

Practice Exam Kit for the MBLEx



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Your Test Statistics

| | |
|---------------------|--------------------------|
| Test Mode | Test |
| Number of Questions | 100 |
| Number Correct | 50 |
| Number Incorrect | 50 |
| Number Not Answered | 0 |
| Date/Time Started | Jan 19, 2017 10:28 (PST) |
| Date/Time Finished | Jan 19, 2017 11:24 (PST) |
| Time Logged | 57:39 |
| Score | 50% |

Statistics by Section

| # | Section | Questions | Correct | Incorrect | Unanswered | Score |
|--------|---|-----------|---------|-----------|------------|-------|
| 1 | Anatomy and Physiology | 18 | 7 | 11 | 0 | 39% |
| 2 | Client Assessment | 9 | 4 | 5 | 0 | 44% |
| 3 | Ethics, Boundaries, Rules and Regulations | 7 | 2 | 5 | 0 | 29% |
| 4 | Guidelines for Professional Practice | 6 | 4 | 2 | 0 | 67% |
| 5 | Kinesiology | 8 | 3 | 5 | 0 | 38% |
| 6 | Massage History and Culture | 8 | 6 | 2 | 0 | 75% |
| 7 | Miscellaneous Scenarios | 19 | 9 | 10 | 0 | 47% |
| 8 | Pathology and Contraindications | 16 | 11 | 5 | 0 | 69% |
| 9 | Physiological Effects of Massage | 9 | 4 | 5 | 0 | 44% |
| Total: | | 100 | 50 | 50 | 0 | 50% |

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. Which system is responsible for carrying oxygen to the cells of the body and assisting in the removal of waste from the cells of the body?

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

Explanation: Erythrocytes or red blood cells in the circulatory system carry oxygen (and nutrients) to the cells of the body and transport waste from cells to be processed by other body systems.

2. The linea aspera is located on which of the following bones?

- a. Humerus
- b. Tibia
- c. Ulna
- d. Femur

Explanation: The linea aspera is comprised of three raised ridges along the posterior aspect of the femur. These ridges include a lateral, intermediate and medial and are caused by the insertion of muscles along each line.

3. Where would you locate stratum lucidum?

- heart
- muscle
- skin
- bone

Explanation: Stratum lucidum is a translucent buildup of two to three layers of dead skin cells typically found on the palms of the hands or the soles of the feet. Stratum lucidum is located between the deeper stratum granulosum and the more superficial stratum corneum layers of skin. The thickness of stratum layers of cells is governed by the rate of mitosis (cellular division.)

4. What is known as the "molecular unit of currency"?

- a. Actin
- b. ATP
- c. T cells
- d. Gamma globulins

Explanation: The "molecular unit of currency" is often used to describe the importance of ATP (adenosine triphosphate) to cellular functions within the body.

5. 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.

6. Which two tendons comprise the anatomical snuff box?

- a. Extensor pollicis longus and extensor pollicis brevis
- b. Extensor carpi ulnaris and flexor digitorum longus
- c. Extensor digiti minimi and flexor carpi radialis
- d. Extensor digitorum and extensor retinaculum

Explanation: The term anatomical snuff box or rather, "snuff box" was coined by using the space between the tendons of the extensor pollicis longus and the extensor pollicis brevis (and the abductor pollicis longus) as a place to hold snuff tobacco.

7. Which is the correct order of anatomical organization in the human body, from the most basic to the more complex?

- a. Cell, organ, tissue
- b. Cell, tissue, organ
- c. Tissue, cell, organ
- d. Organ, cell, tissue

Explanation: The cell is the basic building block of all living things. Cells are organized into tissues having specialized properties and functions. Tissues are further organized into organs (and organ systems).

8. What class of tissue is fascia?

- a. Epithelial
- b. Connective
- c. Nervous
- d. Muscular

Explanation: Fascia is the connective tissue that extends from head to toe, surrounding all our muscles, nerves and blood vessels and binds all of our tissues together. There are several layers of fascia including, superficial fascia, deep fascia and subserous or visceral fascia which covers and connects our organs. Fascia contains closely packed bundles of collagen fibers nestled in a wavy pattern parallel to the direction of force. Connective tissue types include tendons, bones, adipose tissue, blood, etc.

9. How many bones comprise the shoulder girdle?

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

Explanation: There are two bones that make the shoulder girdle - the clavicle and the scapula.

10. Systole refers to the force needed to contract blood out of the heart.

- True
- False

Explanation: Systole or systolic pressure is the measured amount of force required by the heart to pump or squeeze blood out of its chambers.

11. Which of the following muscles is a synergist for the biceps brachii?

- a. Triceps
- b. Posterior deltoid
- c. Pec major
- d. Brachialis

Explanation: The synergist or assisting muscle to the biceps brachii is the brachialis muscle.

12. What is counted to determine the atomic number of an atom?

- a. Neutron
- b. Proton
- c. Electron
- d. Nucleus

Explanation: Protons located within the nucleus are counted to determine the atomic number of an atom. This is different than the atomic mass which is a count of the total count of neutrons and protons within a nucleus.

13. A hairline fracture of the talus bone would indicate an injury to which area of the body?

- a. Head
- b. Spine
- c. Head
- d. Foot

Explanation: The talus is one of the tarsus bones within the foot which comprises the ankle. It is unique in that it has no muscles attachments and therefore relies on the neighboring bones for positioning.

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

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

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

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

- a. Acetylcholine
- b. Dopamine
- c. Serotonin
- d. Glutamate

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

16. Albumins, globulins and fibrinogens are the 3 major classes of _____.

- a. neuropeptides
- b. chromosomes
- c. plasma proteins
- d. lymphocytes

Explanation: Albumins, globulins and fibrinogens are proteins found in the blood plasma. They serve many different functions, including transport of lipids, hormones, vitamins and metals in the circulatory system. They also regulate acellular (single cell) activity and the functioning of the immune system.

17. 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.

18. The occipitals contribute to TMJD.

- a. True
- b. False

Explanation: The occipital muscles act to anchor the head during mastication but add stress and strain to the temporalis and masseter when the occipitals are hypertonic.

19. Which muscle is a synergist to mandible elevation?

- a. Pterygoid
- b. Digastric
- c. Platysma
- d. Mylohyoid

Explanation: Both the medial and lateral pterygoid muscle assists the masseter and temporalis muscles with mandible elevation.

20. Which action is the obturator internus responsible for?

- a. Extension of the knee
- b. Lateral rotation of the arm
- c. Lateral rotation of the hip
- d. Flexion of the neck

Explanation: The obturator internus muscle is part of the deep lateral rotator muscle group, responsible for the lateral rotation (outward rotation) for the hip.

21. The knee is an example of a _____ joint.

- a. saddle
- b. condyloid
- c. triaxial
- d. pivotal hinge

Explanation: The movements of the knee earns the classification of a pivotal hinge joint which allows for flexion and extension, as well as slight medial and lateral rotations. The knee is also the largest joint in the human body.

22. Which of the following muscles adduct the hip?

- a. Longissimus
- b. Pectineus
- c. Sartorius
- d. Tensor fascia latae

Explanation: There are five hip adductors that include the adductors longus, brevis and magnus as well as the gracilis and the correct answer for the question, the pectineus.

23. Scalene muscles are _____.

- a. extensors of the neck
- b. lateral rotators of the hip

- c. flexors of the forearm
- d. an accessory to inhalation

Explanation: Scalene muscles, along with the sternocleidomastoid, are accessory muscles to inhalation, in that they assist with breathing. Scalene muscles originate along the transverse processes of vertebrae C2 through C7 and insert into the first and second ribs. They are also known as the lateral vertebral muscles since they laterally flex the head to the same side as well as elevate the first and second ribs during inhalation.

24. 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.

25. What type of joint is the first carpometacarpal joint?

- a. Hinge
- b. Saddle
- c. Gliding
- d. Pivot

Explanation: The first carpometacarpal joint is located in the thumb. The dynamic movements of the thumb is due to the saddle joint which allows for an up and down as well as back and forth motions.

26. An inferior movement of the scapula is known as scapular _____.

- a. depression
- b. elevation
- c. protraction
- d. retraction

Explanation: Depression of the scapula refers to an inferior movement. An example would be to return the scapula to a normal position after a shoulder shrug.

27. Which of the following is a parasitic skin infection?

- a. Carcinoma
- b. Tinea corporis
- c. Scabies
- d. Candidiasis

Explanation: Scabies is a contagious skin infection caused by a microscopic species of mite. Symptoms are skin rashes, blisters, itchy skin and sores from excessive itching. Scabies burrow into the skin to deposit

eggs which mature in roughly 21 days. Scabies spread mostly through direct skin on skin contact and is a contraindication for massage.

28. What does a person suffer from when she is diagnosed with acrophobia?

- a. A fear of movement
- b. A fear of weight lifting
- c. A fear of vehicles
- d. A fear of heights

Explanation: The term acrophobia is a combination of the term acro for summit or peak and phobia for fear and thus acrophobia is a fear of heights.

29. An elderly client has been diagnosed with gout and is asking about massage. Choose the best treatment option for the client.

- a. Massage as normal while avoiding area
- b. Massage as normal with light massage on the affected area
- c. Massage as normal with deep tissue on the affected area
- d. No massage as the condition calls for a complete contraindication for massage therapy

Explanation: Gout is an inflammatory disease which manifests as an arthritic condition that typically affects the joint of the big toe. The symptoms are noticeable as a coloring or redness of the skin, a sensation of heat as well as a tender and swollen joint. More joints may be affected. Massage is locally contraindicated from the affected area.

30. A client indicates that he has been scheduled for a lithotripsy appointment. What does this indicate?

- a. A dermatological skin treatment
- b. A hair evaluation
- c. A blasting of kidney stones
- d. An endoscopic exploration of the digestive tract

Explanation: Lithotripsy is a medical procedure for pulverizing hardened masses within the body (kidney stones) with the use of sound waves.

31. At what stage during the life of a woman could she become susceptible to pre-eclampsia?

- a. Childhood
- b. Puberty
- c. Pregnancy
- d. Post menopause

Explanation: Pre-eclampsia is a condition affecting pregnant women and is the leading cause of fetal complications. Symptoms of pre-eclampsia are hypertension, nausea, vomiting, blind spots, abdominal pain and involves generalized damage to the maternal endothelium, liver, and kidneys. In advanced stages, the woman may go into convulsions, stop breathing, have liver failure, seizures and become rigid or hypertonic. The condition resolves once removal of the placenta has occurred and is known as an immune response against paternal antigens from the fetus and its placenta.

32. Human skin has the ability to display underlying issues and conditions within the body based upon changes in color. Choose the skin color that would be associated with cyanosis.

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

Explanation: Cyanosis is caused by poor circulation or an inadequate supply of oxygenation within the blood which results in a bluish coloring of the skin.

33. 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).

34. Which nerve is directly involved with carpal tunnel syndrome?

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

Explanation: The median nerve passes thru the carpal tunnel along with 9 of the flexor tendons of the wrist and is held in place by the flexor retinaculum. Carpal tunnel syndrome is a compression of the median nerve at the carpal tunnel. Compression of the median nerve at other impingement sites can mimic the symptoms of carpal tunnel syndrome.

35. Choose the disease which is considered a systemic issue.

- a. diabetes mellitus
- b. pancreatitis
- c. muscular dystrophy
- d. hepatitis B

Explanation: A systemic condition is one that affects an entire organism including all body systems. Diabetes mellitus is a condition of elevated blood sugar levels within the body. Since blood is present throughout the body, any disease affecting the blood is a systemic issue.

36. Choose the best treatment option for a client with septicemia.

- a. Massage as normal while avoiding any areas of concern
- b. Massage using only light pressure techniques

- c. Massage as normal with deep tissue as the preferred modality
- ✓ d. No massage as the condition calls for a complete contraindication for therapy

Explanation: A person suffering from septicemia is in grave condition. The term refers to a system wide infection of the body caused by the presence of pathogens in the blood stream. The infection can be caused by an accumulation of bacteria, fungus, parasite, virus or some other pathogen that has infected the person.

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. 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.

39. Choose the best treatment option for a client with a ganglion cyst.

- ✓ a. Massage as normal while avoiding area
- b. Massage as normal with light massage on the cyst
- c. Massage as normal with deep tissue on the cyst
- d. No massage as the condition calls for a complete contraindication for therapy

Explanation: Ganglion cysts are benign soft tissue tumors that mostly occur around joints and more often around joints in the hands and feet. The condition is not serious and massage is acceptable for those with this condition, except that a ganglion cyst is locally contraindicated.

40. What symptoms would be expected in a person with myxedema?

- a. Increased heart rate
- b. Weight loss
- ✓ c. Weight gain
- d. Hyper personality

Explanation: Myxedema is a condition caused by a decrease in thyroid function. Symptoms include weight gain, reduced body temperature, lowered heart rate and mental dullness.

41. Bradykinin has multiple roles in the function of our bodies. Which of the following is NOT a characteristic of bradykinin?

- a. Decreases blood pressure
- b. Involved in pain mechanism
- c. Dilates blood vessels
- d. Raises blood pressure

Explanation: Bradykinin is a peptide (amino acid chain) that acts like a histamine in that it causes arterior dilation. This will effectively lower blood pressure NOT raise it. The lifecycle of Bradykinin is extended by a class of drugs called ACE (angiotensin-converting) inhibitors (used to treat hypertension) which allows for a greater accumulation within the body. Bradykinin then attaches to pain receptors within the body which increases pain messages to the central nervous system. This is why a client on ACE inhibitors may demonstrate a lower pain tolerance.

42. What area of the body would you find diverticulitis?

- a. Stomach
- b. Liver
- c. Large intestine
- d. Skin

Explanation: The first symptom of diverticulitis is pain in the abdomen and more specifically, the lower left quadrant in the large intestine. Fever, diarrhea, nausea and constipation are additional symptoms. Massage over the abdomen is contraindicated.

43. A client presents with tendinitis pain that is experienced after an activity but not before or during the activity. What injury classification grade does the client exhibit?

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

Explanation: The client is displaying a grade 1 injury and should heal quickly with rest and proper care. A grade 2 injury is experienced during and after an activity. A grade 3 injury is mild to moderate pain at all times with mild swelling and partial loss of functional use. A grade 4 injury is moderate to severe pain at all times with loss of functional use by a serious pathological disorder.

44. Which of the following choices best describes the function of O, in the acronym S.O.A.P.?

- a. Homework
- b. Evaluation
- c. Summary of findings
- d. Client experience

Explanation: The O is for objective, which is based on a therapist's visual and physical findings of the client.

45. With regard to range of motion testing, a hard end feel is typically a _____ experience for a client.

- a. painless
- b. slightly painful
- c. moderately painful
- d. very painful

Explanation: Hard end feel is the natural sensation at the end range of motion where bone meets bone such as elbow or knee extension. Since a hard end feel would indicate that the client's joints are functioning normally, there would typically be no pain experienced.

46. Which best describes auscultation?

- watching
- listening
- palpating
- concluding

Explanation: Auscultation is the Latin term for listening. Many health professionals use a stethoscope to apply the highly developed skill of auscultation to assess the heart, lungs and digestive system of their patients.

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. A client who is prone to attack posturing will have an overproduction of which neuroendocrine chemical?

- a. Epinephrine
- b. Serotonin
- c. Oxytocin
- d. Enkephalins

Explanation: Epinephrine or adrenalin activates arousal mechanisms which are triggers for the fight-or-flight response and posturing. Physical queues of attack posturing are elevated shoulders, clenched jaw and fists, flexed arms and aggressive behavior.

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

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

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

50. ABCDE is used as a guideline to detect changes in the _____.

- a. eyes
- b. muscles
- c. skin
- d. mouth

Explanation: ABCDE refers to irregularities in skin. A - asymmetrical shape of skin B - border unevenness C - color variations D - diameter E - evolution Any changes in the ABCDE category is cause for a referral to a dermatologist.

51. Which of the following massage techniques would be best suited for a healed fracture?

- a. Trigger point
- b. Petrissage
- c. Tapotement
- d. Deep tissue

Explanation: The action of petrissage is best suited for moving stagnant blood and lymph away from an injury site and replacing it with nutrient rich blood and fresh lymph.

52. Massage has both mechanical and reflexive physiological effects on our bodies. Which of the following is a mechanical effect?

- a. Lowered heart rate
- b. Reduction of trigger points
- c. Release of serotonin
- d. Increased mental clarity

Explanation: A mechanical effect of massage is one that directly affects the immediate tissues. The reduction of trigger points is a direct effect of massage and therefore a mechanical physiological effect.

53. Which of the following is NOT a benefit of MLD on the lymphatic system?

- a. Increases circulation
- b. Reduces edema
- c. Reduces scar tissue
- d. Removal of waste

Explanation: MLD is a very low force massage technique designed to move fluid just below the surface of the skin. The only option given that does not benefit from MLD is the reduction of scar tissue.

54. Which technique would be best suited for loosening mucus in the thoracic cavity?

- a. Tapotement
- b. Trigger point
- c. Fine vibration
- d. Petrissage

Explanation: One of the mechanical effects of tapotement is specifically designed to release mucus in the thoracic cavity. Another mechanical effect of tapotement is to cause temporary ischemia (decrease in blood flow) which is then quickly followed by the reflexive effect of hyperemia (increase of blood flow).

55. A reflexive effect of massage is the release of endorphins. How does the release of endorphins affect a client during a massage?

- a. Pain reduction
- b. Muscle relaxant
- c. Mood enhancer
- d. Restores balance

Explanation: Endorphins resemble the effect of opiates in the body by preventing pain receptors from receiving or sending signals of discomfort.

56. 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.

57. 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.

58. Massage which engages the parasympathetic nervous system to release muscular tension is a _____ effect of the _____ system.

- a. mechanical, muscular
- b. reflexive, muscular
- c. reflexive, integumentary
- d. mechanical, endocrine

Explanation: An engagement of the parasympathetic nervous system to release muscular tension would be a reflexive effect of the muscular system.

59. A client is experiencing a deep trigger point in the thigh. Which of the following options is the best approach to eliminate the adhesion?

- a. Deep friction, trigger point, effleurage, petrissage
- b. Effleurage, petrissage, deep friction, effleurage
- c. Trigger point, deep compression, effleurage
- d. Petrissage, deep friction, effleurage, trigger point

Explanation: Effleurage is best to introduce the client to touch. Petrissage is best to warm and loosen superficial muscle. Deep friction massage will address the adhesion in the deeper layers of muscle. Effleurage the area to smooth over any residual tension.

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

- a. Myofascial release
- 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.

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. Which of the following is a violation of client confidentiality?

- a. Asking a client about their home office
- b. Speaking with a client's doctor about their prescription
- c. Maintaining records in a safe location outside of the office
- d. Approaching a client in a public setting

Explanation: Although it may seem cold and unfriendly, it is up to the client to approach the massage therapist if they wish in a public setting.

63. There are moments when a massage therapist needs to disclose personal information about themselves to clients. Which of the following is considered an appropriate disclosure?

- a. Relationship difficulties
- b. Sharing information about a mutual friend
- c. Coming down with a cold
- d. Business concerns and financial woes

Explanation: Coming down with a cold directly affects the client within the therapeutic environment. The other three choices are irrelevant to a client.

64. Which of the following is an example of a massage therapist adhering to veracity?

- a. Principles of pressure during a massage
- b. Providing a thorough intake
- c. Maintaining a clean and comfortable office space
- d. Giving full disclosure about their education

Explanation: A massage therapist who adheres to principles of veracity will follow the rules of full disclosure, which is based upon being honest and truthful as a professional.

65. Advertising to perform a CST without proper training violates which ethical code?

- a. Confidentiality
- b. Qualification
- c. Professional boundaries
- d. Client dignity

Explanation: A massage therapist who advertises techniques which they have no formal training is violating the ethical code of honest representation of qualifications.

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

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

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

67. Which of the following ethical principles is being followed when a massage therapist is conscientious about keeping clients updated with informed consent?

- a. Healthcare services

- b. Client autonomy
- c. Professional maintenance
- d. Confidentiality

Explanation: Client autonomy is when the practitioner keeps the client up to date about any possible changes or adjustments that can affect the client. This gives the client a chance to choose their course of action with the practitioner.

68. Which of the following should be a part of a massage therapists policy statement?

- a. Education
- b. Favorite activities
- c. Marketing plan
- d. Fee schedule
- e. Both a and c

Explanation: A policy statement represents the details and intentions of the practitioner and what is expected from the client in the therapeutic environment. The fee schedule is important to clarify any misunderstandings about payment and is just one facet of a policy statement.

69. What ratio of common household chlorine bleach to water should be used as a sanitizing solution?

- a. 1:100
- b. 1:10
- c. 1:1
- d. 10:1

Explanation: Common household chlorine bleach is an effective sanitizing solution for disinfecting surfaces, implements and linens. The solution should be diluted at a ratio of 1:10 by combining one part bleach with nine parts water. Dilution ratios are different than mechanical ratios In that the first number is subtracted from the second number to produce the correct total amount of a solution.

70. 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.

71. Which of the following is the best option to prevent lower back fatigue in a massage therapist?

- a. Check the massage table for correct height for the therapist

- b. Lower the therapists center of gravity
- c. Weight training to improve strength
- d. Join a yoga class

Explanation: All of the options are recommended for a massage therapist to prevent injury and fatigue but the best option is to check and adjust the massage table for the correct height to fit the massage therapist.

- 72. A therapist suspects a client is stealing while in the treatment room alone. Is it okay to video the client while they are alone in the treatment room as long as the video is only used to verify a theft?**
- a. Yes
 - b. No

Explanation: No recording device may be used in a treatment room without prior consent from the client, and typically only for instructional purposes. Video can be used if you feel threatened but if the relationship has escalated to that point then its best to not reschedule the client.

- 73. What do dermatomes relate to?**

- a. Muscles
- b. Nerves
- c. Bones
- d. Emotions

Explanation: Dermatomes are sensory regions on the body that relate to specific spinal nerves. An example is a nerve sensation along the elbow and down to the back of the hand that would indicate an issue with the C7 spinal nerve according to the dermatome chart.

- 74. The "Tomb of the Physician" is an important part of the history of massage. What region of the world is this located?**
- a. India
 - b. China
 - c. Thailand
 - d. Egypt

Explanation: The "Tomb of the Physician" is located in Saqqara, Egypt and is formerly known as the "Tomb of Akmanthor" who is said to be the creator of reflexology.

- 75. Which civilization created Reflexology?**

- a. Mesopotamians
- b. Greeks
- c. Egyptians
- d. Chinese

Explanation: The origins of Reflexology can be found on inscriptions in the physicians tomb of Saqqara in Egypt. Reflexology is a touch system based on the notion that the feet, hands and ears are access points for

every aspect of the human body and thus tension, illness and general issues can be treated by working specific points in each of the three access points.

76. From which of the following civilizations is massage therapy said to originate?

- a. Chinese
- b. Japanese
- c. Indians
- d. Greeks

Explanation: Although there are differences in opinion to the true origin of massage therapy, the popular belief and correct answer is the Chinese.

77. Which of the following techniques are best suited to stimulate the parasympathetic nervous system?

- a. Effluerage
- b. Rolfing
- c. Trigger point
- d. Deep tissue

Explanation: The light and soothing strokes of effluerage have a sedating effect that encourages the parasympathetic nervous system to take control of the bodies functions.

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

- a. Small intestine
- b. Lung
- c. Kidney
- d. Stomach

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

79. Which technique did Ute Arnold develop?

- a. Craniosacral
- b. Biorhythms
- c. Unergi
- d. Posture perfect

Explanation: Ute Arnold, created Unergi, a body therapy that integrates psychotherapy within the therapy session to resolve tension patterns and emotional issues.

80. Tuina was originally created for which form of massage?

- a. Pediatric
- b. Geriatric
- c. Lymphatic

d. Oncology

Explanation: Tuina was initially used to treat pediatric diseases by using a push-grasp or poke-pinch technique to stimulate a child's natural healing abilities. Tuina dates back to the Shang Dynasty of China around 1700 B.C. In current times Tuina is used to treat people of all ages by balancing the flow of energy (Qi).

81. Which of the following massage styles was developed in Hawaii?

- a. Lomi Lomi
- b. Tuina
- c. Kum Nye
- d. Watsu

Explanation: Lomi Lomi is a Hawaiian massage technique of long, flowing gentle but firm strokes integrated with the practitioner vocalizing prayers for the client.

While interviewing an elderly client for a massage, she discloses to you that she suffered from a heart attack 1 year ago, uses a pacemaker and has been prescribed medication for her condition. She says that she has been cleared for massage.

82. What is the clinical term used to describe a heart attack?

- a. Angina pectoris
- b. Transient ischemic attack
- c. Myocardial infarction
- d. Congestive heart failure

Explanation: A myocardial infarction occurs when a portion of the muscular tissue (myocardium) of the heart is damaged, due to ischemia, caused by blockage in a coronary artery.

83. What should you do when a client discloses that they are taking prescribed medication?

- a. Advise them to take their medication right before the massage.
- b. Decline to give them a massage.
- c. Ask your client about the medication, its purpose and any side-effects.
- d. Do nothing, as it's a medical issue outside of your expertise.

Explanation: Some medications contraindicate clients for massage, so ask clients about medications or research them yourself, or both.

84. Before performing a massage on the client in this case, what other steps should the massage therapist take?

- a. Document all information provided by the client in the "O" section of the S.O.A.P. note
- b. Obtain written clearance for massage from the client's physician.
- c. Ensure that one of the client's family members is in the room for the massage
- d. Refuse to perform the massage because you think that the client is too ill

Explanation: Clearance in writing from the client's physician should be provided, so that it can be included in the clients file.

85. In regard to the client's pacemaker, which of the following should you consider?

- a. Whether an AED should be in the room, just in case.
- b. That the client is now contraindicated for massage.
- c. Turn off all electrical devices, so that they do not interfere with the pacemaker.
- ✓ d. The client may not be able to lay in the prone position.

Explanation: Pace makers are inserted superficially on the left side of the chest. Laying in the prone position may be uncomfortable and place pressure on the device.

86. Which chamber of the heart is the largest and most muscular chamber?

- a. Right atrium
- b. Right ventricle
- c. Left atrium
- ✓ d. Left ventricle

Explanation: Blood flows from the left ventricle to the cells of the body, so this chamber is larger and more muscular, allowing it to pump blood under high pressure.

A client works the graveyard shift (11 pm to 7 am) at a warehouse. He is complaining of left shoulder pain that has increased recently and its making it difficult for him to work. He feels very little pain when he is not working. He also has trouble sleeping during the day. Assessment shows that he has deep pain in the shoulder on AROM and PROM for shoulder flexion, as well as pain on PROM at the end of shoulder extension.

87. Which of the following explains why the client experiences pain at the end of PROM for shoulder extension?

- a. The client is moving his shoulder too forcibly during PROM.
- ✗ b. Triceps brachii is injured and is being engaged during PROM for shoulder extension.
- ✓ c. The tissues of biceps brachii are being stretched at the end of PROM for shoulder extension.
- d. None of the above.

Explanation: During PROM, the therapist takes the joint through its range of motion. During PROM for shoulder extension, the tissues of biceps brachii are being stretched and may illicit pain towards the end of PROM.

88. Which of the following muscles is part of the rotator cuff group?

- ✓ a. Teres minor
- b. Teres major
- c. Pectoralis minor
- d. Pectoralis major

Explanation: the rotator cuff muscles are: supraspinatus, infraspinatus, teres minor and subscapularis.

89. Which of the following may explain why the client has trouble sleeping during the day?

- a. Endorphins secreted to decrease the client's pain are keeping him awake.
- b. Melatonin is only produced in the body in the absence of light.
- c. The pain in his shoulder is too intense and keeps him awake.
- d. The client sleeps at work.

Explanation: Melatonin is only produced in the pineal gland during darkness, so unless the client is sleeping in a very dark environment, the absence of melatonin may be keeping him awake.

90. Which biological rhythm is responsible for sleep patterns in a 24-hour cycle?

- a. Ultradian
- b. Circadian
- c. REM Cycle
- d. Diurnal

Explanation: Circadian rhythms are governed through the process of entrainment which syncs the bodies functions based on solar and lunar cycles.

91. Based on the range of motion results in this case, which of the following muscles is most likely dysfunctional?

- a. Brachialis
- b. Coracobrachialis
- c. Biceps brachii
- d. Supraspinatus

Explanation: The tendon of the long head of biceps brachii is continuous with the glenoid labrum, the ring of cartilage that deepens the glenohumeral joint. A positive PROM test for shoulder flexion indicates inert (non-contractile) tissue damage. This would eliminate coracobrachialis and indicate biceps brachii.

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.



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

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

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


93. Jesse is thinking of creating an informational email to be sent to her clients prior to a lymph drainage session to prepare them for the procedure. Which of the following would not be included in

the information because it is inaccurate?

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


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

94. What are the major functions of lymph nodes?

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


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

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

-  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.

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

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

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

You walk into your massage room at the chiropractor's office where you work. You currently share your massage room with another therapist. You have noticed for the past week that the other therapist has not

been cleaning up after herself. When you walk in the room you notice client files left in the room, as well as massage oil spilled on the floor. She has left the massage table dirty.

97. Which of the following is the primary reason that sanitation is important in the work space?

- a. To decrease the chance of illness through pathogens.
- b. To make the room presentable.
- c. Because the employer requires a clean room.
- d. To make the client feel comfortable.

Explanation: While all of the listed answer options are important, the primary reason sanitation is maintained in a massage work space is to ensure everyone's safety and health. You never know if there is a pathogen that can cause serious illness on your equipment.

98. What law is your coworker breaking by leaving client files unattended?

- a. OSHA
- b. CAMTC rules
- c. HIPAA
- d. Management Rules

Explanation: HIPAA Is the law that helps protect the privacy and confidentiality of client healthcare information. OSHA covers the rules covering workplace safety.)

99. What should you do with the massage table?

- a. Put new sheets on it prior to your appointment.
- b. Wash hands and apply new sheets.
- c. Wipe down table with proper cleaning products, apply new sheets and then wash hands.
- d. Wipe down table first with proper cleaning products, wash hands and then apply new sheets.

Explanation: The table must be sanitized before a new client uses it. Wipe down the table first with proper cleaning products. You then want to wash your hands prior to applying new sheets to ensure your hands are sanitized properly. Washing your hands prior to applying new sheets ensures sanitation.

100. Before cleaning the room, would it be appropriate to speak to management?

- a. Yes, so your boss knows it's not you creating the mess.
- b. Yes, to protect the company from lawsuits.
- c. Yes, to ensure the health and safety of clients and employees.
- d. No, just clean up the room and do not get a coworker in trouble.

Explanation: Addressing this issue is important so that you can help support a healthy environment for your clients. Be supportive and positive. Going to your management should be focused on creating a healthy safe environment for yourself and clients.

