

Practice Exam Kit for the MBLEx



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Your Test Statistics

Test Mode	Test
Number of Questions	100
Number Correct	49
Number Incorrect	51
Number Not Answered	0
Date/Time Started	Jan 13, 2017 12:35 (PST)
Date/Time Finished	Jan 17, 2017 4:43 (PST)
Time Logged	31:21
Score	49%

Statistics by Section

#	Section	Questions	Correct	Incorrect	Unanswered	Score
1	Anatomy and Physiology	18	9	9	0	50%
2	Client Assessment	9	5	4	0	56%
3	Ethics, Boundaries, Rules and Regulations	7	4	3	0	57%
4	Guidelines for Professional Practice	6	4	2	0	67%
5	Kinesiology	8	2	6	0	25%
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	3	6	0	33%
Total:		100	49	51	0	49%

Test Preferences for this Test

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

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

Your results for this test follow:

1. 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.

2. The tibial nerve is a distal branch of which nerve?

- a. Sciatic
- b. Brachial plexus
- c. Sacral plexus
- d. Lumbar plexus

Explanation: The tibial nerve is a distal branch of the sciatic nerve which passes through the popliteal fossa where it divides into the medial and lateral plantar nerves.

3. Where would you locate an epiphysis?

- a. Femur
- b. Brain
- c. Kidneys
- d. Sternum

Explanation: An epiphysis describes the round end of a long bone such as the femur.

4. 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.

5. Which of the following is an example of a convergent muscle shape?

- a. Sphincter
- b. Biceps brachii
- c. Pectoralis major
- d. Sartorius

Explanation: A convergent muscle starts with a broad origin and converges to insert into a much smaller tendon. The pectoralis major is an excellent example of this muscle shape.

6. Synarthrosis, amphiarthrosis and diarthrosis refers to _____.

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

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

7. Humans are considered to have an open circulation system.

- a. True
- b. False

Explanation: There are two primary types of circulation systems in nature, one being open and the other being closed. In humans, the blood never leaves the intricate webbing of blood vessels and is thus considered a closed circulatory system. An open circulatory system is one where blood and interstitial fluid move freely within an organism, as in the case of gastropods, otherwise known as snails.

8. Where is the largest cache of serotonin located within the body?

- a. Brain
- b. Thoracic cavity
- c. Pelvic cavity
- d. Abdominal cavity

Explanation: Although the gut runs through the thoracic and pelvic cavity, it is mostly located in the abdominal cavity and it is in the gut that the largest storage of serotonin exists within the body. The gut is known as the second brain and makes up the enteric nervous system which includes tissue sheaths that line the esophagus, stomach, small intestine and colons. This would explain why people feel butterflies in their stomach when they are nervous, fearful or excited.

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

- a. A shallow cavity or slight depression
- b. The superior region of a long bone

- c. A projection or protuberance
- ✓ d. A rounded articular process

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

10. The brachial artery is a branch from which larger artery?

- ✓ a. Axillary
- b. Femoral
- c. Carotid
- d. Descending aorta

Explanation: The brachial artery continues from the axillary artery and runs between the triceps and biceps brachii. The pulse of the brachial artery can be palpated between these muscles on the anterior side of the arm.

11. What does the term meiosis relate to?

- ✓ a. Cell division
- b. Milk production
- c. Muscle deterioration
- d. Voluntary contractions

Explanation: Meiosis is a specific type of cellular division which is necessary for sexual reproduction.

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

- ✗ a. Astrocyte
- b. Oligodendroglia
- c. Axons
- ✓ d. Neurilemma

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

13. Smooth muscle is also known as _____ muscle.

- a. skeletal
- b. striated
- ✓ c. involuntary
- d. voluntary

Explanation: Smooth muscle is also known as involuntary muscle and is found within the walls of organs, blood vessels and within the skin but not in the heart. The muscles are labeled involuntary because they contract without conscious control. The heart contracts involuntarily but the heart is comprised of a separate classification of cardiac muscle. Smooth muscle is formed of thin layers of unstriated cells.

14. The fight-or-flight response is a choreography of physiological changes stimulated by which of the

following body systems?

- a. Circulatory system
- b. Muscular system
- c. Sympathetic nervous system
- d. Parasympathetic nervous system

Explanation: The sympathetic nervous system is mostly active at a basal or base level of homeostatic function. However, it has the responsibility to synchronize the body's defense mechanisms to address both internal and external stressors. People in chronic fight-or-flight states are at risk of diminished functions of the bodies systems which can contribute to the cause of physical and mental diseases.

15. 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.

16. 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.

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

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

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

18. How many types of Schwann cells exist in the human body?

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

Explanation: There are two types: myelinating and nonmyelating. Myelinating Schwann cells wrap around axons of motor and sensory neurons to form the myelin sheath, which acts to protect and support nerve functioning. Non-myelinating Schwann cells are involved with maintaining the health and vitality of the axon or nerve fiber.

19. 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.

20. The up phase of a wide arm push-up creates which type of contraction of the bicep muscle?

- a. Isometric
- b. Auxotonic
- c. Concentric
- d. Eccentric

Explanation: An eccentric contraction is one where the muscle lengthens under force.

21. 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.

22. 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.

23. Teres minor is an antagonist of the subscapularis.

- True
- False

Explanation: Antagonists are muscles that counter or do the opposite action of an agonist or paired muscle.

24. Choose the correct action for the iliacus muscle.

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

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

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

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

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

26. Which muscle is an agonist to flexion of the hip?

- a. Pectineus
- b. Gluteus medius
- c. Gracilis
- d. Biceps femoris

Explanation: The pectineus muscle, proximally located at the anteromedial portion of the femur, is an adductor and medial rotator of the hip in addition to its main function of hip flexion.

27. An excess of potassium in the blood (hyperkalemia) is a result of which improperly functioning organ?

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

Explanation: Hyperkalemia or excessive potassium in the blood is an indication of a poorly functioning kidney, which is responsible for regulating blood serum.

28. 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.

29. You are in a hospital providing treatments for patients and come across a patient with Hodgkin's disease. What type of massage would you provide, if any?

- a. Deep Tissue
- b. Myofascial Release
- c. Lymphatic Massage
- d. No Massage

Explanation: Hodgkin's disease is a type of lymphoma or cancer that affects the lymphatic system. The disease metastasizes by spreading systematically from one lymph node to another. Until a medical release is authorized, massage is contraindicated for Hodgkin's disease to prevent any spreading of the cancer.

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

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

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

31. 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.

32. When a client is suffering from agnosia, which of the following symptoms would be expected?

- a. Inability to recognize people, places or things
- b. Loss of appetite
- c. Loss of bladder function
- d. Partial paralysis

Explanation: Agnosia is the loss of a person's ability to recognize people, places or things. The condition is usually linked to a brain injury or a neurological disorder and can affect sight or sound recognitions. Agnosia is not typically associated with memory loss.

33. Mononucleosis is an infection of which body system?

- a. Muscular
- b. Cardiovascular
- c. Respiratory
- d. Lymphatic

Explanation: Mononucleosis is an infection by the Epstein-Barr virus which attacks lymphatic tissue causing swollen and sensitive lymph nodes. It is also known as the "kissing disease" and sometimes referred to as simply "mono".

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

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

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

35. With which condition is Pott's disease associated?

- a. Diabetes
- b. Cancer
- c. Tuberculosis
- d. Viral infection

Explanation: Pott's disease is a tuberculous infection of bone by the organism mycobacterium tuberculosis which is spread to bone by another infected area of the body, mostly the lungs or lymph nodes. The condition usually affects the spine which causes the vertebrae to collapse under the body's weight.

36. 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).

37. 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.

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

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

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

39. What is the meaning of the term “laxity” with reference to the body?

- a. taught
- b. strained
- c. loose
- d. ruptured

Explanation: A laxity, when combined with any anatomical structure, will indicate a looseness of the tissue within that structure. A laxity is often used to describe a tendon or ligament which is lacking in tensile strength which typically causes joints to be hyper-mobile.

40. The shoulder joint is one of the most common areas to injure via over-stretching or tearing of various tissues within the rotator cuff region. A partial tearing of the fibers within the coracohumeral ligament is considered a _____.

- a. rupture
- b. sprain
- c. strain
- d. bisection

Explanation: A sprain refers to a tearing of fibers within a ligament. This sprain typically occurs during a violent force or trauma to a joint (ankle, knee, wrist and elbow joints are most common). A way to remember that sprains relate to ligaments is by the absence of a T in the word sprain.

41. How long do the effects of a transient ischemic attack last?

- a. 24 hours or less
- b. 48-72 hours
- c. 4-7 days
- d. 1-2 weeks

Explanation: A TIA is caused by a temporary clogging of the arterial branches of the brain by an emboli release or spasms of arteries that lasts for short durations.

42. Which of the following best describes a concussion?

- a. A bruise
- b. A blister
- c. Brain swelling
- d. Abdominal pain

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

43. Which of the following muscle groupings are considered postural muscles?

- a. Pectoralis major, scalenes
- b. Serratus anterior, deep cervical flexors
- c. Supraspinatus, infraspinatus
- d. Vastus lateralis, vastus medialis

Explanation: Postural muscles work to sustain your posture within the gravity field. Both the pectoralis major and scalene muscles contribute to the postural integrity of the human body. Postural muscles consist of slow twitch fibers and are best suited for sustained work. They are also prone to hypertonicities.

44. What condition is Phalen's test used to assess?

- a. Thoracic outlet syndrome
- b. Piriformis syndrome
- c. Radial tunnel syndrome
- d. Carpal tunnel syndrome

Explanation: The Phalen's test requires the client to firmly press the backs of the hands together for a duration up to a minute. If the client experiences pain, tingling or numbness in the thumb, index, middle and lateral half of the ring finger along the palmar side, then the test is positive for a carpal tunnel compression. The test can be done in reverse with palms pressed firmly together.

45. 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.

46. A pathogenic barrier is also known as a _____.

- a. anatomic barrier
- b. physiologic barrier
- c. resistive barrier
- d. soft tissue barrier

Explanation: A pathogenic barrier is also known as a resistive barrier, which is the first sign of resistance against a movement during a range of motion assessment.

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

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

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

48. 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.

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 of the following actions would you initially direct to your client to take in order to test the structure and function of scapulohumeral rhythm?

- a. Adduction
- b. Abduction
- c. Internal rotation
- d. External rotation

Explanation: Scapulohumeral rhythm exposes the function of the glenohumeral joint by testing at which degree the scapula activates during an initial abduction of the arm. At 45 degrees, the scapula should engage until the end range motion of abduction.

51. 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.

52. 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.

53. A benefit of massage is the reduction of stress hormones, which is a _____ effect of the _____ system.

- a. mechanical, circulatory
- b. reflexive, endocrine
- c. mechanical, lymphatic
- d. reflexive, muscular

Explanation: Massage reduces the levels of stress hormones as a secondary response to physical touch, which is a reflexive effect of the endocrine system.

54. To assist a client with the reduction of edema, which direction would a massage therapist focus the massage strokes?

- a. Centrifugal
- b. Centripetal
- c. Omnidirectional
- d. Proximal to distal

Explanation: Centripetal means toward the heart or toward the center, which is the direction a massage therapist would want to direct massage strokes to assist with the reduction of edema. Centrifugal means away from the center.

55. 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.

56. A massage which assists with the release of dopamine would be considered to have a/an _____ effect upon the nervous system.

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

Explanation: The release of dopamine during a massage is a secondary response which would be a reflexive effect upon the nervous system.

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

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

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

58. Iridology is the study of which part of the body?

- a. Muscles
- b. Bones
- c. Skin
- d. Eyes

Explanation: Iridology is an alternative healthcare technique that studies the iris of a patient's eyes to glean information about their systemic health. The practitioner observes the colors, patterns and other characteristics and compares them to a chart to determine any abnormalities that may indicate a disease or other health related issue.

59. 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.

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

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

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

61. _____ is the knowledge base and practice parameters of the massage profession.

- a. Therapeutic relationship
- b. Scope of practice
- c. Code of ethics
- d. Informed consent

Explanation: The knowledge base refers to education and special training/skills for providing care. The practice parameters refer to conduct and environment. These two combined explain the basic concept of the scope of practice.

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

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

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

63. Is it acceptable to have a sliding scale based on a client's personal beliefs?

- a. Yes
- b. No

Explanation: Offering a sliding scale based on personal beliefs is a violation of a client's dignity and a violation of basic human rights.

64. There are two main roles between a therapist and a client. The first role is as a massage therapist and the second role is as _____.
- a. an instructor
 - b. a counselor
 - ✓ c. a professional
 - d. a confidant

Explanation: The second role, as a professional, is as important as the first role. One can be the greatest massage therapist in the world, but if the massage therapist does not abide by the guidelines, ethics and laws set forth for the profession, then the therapist can do more harm than good to those who seek their help.

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

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

66. 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.

67. The dynamics between a client and a massage professional are complex, which creates an immediate _____.
- a. friendship
 - ✗ b. relationship
 - ✓ c. power imbalance
 - d. power equality

Explanation: Power imbalances occur naturally when one person is perceived as being an authority over another in a certain situation. This is why the dynamics between a client and a professional of all backgrounds has the capability of becoming emotionally unbalanced if left unchecked.

68. Which of the following is the number one ethical standard of providing massage therapy?

- a. Always look your best
- b. Do no harm
- c. Present a warm attitude
- d. Never turn away a client

Explanation: Do no harm. It is the number one rule for providing massage. In fact, it's the number one rule for all of healthcare.

69. Keeping a clean therapeutic environment is required by law. Which of the following methods can be used to sterilize towels?

- a. UV
- b. Heat at 160 degrees
- c. Washing with soap in hot water
- d. Spraying with a disinfectant

Explanation: UV or Ultra Violet rays have three classifications: UV-A, UV-B and UV-C. It's the UV-C class which contains the DNA destroying spectrum that prevents microbes from reproducing and is responsible for sanitation.

70. Using a jar style container is acceptable for massage lotion that is used in a private practice serving multiple clients.

- a. True
- b. False

Explanation: Jar style containers may only be used for a single individual and is not recommended for use in a professional setting. Cross contamination is impossible to prevent and thus pump style containers are required for working with multiple clients.

71. A massage therapist has a minor cut on the tip of his finger but has a massage in a few hours. Choose the best protocol for providing care.

- a. Cancel the appointment and reschedule till the wound is completely healed.
- b. Provide the massage since the cut is no longer bleeding.
- c. Provide the massage with a bandage over the cut finger.
- d. Provide the massage with a finger cot over the cut finger.

Explanation: It is permissible to provide a massage treatment with a finger cot as long as the cut has stopped bleeding and no fluid can leak from the finger cot. Keeping finger cots on supply in a massage office should be mandatory as minor cuts can happen all the time.

72. A client has called in to schedule a massage appointment after waking up with muscular pain and limited movement of her neck. She is requesting a medical massage treatment. Choose the correct way to proceed.
- a. No massage
 - b. No massage and recommend a visit to the doctor
 - c. Massage but avoid the area of concern
 - d. Massage the area as needed without a prescription

Explanation: Medical massage is a term used to indicate massage specifically applied to treat muscular dysfunctions that can be perceived as a medical issue. However, a muscular dysfunction is not necessarily a medical issue which requires a medical release. Therefore, a massage practitioner who provides medical massage may provide treatment for muscular dysfunctions without requiring a prescription.

73. You are hiring a massage therapist to work part time in your clinic. Which of the following offenses is grounds to deny a candidate a job in your clinic?
- a. Shows up late for the appointment
 - b. Unkept and dirty fingernails
 - c. Offensive body odor
 - d. All of the above
 - e. Only a and c

Explanation: Anyone you hire will be a representative of your clinic. It is important to hire a candidate that will reflect the professionalism you wish to maintain within your practice. All of the listed offenses are justifiable grounds for dismissing a candidate from applying for work within your office.

74. What technique uses any part of the body to apply a direct therapeutic force onto a client?
- a. Gliding
 - b. Kneading
 - c. Cross fiber friction
 - d. Compression

Explanation: Compression is using any part of the body to apply a direct therapeutic force onto a client. This can be for sustained periods of time which is applied ischemic compression, or can be applied in an on/off pulse fashion to inspire fluid flow.

75. 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.

76. Which civilization created Reflexology?

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

Explanation: The origins of Reflexology can be found on inscriptions in the physicians tomb of Saqqara in Egypt. Reflexology is a touch system based on the notion that the feet, hands and ears are access points for every aspect of the human body and thus tension, illness and general issues can be treated by working specific points in each of the three access points.

77. What was the original name of the American Massage Therapy Association (AMTA)?

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

Explanation: The AMTA was originally established in Chicago as The American Association of Masseurs and Masseuses in 1943.

78. 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.

79. 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.

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

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

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

81. Which of the following techniques would engage the vestibular system?

- ✓ a. Vibration
- b. Compression
- c. Gliding
- d. Deep tissue

Explanation: The vestibular system, located within the inner ear, relies on movement to gauge balance. Of the choices, vibration is the only massage technique that would effectively engage the vestibular system.

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

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

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

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

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

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

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

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

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

Explanation: Dorsi flexion is the backward flexion or bending of the foot or hand. Plantar flexion is when the foot or toes flex downward toward the sole. Eversion is when the plantar surface of the foot rotates

away from mid-line of the structure. Inversion is the reversal of the normal action.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

As a result of a cut on your right hand, you develop an infection, your hand is inflamed and you are unable to work. In addition to a course of antibiotics, you are also prescribed medication for pain.

92. Which of the following compounds is released by mast cells and increases the permeability of blood vessels?

- a. Insulin
- b. Keratin
- c. Melanin
- ✓ d. Histamine

Explanation: Histamine is an organic compound that forms part of the immune response to pathogens. When released, it increases the permeability of blood vessels.

93. What classification do analgesics and anti-inflammatory drugs available over the counter fall under?

- ✓ a. NSAIDS
- b. ACE inhibitors
- c. Anti-retroviral agents
- d. Antidiabetic agents

Explanation: NSAIDS, non-steroidal anti-inflammatory drugs are non-narcotic drugs that are available over the counter.

94. Inflammation is classified as part of non-specific immunity. What is the name given to pathogens that illicit the adaptive immune response?

- a. Staphylococcus
- b. Streptococcus
- ✓ c. Antigens
- d. Antibodies

Explanation: Antigens are pathogens that cause the body to mount a specific or adaptive immune response.

95. Once the inflammation has resolved, you return to work, but the cut on your hand has not completely healed. Which of the following bacteria are commonly found on the skin and may pose a danger to you?

- a. HIV
- b. Tinea pedis
- ✓ c. Staphylococcus aureus
- d. Lactobacillus

Explanation: Staphylococcus aureus is a bacteria that is commonly found on the skin. Broken skin provides a portal of entry for the bacteria, which can cause life threatening illnesses if it enters the bloodstream.

96. Which blood cells are responsible for ingesting harmful bacteria, foreign particles and dead or dying cells?

- a. eosinophils
- ✓ b. Monocytes
- c. Red blood cells
- d. Basophils

Explanation: Monocytes are the largest of the white blood cells and leave the bloodstream to become macrophages, that are phagocytic in nature.

You discover that one of your elderly clients is suffering from a fungal infection on his feet. You have been treating him regularly and may have been exposed to the fungus.

97. Which of the following is a fungal infection of the foot?

- ✗ a. Tinea cruris
- b. Tinea corporis
- ✓ c. Tinea pedis
- d. Tinea capitis

Explanation: Tinea pedis or athlete's foot, is a common, contagious fungal infection of the foot.

98. What are the implications for a client with tinea pedis seeking massage?

- a. Clients with tinea pedia are an absolute contraindication.
- b. Clients with tinea pedis may receive massage with no restrictions.
- c. Clients with tinea pedis are locally contraindicated for massage
- d. Clients with tinea pedis are indicated for reflexology

Explanation: Tinea pedis is highly contagious and, as such, clients with this condition are locally contraindicated for massage.

99. All of the following are effects of aging on the integumentary system EXCEPT:

- a. Decrease in collagen producing fibroblasts.
- b. Sebaceous glands decrease in size and function.
- c. Subcutaneous layer of the skin decreases in size.
- d. Increase in the number of melanocytes.

Explanation: As we age, the number of melanocytes decreases, causing greying of the hair and lighter skin.

100. The client also suffers from hypertension. Which of the following is NOT a precaution that should be taken?

- a. Only treat clients whose hypertension is medically controlled.
- b. Use thermotherapy when treating clients.
- c. Use lighter pressure.
- d. Side-lying position can improve venous return.

Explanation: Studies have shown that the application of heat can elevate blood pressure, therefore thermotherapy should be avoided.

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