

# Practice Exam Kit for the MBLEx

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## Your Test Statistics

Test Mode	Test
Number of Questions	100
Number Correct	58
Number Incorrect	42
Number Not Answered	0
Date/Time Started	Jan 26, 2017 9:48 (PST)
Date/Time Finished	Jan 26, 2017 10:20 (PST)
Time Logged	1:22:56
Score	58%

## Statistics by Section

#	Section	Questions	Correct	Incorrect	Unanswered	Score
1	Anatomy and Physiology	18	10	8	0	56%
2	Client Assessment	9	6	3	0	67%
3	Ethics, Boundaries, Rules and Regulations	7	3	4	0	43%
4	Guidelines for Professional Practice	6	4	2	0	67%
5	Kinesiology	8	4	4	0	50%
6	Massage History and Culture	8	4	4	0	50%
7	Miscellaneous Scenarios	19	13	6	0	68%
8	Pathology and Contraindications	16	7	9	0	44%
9	Physiological Effects of Massage	9	7	2	0	78%
Total:		100	58	42	0	58%

## 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. Carbohydrate digestion mostly occurs at which point in the digestive tract?

- a. Mouth
- b. Stomach
- c. Small intestine
- d. Large intestine

Explanation: Carbohydrate digestion occurs mainly in the small intestine where the pancreatic digestive enzyme amylase converts starches into maltose which is then converted to glucose by the enzyme maltase. Sucrase converts sucrose to glucose and lactase converts lactose to glucose in the small intestine as well.

#### 2. The arms, legs, and pelvis are part of the \_\_\_\_\_ skeleton.

- a. axial
- b. appendicular
- c. osteocalcin
- d. phalangeal

Explanation: The appendicular skeleton is comprised of 126 bones and is formed by the upper limbs (60), the pectoral girdles (4), the pelvic girdles (2) and the lower limbs (60). Their function is to make locomotion possible and to protect the major organs of digestion, excretion and reproduction.

#### 3. Where would you locate stratum lucidum?

- heart
- muscle
- skin
- bone

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

#### 4. 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.

**5. Which nerve passes through the flexor retinaculum of the hand?**

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

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

**6. How many joints are part of the shoulder girdle?**

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

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

**7. Which of the following valves is between the stomach and the small intestine?**

- a. Pyloric
- b. Mitral
- c. Ileocecal
- d. Eustachian

Explanation: The valve between the stomach and the small intestine is the pyloric valve also known as the pylorus or pyloric sphincter.

**8. 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.

**9. 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.

**10. Which muscle is flexed during forced exhalation?**

- a. Abdominals
- b. Rectus femoris
- c. Diaphragm
- d. Iliopsoas

Explanation: During a forced exhalation, the abdominal muscles are engaged to assist the expulsion of air from the lungs.

**11. Which best describes mitosis?**

- a. Cell division
- b. Cell death
- c. Muscle infection
- d. Inflammation

Explanation: Mitosis is part process of cellular division in which a cell replicates its chromosomes and nucleus and divides them evenly into an identical cell.

**12. The prefix nephro- refers to:**

- a. Nerve
- b. Infant
- c. Kidney
- d. Brain

Explanation: Nephro and nephr both refer to the kidneys. An example is nephritis, which is an inflammation of the kidneys.

**13. 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.

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

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

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

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

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

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

**16. The radial nerve divides into a deep branch called the \_\_\_\_\_ nerve?**

- a. musculocutaneous
- b. anterior interosseous
- c. palmar digital
- d. posterior interosseous

Explanation: The radial nerve divides into the superficial dorsal digital nerves and the deeper posterior interosseous nerve, located at the posterior aspect of the forearm.

**17. Piriformis syndrome affects which of the following nerves?**

- a. Sciatic
- b. Musculocutaneous
- c. Coccygeal
- d. Thoracic

Explanation: Piriformis syndrome is a neuromuscular disorder that occurs when the sciatic nerve is irritated or compressed by the piriformis muscle causing pain, tingling and numbness in the gluteals and along the path of the sciatic nerve descending down the posterior thigh and into the leg. Common causes of Piriformis syndrome are strenuous sitting exercises that include rowing or bicycling.

**18. Which muscle is responsible for initiating inhalation?**

- a. Intercostals
- b. Abdominals
- c. Diaphragm

d. Pectoralis major

Explanation: The diaphragm muscle which extends across the bottom of the rib cage is the muscle responsible for initiating inhalation.

**19. The up phase of a wide arm push-up creates which type of contraction of the tricep muscle?**

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

Explanation: A concentric contraction is one where the muscle shortens under force.

**20. The sternocleidomastoid action of flexion of the neck is an example of \_\_\_\_\_ contraction.**

- a. a concentric
- b. an eccentric
- c. an isometric
- d. an auxotonic

Explanation: A concentric contraction is one where the muscle shortens under force. Flexion of the neck is the concentric contraction and natural action of the sternocleidomastoid.

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

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

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

**22. Lunges, jumping jacks and sit-ups are considered \_\_\_\_\_ exercises.**

- a. isometric
- b. flexibility
- c. anaerobic
- d. calisthenic

Explanation: Calisthenics are a form of aerobic exercise that are designed to increase body strength and flexibility with movements that include jumping, swinging, bending, twisting, pulling and more all while using a person's own bodyweight as the resistance.

**23. Which muscle is responsible for depression of the ribs?**

- a. Subclavius

- b. Pectoralis minor
- c. Quadratus lumborum
- d. Intercostal

Explanation: The intercostal muscles located between each rib are mainly involved with breathing by either elevating the ribs during inspiration or depressing the ribs during expiration.

**24. Piriformis, gemelli superior and obturator internus are part of the \_\_\_\_\_ group.**

- a. abductor
- b. adductor
- c. extensor
- d. lateral rotator

Explanation: Piriformis, gemelli superior and obturator internus along with the gemelli inferior, obturator externus and the quadratus femoris all make up the lateral rotator group of the hip. An easy way to remember the order is PGOGOQ.

**25. 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.

**26. 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.

**27. 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.

**28. What would you call a sudden and painful involuntary muscle contraction in a client?**

- a. Convulsion
- b. Contracture
- c. Spasm
- d. Hypotonicity

Explanation: A sudden and painful involuntary muscle contraction is a spasm or muscle cramp. A contracture is a permanent shortening of muscle due to prolonged hypertonic spasticity.

**29. Where would you expect to find an injury to the MCL?**

- a. Ankle
- b. Knee
- c. Wrist
- d. Elbow

Explanation: The MCL is the abbreviation for Medial Collateral Ligament and is located in the knee and attaches the medial condyle of the femur to the medial condyle of the tibia. The role the MCL plays is to prevent medial deviation of the leg and to stabilize the knee joint during movement.

**30. What is the direct cause of albinism?**

- a. Over production of melanin
- b. Lack of melanin
- c. Lack of specific hormones
- d. Viral infection

Explanation: Albinism is the lack of pigment in the skin. This is due to a lack of melanin which is responsible for the color in skin, hair, eyes and throughout our bodies.

**31. Which of the following pathogens are the smallest in size?**

- a. Bacteria
- b. Virus
- c. Fungi
- d. Protozoa

Explanation: Viruses are the smallest of infectious agents and are actually particles that contain DNA or RNA strands and rely on a host cell to survive. New particles are formed in the host cell and released into extracellular fluid to infect more cells.

**32. 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.

**33. Where would a Baker's cyst be located?**

- a. Wrist
- b. Elbow
- ✓ c. Knee
- d. Ankle

Explanation: A Baker's cyst is a benign swelling of the semimembranous tissue or synovial bursa behind the knee. This condition is also known as a popliteal cyst but is often referred to by the name of the surgeon William Baker who first described the condition.

**34. Which response is most likely to occur during anaphylaxis?**

- a. Anger
- b. Euphoria
- c. Depression
- ✓ d. Shock

Explanation: Anaphylaxis is a serious allergic reaction whose symptoms accelerates rapidly and can cause a person to go into a state of shock or even death. Symptoms can include an itchy rash, throat swelling and low blood pressure. Some common causes include insect bites/stings, foods and medications/drugs.

**35. Cellulitis is a common skin infection caused by \_\_\_\_\_.**

- a. anaphylaxis
- ✓ b. bacteria
- c. illness
- d. diabetes

Explanation: Cellulitis is a skin infection caused by bacteria. Staphylococcus and streptococcus are the most common bacteria types that cause cellulitis. Skin that has been broken from cracks, cuts, insect bites or other occurrence is most susceptible to infection. This is why special care must be taken with clients who have open wounds.

**36. What are infectious agents classified by?**

- a. Size
- ✗ b. Shape
- ✓ c. Structure
- d. Color

Explanation: Infectious agents are classified in order of their structural complexity with the following order: viruses, rickettsiae, chlamydiae, bacteria, fungi, algae, protozoa, metazoa and insecta.

**37. A NEOPLASM is best described as:**

- a. Scar tissue
- ✓ b. Tumor
- c. Normal tissue growth
- ✗ d. Brain tissue

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

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

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

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

**39. Which nerve is directly involved with carpal tunnel syndrome?**

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

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

**40. A benign tumor is typically known to be \_\_\_\_\_.**

- ✓ a. non-life threatening
- ✗ b. life threatening
- c. metastasized
- d. lethal

Explanation: A benign tumor implies a mild and non progressive disease. Examples of benign tumors are moles, fibromas and lipomas. A benign tumor can become life threatening, not by action, but by the mass of the tumor pressing on other sensitive structures. Benign tumors are typically slow growing and are non-life threatening.

**41. What is the term for a mass of connected boils?**

- a. Acne

- b. Cellulitis
- c. Urticaria
- d. Carbuncle

Explanation: Carbuncles are a highly contagious mass of boils that tend to develop in people with weakened immune systems. Carbuncles are contraindicated for massage.

**42. What is the correct definition of the medical term anaplasia?**

- a. Irregular cellular tissue
- b. Topical agent to neutralize pathogens
- c. An abnormal function of the body or mind
- d. Associated with a specific region

Explanation: Anaplasia means "to form backward" and refers to an irregular cellular tissue growth which is often the basis for malignant cancers.

**43. 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.

**44. Applying force against an active movement by a client during an assessment is \_\_\_\_\_.**

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

Explanation: When a therapist applies force against an active movement during an assessment, they are providing resistive ROM. This is used to test for muscle strength and weakness.

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

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

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

46. **Hacking, tapping and pounding with loose fists are examples of \_\_\_\_\_.**

- a. Petrissage
- b. Deep tissue
- c. Effleurage
- ✓ d. Tapotement

Explanation: Hacking, tapping and pounding are techniques of tapotement.

47. **A crackling, grating or popping sound from joints is referred to as \_\_\_\_\_.**

- ✗ a. air bubbles
- b. a soft tissue barrier
- ✓ c. crepitus
- d. a degenerative disease

Explanation: Crepitus is a crackling, grating or popping sound from joints or other subcutaneous tissue.

48. **A hip joint that feels restricted and lacking in movement is considered hypermobile.**

- ✗ a. True
- ✓ b. False

Explanation: A joint that feels restricted and lacking in movement is hypomobile. A joint that is lax and loose would be hypermobile.

49. **During an assessment, a massage therapist instructs their client to move a part of their body without assistance. This is known as \_\_\_\_\_.**

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

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

50. **A client is complaining of tension headaches focused along the temporal region. What should the massage therapist instruct the client to do to help locate and palpate the temporalis muscle?**

- ✓ a. Client clench and relax their jaw
- b. Client open mouth and relax their jaw
- c. Pinch closed and open eyes
- d. Rotate head from side to side

Explanation: The temporalis muscle has one action and that is to clench the jaw during mastication. The best way to locate and palpate the temporalis muscle is to instruct the client to clench and release their jaw while the therapist feels for the origin and insertion of muscle fibers along the temporal bone.

51. 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.

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

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

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

53. How much time is generally needed of sustained touch to engage the parasympathetic nervous system?

- a. 2 minutes
- b. 8-10 minutes
- c. 15 minutes
- d. 30 minutes

Explanation: Touch can initially trigger the sympathetic nervous system. However, after a sustained period of 15 minutes, the parasympathetic nervous system engages. Once this engagement occurs, the release of dopamine, serotonin, oxytocin, endorphins and a decrease in cortisol will aid and assist in the healing process of massage.

54. 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.

55. Placing tension or force on a muscle to initiate a release is \_\_\_\_\_.

- a. reciprocal inhibition
- b. an autogenic inhibition

- c. an active release
- d. proprioceptive neuromuscular facilitation

Explanation: The application of force or tension on a muscle stimulates the Golgi tendon organ to become activated and triggers a release. This is an autogenic inhibition.

**56. What is a benefit of deep transverse friction massage?**

- a. Therapeutic inflammation
- b. General relaxation
- c. Stress relief
- d. Balance energy systems

Explanation: The effect of deep transverse friction is to create micro tears within muscle areas of low vascularity and stagnation. This triggers the body's natural inflammation process to remove, repair and replace unhealthy tissue with healthy tissue.

**57. A client is experiencing a slight “pins and needles” feeling in her hand. The massage therapist applies a nerve lengthening technique specifically designed to release adhesions around nerves. What is this technique called?**

- a. Nerve flossing
- b. Nerve manipulation
- c. Nerve jamming
- d. Nerve pulling

Explanation: Muscle and connective tissues can bind to the myelin sheathing that surrounds nerves. These adhesions can prevent the nerves from gliding properly within the nerve sheaths. This binding and/or adhesion is often the cause of nerve impingements and other painful nerve disorders.

**58. 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.

**59. What does the term palliative refer to?**

- a. Deep, intense pressure
- b. Soothe and relieve
- c. Medical assessment
- d. Palpate

Explanation: Palliative care in terms of health and wellness is to relieve the suffering of a client or patient. The type of palliative care provided during massage is to soothe and relieve.

60. **When working on an acute or subacute frozen shoulder, the best technique to reduce pain in your client is \_\_\_\_\_.**
- a. Diaphragmatic breathing
  - b. Active-passive range of motion
  - c. Deep tissue massage
  - d. Positive thinking

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

61. **There are moments when a massage therapist needs to disclose personal information about themselves to clients. Which of the following is considered an appropriate disclosure?**
- a. Relationship difficulties
  - b. Sharing information about a mutual friend
  - c. Coming down with a cold
  - d. Business concerns and financial woes

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

62. **A massage therapist must release all medical forms and information from a verbal request from an attorney.**
- a. True
  - b. False

Explanation: No information may be given to any third party regarding a client without that particular client's signed release of information. This release must be delivered via an official document which must be kept within the records for the client.

63. **The federal and state laws that govern the massage profession are the \_\_\_\_\_.**
- a. professional boundaries
  - b. legal boundaries
  - c. HIPAA regulations
  - d. OSHA regulations

Explanation: Federal and state law form the legal boundaries of the massage profession.

64. **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.

**65. 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.

**66. Choose the best example of transference out of the following:**

- a. A client who is angry at the new charges proposed by a massage therapist
- b. A massage therapist who is extra friendly with a client who shares the same hobbies
- c. A massage therapist who receives extra gifts as a form of affection from a client
- d. A massage therapist asks a client to a therapeutic seminar

Explanation: A client that expresses feelings above and beyond the typical role as a client is seen as demonstrating transference. Being overly special can be seen as a red flag, especially in early stages of the therapeutic relationship.

**67. Giving a client an option to decide which techniques will be applied follows which ethical standard?**

- a. Confidentiality
- b. Informed consent
- c. Do no harm
- d. Client dignity

Explanation: A massage practitioner must give each client the right to accept or refuse the application of massage and the manner in which the technique is applied. If a client is visibly distressed, it is the therapist's responsibility to confirm with the client if they wish to continue or not.



**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. A therapist is applying deep tissue massage to a client. The client states the pain is between a 9 and 10 on the pain scale of 1-10. How should the therapist respond?**

- a. Immediately stop working on that particular area and move on
- b. Lighten the pressure till there is no discomfort
- ✓ c. Ease off the pressure till the discomfort is closer to a 5-7 on the pain scale
- d. Give the client a squeeze ball to help them work through the pain... no pain, no gain

Explanation: There is a "goldilocks" zone for therapeutic deep tissue massage which resides somewhere between a 5-7 on a client's particular pain scale. Working within this zone is proven to provide the best results for both the client and therapist. There is an exception: the therapist must self regulate their pressure when a client experiences little to no pain or discomfort when deep hard pressure is being applied.

**70. 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.

**71. How often is it necessary for a therapist to wash their hands?**

- a. At least once a day
- b. After each treatment
- ✓ c. Before and after each treatment
- d. Before, during, and after each treatment

Explanation: The purpose of washing hands prior to a treatment is to prevent contamination of the client. The purpose of washing hands after a treatment is to prevent contamination of the environment. Washing hands both prior and after treatment is necessary for proper cleanliness.

**72. 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.

**73. Which of the following should be included in a "mission statement" with regards to establishing a massage practice?**

- a. The location where a practice will be established
- b. The key market cliental
- c. The color scheme and decor
- d. How billing will be handled

Explanation: The mission statement outlines the goals and framework for the overall intention of a business. In this case, deciding who the key market cliental is will determine many factors when building a practice.

**74. 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.

**75. Which chakra is associated with the color orange?**

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

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

**76. General fear, lack of discipline and restlessness is a deficient trait of which chakra?**

- a. Root
- b. Solar plexus

- c. Throat
- d. Crown

Explanation: The root chakra (Muladhara) is the foundation of all spiritual development. If a person is experiencing issues of fear, or lack of discipline they are stuck in their root chakra.

**77. 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.

**78. 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.

**79. Who is the Persian philosopher and physician who revitalized the healing methods of ancient Greece including the use of massage as a form of healthcare?**

- a. Shivago Komarpaj
- b. Per Henrik Ling
- c. Hippocrates
- d. Rhazes

Explanation: Around 900AD the Persian philosopher and physician Rhazes shared the teaching of exercise, diet and massage from the ancient Greeks and Romans.

**80. Who developed Neuromuscular Therapy?**

- a. William Garner Sutherland
- b. James Cyriax
- c. Dr. Albert Hoffa
- d. Dr. Stanley Leif

Explanation: Also referred to as NMT, Neuromuscular Therapy was first developed by Dr. Stanley Leif in the 1930's to address soft tissue abnormalities with an advanced system of assessments and treatments that repeat until issues are resolved.

81. Rolwing 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 rolwing eventually took place as the official term to describe her unique approach to bodywork.

You are examining the structure and function of a generalized cell.

82. Which organelle within a cell is known as the "powerhouse" because of its role in producing energy in the form of ATP?

- a. Lysosome
- b. Mitochondria
- c. Nucleolus
- d. Vacuole

Explanation: The mitochondria produces ATP in the presence of oxygen. The energy produced is used for cellular metabolic processes.

83. In which part of the cell does metabolism producing a net of 2 ATP occur?

- a. Cytoplasm
- b. Smooth endoplasmic reticulum
- c. Rough endoplasmic reticulum
- d. Mitochondria

Explanation: Anaerobic respiration or metabolism occurs in the cytoplasm of the cell and produces a net of 2 ATP units per molecule of glucose.

84. If the cell is producing energy by aerobic metabolism, how many units of ATP are generated for each glucose molecule?

- a. 2
- b. 4
- c. 16
- d. 36

Explanation: Aerobic respiration or metabolism, also known as the Krebs cycle, occurs in the mitochondria of the cell and produces 36 units of ATP per molecule of glucose.

85. What mechanism does the cell use to move contents of secretory vesicles from within the cell to the extracellular environment?

- a. Phagocytosis

- b. Pinocytosis
- c. Chemotaxis
- d. Exocytosis

Explanation: Exocytosis is an active transport mechanism that moves substances from the internal environment of the cell to the outside extracellular environment.

**86. If the cell is an impulse-conducting nerve cell, which of the following types of nerve cells could it be?**

- a. Astrocyte
- b. Neuron
- c. Ependymal cell
- d. Microglia

Explanation: Neurons are the nerve conducting cells of the nervous system. All non-conducting cells are collectively called neuroglia.

**You are out walking one evening when you step on a stone and twist your ankle. The ankle immediately becomes inflamed and you cannot place weight on the injured foot without extreme discomfort.**

**87. Which of the tarsal bones does not attach to the tibialis posterior muscle?**

- a. Talus
- b. Cuboid
- c. Calcaneus
- d. 1st cuneiform

Explanation: The tibialis posterior tendon runs posterior to the medial malleolus and inserts into all tarsal bones except the talus.

**88. What describes a client's unwillingness to put weight on a damaged ankle because of pain and discomfort?**

- a. Splinting
- b. Guarding
- c. Gait
- d. Genu valgum

Explanation: Guarding describes the caution and hesitation surrounding the use of injured tissues. Clients may hesitate to place weight on a joint that is injured.

**89. Which ligaments are commonly damaged with an inversion sprain injury?**

- a. Deltoid ligament and anterior talofibular ligament
- b. Calcaneofibular ligament and anterior talofibular ligament
- c. Lateral collateral ligament and medial collateral ligament
- d. Deltoid ligament and calcaneofibular ligament

Explanation: An inversion or lateral ankle sprain occurs when the foot is excessively inverted. The anterior talofibular (ATFL) and calcaneofibular ligament (CFL) are damaged and this is the most common of ankle sprain injuries.

**90. Which of the following special orthopedic tests is used to assess for ligamentous laxity in the ankle?**

- a. Thomas test
- b. Apley's scratch test
- c. Phalen's test
- d. Anterior drawer test

Explanation: The anterior drawer or ankle drawer test is used to assess the ankle for ligamentous continuity. A practitioner stabilizes the proximal bone of the joint while using their other hand to mobilize the distal portion of the joint in a back and forth type of movement. The anterior drawer test can be used to test the integrity of the ligaments of the knee as well.

**91. Which stage of the tissue repair process involves the re-alignment of scar tissue along lines of stress?**

- a. Inflammation
- b. Regeneration and repair
- c. Remodeling
- d. Platelet plug formation

Explanation: During the remodeling stage of tissue repair, excess scar tissue is re-absorbed and the remaining scar tissue is re-aligned along lines of stress.

**While out running one evening, you fall and sustain a fracture to your right humerus, just superior to the elbow. Your arm is placed in a cast for 6 weeks and you are unable to use your right arm during this time.**

**92. When the cast is removed from your right arm, there is a noticeable decrease in size of the muscles in the right arm. What is this decrease in size called?**

- a. Osteoarthritis
- b. hypertrophy
- c. Atrophy
- d. Multiple sclerosis

Explanation: Atrophy is a complete wastage of a part of the body. When an arm is placed in a cast, disuse of the affected muscles of that arm leads to wastage. This can usually be reversed by exercise.

**93. After the removal of your cast, your arm is assessed and you display weakness in AROM and MRT during forearm flexion, extension and supination, shoulder flexion and extension and adduction. Which tissues are most likely to illicit the above results on ROM testing based on the facts in the scenario?**

- a. Ligament
- b. Muscle
- c. Bone
- d. Nerve

Explanation: ROM testing would likely show weakness of biceps brachii, brachialis, triceps brachii, coracobrachialis, as well as other arm muscles. Muscle atrophy would likely be the main cause of this muscular weakness.

**94. The humerus is a long bone comprised of both compact and spongy bone. What is the name of the bony plates that form the structure of spongy bone?**

- a. Lamellae
- ✓ b. Trabeculae
- c. Canaliculi
- d. Osteon

Explanation: Trabeculae are a network of bony plates found in spongy bone. They give spongy bone its structure.

**95. What type of joint is formed by the trochlear notch of the ulna and the trochlea of the humerus?**

- a. Diarthrosis
- b. Ball and socket
- ✗ c. Hinge
- ✓ d. Both a and c

Explanation: The hinge joint of the elbow is formed by the trochlear notch of the ulna and the trochlea of the humerus. It is also generally classified as a freely moveable joint, or diarthrosis.

**96. What type of bone fracture occurs when the ends of a bone are driven into each other?**

- ✓ a. Impacted
- b. Greenstick
- c. Comminuted
- d. Simple

Explanation: an impacted fracture occurs when one end of a bone is driven into another end.

**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.**

**97. 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.

**98. 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.

**99. 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.

**100. 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.

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