

Practice Exam Kit for the MBLEx



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Your Test Statistics

Test Mode	Test
Number of Questions	100
Number Correct	52
Number Incorrect	48
Number Not Answered	0
Date/Time Started	Feb 1, 2017 7:02 (PST)
Date/Time Finished	Feb 1, 2017 7:39 (PST)
Time Logged	1:15:12
Score	52%

Statistics by Section

#	Section	Questions	Correct	Incorrect	Unanswered	Score
1	Anatomy and Physiology	18	12	6	0	67%
2	Client Assessment	9	4	5	0	44%
3	Ethics, Boundaries, Rules and Regulations	7	5	2	0	71%
4	Guidelines for Professional Practice	6	4	2	0	67%
5	Kinesiology	8	3	5	0	38%
6	Massage History and Culture	8	3	5	0	38%
7	Miscellaneous Scenarios	19	12	7	0	63%
8	Pathology and Contraindications	16	7	9	0	44%
9	Physiological Effects of Massage	9	2	7	0	22%
Total:		100	52	48	0	52%

Test Preferences for this Test

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

Question Order	Random - TestSIM
# of Questions	100 Questions
Time Limit	1 Hour, 50 Minutes

Your results for this test follow:

1. How many cervical vertebrae are present in a normal human body?

- a. 5
- b. 6
- ✓ c. 7
- d. 8

Explanation: There are 7 cervical vertebrae in a normal human body. They are designated by a capital C as in C-1 thru C-7 or C1 - C7.

2. 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.

3. This is an image of a long bone. The arrow is pointing to _____.

- a. Periosteum
- b. Compact bone
- ✓ c. Spongy bone
- d. Epiphyseal line



Explanation: The arrow points to an area of spongy bone tissue. Spongy bone has numerous open spaces separated and connected by trabeculae. This gives it greater strength and resilience and also decreases the overall weight of the skeleton.

4. Which of the following muscles would contribute to wrist abduction?

- a. Brachioradialis
- b. Extensor carpi radialis
- c. Flexor digitorum longus
- d. Extensor carpi ulnaris

Explanation: Wrist abduction is another term for radial deviation of the wrist. Of the muscles listed, the extensor carpi radialis is the muscle responsible for wrist abduction, which is to laterally extend the wrist away from the body while in correct anatomical position.

5. Which of the following muscles inserts into the olecranon process?

- a. Gastrocnemius
- b. Biceps femoris
- c. Brachioradialis
- d. Triceps brachii

Explanation: The triceps brachii is the large muscle on the posterior aspect of the upper limb which is responsible for extension of the elbow joint. There are three origins: the lateral head from the dorsal surface of the humerus, the long head from the infraglenoid tubercle of the scapula and the medial head from the groove of the radial nerve. All three heads insert into the olecranon process of the ulna.

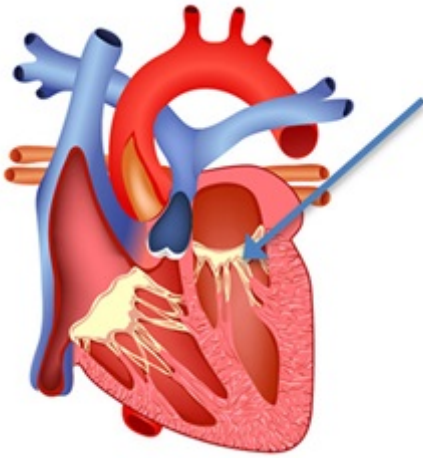
6. Choose the correct definition of the anatomical term "foramen".

- a. A rounded articular process
- b. A shallow cavity or slight depression
- c. A hole or opening for nerves and other tissues to pass through
- d. A narrow projection of the spine

Explanation: The anatomical term "foramen" refers to a hole or opening for nerves or tissues to pass through as in the foramen ovale of the sphenoid bone on the skull which allows several nerves, arteries and veins to pass through.

7. The arrow is pointing to the _____.

- a. Aortic semilunar valve
- b. Mitral valve
- c. Pulmonary semilunar valve
- d. Tricuspid valve



Explanation: The mitral valve is located between the left atrium and left ventricle of the heart. The tricuspid valve is between the right atrium and right ventricle.

8. Which part of the lymphatic system is responsible for filtering the lymph?

- a. Ducts
- b. Vessels
- ✓ c. Nodes
- d. Capillaries

Explanation: Lymph nodes are a small ball or oval shaped organ of the immune system that contains lymphocytes, a type of white blood cell, which is responsible for transferring pathogens and waste into the lymph nodes for filtering.

9. Which bone does the tibialis anterior insert into?

- ✗ a. Base of the first metacarpal
- ✓ b. Medial cuneiform
- c. Navicular
- d. Calcaneus

Explanation: Tibialis anterior muscle inserts into the medial or first cuneiform bone and the first metatarsal of the foot.

10. Which of the following is not part of the small intestine?

- ✗ a. Duodenum
- b. Jejunum
- ✓ c. Sigmoid
- d. Ilium

Explanation: The sigmoid colon is part of the large intestine that is closest to the anus.

11. Endocrine glands secrete _____ into the blood.

- a. lipids
- b. bile
- c. toxins
- d. hormones

Explanation: The endocrine system is a series of glands which secrete specific types of hormones directly into the blood stream to aid and assist in the regulation of various functions within the body. These functions include growth and development, metabolism, tissue functions and emotional states.

12. How many epiphysis types are in the human body?

- a. 2
- b. 4
- c. 6
- d. 8

Explanation: There are four types of epiphyses within the human body: 1. pressure epiphyses which are weight transmitting; 2. traction epiphyses which are attachment sites for tendons; 3. atavistic epiphyses which are fused bone like the coracoid process to the scapula; and 4. aberrant epiphyses where the best example is at the base of metacarpal bones.

13. What is the name of the joint where the clavicle and scapula meet?

- a. Acromioclavicular joint
- b. Sternoclavicular
- c. Coracoclavicular joint
- d. Humeroclavicular joint

Explanation: The clavicle connects to the scapula at the acromion process and this juncture is called the acromioclavicular joint.

14. What area of the body would you find the buccinator muscle?

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

Explanation: The buccinator is a muscle located between the maxilla and mandible of the head and is the muscle that assists with whistling, smiling, and sucking from a straw.

15. 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.

16. The smallest blood vessels in the human body are called _____.

- a. arterioles
- b. veins
- c. venules
- d. capillaries

Explanation: Capillaries are the smallest blood vessels in the body. Arterioles are the connecting vessels between arteries and capillaries. Venules are the connecting vessels between capillaries and veins.

17. Where would you find a sarcomere in the human body?

- a. Brain
- b. Liver
- c. Muscle
- d. Bone

Explanation: Sarcomeres are the basic unit structures of a muscle. A sarcomere is composed of lengthy fibrous proteins called myosin (thick) and actin (thin) that slide past each other during muscle contraction and relaxation. When sarcomeres are grouped they become myofibrils and, in this form, they become either light or dark bands depending on their myoglobin (iron and oxygen binding protein) content.

18. The suffix -plegia refers to:

- a. Light
- b. Paralysis
- c. Formation
- d. Different parts

Explanation: The suffix -plegia refers to a paralysis and is added to root words to distinguish a paralysis of that particular region or structure. An example is hemiplegia, which describes a paralysis on one half of the body.

19. Which muscle is a synergist to medial rotation of the hip?

- a. Sartorius
- b. Iliacus
- c. Tensor fascia latae
- d. Biceps femoris

Explanation: The tensor fascia latae or TFL contributes to medial or internal rotation of the hip along with the gluteus medius and minimus.

20. What is the maximum degree of dorsiflexion assessed in the majority of humans?

- a. 5 degrees
- b. 15 degrees
- c. 25 degrees
- d. 40 degrees

Explanation: The correct answer is 25 degrees. By understanding the normal range of motion for a joint action, a massage therapist can accurately assess a joint function or dysfunction. This is an important part of the process in creating treatment plans and in determining the effectiveness of treatment.

21. A person in a fowler's position would be _____.

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

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

22. Which of the following senses would be disrupted when a client's equilibrium is affected by an inner ear infection?

- a. Kinesthetic
- b. Proprioceptive
- c. Nociceptive
- d. Chemoreception

Explanation: An inner ear infection can disrupt the fluid within the vestibular system which sends sensory information to the brain. There are two main senses that are affected with the loss of equilibrium. The first is the equilibrioception, which detects acceleration. The second is the proprioceptive sense which maintains and calculates the body's placement or positioning within an environment.

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

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

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

24. Which of the following describe the shape of the muscle fibers in the deltoid muscle?

- a. Convergent
- b. Strap
- c. Multipennate
- d. Fusiform

Explanation: The deltoid muscle group is comprised of three pennate muscles and its muscle fibers possess a multipennate characteristic. Multipennate muscles have more than two rows of diagonal fibers with a central tendon that branches into two or more tendons.

25. Which muscle plantar flexes the ankle and inverts the foot?

- a. Tibialis posterior
- b. Tibialis anterior
- c. Soleus
- d. Plantaris

Explanation: The tibialis posterior is responsible for plantar flexing and inverting the foot.

26. 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.

27. A long term client has recently been diagnosed with HIV and asks about scheduling a massage. How would you proceed?

- a. Explain that massage is contraindicated for individuals with HIV.
- b. Explain that due to the dangers of contracting HIV, inform the client that you can no longer work with them.
- c. Inform the client that they need a medical release before booking an appointment.
- d. Book the appointment and treat as usual.

Explanation: Massage can be very beneficial for people with HIV. However, as with any major disease, it is best as a massage professional to seek clearance from a qualified medical provider.

28. Angioedema is a condition that affects which body system?

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

Explanation: Angioedema is the rapid swelling (edema) of the dermis, subcutaneous tissue, mucosa and submucosal tissues. The condition is similar to hives but the swelling is under the skin rather than on the surface.

29. Which of the following would be expected with a client who presents with Ehlers-Danlos syndrome?

- a. Hyper-mobile joints
- b. Eyesight issues
- c. Cognitive dysfunctions
- d. Respiratory disorders

Explanation: Ehlers-Danlos syndrome is a series of disorders caused by an abnormal structure of collagen. The condition is inherited and results in loose skin that is often thin or velvety in texture than can be easily stretched, bruised and scarred. The joints are typically hyper-mobile and prone to dislocations. A medical release is recommended before treatment.

30. Which of the following is an infection of the kidney?

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

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

31. What is an analgesic used for?

- a. Stimulant
- b. Lower blood pressure
- c. Pain relief
- d. Raise blood pressure

Explanation: From the Greek derivation, analgesic literally means "without pain". The Greek prefix "an" means "without" and the root "algos" means "pain". Analgesic drugs act upon the peripheral and central nervous system and they come in many forms including; acetaminophen, NSAID's, morphine and other synthetic drugs with narcotic properties.

32. 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.

33. What is Still's disease related to?

- a. Arthritis
- b. Viral infection
- c. Bacterial infection
- d. Hypertension

Explanation: Still's disease is juvenile rheumatoid arthritis that affects children under the age of 16. Arthritis cannot be cured but the symptoms can be relieved via massage therapy. Treatment, however, is best when in conjunction with other healthcare professionals.

34. A minor tear to the medial collateral _____ is considered a _____.

- a. tendon, sprain
- b. tendon, strain
- c. ligament, sprain
- d. ligament, strain

Explanation: The medial collateral ligament is one of four major ligaments in the knee. When a ligament is overstretched or torn, it is referred to as a sprain.

35. A client has listed dysphagia as a condition on the medical intake form. Which of the following is associated with this condition?

- a. Intestinal bulge
- b. Difficulty swallowing
- c. Partial hearing loss
- d. Metal dullness

Explanation: Dysphagia is the medical term for a difficulty of swallowing. This is most often associated with the inability or difficulty to swallow solids or liquids.

36. Thomsen disease affects which body system?

- a. Muscular
- b. Skeletal
- c. Digestive
- d. Integumentary

Explanation: Thomsen disease is also known as myotonia congenita, a hereditary disease that affects muscle tone and the ability to release tension after a contraction. This disease can increase muscle strength and size.

37. Which of the following pathogens are multicellular parasites?

- a. Fungi
- b. Protozoa
- c. Metazoa
- d. Chlamydia

Explanation: Both metazoa and insecta are multicellular parasites that include worms, flukes, fleas, scabies and ticks.

38. 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).

39. Which of the following describes pruritis?

- a. Itchiness
- b. Sunburn
- c. Fungal infection
- d. Loss of hair

Explanation: Pruritis is Latin for an itch, the sensation that causes a reaction to scratch at the skin.

40. A client states on the intake form that they have Molluscum. What is the proper procedure for massage care?

- a. no issue, massage is indicated
- b. mild issue, massage with light pressure
- c. moderate issue, locally contraindicated
- d. severe issue, massage contraindicated

Explanation: Molluscum is a viral infection of the skin and mucous membranes. There are four types of mulluscum contagiosum and is commonly spread by skin to skin contact or by contact with the objects that are infected with the virus. Visually, the virus manifests as fleshy colored, dome shaped bumps that resemble a wart. Outbreaks can last up to six months with an average incubation period between two and seven weeks.

41. A client diagnosed with hypokinesia will exhibit which of the following characteristics?

- a. Decreased heart rate
- b. Decreased movement of skeletal muscles
- c. Decreased respiration
- d. Decrease bowel function

Explanation: Hypokinesia is a condition of decreased skeletal muscle function and movement often associated with disease, illness or infection.

42. Which organ does cystic fibrosis occur in?

- ✓ a. Lungs
- b. Heart
- c. Stomach
- d. Kidney

Explanation: Cystic fibrosis is a condition which causes scarring cysts in the pancreas, liver, intestines and most notably, the lungs. The cysts secrete a thick mucous which lines the alveolar sacs in the lungs rendering them inefficient and prone to infection.

43. A 27 year old client presents with pins and needles type sensation around her elbow and down towards the back of her hand. Her profession is as a social worker and she is often faced with troubling scenarios. She has limited neck rotation range of motion and is taking quick, shallow breaths. Postural assessment does not show any obvious distortions. Which nerve is responsible for the sensation in the client's elbow and down towards the back of the hand?

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

Explanation: The radial nerve runs a path from the brachial plexus between the scapula and the rib cage and through the tricep muscle along the posterior arm and through the extensors of the forearm and into the back of the hand.

44. What occurs in the first phase of an acute inflammation?

- a. Vasoconstriction
- b. Chemotaxis
- ✓ c. Vasodilation
- ✗ d. Edema

Explanation: Vasodilation leads to an increased blood flow and is responsible for the redness and heat of an acute inflammation. As fluid continues to concentrate in the area, the permeability of tissue is exceeded which leads to swelling and edema.

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

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

Explanation: TART is an acronym for a soft tissue assessment protocol.

T- Texture and tonicity of superficial and deep layers of tissue.

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

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

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

46. 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.

47. A client has been diagnosed with a grade 3 chronic pain disorder, what would you expect to see in the client?

- a. Low disability - high intensity
- b. High disability - moderately limiting
- c. High disability - highly limiting
- d. Low disability - low intensity

Explanation: A client with a grade 3 disability is considered highly disabled but with moderate limitation of functionality. A good example is an injured construction worker with a crushed vertebrae who is disabled from returning to work, but has moderate limitations in daily functions like walking, sitting and eating.

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

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

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

49. S.O.A.P. is the acronym for detailing our interaction with a client throughout the treatment. Which of the following choices best describes the function of S?

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

Explanation: The S is for subjective, which is a description of the client's experience.

50. 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.

51. Which of the following is typical of an acute injury?

- a. Scar tissue
- b. Keloids
- c. Inflammation
- d. Depression

Explanation: All of the other options would indicate a chronic or later stage of an injury/dysfunction. During an acute injury, inflammation would be most evident.

52. The lengthening of sarcomeres by stretching is a/an _____ effect of massage therapy.

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

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

53. Which of the following is a mechanical effect for deep effleurage?

- a. Releases endorphins
- b. Stretches vein and lymph vessels
- c. Stimulates parasympathetic nervous system
- d. Increases local metabolism

Explanation: Mechanical effects are directly associated with the immediate area of treatment. The other three choices are reflexive effects of deep effleurage.

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

- a. Serotonin
- b. Dopamine
- c. Cortisol
- 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.

55. 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).

56. An effect of massage on the muscular system is _____, which is an increase of blood flow to the region.

- a. hyperemia
- b. neuraglia
- c. homeostasis
- d. reflexive

Explanation: An effect of massage therapy on the muscular system is hyperemia, which is an increase of blood flow to the region.

57. While on vacation, a client received too much sun exposure and subsequently acquired a first degree burn. The client has called you to inquire about rubbing cocoa butter onto the sunburned areas. Cocoa butter is not recommended for application onto a first degree burned epithelial tissue.

- a. True
- b. False

Explanation: A first degree burn is relatively minor. However, it can sometimes damage the sebaceous glands within the skin. This inhibits the production of the natural oil that keeps skin moist and supple. Cocoa butter will help moisturize the skin during the healing process and, therefore, is recommended for sun burns.

58. Which term associates with the three-dimensional support of the body?

- a. Tensegrity
- b. Cellular matrix
- c. Fascia
- d. Anatomy trains

Explanation: Tensegrity or tensional integrity is the term to describe the properties of a stable three-dimensional structure that maintains balance.

59. Which of the following massage techniques is best for venous return?

- a. Deep tissue
- b. Deep effleurage
- c. Trigger point

d. Light effleurage

Explanation: Venous return is a mechanical effect of deep longitudinal effleurage strokes when applied to the arms and legs in a direction towards the heart, which assists with pushing blood through the veins.

60. "Rest and digest" hormones are released with the engagement of the _____ nervous system.

- a. sympathetic
- b. autonomic
- c. peripheral
- d. parasympathetic

Explanation: "Rest and digest" hormones help maintain the healthy, homeostatic functioning of a person. They are released through the engagement of the parasympathetic nervous system.

61. 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.
- 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.

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

- a. To insure you are paid from insurance
- b. To protect against being sued
- c. Client confidentiality
- d. Personal reasons

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

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

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

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

64. With regard to the therapeutic environment, what is the role of adhering to principles of nonmaleficence?

- a. Inflict no intentional harm
- b. Proper documentation of treatments
- c. Confidentiality
- d. Dedication to continuing education

Explanation: A therapist has a duty to provide nonmaleficence within the therapeutic environment, which is to create a safe place where a client is free from intentional harm.

65. Keeping nails short so they do not cause harm or discomfort to a client is adhering to which ethical code?

- a. Professionalism
- b. Boundaries
- c. Confidentiality
- d. Informed consent

Explanation: A massage therapist who routinely trims their nails with the client in mind is adhering to the ethical code of commitment to professionalism.

66. When a client asks for personal information about their friend which happens to be a client, the correct response should be _____.

- a. to discuss the details
- b. to end the conversation
- c. to tell them some but not all details
- d. to find a way to turn the focus back on them

Explanation: When a client asks about the private matters of a common client/friend, they are trying to fill a gap that a massage therapist, as a professional, should not fill. The massage therapist may think the client making the request for information will respect the therapist for divulging privileged information but they will ultimately grow to distrust the therapist's adherence to client confidentiality. The best answer is one that puts the focus back on them.

67. Which of the following best describes HIPAA?

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

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

68. Sometimes it is necessary as a massage therapist to focus on specific structural imbalances within a client that has a tendency to resist a release. The role of a massage therapist forcing a particular release is considered _____.

- a. difficult

- b. necessary
- c. a violation
- d. best for the client

Explanation: Forcing a particular release in a client can bring about deep and unresolved emotional issues. For this reason, forcing a release is a violation of the client's right to hold onto their tension. Care must be taken to gently but firmly facilitate each release in sync with the client's ability to let go.

- 69. During a treatment, a generous client complains of being too hot and would really prefer to remove all draping. How should the massage therapist respond to this situation? Select the best option below.**
- a. Terminate the treatment for sexual suggestion
 - b. Remove all draping and continue the massage
 - c. Ignore the request and continue the massage
 - d. Minimize cover while draping the private areas

Explanation: The client's request may be based on a valid perception of being hot. However, draping is an important aspect of maintaining the proper boundaries. Adjusting the draping to minimize coverage while maintaining modesty is clearly the best option.

- 70. 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.

- 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. Which of the following should be done before working with a new client that is covered by insurance?**
- a. Create a treatment plan
 - b. Bill the insurance company
 - c. Fill out the intake form
 - d. Ask about their family life

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

73. Asking a client about their back pain while socializing at a fund raiser is a great way to stay informed about the progress of treatment.

- a. True
- b. False

Explanation: Discussing issues related to the therapeutic environment in a public place is actually a breach of confidentiality. If a client wants to volunteer information regarding their treatments then a simple acknowledgment is acceptable but prying for additional information oversteps the professional boundary.
Energetic Anatomy

74. Where was the first known gymnasium to promote exercise and massage located?

- a. India
- b. Greece
- c. Germany
- d. Persia

Explanation: Although the first gymnasiums originated in ancient Persia, it was the Greeks who were the first to promote health through exercise and massage.

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

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

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

76. Jack Meagher is recognized for developing which of the following modalities?

- a. Pressure Point Therapy
- b. Polarity Therapy
- c. Acupressure
- d. Trigger Point Therapy

Explanation: Jack Meagher, a physical therapist that worked on both people and horses, is credited with coining the term and treatment of pressure point therapy.

77. Who developed Myofascial Release Therapy?

- a. John Barnes
- b. Ida Rolf

- c. Emil Vodder
- d. Janet Travall

Explanation: John Barnes developed his unique approach to bodywork in the 1960's and began teaching his techniques to the world during the 1970's. His dedication and insights into the world of physical therapy and bodywork has enriched both communities and his techniques of myofascial release therapy has helped and inspired thousands since first introduced.

78. Which of the following best describes the term "Dharma"?

- a. Life force
- b. Enlightenment
- c. Natural law
- d. Judgement

Explanation: Dharma is the Sanskrit word for law and is best interpreted as the natural laws that govern all elements in existence to create the balance and harmony of life.

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

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

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

80. 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.

81. From where did the massage technique Tschanpua originate?

- a. China
- b. India
- c. Sweden
- d. Persia

Explanation: Tschanpua originated in India and is written in the "Laws of Man" which date back to 300BC. Tschanpua translates to "massage in the bath" and is a protocol for cleansing and massaging the head and

body.

While visiting family, you are asked to massage a relative who is suffering from a tension headache. You do not generally treat family members, but reluctantly agree on this occasion.

82. You ask your relative to get undressed and get under the covers and when you return, your relative is laying naked and on top of the sheets. What should you do?

- a. Ask your relative to stand up while you pull the covers back and then ask them to get under the covers.
- b. Continue with the massage as this is a relative and rules of draping do not apply to relatives.
- c. Ask your relative to get under the covers and leave the room so that they can do so.
- d. Tell your relative that you cannot perform the massage but will refer them to another massage therapist.

Explanation: It is a violation of the code of ethics to massage a client without the proper draping boundaries in place. The client should be instructed to get under the covers once you have left the room. Relatives are subject to the same guidelines as strangers.

83. Which of the following muscle, when chronically shortened, may refer pain into the head?

- a. Suboccipitals
- b. Rhomboids
- c. Pectoralis major
- d. Quadratus lumborum

Explanation: Suboccipitals may refer pain into the head when hypertonic and may be a source of tension headaches.

84. You suspect that your relative has trigger points. Which type of trigger point refers pain even when the muscle is at rest?

- a. Active trigger point
- b. Latent trigger point
- c. Satellite trigger point
- d. Alpha trigger point

Explanation: Active trigger points refer pain even when the muscle is not actively engaged. Pain may be so intense that they cause restricted range of motion.

85. What automatically exists between a massage therapist and a client who are friends or relatives?

- a. Transference
- b. Countertransference
- c. Dual relationship
- d. Partnership

Explanation: A dual relationship exists when a massage therapist and a client have any interactions that extend beyond the client-therapist relationship. This includes both personal and professional interactions.

86. Which nerve receptors are responsible for transmitting pain sensations?

- a. Proprioceptors
- b. Meissner's corpuscles
- c. Pacinian corpuscles
- d. Nociceptors

Explanation: Nociceptors are free nerve endings that transmit sensory information to the central nervous system that is usually perceived as pain.

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. 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.

88. 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.

89. 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.

90. 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.

91. 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.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

99. What are the signs of inflammation?

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

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

100. Which technique would be appropriate to use to reduce edema?

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

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