoelasticity
- b. Piezoelectricity
- c. Adhesiveness
- d. Thixotropy

Explanation: Viscoelasticity allows connective tissue to maintain any shape that the body adopts for a sustained period. When manipulated, it slowly returns to its original shape.

89. What component of a gait cycle begins with the stance phase of the right foot?

- ✓ a. Heel strike of the right foot
- b. Heel strike of the left foot
- c. Toe off of the right foot
- d. Toe off of the left foot

Explanation: the stance phase of the gait cycle on any foot, begins with the heel strike of that foot.

90. What ROM pattern is a combination of dorsiflexion, eversion and abduction of the foot?

- ✗ a. Plantarflexion
- ✓ b. Pronation
- c. Circumduction
- d. Supination

Explanation: Pronation of the foot is a combination of dorsiflexion, eversion and abduction of the foot and is best observed while clients are in motion.

91. Your lunch was high in carbohydrates. In which part of the digestive system does carbohydrate catabolism begin?

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

Explanation: The breakdown of carbohydrates begins in the mouth. The enzyme amylase, found in saliva, begins the break down carbohydrates.

Scott is a new client and you have no SOAP notes on him. He asks for a deep tissue massage and tells you that he likes a lot of pressure. While performing massage on Scott, you notice that he holds his breath and clenches a lot. You stop to ask him a series of questions to better his experience while on the table. You recommend that Scott use deep breathing during the massage and suggest that he stop clenching.

92. Should a massage therapist encourage a client to do deep breathing during a massage?

- ✓ a. Yes. Deep breathing relieves stress, relaxes muscles, and helps with blood flow.
- b. It does not matter. Deep breathing has no effect on the central nervous system so it has no affect during a massage.
- c. No. Deep breathing distracts the client from relaxation.

d. No. Deep breathing creates stress to the body during massage and should be discouraged.

Explanation: Deep breathing supports the goals of massage. It promotes blood flow, increases lymphatic system, supports organ detoxification, lowers heart rate and blood pressure, and can be used to decrease stress and tension.

93. Should the massage therapist discourage clenching during a massage?

- a. No. It is actually good as it makes it easier for the therapist to see the definition of the muscles.
- b. No. Blood flow into the muscle is easier when clenching the muscle tissue during a massage.
- c. Yes. It only allows the therapist to work superficially.
- d. Yes. The tightening of the body during a massage defeats the purpose of a massage.

Explanation: When clenching the body, the client is tightening muscle and it can cause injury. A therapist can work deep but this may cause tears in the muscle tissue. If a client is clenching, it is better to use lighter pressure and repetitive strokes to achieve the massage goal and for safety purposes. If you see your client clenching, ask them to take a deep breath until you see the muscle tissue relax then start with a light massage and progress from there.

94. What is something you can do to assist your client with breathing?

- a. Stop the massage and teach them some breathing techniques.
- b. Provide oxygen via a mask and tank.
- c. Have them exercise before a massage to encourage breathing.
- d. Have them drink some water.

Explanation: In addition to stopping the massage and teaching the client some breathing techniques, watch their breathing and if they stop the proper technique, kindly remind them by doing it with them. Helping your client to deep breath has many benefits. It supports the goals of massage. It promotes blood flow, increases lymphatic system, supports organ detoxification, lowers heart rate and blood pressure, and can be used to decrease stress and tension. It is beyond the scope of practice to use oxygen or have them exercise before a massage session.

95. Would going deeper into the muscle tissue be a good step in your massage of Scott?

- a. Yes, because he specifically requested deep tissue.
- b. Yes, if you notice he has a lot of trigger points.
- c. No, because you can create micro tears in the muscle tissue.
- d. No, because it is not safe for the therapist due to body mechanics.

Explanation: Going deeper into a muscle while a client is holding his or her breath and clenching can cause damage to the muscles. You risk creating tears in the muscle tissue. At this time, a conversation about the pressure should be discussed and adjustments made for the health and safety of the client. Asking the client to take deep breathes and lightening your pressure would be a safer more effective massage for your client. The client may have trigger points but the safety of the client is most important.

96. Which of the following is the most important entry in the SOAP notes to assist a future therapist with Scott?

- a. Client requested deep tissue.
- b. Client enjoys receiving massage.
- c. This is a new client who had one massage.
- ✓ d. Client holds his breath and clenches muscles when deep tissue is applied.

Explanation: This will help the therapist to start the massage with deep breathing techniques and start off with a light massage progressing into a pressure that allows the client to continue to breath and keep his muscles relaxed. You can state that client has requested deep tissue but during session released pressure due to holding breath and clenching of muscles. Letting the next therapist know that deep tissue may not be the best massage for the client's health.

While working on a new client, you notice that he has raised moles on his back that are raised and irregular in shape. You are concerned for your client and do not want to unnecessarily alarm him.

97. What are the 5 layers of the epidermis, from deep to superficial?

- a. Stratum corneum, germinativum, basale, lucidum, granulosum.
- ✓ b. Stratum basale, spinosum, granulosum, lucidum, corneum
- ✗ c. Stratum granulosum, spinosum, corneum, basale
- d. Stratum granulosum, germinativum, corneum, spinosum

Explanation: The stratum basale is the deepest layer of the epidermis. The stratum is the most superficial layer.

98. The outer surface of the skin is composed of what type of tissue?

- a. Stratified columnar epithelium
- b. Pseudostratified ciliated columnar epithelium
- ✓ c. Stratified squamous epithelium
- d. Simple columnar epithelium

Explanation: Stratified squamous epithelium forms the outermost layer of skin and is also found to thicken in areas of the body (arms, feet, elbows) that experience varying degrees of friction and require extra layers for protection.

99. Based on your recommendation, the client sees his physician and had several cancerous moles removed from his back. He is also receiving chemotherapy treatment. Which of the following techniques are indicated when massaging clients receiving chemotherapy?

- a. Deep tissue
- b. Lymphatic drainage
- ✓ c. Light Swedish
- d. Structural integration

Explanation: When treating clients undergoing chemotherapy, deep tissue or structural techniques should be avoided.

100. What are the A, B, C, D, E's of skin cancer?

- a. Alignment, border, cancer, diameter, edema

- b. Asymmetry, barrier, color, drainage, evolution
- c. Alignment, barrier, cancer, diameter, edema
- ✓ d. Asymmetry, border, color, diameter, evolution

Explanation: The A, B, C, D, E's of skin cancer are used to identify potential skin cancers.

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