

Practice Exam Kit for the MBLEx



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Your Test Statistics

Test Mode	Test
Number of Questions	100
Number Correct	47
Number Incorrect	53
Number Not Answered	0
Date/Time Started	Jan 13, 2017 10:16 (PST)
Date/Time Finished	Jan 23, 2017 4:00 (PST)
Time Logged	57:03
Score	47%

Statistics by Section

#	Section	Questions	Correct	Incorrect	Unanswered	Score
1	Anatomy and Physiology	18	8	10	0	44%
2	Client Assessment	9	5	4	0	56%
3	Ethics, Boundaries, Rules and Regulations	7	5	2	0	71%
4	Guidelines for Professional Practice	6	5	1	0	83%
5	Kinesiology	8	2	6	0	25%
6	Massage History and Culture	8	3	5	0	38%
7	Miscellaneous Scenarios	19	9	10	0	47%
8	Pathology and Contraindications	16	6	10	0	38%
9	Physiological Effects of Massage	9	4	5	0	44%
Total:		100	47	53	0	47%

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. The fibular collateral ligament is also known as the _____.

- a. iliotibial band
- ✓ b. lateral collateral ligament
- c. medial collateral ligament
- d. anterior cruciate ligament

Explanation: The fibular collateral ligament is located on the lateral or outside portion of the knee in a region known as the posterolateral corner of the knee. The location of the fibula being on the lateral portion of the lower leg is the give-away to its other name. Ligaments are bands of tough, dense, fibrous connective tissue that attach bone to bone as well as cartilage to bone.

2. What does the term "stroma" relate to?

- ✓ a. Supportive framework of a biological cell
- b. Perceptions of the third eye
- c. Functional movement of digestive system
- d. Light sensitivity

Explanation: A stroma refers to the connective framework that supports the cellular structure of tissue and organs.

3. Open and closed kinematic chains refer to joint movements.

- ✓ True
- ✗ False

Explanation: Open kinematic chains refer mostly to the joints that do not force an action on another joint, similar to how the wrist can bend without forcing the rest of the body into movement. A closed kinematic chain is the opposite, where the motion of one joint forces other joints into movement such as a hip movement initiating the movement of the knee and ankle.

4. What bone has no direct articulation with any other bones?

- a. Patella
- ✓ b. Hyoid
- c. Hamate
- d. Pisiform

Explanation: The hyoid bone is most unique in that it is only distantly articulated with another bone via muscles and ligaments.

5. Where is the insertion of the temporalis muscle?

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

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

6. A small, rough protuberance on a bone is called a _____.

- a. Tuberosity
- b. Condyle
- c. Trochanter
- d. Spine

Explanation: A condyle is a large rounded area on a bone, usually at a joint articulation. A trochanter is a large projection from a bone. A spine or spinous process is a flat ridge-like flange protruding from a bone, typically a vertebra.

7. 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.

8. 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.

9. 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.

10. Which of the following surrounds the individual fibers within a nerve?

- a. Epineurium
- b. Perineurium
- c. Endoneurium
- d. Microglia

Explanation: Endoneurium surrounds the individual fibers within a nerve.

11. How many lobes are in each hemisphere of the cerebral cortex?

- a. 2
- b. 3
- c. 4
- d. 5

Explanation: The cerebral cortex is divided into two halves or hemispheres. Each hemisphere consists of four lobes: the frontal lobe, parietal lobe, occipital lobe and temporal lobe. The lobes relate not to brain function but rather to the bones that underlie the cerebral cortex. The borders of these lobes are dictated by sutures in the skull with the exception between the frontal and parietal lobes which follow a deep fold in the brain called the central sulcus and this is just behind the frontal and parietal sutures.

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

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

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

13. Where would you locate the obturator foramen?

- a. Pelvis
- b. Jaw
- c. Skull
- d. Spine

Explanation: The obturator foramen is the gap created by the ischium and pubis bones of the pelvis which allows passage for the nerves and blood vessels that supply the leg. The shape of the obturator foramen differ between the sexes with the gap in men being round and in women being oval.

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

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

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

15. Lateral epicondylitis affects the outside of the knee joint.

- a. True
- b. False

Explanation: Lateral epicondylitis is the technical term for tennis elbow.

16. 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.

17. 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.

18. The ulna rotates around the radius.

- a. True
- b. False

Explanation: The ulna is stationary during wrist rotation.

19. Which of the following joints exhibits a biarticular quality?

- a. Patellarfemoral
- b. Glenohumeral
- c. Temporalmandibular
- d. Talocrural

Explanation: The only joint in the body with a biarticular quality is the temporalmandibular joint with two separate articulating surfaces on two separate bones. The temporalmandibular joint is located at the articulation of the jaw where it connects to the skull.

20. Which nerve supplies the flexor digitorum longus muscle?

- a. Median
- b. Ulnar
- c. Tibial
- d. Femoral

Explanation: The sciatic nerve runs along the posterior aspect of the leg and as it emerges between the inferior portion of the biceps femoris and semitendinosus it becomes the tibial nerve. The tibial nerve supplies many muscles along the posterior part of the leg including the flexor digitorum muscle.

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

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

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

22. Ulnar flexion is also known as wrist _____.

- a. abduction
- b. adduction
- c. pronation
- d. supination

Explanation: In the anatomically correct position, ulnar flexion or deviation is the action of moving the wrist into adduction.

23. Which action would a bilateral contraction of the internal obliques cause?

- a. Extension of the hips
- b. Lateral flexion of the spine
- c. Flexion of the vertebral column
- d. Clenching of the jaw

Explanation: The internal obliques, located on the lateral portions of the abdomen, will flex the vertebral column during a bilateral contraction.

24. Which of the following muscles are synergists to the gluteals?

- a. Psoas and iliacus
- b. Hamstrings and piriformis
- c. Rectus femoris and psoas
- d. Sartorius and vastus lateralis

Explanation: Synergists are muscles that assist the action of the agonist, or primary functioning muscle. In this case, the synergists to the gluteals are the hamstrings and piriformis.

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

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

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

26. 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. Tinea relates to which type of skin infection?

- a. Parasitic
- b. Bacterial
- c. Viral
- d. Fungal

Explanation: Tinea is a general term describing skin mycoses, which is a fungal infection of both animals and humans.

28. 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.

29. Which nerve plexus is involved in thoracic outlet syndrome?

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

Explanation: Thoracic outlet syndrome is a compression condition that affects the brachial plexus as well as the subclavian artery and vein. The brachial plexus nerve root originates at C5-C8, T1 and extends and into the terminal branches of the axillary, median, musculo-cutaneous, radial and ulnar nerves.

30. What is the cause of a helminthic infection?

- a. Bacteria
- b. Virus
- c. Worms
- d. Blood-borne pathogen

Explanation: A helminth is the classification for parasitic worms. This includes roundworms, tapeworms, filarial worms, hookworms and more. Most helminths cannot be spread by massage however there are exceptions to this rule so be diligent about cleanliness when working on clients with this condition.

31. Dermatitis is an inflammation of the _____.

- a. intestines
- b. brain
- c. skin
- d. liver

Explanation: Derma relates to skin and the suffix "itis" relates to inflammation. There are several types of dermatitis with a wide range of causes. Contact dermatitis is the most prevalent and is distinguished by a localized rash, blisters or irritation of skin which is caused by a contact with a foreign substance. Dermatitis can also be caused by diseases, chronic dry skin and neurological dysfunctions. Some dermatitis can be contagious and would be contraindicated for massage. Others like eczema is not contagious. Avoid any areas that look inflamed to be safe.

32. What area of the body does Mortens Neuroma affect?

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

d. Hips

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

33. 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.

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

- a. Airborne
- b. Food
- c. Insect
- d. Blood

Explanation: In regards to the transmission of pathogens, a vector is a living organism like a mosquito, tick, flea, etc. that infects a host.

35. 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.

36. Which massage technique would be most beneficial for a client with Raynaud's disease?

- a. Deep Tissue
- b. Trigger Point
- c. Swedish
- d. No massage

Explanation: Raynaud's disease is a phenomenon where exposure to cold or physical/emotional stress triggers the sympathetic nervous system to severely contract peripheral vascular tissue (vasoconstriction). This contraction causes discoloration and reduced temperatures in the affected limbs. Massage (Swedish in

particular) can have a beneficial effect on people who suffer from Raynaud's by calming the sympathetic nervous system and by promoting a healthier vascular flow to the affected regions.

37. What condition is the Mantoux test used to discover?

- ✓ a. Tuberculosis
- b. Contact dermatitis
- c. Herpes zoster
- d. Trachoma

Explanation: The Mantoux test is used to discover tuberculosis by injecting tuberculin bacteria proteins between the layers of dermis. An immune response triggered by the injection is a positive for infection either current or prior and no response is a negative for infection.

38. Influenza attacks which body system?

- a. digestive
- ✓ b. respiratory
- ✗ c. circulatory
- d. lymphatic

Explanation: Influenza or flu is a virus that attacks the respiratory tract which includes the nose, throat, mouth and lungs. The flu often begins suddenly with symptoms of fever, headache, fatigue, sore throat, nasal congestion, cough and is often associated with body aches and pain. Vomiting, diarrhea and being nauseous or "sick to your stomach" can be related to influenza but are rarely the main symptom.

39. A client indicates they have an angioma. What would a massage therapist expect to find?

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

Explanation: An angioma is a benign growth of vascular or lymphatic cells and can include the tissues surrounding these structures as well.

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

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

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

41. 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.

42. What part of the body is affected by peritonitis?

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

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

43. 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.

44. Choose the correct muscle type that is fast twitch and prone to inhibition.

- a. postural
- b. phasic
- c. cardiac
- d. smooth

Explanation: Phasic muscles are fast twitch muscles which are prone to inhibition or fatigue. Muscles that are designed to move our bodies are typically phasic while muscles that are designed to hold our bodies upright are typically postural.

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

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

d. hips

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

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

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

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

47. A shortened right leg is an example of an _____ factor of a postural deviation.

- a. intrinsic
- b. extrinsic
- c. assessment
- d. elemental

Explanation: During a postural assessment evaluation, it is important to note both intrinsic and extrinsic factors for postural deviations. An intrinsic factor would be an internal issue and therefore includes physical abnormalities as a shortened leg. An improperly fitted shoe would be an example of an extrinsic factor upon the body.

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

- a. True
- b. False

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

49. 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.

50. Which test would you use to assess a nerve compression between the clavicle and first rib?

- a. Adson's test
- b. Costoclavicular test
- c. Phalen's test
- d. Tinel's sign

Explanation: Costoclavicular test is often used to determine a brachial plexus compression syndrome. The costoclavicular test is also known as the military position test since the client rotates shoulders back and thrusts chest forward much like standing at attention. The practitioner feels for changes in the radial pulse to indicate a compression syndrome.

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

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

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

52. Massage creates the pleasure and feel-good response by stimulating the release of which neuroendocrine chemical?

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

Explanation: Dopamine is the neuroendocrine chemical responsible for many processes within the body including muscle movement, emotion, motivation, joy, pleasure and satisfaction. When a massage therapist is able to create a satisfactory massage experience for a client, the massage therapist helps release dopamine and, in effect, create a feel-good response.

53. 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.

54. Which massage technique is best suited to assist entrainment?

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

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

55. Choose which is NOT a benefit of soft tissue manipulation.

- a. Improved muscular function
- b. Increased metabolism and tissue repair
- c. Reduction of cancer
- d. Promotes healthy digestion

Explanation: There is no evidence to support that massage therapy can reduce cancer.

56. What is a mechanical effect of visceral manipulation?

- a. Elongation of muscle fibers
- b. Reduce abdominal adhesions
- c. Relieve tension headaches
- d. Improve ROM of joints

Explanation: Visceral manipulation is a specialized massage technique designed to address tension patterns and discomfort within the abdominal cavity by releasing fascial adhesions between the visceral pleura, organs, muscles and bone.

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

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

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

58. Which direction of massage strokes benefit lymph flow?

- a. Away from the heart
- b. Toward the heart
- c. In both directions

d. Depends on the location

Explanation: The natural flow of lymph is toward the heart (centripetal) and thus very light massage strokes in this direction would best benefit lymph flow.

59. What is the reduction of pain by sufficient stimulation of specific points on a muscle?

- a. Trigger point
- b. Hyper-stimulation analgesia
- c. Dermatomes
- d. Counter irritations

Explanation: Hyper-stimulation analgesia literally translates to stimulation pain reduction. This method of pain reduction relies on the gate control theory to break the signal chain between pain receptors and the brain. The hyper-stimulation or painful stimulation of tissue near a pain site can disrupt the sensory and effectively close the gate of the pain circuit. Trigger points are located and used for hyper-stimulation analgesia but they are not action of reducing the pain.

60. What is a mechanical effect of deep effleurage of the thigh on the circulatory system?

- a. Raises blood pressure
- b. Temporary ischemia
- c. Releases endorphins
- d. Lowers heart rate

Explanation: Temporary ischemia or temporary restriction of blood is a result of the mechanical effect of deep effleurage.

61. Which of the following is an example of a massage therapist working as an independent contractor?

- a. A massage therapist has a regular schedule that is filled by an office manager.
- b. A massage therapist has direct access to clients and control over scheduling.
- c. A massage therapist receives income from an office and not the client.
- d. A massage therapist is expected to work a set schedule.

Explanation: There is conflict within the massage professional surrounding the parameters of working as an employee and working as an independent contractor. It is important to know your local laws regarding this issue. Typically, an independent contractor will have control over the details of the work, like having direct access to clients and control over scheduling, and will not be controlled by an employer.

62. 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.

63. A massage therapist has the right to refuse to work on someone of the opposite sex.

- True
 False

Explanation: A massage therapist has the right to refuse to work on members of the opposite sex, but the massage therapist must carry out the policy consistently where it does not change from person to person, otherwise the massage therapist may violate gender discrimination laws.

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

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

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

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

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

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

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

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

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

67. Which of the following massage techniques should not be offered in a medical massage office?

- a. Feldenkrais
- ✓ b. Tantric
- c. Neuromuscular
- d. Hellerwork

Explanation: Tantra is a Sanskrit word meaning expanding liberation and has a place amongst certain spiritual practices. However, tantric massage is often associated with massage that focuses on various levels of "sexual healing" and, therefore, an establishment seeking a tantric massage practitioner is outside the code of ethics of the massage profession.

68. There are several methods a massage therapist can use to assess a client. The therapist can ask questions to create a detailed intake and the therapist can provide a postural assessment. What is the most viable skill a massage therapist possesses?

- ✓ a. The ability to feel with the hands
- b. An intuitive healing nature
- c. A strong desire to help others
- d. To provide positive energy

Explanation: Massage is a unique skill that gives therapists a chance to spend more time with clients than virtually anyone else in the medical field. The greatest skill a massage therapist has is the ability to feel with the hands to explore the various bodily tissues of the client.

69. A massage therapist has been in practice for the past 7 years and has maintained a level of consistency in her office. The office and facilities are always clean and the clients are kept up to date about any changes. The therapist is always on time and changes appointments only when sick or something truly unavoidable occurs. The practice is flourishing and clients regularly refer friends and family for treatments. Which of the following is the most likely reason for the therapist's success?

- a. The therapist focuses on financial success
- b. The therapist seeks recognition from peers
- c. The therapist encourages personal development and character
- ✓ d. The therapist creates a safe environment

Explanation: The therapist has excelled at keeping the office experience and treatment sessions consistent, reliable, detailed and focused, and in doing so, has created a safe environment for the client. When clients feel safe, a practice will flourish.

70. A massage therapist works for a chiropractor at specific times on set days for an hourly rate of pay. What is the massage therapist's work status with the chiropractor?

- a. independent contractor
- ✓ b. employee
- c. employer
- d. self-employed

Explanation: The scenario represents a working arrangement of an employee. Many clinics will offer the working arrangement of an employee but label the massage therapist as an independent contractor. This is typically done to avoid paying taxes for the employee and is illegal in the eyes of the IRS.

71. There are two types of medical gloves. They are _____ and _____ gloves.

- a. medical, inspection
- b. exam, surgical
- c. latex, nitrile
- d. external, internal

Explanation: Medical gloves are classified by their use. Surgical gloves adhere to a stricture tolerance for size and cleanliness. Exam gloves are used for general medical procedures.

72. A therapist has moved a massage table from their home to a treatment location. Choose the best option for table care before a massage session may begin.

- a. Clean the table with a non-toxic solution
- b. Be sure the table is stable by checking that it is fully deployed and the legs are tightly fastened
- c. Apply clean sheets and head rest cover
- d. All of the above
- e. Only a and b

Explanation: Moving a table from one location to another can expose many dangers from contamination to instability. It is important to follow all these steps to insure both the clients and therapists safety.

73. A client reminds a therapist of an old friend. During the session the therapist asks the client questions that relates to the old friend. What is this an example of?

- a. Transference
- b. Countertransference
- c. Projection
- d. Intuition

Explanation: Countertransference is the phenomenon of a client's ability to influence a practitioner's subconscious thoughts which could alter their professional behavior.

74. What aspect of the body does rebirthing directly focus on for healing?

- a. Breath
- b. Muscle
- c. Cardio
- d. Mental imagery

Explanation: Rebirthing practitioners believe that the breath is the ultimate healer in an individual. Through an orchestration of breathing techniques, a person is said to reach the divine within themselves to relieve any areas of stagnation, be they physical or emotional.

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

- a. Stomach
- b. Large intestine
- c. Kidney
- d. Gallbladder

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

76. Which is the first massage association founded in the U.S.?

- a. New York State of Medical Massage Therapists
- b. American Association of Masseurs and Masseuses
- c. American Massage Therapy Association
- d. Associated Bodywork and Massage Professionals

Explanation: The first massage association founded was the New York State of Medical Massage Therapists in 1927.

77. Where is the Rolf Institute located?

- a. Boulder, Colorado
- b. Los Angeles, California
- c. New York, New York
- d. Palm Beach Gardens, Florida

Explanation: Ida Rolf established the Rolf Institute in 1971 in Boulder, Colorado.

78. Acupressure is based on which modality?

- a. Bowen technique
- b. Swedish
- c. Shiatsu
- d. Rolfing

Explanation: Acupressure is the American version of the ancient healing art of Shiatsu, which is based on Traditional Chinese Medicine principles.

79. Rolfing was first named _____.

- a. neuromuscular therapy
- b. polarity therapy
- c. zero balancing
- d. structural integration

Explanation: Dr. Ida P. Rolf developed and taught a system of bodywork which focused on reorganizing and aligning the structure of a human being within the field of gravity. She first referred to this system as

structural integration. Over the years, the nickname rolfing eventually took place as the official term to describe her unique approach to bodywork.

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

- a. Ida Rolf
- b. Dr. William Fitzgerald
- c. Emil Voder
- d. John Harvey Kellogg

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

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

- a. Dr. George Taylor
- b. Mathias Roth
- c. Dr. Albert Hoffa
- d. Elizabeth Dicke

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

You are in the gym exercising when you observe a young man sustain an injury while doing bicep curls. He sustained the injury while lowering a dumbbell from a position of elbow flexion. He appears to be in discomfort and is holding his right arm above the elbow.

82. The man sustained a grade II strain of his right biceps brachii. Which of the following muscles is a synergist to biceps brachii?

- a. Triceps brachii
- b. Coracobrachialis
- c. Posterior deltoid
- d. Teres minor

Explanation: Coracobrachialis flexes the shoulder along with biceps brachii. Coracobrachialis also shares an attachment to the coracoid process of the scapula with short head of biceps brachii.

83. Which of the following techniques would be best suited for breaking up excess scar tissue at the injury site?

- a. Cross fiber friction
- b. Effleurage
- c. Petrissage
- d. Tapotment

Explanation: cross fiber friction is ideal for breaking up scar tissue formed as a result of injury.

84. What is the name of the structure within a muscle cell that stores calcium for release when the fiber is stimulated to contract?

- a. Sarcomere
- b. Sarcoplasm
- c. Sarcolemma
- d. Sarcoplasmic reticulum

Explanation: The sarcoplasmic reticulum is a specialized smooth endoplasmic reticulum. It stores calcium that is released during muscular contraction.

85. Which type of muscle fiber is fast twitch, white, glycolytic?

- a. Type IIB
- b. Type IIA
- c. Type I
- d. Type V

Explanation: Type IIB muscle fibers are fast twitch, white, glycolytic. They produce energy by anaerobic metabolism, have few mitochondria and fatigue easily.

86. What name is given to the structure formed by a motor neuron and all of the skeletal muscle fibers that it innervates?

- a. Neurolgia
- b. Motor unit
- c. Sacomere
- d. Myosin

Explanation: Motor units are formed by a single motor neuron and the skeletal muscle fibers which it connects to or innervates. The purpose of the motor unit is to transmit the signal to contract to the muscle fibers. The combined motor units within a muscle are called a motor pool.

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.

87. 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.)

88. 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.

89. 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.

90. What guideline for professional practice has been violated in the massage room?

- a. HIPAA rule
- ✓ b. OSHA rule
- c. Facility rule
- d. No violation has occurred.

Explanation: After each session a massage room should be properly sanitized to prevent contamination. OSHA covers the rules covering workplace safety. OSHA rules are concerned about client and therapist safety, sanitation and cleanliness.

91. 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.

You are performing an assessment on a new client who has been complaining of lower back pain. The pain can be sharp at times and also radiates down the right side of your clients lower back and into the right gluteal and upper thigh region.

92. In which section of the S.O.A.P. notes would the results from ROM testing be documented?

- a. Subjective
- b. Objective




- c. Assessment
- d. Plan

Explanation: The objective portion of the S.O.A.P. is reserved for documenting the observations of the practitioner of various forms of testing on the client.

93. Which of the following special orthopedic tests would you perform to indicate a lumbar disk herniation?




- a. Straight leg raise test
-  b. Piriformis test
- c. Clarke's test
- d. Ober's test

Explanation: Clients with a lumbar disk herniation often experience symptoms at approximately 70° of hip flexion when performing the straight leg raise test.

94. When treating a client with a herniated disk, which of the following would be appropriate treatment strategies goals for the massage therapist?





- a. Manipulation of the vertebrae to release pressure on the herniated disk.
-  b. Treating tension and trigger points in the quadratus lumborum and erector spinae
- c. Treating the herniated disk with friction and stripping
- d. Strengthening the muscles of the lower back with exercises.

Explanation: Appropriate strategies for treating disk herniations involve treating the muscles affected by the condition and not the condition itself.

95. Which of the following conditions may also cause radiating pain down the leg?




- a. Quadratus lumborum strain
-  b. Piriformis syndrome
-  c. ITB friction syndrome
- d. Patellofemoral pain syndrome

Explanation: Hypertonicity in piriformis may cause compression of the sciatic nerve, causing radiating pain down the affected leg.

96. The client was positive for pain on AROM and PROM for lateral flexion (R), torso flexion and rotation. MRT was negative for all movements of the torso. Which of the following conditions might be indicated, based on the ROM results?



- a. Strain of (R) quadratus lumborum
- b. Strain of (R) longissimus
-  c. Lumbar disk herniation
- d. None of the above

Explanation: Lumbar disk herniations can cause radiating pain down the leg on the protruding side. Additionally, clients may experience pain on movements of the torso, but no pain on MRT for any movements, eliminating the possibility of muscular strain.

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.

97. 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.

98. 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.

99. 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.

100. 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.

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