

Practice Exam Kit for the MBLEx

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Your Test Statistics

Test Mode	Test
Number of Questions	100
Number Correct	22
Number Incorrect	28
Number Not Answered	50
Date/Time Started	Jan 13, 2017 1:11 (PST)
Date/Time Finished	Jan 13, 2017 1:39 (PST)
Time Logged	1:36:02
Score	22%

Statistics by Section

#	Section	Questions	Correct	Incorrect	Unanswered	Score
1	Anatomy and Physiology	18	7	11	0	39%
2	Client Assessment	9	3	5	1	33%
3	Ethics, Boundaries, Rules and Regulations	7	0	0	7	0%
4	Guidelines for Professional Practice	6	0	0	6	0%
5	Kinesiology	8	5	3	0	63%
6	Massage History and Culture	8	0	0	8	0%
7	Miscellaneous Scenarios	19	0	0	19	0%
8	Pathology and Contraindications	16	7	9	0	44%
9	Physiological Effects of Massage	9	0	0	9	0%
Total:		100	22	28	50	22%

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. How many joints are part of the shoulder girdle?

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

Explanation: There are three joints that are part of the shoulder girdle - the sternoclavicular joint, the acromioclavicular joint and the glenohumeral joint.

2. 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.

3. Where are cubital lymph nodes located?

- a. Knees
- b. Thoracic cavity
- c. Neck
- d. Elbow

Explanation: Cubital refers to the elbow and will indicate that region when used with anatomical terms as cubital fossa, cubital tunnel and median cubital vein.

4. 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.

5. Peristalsis occurs the most in which of the following body systems?

- a. Reproduction
- b. Digestion
- c. Endocrine
- d. Nervous

Explanation: Peristalsis is the symmetrical contraction and relaxation of the smooth muscles that moves contents such as food through the digestive system.

6. 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.

7. What do the terms systole and diastole refer to?

- a. Kidney process
- b. Breathing cycle
- c. Heart beat
- d. Immune function

Explanation: Systole and diastole refer to the contraction (systole) and relaxation (diastole) phase of a heart beat.

8. What term is used to describe the minimum daily caloric requirement the body needs to stay alive when at rest?

- a. Metabolism
- b. Basal metabolism
- c. Essential input
- d. Chemotaxis

Explanation: Basal metabolism is the term used to describe the minimum daily caloric intake required by the body to stay alive while at rest. Basal metabolism is the balance between constructive and destructive metabolism.

9. The structure that connects the liver to the gall bladder is the:

- a. Hepatic portal vein

- b. Hepatic duct
- c. Bile duct
- d. The liver is not connected to the gall bladder

Explanation: The hepatic duct transports bile secreted in the liver into the gall bladder. The gall bladder stores and concentrates bile. The bile duct releases bile from the gall bladder into the small intestine.

10. Where would you locate the largest grouping of hyaline cartilage?

- a. Abdomen
- b. Thoracic cavity
- c. Joints
- d. Ears

Explanation: Hyaline cartilage (also known as gristle) is located on most joint surfaces and provides the necessary flexible support for proper joint functions. It is a fairly simple structure with no nerves or blood vessels and is shiny or pearly blue in color. The collagen in hyaline cartilage gives it incredible tensile strength and the presence of ground substance adds to its ability to withstand incredible amounts of pressure.

11. Which of the four quad muscles is the largest in size?

- a. Rectus femoris
- b. Vastus lateralis
- c. Vastus intermedius
- d. Vast medialis

Explanation: The vastus lateralis is the largest quadriceps muscle with its origin starting superiorly to the intertrochanteric line and inserting into the lateral border of the patella.

12. What do the trapezium, trapezoid, capitate and hamate have in common?

- a. comprise the proximal row of carpal bones
- b. comprise the distal row of carpal bones
- c. tarsal bones of the foot
- d. bones of the cranium

Explanation: The trapezium, trapezoid, capitate and hamate comprise the distal row of carpal bones of the hand. The scaphoid lunate, triquetrum and pisiform comprise the proximal row of carpals.

13. 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.

14. Neutrophils, basophils and eosinophils are types of _____.

- a. leukocytes
- b. myocytes
- c. pathogens
- d. enzymes

Explanation: Neutrophils, basophils and eosinophils are the three types of granular leukocytes (white blood cells) of the immune system which consume infectious diseases and foreign materials.

15. Celiac refers to which location in the body?

- a. Abdomen
- b. Mouth
- c. Brain
- d. Chest

Explanation: The term celiac describes the location of the abdomen and is used to describe the location of nerves as in the celiac plexus or the location of cardiovascular tissue as in the celiac artery. Celiac disease denotes the location of the disease located in the abdominal region.

16. What is the control center of a cell?

- a. Cytoplasm
- b. Mitochondrion
- c. Nucleolus
- d. Ribosome

Explanation: The nucleolus houses most of a cells genetic material, which dictates the functions of the cell and is this considered the control center.

17. Which nerve passes through the flexor retinaculum of the hand?

- a. Trigeminal
- b. Median
- c. Radial
- d. Sciatic

Explanation: The median nerve passes through the flexor retinaculum of the hand.

18. What is the outside membrane of the myelin sheath called?

- a. Astrocyte

- b. Oligodendroglia
- c. Axons
- d. Neurilemma

Explanation: The outside layer of the myelin sheath is called the neurilemma.

19. During a muscular contraction, the prime mover is also considered the _____.

- a. agonist
- b. antagonist
- c. synergist
- d. eccentric

Explanation: A prime mover is also known as an agonist, a muscle which causes a desired action.

20. Which type of joint is the pubis symphysis?

- a. Cartilaginous
- b. Fibrous
- c. Synovial
- d. Hinge

Explanation: The pubic symphysis is the cartilaginous joint between the left and right rami of the pubic bones.

21. How many muscles are part of a unilateral scalene grouping?

- a. 1
- b. 2
- c. 3
- d. 6

Explanation: A unilateral scalene muscle group consists of three muscles, the anterior, medial and posterior scalene.

22. Which of the following structures support the body while in the sitting position?

- a. Coccyx
- b. Sacrum
- c. Femur
- d. Ischial tuberosity

Explanation: The ischial tuberosity has a nickname, sitz bone, which means a pair of sitting bones. The gluteal muscles cover the ischial tuberosity while upright but move out of the way to expose it during sitting.

23. 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.

24. What is the movement in which the thumb meets the ring finger?

- a. Thumb adduction
- b. Thumb abduction
- c. Thumb flexion
- ✓ d. Thumb opposition

Explanation: The opposable action of the thumb is a unique movement that allows a connection between the thumb and the remaining four digits. This action creates our ability to grip objects.

25. Choose the correct action of the latissimus dorsi muscle?

- ✓ adducts, extends and internally rotates the arm at the shoulder
- ✗ adducts, extends and externally rotates the arm at the shoulder
- abducts, extends and internally rotates the arm at the shoulder
- abducts, extends and externally rotates the arm at the shoulder

Explanation: The latissimus dorsi muscle originates along the spinous processes of T-7 to L-5, iliac crest, inferior 3rd and/or 4th ribs, inferior angle of the scapula and the thoracolumbar fascia. The insertion is into the bicipital groove (intertubercular groove) of the humerus between the teres major located medially and the pectoralis major located laterally. This insertion point between the two major muscles has earned the latissimus dorsi the moniker, "The lady between two majors." The action of the latissimus dorsi is to internally (medially) rotate the arm, adduct the arm and then extend the arm.

26. 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.

27. Choose the term for a paralysis affecting symmetrical parts of the body.

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

Explanation: Diplegia is the medical term for a person who suffers from a symmetrical paralysis spanning both sides of their body. This condition is most common in sufferers of cerebral palsy but can also occur as a result of a spinal cord injury.

28. 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.

29. What type of massage is indicated for someone with hemophilia?

- a. Deep tissue
- b. Trigger point
- c. Tapotement
- d. Light effleurage

Explanation: Hemophilia is a condition that affects a person's ability to control blood clotting. Deep pressure massage on a client affected with hemophilia can cause deep muscle bleeding that can lead to swelling, numbness and/or pain.

30. Where would a periungual wart be located on the human body?

- a. Hands
- b. Feet
- c. Head
- d. Groin

Explanation: Periungual refers to the toes of the feet and more specifically, the skin that surrounds the toe nails. This condition would be a contraindication of massage on the feet.

31. Which of the following bacteria causes pneumonia?

- a. staphylococci
- b. streptococci
- c. gonococci
- d. diplococci

Explanation: The prefix diplo means “double” or “formed in pairs” which does not necessarily help with figuring the correct answer to this question. Through a process of elimination, one can rule out the other options by deciphering the meaning of each prefix. Staph would equal a staph infection, strep is related to strep throat, gono is related to gonorrhea which leaves us with that last choice as the correct answer to the question.

32. Which of the following conditions is an autoimmune disease that is typically hereditary and not contagious?

- a. Psoriasis
- b. Melanoma
- c. Shingles
- d. Herpes

Explanation: Psoriasis is a non-contagious autoimmune disease where the body mistakes the skin as a pathogen and sends faulty messages to speed up the growth of skin cells. There are five types but the most common is plaque psoriasis which exhibits scaly, red and white patches of skin. Massage is contraindicated directly over the affected area but indicated over unaffected skin.

33. What does a mycosis refer to?

- a. Bacterial infection
- b. Fungal infection
- c. Unknown infection
- d. Viral infection

Explanation: Myco- is the prefix meaning fungus. Mycology is the study of fungus whereas a mycosis is a fungal infection.

34. When the body, or part of the body, is deprived of sufficient oxygen, this is referred to as _____.

- a. hypoxia
- b. hyperbole
- c. hypoglycemia
- d. hemophilia

Explanation: Hypoxia is the pathological condition of the whole body, or a part of the body, being deprived of adequate oxygen supply. Warning signs are a blue discoloration of skin called cyanosis and is often linked with altitude sickness or other activities where the demand for oxygen by the body is greater than the body's ability to supply the oxygen.

35. What is the most appropriate treatment option for a client with the condition Yaws?

- a. Deep Tissue
- b. Swedish
- c. Lymphatic
- d. None/contraindicated

Explanation: Yaws is a chronic infectious disease caused by the Treponema pallidum organism. This condition causes lesions that secrete infectious ooze. Massage is contraindicated until all lesions have healed.

36. A pneumothorax is also known as _____.

- a. pneumonia
- ✓ b. a collapsed lung
- c. a heart infection
- d. a broken rib

Explanation: Pneumothorax is a collapsed lung, a condition where the lung closes in on itself as a result of blunt force trauma or surgical complications. Symptoms are chest pain and a shortness of breath.

37. A loss of muscle mass and strength due to immobility is referred to as _____.

- ✓ a. atrophy
- b. myositis
- c. muscular dystrophy
- ✗ d. myopathy

Explanation: All of the answer options relate to muscle issues but atrophy is the only condition caused by immobility. Myositis, muscular dystrophy and myopathy are systemic or internal issues that directly affect the muscles. Atrophy of muscle is the wasting away or degeneration of muscular tissue which can be caused by systemic issues not directly pertaining to the musculature. For example, a bedridden person can develop atrophy of their musculature due to immobility.

38. What is a scientific benefit of aromatherapy in relation to allopathic medicine?

- ✗ a. Relaxation
- b. Energizing
- ✓ c. Antimicrobial
- d. Pain relief

Explanation: Aromatherapy uses plant based essential oils for the treatment of various conditions. Many of the oils possess antimicrobial properties and have been incorporated into western medical treatments to fight against infections and disease.

39. What part of the body is directly affected when a client has conjunctivitis?

- a. Lungs
- b. Heart
- ✓ c. Eyes
- d. Ears

Explanation: Conjunctivitis is the technical term for pink eye, a condition caused by either viral or bacterial infection of the conjunctiva or mucosal lining of the external surface of the eye. This condition is contraindicated until symptoms have completely resolved.

40. A NEOPLASM is best described as:

- a. Scar tissue
- ✓ b. Tumor
- c. Normal tissue growth

d. Brain tissue

Explanation: A neoplasm or tumor is known as an abnormal growth of tissue. Tumors can be noncancerous (benign) or cancerous (malignant) and is caused when cells divide excessively within the body. Some examples of neoplasms are skin cancer, cervical cancer and lymphoma with the general understanding of cause to be an immune system deficiency. Cells are typically managed by a complex system of growth and death. However, when disturbed by environmental toxins, alcoholism, obesity, etc, a neoplasm may form.

41. While massaging a client's foot, you notice a hard, grainy, circular growth on his heel. What is the proper procedure for massage care?

- a. no issue, massage to break up tissue
- b. mild issue, massage with light pressure
- c. moderate issue, locally contraindicated
- d. severe issue, massage contraindicated

Explanation: The growth described represents a plantar wart. Plantar warts are benign epithelial tumors caused by infection by human papilloma virus and are very contagious. Massage is locally contraindicated.

42. Barbiturates are classified as a/n _____ medication.

- a. analgesic
- b. antiviral
- c. antiemetic
- d. mucolytic

Explanation: Barbiturates are medications that are prescribed as a depressant of central nervous system. This gives the drug an analgesic quality, one that reduces the sensation of pain.

43. 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.

44. A client walks into your office with a slight limp. He states he is experiencing pain in his right hip. He also claims to not know the origin of his discomfort. What is the best option to assess the relative discomfort that a client is experiencing?

- a. subjective pain scale
- b. objective pain scale
- c. passive range of motion testing
- d. active range of motion testing

Explanation: A subjective pain scale is a useful assessment protocol to determine the relative discomfort that a client is currently experiencing. Often a scale between 1-5 or 1-10 is used with 1 being the lowest amount of discomfort and either 5 or 10 being an unbearable and extreme pain. Most often, a therapist wants to remain under 4 or 8 respectively for an effective yet comfortable treatment.

45. What condition would you use the Adson maneuver for?

- a. Thoracic outlet syndrome
- b. Sciatica
- c. Piriformis syndrome
- d. Hip hike

Explanation: The Adson maneuver is used to determine a thoracic outlet compression. To conduct the Adson maneuver, a massage therapist places the client's arm into horizontal abduction on the affected side to a 45 degree angle while rotating their head toward the affected side. The massage therapist then instructs the client to extend their head which tightens the scalene muscles, which should magnify any preexisting compression of the subclavian artery and brachial plexus. The massage therapist palpates for a decrease in the radial pulse while the client takes deep breathes to exaggerate the compression.

46. 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.

47. During an assessment, a massage therapist instructs their client to move a part of their body without assistance. This is known as _____.

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

Explanation: When a client performs an unassisted movement of their body, they are displaying an active ROM. This is used to determine the client's natural range of motion.

48. Upon administering the passive range of motion test on the neck of your client, you find a mild decrease in rotation to the right. Which muscle would be shortened?

- a. Left levator scapularis
- b. Right levator scapularis
- c. Left trapezius
- d. Right semispinalis capitis

Explanation: The passive range of motion test assesses the antagonist muscles of the body. We are looking for the muscle that would inhibit rotation to the right. In this case, the left levator scapularis is the shortened muscle.

49. 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.

50. A postural assessment may be performed while a client is at rest in a supine position.

- a. True
- b. False

Explanation: A postural assessment can be performed while the client is standing to observe how they hold themselves upright in relation to gravitational forces or while laying down in a supine/prone position to determine any asymmetries.

51. What is the automatic muscle contraction that regulates skeletal muscle length when a client regains their balance after losing it?

- a. reciprocal inhibition
- b. ipsilateral flexion
- c. muscle memory
- Skipped d. stretch reflex

Explanation: Stretch reflex or myotatic reflex is an automatic muscle contraction in response to a stretching of muscle fibers. In this case, during the event of losing balance, muscles are stretched and triggered to automatically contract as a means of regaining balance.

52. When lymph fluid moves through the lymph ducts as a result of lymphatic massage, it is a/an _____ effect of massage upon the lymphatic system.

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

Explanation: A mechanical effect is a direct effect. Therefore, lymphatic massage, which moves lymph fluid through lymph ducts, has a mechanical effect upon the lymph system.

53. Stress hormones are released by the _____.

- a. golgi tendon organ
- b. parasympathetic nervous system
- Skipped ✓ c. sympathetic nervous system
- d. muscle belly

Explanation: The sympathetic nervous system is responsible for the release of stress hormones.

54. What massage stroke would a massage therapist use to assist with peristalsis in the abdomen?

- a. Myofascial release
- Skipped ✓ b. Effleurage
- c. Friction
- d. Tapotement

Explanation: Peristalsis in the abdomen is the muscular contraction that moves contents through passageways within the body like the intestines. The best technique of the answer options is effleurage, which gently assists in the natural flow of the digestive rhythm.

55. When working on an acute or subacute frozen shoulder, the best technique to reduce pain in your client is _____.

- Skipped ✓ a. Diaphragmatic breathing
- b. Active-passive range of motion
- c. Deep tissue massage
- d. Positive thinking

Explanation: Diaphragmatic breathing, also known as belly breathing or deep breathing, is based on engaging the diaphragm upon inhalation to draw in more air and oxygen into the lungs. The rhythmic action and increased oxygen assist in the parasympathetic response to reducing pain and stress.

56. What are Tiger Balm, Icy Hot and arnica?

- Skipped ✓ a. Analgesics
- b. Astringents
- c. Vasopressors
- d. Bronchodilators

Explanation: Tiger Balm, Icy Hot and arnica have all been used as analgesics, the technical term to reduce the sensation of pain.

57. Which of the following anatomy does craniosacral therapy directly affect?

- a. Digestion
- Skipped ✓ b. Cerebrospinal fluid
- c. Lymph
- d. Interstitial fluid

Explanation: The craniosacral system consists of the skull, vertebrae, meninges and cerebrospinal fluid. The purpose of craniosacral therapy is to rebalance the flow of cerebrospinal fluid to restore sensory, motor and intellectual function.

58. Which of the following best describes the technique of myofascial release?

- a. Vigorous, deep pressure
- b. Light, circular strokes
- Skipped ✓** c. Gentle, sustained pressure
- d. Deep, focused pressure

Explanation: Myofascial release relies on a gentle, sustained pressure approach to unwinding fascial tension. The goal is to break the tension pattern and allow the underlying tissues to naturally release.

59. Massage stimulates the release of _____ which causes local vasodilation.

- a. Serotonin
- b. Dopamine
- c. Cortisol
- Skipped ✓** d. Histamine

Explanation: Histamine is a neurotransmitter that stimulates a local inflammatory response which is the reason for the redness of an area of the body after massage.

60. A massage therapist who is actively releasing intestinal adhesions throughout the abdominal cavity would be applying a/an _____ effect upon the digestive system.

- a. reflexive
- Skipped ✓** b. mechanical
- c. indirect
- d. beneficial

Explanation: The therapist is providing a direct application of massage onto the abdomen, which is a mechanical effect upon the digestive system.

61. 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.
- Skipped ✓** 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.

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.
- Skipped** ✓ 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. Throughout the years, a massage therapist can learn a multitude of disciplines which can be used during treatments. A massage therapist who works with pregnant mothers, athletes and repetitive stress injuries is best described as using _____.

- a. massage fundamentals
- Skipped** ✓ b. integrated approaches
- c. structural integration
- d. applied kinesiology

Explanation: A massage therapist who can use utilize a broad range of skills to treat various unrelated conditions is known to employ integrated approaches.

64. A crush or loving interest from a client is a natural occurrence.

- Skipped** ✓ True
- False

Explanation: A crush or love interest is a natural occurrence, especially when a massage therapist is viewed as safe, comforting and a truly caring individual. However, acting on these natural feelings oversteps the boundaries and threatens the very ethos of the healing culture of massage therapy.

65. Which of the following best describes a massage therapist who routinely drapes clients in an immodest and unprofessional manner?

- a. The massage therapist needs additional training.
- b. The massage therapist is participating in a dual relationship.
- c. The massage therapists scope of practice needs to be redefined.
- Skipped** ✓ d. The massage therapist has broken a code of ethics.

Explanation: There are times when undraping sensitive areas for treatment is within the scope of practice of massage. However, a massage therapist who routinely drapes in an unprofessional manner is breaking a standard of conduct indicated in the massage code of ethics.

66. Which of the following techniques is not covered under the massage therapy scope of practice?

- Skipped** ✓ a. Dry needling to treat muscular tonicity

- b. Application of finger pressure upon trigger points
- c. Recommending a client seek medical care
- d. Applying ice to reduce an acute inflammation

Explanation: Dry needling is an evolved technique by the chiropractic profession of using acupuncture needles inserted into trigger points to release tension. This technique is not under the massage therapy scope of practice.

67. Refusing to work on a client because of their sexual orientation is a violation of _____.

- a. scope of practice
- b. professional boundaries
- c. client dignity
- d. confidentiality

Skipped ✓

Explanation: Under the code of ethics, client dignity is associated with basic human rights. Refusing to work with someone over their sexual orientation is a violation of these rights and strips a client of their dignity.

68. 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

Skipped ✓

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.

69. Over the course of the past year a massage therapist has taken a keen interest in Rolfing. She has watched videos of Rolfing. She has done extensive research about Rolfing on the internet. She has read many articles and even read a book about Rolfing. May this massage therapist offer Rolfing as one of her treatment options?

- a. Yes
- b. No

Skipped ✓

Explanation: Rolfing, like many other advanced modalities, requires a series of special instruction and testing from qualified practitioners. Watching videos and reading various sources would only give a narrow understanding of techniques that require close supervision and training for qualification and integration within a professional practice. The control over these specialties is to insure the safety of both the public and practitioner as well as providing the necessary training for effective results. Once the necessary training is complete, the practitioner will earn a degree or certificate, and then will be clear to offer Rolfing or any other specialty as a treatment option.

70. During a particular heated election year, a massage therapist has decided to stop working with clients of opposing political views. What has interrupted the therapeutic relationship?

- a. Transference

- b. Self reflection
- Skipped ✓ c. Value conflict
- d. Stress

Explanation: Values are personal ethics and give meaning to people's lives. Value conflicts arise when differences in opinion supersede motives for acceptance and understanding which are key to maintaining a therapeutic relationship. The therapist has clearly overstepped the boundaries of being professional within the therapeutic relationship.

71. 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
- Skipped ✓ 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.

72. On your own body, which quadrant of the abdomen would you locate your gallbladder?

- Skipped ✓ a. Upper right
- b. Upper left
- c. Lower right
- d. Lower left

Explanation: The gallbladder is located in the upper right quadrant of the abdomen nestled just below the liver. This is where a scar can be found on clients who have had their gallbladder removed.

73. Asking a client if there is any part of their body that they do not want massaged is a great way to find out the clients _____.

- a. Ethics
- b. Virtues
- Skipped ✓ c. Boundaries
- d. Issues

Explanation: The best way to discover a client's boundaries is to ask them directly. What music do they prefer? Which do they like better, lotion or oil? Do they like the heat on the table and more are all great questions to define the boundaries within the therapeutic environment.

74. In TCM, which of the following organs is associated with the element of earth?

- Skipped ✓ a. Stomach
- b. Large intestine

- c. Kidney
- d. Gallbladder

Explanation: The stomach (and spleen) is associated with the element of earth.

75. Who authored, "The Art of Massage: A Practical Manual for the Nurse, the Student, and the Practitioner"?

- a. Ida Rolf
- b. Dr. William Fitzgerald
- c. Emil Voder

Skipped ✓ d. John Harvey Kellogg

Explanation: John Harvey Kellogg (February 26, 1852 - December 14, 1943) was an American M.D. who taught a holistic approach to health care. He is also the man that created Kellogg's Corn Flakes.

76. What technique uses deep, non-gliding, oil-less strokes administered with a braced thumb or finger moving across the grain of a muscle, tendon or ligament?

a. Kneading

Skipped ✓ b. Cross fiber friction

c. Effleurage

d. Compression

Explanation: In cross fiber friction, the therapists thumb and the client's skin move together over the site of the tension with sufficient sweep and duration to create a mechanical effect on the tissue treated.

77. Who introduced "The Swedish Movement Cure" to the United States?

Skipped ✓ a. Dr. George Taylor

b. Mathias Roth

c. Dr. Albert Hoffa

d. Elizabeth Dicke

Explanation: Dr. George Taylor had studied massage techniques based on the works of Per Henrik Ling and developed "The Swedish Movement Cure" which he promoted at his health clinic in New York during the 1860's.

78. What does Ayurveda specifically mean?

Skipped ✓ a. Life knowledge

b. A balanced life

c. Healthy path

d. Abundance

Explanation: Ayurveda, a system of health and medicine developed in India, specifically means "life knowledge" and is based on restoring imbalances among the three doshas: Vata (wind), Pitta (bile) and Kapha (mucus).

79. Petrissage is a form of which type of massage?

- a. Deep tissue
- b. Structural integration
- Skipped ✓ c. Swedish
- d. Visceral manipulation

Explanation: Petrissage is one of six main techniques apart of the Swedish massage system. The other five are effluage, tapotement, friction, traction and vibration.

80. Which chakra is associated with the color orange?

- a. Crown
- b. Root
- c. Naval
- Skipped ✓ d. Sacral

Explanation: The sacral chakra located below the naval is the second chakra and is associated with the color orange.

81. Who wrote and published "Technic Der Massage" in the year 1900?

- a. Elizabeth Dicke
- Skipped ✓ b. Dr. Albert Hoffa
- c. David Palmer
- d. Dr. Stanley Lief

Explanation: Albert Hoffa, a German orthopedist, physiotherapist and surgeon developed a system of massage therapy he titled the "Hoffa system" which addresses various physiological disorders including knee and hip pain.

You accept a new client who is an army veteran. She is suffering from injury-related back pain, suffers from post-traumatic stress disorder and has been prescribed anti-depressants and prescription pain killers.

82. While massaging the client, she begins to experience flashbacks and becomes anxious and fearful. Which of the following would be most appropriate?

- a. Suggest that your client take her medication.
- b. Tell your client that you are going to leave the room so that she can calm down.
- c. Leave the room and call 911.
- Skipped ✓ d. Stay with your client and speak to her about how she deals with these episodes.

Explanation: Clients having recurring emotional episodes usually have coping mechanisms for dealing with their illness. Understanding the coping mechanism may assist you with future treatments.

83. Which neurotransmitter is responsible for regulating mood, appetite and sleep?

- a. Dopamine
- b. Acetylcholine

- Skipped ✓ c. Serotonin
d. Substance P

Explanation: Serotonin is a neurotransmitter produced in the GI tract and the brain. In addition to regulating mood, appetite and sleep, serotonin also regulates intestinal activity.

84. As a result of a traumatic accident, the client suffers from forward slippage of her 5th lumbar vertebra. What condition is this?

- a. spondylolysis
b. Herniated nucleus pulposus
c. Sciatica

Skipped ✓ d. Spondylolisthesis

Explanation: Anterior displacement of vertebrae, frequently the lumbar vertebrae is called spondylolisthesis.

85. The client becomes very attached to you over time and you become uncomfortable. You decide to refer her to another massage therapist. What would this be considered?

- a. Unethical behavior
b. Right of refusal
c. Code of ethics violation
d. Discrimination

Explanation: Clients and therapists both have the right to decide whether or not to continue to maintain the therapeutic relationship.

86. When should massage treatments be scheduled in relation to the client taking her prescribed pain medication?

- a. When the medications are at their highest level in the body (soon after the last dose was taken).
Skipped ✓ b. When the medications are at their lowest level in the body (prior to their next dose).
c. When the client is taken off of the medication.
d. None of the above.

Explanation: When clients are taking prescription strength pain medications, they may have a diminished capacity to feel pressure or experience pain. It is best to schedule massage treatments when medications are at their lowest in the body, prior to the next dose. Researching medications provides the massage therapist with information regarding the likelihood of such effects. Also, when working with clients who take prescribed pain medication, massage therapists should work conservatively to avoid over-treating or causing damage.

Cynthia is working for a chiropractor and has a new client James. Dr. Bill has informed Cynthia that she would like to help James with TMJ issues. While assessing James she has asked him if he clenches a lot. He said that he does and, not just in his sleep, but also during the day he finds himself clenching. Cynthia ask James if this is recent or if he has been doing this a long time. He tells Cynthia “Can I tell you something personal?” Cynthia responds "If it applies to your jaw pain, please share." He advises her that he is a drug addict and that is why he has jaw pain. He would clench while using his drugs. She asks if he is currently going through detox. He said he is 2 months clean but he is on medication to help with drug

cravings. She asks if he has informed Dr. Bill. James said “no” but that his physician at his outpatient drug rehab center told him that chiropractic services and massage would help him.

87. Which of the following types of contraindications would allow you to work on a client while in rehab?

- Skipped ✓ a. Local
b. Total
c. Absolute
d. None of the above.

Explanation: A local or relative contraindication is when a client has an issue or medical condition such that a doctor's approval or special considerations must be taken to give a massage. For example, if someone had a recent surgery, there may be a local contraindication involved where a massage can be performed but not over the contraindicated area. Being in rehab would be considered a local contraindication because a doctor's approval or special considerations must be taken in order to engage in massage. A total or absolute contraindication prevents a massage from taking place.

88. Should Cynthia inform Dr. Bill of the information that James told her?

- a. No, this is confidential information.
b. HIPAA prevents the disclosure of this information.
c. No, but you should encourage the client to tell the doctor.
Skipped ✓ d. Yes.

Explanation: The doctor should be told. If the information received from the client changes his or her medical history and raises concern of service, it should be communicated to your boss to ensure the client receives the best service and for the safety of the office workers. When working with a doctor, it is important to work as a team to ensure that the client receives safe and healthy services. Speaking to your boss would not be breaking HIPAA violations.

89. If Cynthia wants to tell Dr. Bill that James is in drug rehabilitation, should Cynthia let James know that she will be informing Dr. Bill?

- a.No, since James did not want the doctor to know and it's confidential.
b. No, to avoid embarrassing the client or making the client feel uncomfortable.
c. Yes, because the patient should not be receiving massage due to being on drugs.
Skipped ✓ d. Yes, to be forthright with the client and to provide the best service for the client.

Explanation: Letting James know that she will be informing the doctor is respectful to the professional relationship. You would never want to tell the patient or lead the patient to believe that you will keep a secret from the doctor. When working together in an office, the doctor and massage therapist are a team and informing the doctor can better serve the client's needs. It also ensures that all client health information is taken into consideration before any treatment is given. A client who is no longer on street drugs and who is on medication to help with cravings and is being monitored, can receive massage as long as there is a written consent from a doctor stating that massage is safe to perform. Talking to the doctor about the doctor's patient is not breaking confidentiality.

90. Can Cynthia refuse service in this situation?

- Skipped ✓ a. Cynthia can refuse service if she feels the new information takes the case beyond her scope of

practice.

- b. Cynthia should not refuse service as the doctor has already cleared him.
- c. Cynthia should preform massage no matter what is divulged by the patient.
- d. Cynthia should always refuse service to any client that has gone through drug rehab.

Explanation: If a massage therapist receives information that leads her to believe the case goes beyond her scope of practice or brings the safety of the service into question, the massage therapist may refuse service to protect herself and her client. A massage therapist who has never worked with clients who are in a drug rehab center may not be qualified to work with such clients. When dealing with clients who are in such a situation, the massage therapist may refer the client to another therapist that can provide educated service. Even if a doctor has cleared a client for massage, the massage therapist can refuse service if she is uncomfortable in the situation.

91. What trigger points would Cynthia address in the jaw line to assist James?

- a. Trapezius and Pectorals
- b. Masseter and Trapezius
- Skipped ✓ c. Masseter, SCM, Scalene, Trapezius and suboccipital muscles
- d. There are no trigger points located in the jaw.

Explanation: The masseter is the main muscle in the jaw that allows us to chew. The SCM is the muscle that helps with rotation of the head to the opposite side and flexion of the neck. When tightening the jaw, the SCM is active and strained over time. The scalene muscles help with tilting the head to the side. The scalene muscle is deep to the SCM and is affected when the SCM is strained. The trapezius, over time, becomes shortened when the muscles in the neck are continuously shortened.

Brian is a high school football player. His dad Jim has brought him in for treatment to help his son kick better and also has noticed his son rubbing his buttocks a lot. Brian is 16 years old. Karen has advised Jim that she has no problem working on his son but he must be in the room with both of them due to Brian being a minor. While assessing Brian, she notices limited range of motion in his hips and that his gluteal region is very tight.

92. What does the rectus abdominus do during a kick?

- Skipped ✓ a. Keeps the torso upright while in motion.
- b. Allow the kicker to wind his leg back in order to kick the ball.
- c. Helps to externally rotate the knee during the kick.
- d. Brings the kicking leg forward in a kick.

Explanation: While in motion, the rectus abdominus keeps the torso upright creating stability during a kick.

93. During a kick, the calf contracts to extend the ankle in a movement called:

- a. Inversion
- b. Eversion
- c. Plantar flexion
- Skipped ✓ d. Dorsi flexion

Explanation: Dorsi flexion is the backward flexion or bending of the foot or hand. Plantar flexion is when the foot or toes flex downward toward the sole. Eversion is when the plantar surface of the foot rotates away from mid-line of the structure. Inversion is the reversal of the normal action.

94. What muscles are used in the lower leg when creating the motion of the forward kick?

- a. Hamstrings
- b. Gluteus maximus
- c. Iliopsoas, tensor fasciae latae and pectineus
- Skipped ✓ d. Triceps surae, and tibialis anterior

Explanation: The triceps surae and the tibialis anterior are the two main muscles that create the forward kick motion. The triceps surae extends your ankle while the tibialis anterior flexes it.

95. Should Karen take an additional step to protect herself while working on a minor?

- a. Have the parent give a verbal consent.
- Skipped ✓ b. Have the parent give a written and signed consent.
- c. Have a doctor provide a written and signed consent.
- d. Having the parent present is all that is needed.

Explanation: It is best practice to provide a parent of a minor client with a written consent form that describes the proposed service and that must be signed by the parent. This reduces the chance for misunderstandings. Having a signed written consent form from the parent provides legal protection to the massage therapist.

96. If Karen was working with the football team at the field, what massage modality would be helpful for the gluteal region?

- Skipped ✓ a. Trigger point therapy
- b. Swedish massage
- c. Lymphatic drainage
- d. Reflexology

Explanation: Trigger point therapy allows you to directly work on the gluteal region addressing any insults or tender spots. This modality can be performed on the side of the field fully clothed. Swedish massage is performed on a massage table and acquires lotion. This would not be a good massage on the side of the field. Lymphatic drainage and reflexology can be performed with clothes on but will not address the gluteal directly.

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.

97. 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.
- Skipped ✓ 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.

98. 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."
- Skipped ✓ 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.

99. What are the major functions of lymph nodes?

- a. They create RBCs, WBCs and platelets
- Skipped ✓ 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.

100. Comparatively, how much pressure is to be used during the massage?

- Skipped ✓ a. Five ounces or the weight of a nickel
- b. Less than one ounce or the weight of a penny
- c. Over five ounces or the weight of a quarter
- d. Over eleven ounces or the weight of a half dollar

Explanation: Comparatively, five ounces of pressure, referred to as the feather touch, is to be used during a full body lymph drainage session. It would take around 11 pennies to generate the correct amount of weight. A quarter weight and a half dollar piece weight are more than five ounces and would cause the lymphatic system to collapse. This could damage the filaments of the lymphatic capillaries, and cause edema.

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