

Practice Exam Kit for the MBLEx



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Your Test Statistics

Test Mode	Test
Number of Questions	100
Number Correct	46
Number Incorrect	54
Number Not Answered	0
Date/Time Started	Jan 20, 2017 10:38 (PST)
Date/Time Finished	Jan 20, 2017 11:33 (PST)
Time Logged	59:33
Score	46%

Statistics by Section

#	Section	Questions	Correct	Incorrect	Unanswered	Score
1	Anatomy and Physiology	18	9	9	0	50%
2	Client Assessment	9	4	5	0	44%
3	Ethics, Boundaries, Rules and Regulations	7	4	3	0	57%
4	Guidelines for Professional Practice	6	5	1	0	83%
5	Kinesiology	8	2	6	0	25%
6	Massage History and Culture	8	4	4	0	50%
7	Miscellaneous Scenarios	19	6	13	0	32%
8	Pathology and Contraindications	16	6	10	0	38%
9	Physiological Effects of Massage	9	6	3	0	67%
Total:		100	46	54	0	46%

Test Preferences for this Test

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

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

Your results for this test follow:

1. Which element is needed for muscle contraction?

- a. Calcium
- b. Nitrogen
- c. Magnesium
- d. Iron

Explanation: Skeletal muscle contraction occurs when an action potential from the brain reaches the neuromuscular junction. It causes a calcium ion influx which starts the process of a muscle contraction.

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 find a diaphysis in the human body?

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

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

4. Which would lead to a condition of sepsis?

- a. Excess iron in the blood
- b. A bacterial infection
- c. Insufficient carbohydrate intake
- d. Lowered glucose levels in the blood

Explanation: Sepsis is a serious immunity response and inflammation of the entire body. It is often caused by a pathogenic infection but sometimes the condition can arise from or is complicated by an organ

malfunction. Some symptoms are high fever, irregular heart and breathing rate, altered mental state and edema. Pathology

5. **Osteophyte is the technical term for _____.**

- a. a bone spur
- b. a tooth
- c. a bone fracture
- d. bone cancer

Explanation: An osteophyte is the technical term for a bone spur. A bone spur is an abnormal bone growth caused by old age, articular degeneration, disease or excessive wear and tear during mechanical instability.

6. **The medulla oblongata and pons are part of which section of the brain?**

- a. Brain stem
- b. Cerebellum
- c. Diencephalon
- d. Cerebrum

Explanation: The brain stem which provides the sensory and motor innervations of the face and neck consists of three parts: the medulla oblongata, pons and midbrain.

7. **It's very cold outside and Bill gets into the spa, turning it up to its maximum temperature (106°F). After several minutes in the water, he faints and would have drowned if a passerby had not saved him. Which best explains what happened?**

- a. His body could not tolerate the shock going from cold to hot.
- b. He suffered a heart attack due to the excess heat.
- c. He fainted from a lack of oxygenated blood to his brain.
- d. He received second-degree burns and went into shock.

Explanation: When the body is exposed to prolonged heat, more blood is shunted to superficial veins in order to lower body temperature. This results in decreased venous return to the heart. The resulting lowered cardiac output causes less oxygenated blood to reach the brain, causing dizziness and fainting.

8. **The protein that stores oxygen in skeletal muscle cells is:**

- a. Myosin
- b. Hemoglobin
- c. Myoglobin
- d. Troponin

Explanation: Skeletal muscles are reddish because they contain the red pigment myoglobin. Myoglobin is a globular protein similar to hemoglobin, the pigment in red blood cells that transports oxygen. Myoglobin also binds oxygen, making it available to skeletal muscles during muscle contraction.

9. **What does a "z-line" refer to?**

- a. A spinal disorder
- ✓ b. Border of a sarcomere
- c. A cardiology report
- d. Type of bone fracture

Explanation: A z-line is the dark band that separate sarcomeres and forms the borders where actin molecules within a muscle combine.

10. Where are cubital lymph nodes located?

- a. Knees
- b. Thoracic cavity
- ✗ c. Neck
- ✓ d. Elbow

Explanation: Cubital refers to the elbow and will indicate that region when used with anatomical terms as cubital fossa, cubital tunnel and median cubital vein.

11. 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.

12. A hematocrit is a medical test for _____.

- a. healthy liver function
- b. identifying peptic ulcers
- ✓ c. measuring blood and plasma
- d. pupil dilation

Explanation: A hematocrit is a medical test where blood is placed into a test tube and spun on a centrifuge to separate the whole blood into its liquid elements to help access the various components within the blood.

13. What part of the spine is affected by hyperkyphosis?

- a. Cervical
- ✓ b. Thoracic
- c. Lumbar
- d. Sacral

Explanation: Hyperkyphosis is an excessive curvature of the thoracic spine. The condition is often caused by weakened vertebrae through diseases like osteoporosis.

14. Which muscle at the base of the skull is often associated with tension headaches?

- a. Frontalis
- b. Occipitalis
- c. Scalenes
- d. Levator scapula

Explanation: The occipitalis muscle has two bellies which originate on the lateral 2/3 portion of the superior nuchal line and the external occipital protuberance. The insertion is into the dense fibrous tissue surrounding the skull called the galea aponeurosis which connects with the frontalis muscle along the forehead. Both the frontalis and the occipitalis muscles play a role in tension headaches.

15. Which of the following functions does the pineal gland help regulate?

- a. Movement
- b. Digestion
- c. Blood pressure
- d. Sleep patterns

Explanation: The pineal gland is a small endocrine gland that produces serotonin, the hormone that regulates sleep patterns.

16. 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.

17. 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.

18. In which region of the lung does the gaseous exchange occur?

- a. Alveoli
- b. Atrium

- c. Bronchii
- d. Trachea

Explanation: The alveoli also known as the pulmonary alveolus is the anatomical structure of the lung that has a hollow cavity in which air is compressed and then exchanged with blood. There is roughly 170 alveoli in one square millimeter in the functional structure (parenchyma) of the lung.

19. What nerve is affected when you hit your funny bone?

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

Explanation: The funny bone sensation is created by a compression of the ulnar nerve as it passes between the medial epicondyle of the humerus and the olecranon process of the ulna. The ulnar nerve is the largest unprotected nerve in the human body and is most susceptible to injury.

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

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

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

21. What unilateral action occurs during a concentric contraction of the iliopsoas muscle?

- a. Posterior tilt of pelvis
- b. Extension and medial rotation
- c. Stabilize the pelvis
- d. Lateral rotation and flexion

Explanation: The concentric contraction is the action of a specific muscle. In this case, the unilateral or single sided concentric contraction of the iliopsoas muscle is lateral rotation and flexion of the hip (think crossing a leg while sitting).

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

- a. Psoas and illiacus
- 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.

23. Which muscle is a synergist to extension of the vertebral column?

- a. Internal oblique
- b. Longus capitis
- c. Semispinalis capitis
- d. Trapezius

Explanation: Semispinalis capitis, located in the posterior neck and upper thoracic region, is a powerful extensor of the neck and vertebral column.

24. Which muscle is responsible for establishing an upright or erect position when standing still?

- a. Abdominals
- b. Gluteus maximus
- c. Rectus femoris
- d. Tensor fascia latae

Explanation: The gluteus maximus is the largest, most superficial and strongest of the three gluteal muscles which aides in the function of maintaining an erect posture.

25. A tetanic contraction is under the control of the patient and is considered a voluntary contraction.

- a. True
- b. False

Explanation: A tetanic contraction is an involuntary contraction which occurs as a result of a hyperactive stimulation of motor neurons within a muscle. The contraction will remain constant over an extended period of time or as long as the artificial stimulant is active. The cause of this form of contraction can come from disease, electrical stimulation or toxins and drugs.

26. Holding weight in a fixed position with no movement is an example of _____ contraction.

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

Explanation: An isometric contraction is one where muscle length is constant or unchanging under force.

27. Which of the following is the cause for septic arthritis?

- a. Heredity
- b. Autoimmune
- c. Uric acid
- d. Bacteria

Explanation: Sepsis is a term to describe an infection which would indicate that bacteria is the cause of septic arthritis. The types of infection can be enteric fever, gonorrhea, scarlet fever or other forms of bacteria infection spread through the body. This condition is contraindicated from massage until the infection has subsided.

28. What is the most appropriate treatment option for a client with the condition Yaws?

- a. Deep Tissue
- b. Swedish
- c. Lymphatic
- d. None/contraindicated

Explanation: Yaws is a chronic infectious disease caused by the Treponema pallidum organism. This condition causes lesions that secrete infectious ooze. Massage is contraindicated until all lesions have healed.

29. _____ are used to develop penicillin.

- a. Bacteria
- b. Synthetics
- c. Fungus
- d. Viruses

Explanation: Penicillins are drugs created from the penicillium chrysogenum fungus. These are used as an antibacterial agent and can destroy most strains of meningococcal, staphylococcus, streptococci along with many intestinal and respiratory bacterial infections.

30. Which body system would be directly involved with the use of ACE inhibitors?

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

Explanation: Angiotensin-converting enzymes (ACE) inhibitors are prescribed to reduce mild to moderate increases in blood pressure and is also used to treat congestive heart failure.

31. Adenitis is an inflammation to which body structure?

- a. Heart
- b. Lymph nodes
- c. Lungs
- d. Kidneys

Explanation: Adenitis is a general term used to describe an inflammation of lymph glands. Cervical adenitis is an inflammation of lymph glands located in the neck region.

32. 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.

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

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

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

34. 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 invertebrates.

35. Which of the following techniques is contraindicated if a client is taking blood thinners or anti-inflammatory medication?

- a. Cross fiber friction
- b. Shaking/jostling
- c. Effleurage
- d. Trigger point therapy

Explanation: Cross fiber friction is designed to create micro tears in muscle and tissue, triggering an inflammatory response for healing. If a client is on blood thinners, excess blood in the immediate region could cause unhealthy bruising. If a client is on an anti-inflammatory medication, the purpose of the technique is negated.

36. What symptom would be expected in a client diagnosed with cataplexy?

- a. Momentary fits of rage
- b. Sleepwalking
- c. Temporary muscle weakness

d. Brittle bones

Explanation: Cataplexy is considered a rare disease but common amongst those who are prone to narcolepsy. The condition is typically triggered during experiences of intense emotions that causes a sudden, temporary loss of muscle function while the person is fully conscious.

37. _____ is a contagious viral infection of epidermal cells causing mutation and hyperplasia.

- a. Lipoma
- b. Melanoma
- c. A wart
- d. Eczema

Explanation: Hyperplasia is a normal growth response to a specific stimulus and in this case the viral infection of the epidermal cells leads to the growth of a wart. Warts are contagious and are a contraindication for massage.

38. Which of the following describes dermatophytosis?

- a. Bumpy accumulations of the epidermis
- b. An acute subcutaneous bacterial infection
- c. A dense accumulation of comedones
- d. A superficial fungal skin infection

Explanation: Dermatophytosis is a fungal infection which feeds on the keratin of the skin. Any type of tinea infection is a form of dermatophytosis; for example, tinea pedis (athletes foot) or tinea capitis (ringworm)

39. Which of the following is designated by a deterioration of the head of the femur due to a lack of blood supply?

- a. Osteomyelitis
- b. Gout
- c. Perthes disease
- d. Paget's disease

Explanation: Perthe's disease is an avascular necrosis of the ball of the femur at the hip joint. The condition is caused by a lack of blood supply to the growth plate in the femur head that causes the deterioration of bone.

40. Choose the term for a paralysis affecting only the lower part of the body.

- a. Diplegia
- b. Hemiplegia
- c. Paraplegia
- d. Tetraplegia

Explanation: Paraplegia is a paralysis that occurs with the lower half of the body, affecting the legs and sometimes the pelvis. This typically occurs as a result of a spinal cord injury but can also be caused by a congenital condition.

41. 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.

42. Erysipelas is an infection that affects the _____ system.

- a. circulatory
- b. respiratory
- c. integumentary
- d. digestive

Explanation: Erysipelas is an acute streptococcus bacterial infection of the integumentary system. The infection can also spread into the superficial lymphatic tissue. The infection can occur on any part of the body but favors adipose tissue of the extremities.

43. What is meant by muscle flaccidity?

- a. Strength
- b. Size
- c. Flexibility
- d. Weakness

Explanation: Muscle flaccidity pertains to the weakness of a muscle.

44. Bones, ligaments, blood vessels and nerves are known as _____.

- a. contractile tissues
- b. inert tissues
- c. soft tissues
- d. hard tissues

Explanation: Inert tissues are those that are not contractile such as bone, bursa, blood vessels, cartilage, fat, ligaments, nerves and nerve coverings.

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

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

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

46. A client enters a treatment with a current diagnosis of torticollis. What area of the body will you expect to find this condition?

- a. Foot
- b. Hip
- c. Spine
- d. Neck

Explanation: Torticollis is an atypical torsion contraction of the neck which distorts the balance and positioning of the head and neck to either one side or the other.

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

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

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

48. A client can experience phantom pain if they have _____.

- a. a psychological disorder
- b. diabetes
- c. lost a limb
- d. a neurological dysfunction

Explanation: Phantom pain is a phenomenon where a person experiences sensations of a limb or body part after it has been amputated. Phantom sensations have also occurred in people with removed organs and after a mastectomy.

49. A range of motion assessment of a joint is calculated by testing _____.

- a. its capsular pattern
- b. the cartilage
- c. inert tissue
- d. posture

Explanation: A range of motion assessment is achieved by testing the joints capsular pattern, which will indicate any limitations by structure or function.

50. A client walks into your office with a slight limp. He states he is experiencing pain in his right hip. He also claims to not know the origin of his discomfort. What is the best option to assess the relative discomfort that a client is experiencing?

- a. subjective pain scale
- b. objective pain scale
- c. passive range of motion testing
- d. active range of motion testing

Explanation: A subjective pain scale is a useful assessment protocol to determine the relative discomfort that a client is currently experiencing. Often a scale between 1-5 or 1-10 is used with 1 being the lowest amount of discomfort and either 5 or 10 being an unbearable and extreme pain. Most often, a therapist wants to remain under 4 or 8 respectively for an effective yet comfortable treatment.

51. Which best describes auscultation?

- watching
- listening
- palpating
- concluding

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

52. What effect does gentle rhythmic rocking of a client during massage have on the vestibular apparatus?

- a. Synchronization
- b. Activation
- c. Mechanical
- d. Placebo

Explanation: The vestibular apparatus is a complex monitoring system within the ears that utilizes the eyes as signals for balance and spatial orientation. By gently rocking a client, the fluid within the vestibular apparatus has a chance to recalibrate and help the client gain a more accurate perspective of spatial presence.

53. What is another term for a trigger point?

- a. Muscle contraction
- b. Muscle knot
- c. Myofascial adhesion
- d. Hypotonic muscle

Explanation: A trigger point is basically a muscle knot that is often painful and irritating.

54. 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.

55. Which of the following techniques is characterized as kneading?

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

Explanation: Petrissage, a component of Swedish massage, is an alternating press and release technique similar to kneading bread.

56. What benefit does petrissage have on an athlete prior to an event?

- a. Increased blood flow
- b. Reduced muscle tension
- c. Neurological excitability
- d. All the above

Explanation: Petrissage has the benefits of increased blood flow, reduced muscle tension and neurological excitability and is, therefore, used by athletes prior to events. Other benefits are an increase in a feeling of general well being and injury prevention by sufficiently warming muscle tissues.

57. The calming affect of massage which lowers the heart rate is a _____ effect of the _____ system.

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

Explanation: A calming massage which lowers the heart rate would be a secondary response to the stimulus and thus the massage would have a reflexive effect upon the circulatory system.

58. Which of the following best describes the technique of myofascial release?

- a. Vigorous, deep pressure
- b. Light, circular strokes
- c. Gentle, sustained pressure

d. Deep, focused pressure

Explanation: Myofascial release relies on a gentle, sustained pressure approach to unwinding fascial tension. The goal is to break the tension pattern and allow the underlying tissues to naturally release.

59. Which of the following herbs is recommended to be used on a first degree burn?

- a. Aloe vera
- b. Echinacea
- c. Astragalus
- d. None, since the burn is severe

Explanation: A first degree burn is superficial (sunburn) and would benefit most with the application of aloe vera.

60. What is the term to describe the study of medicines derived from natural sources?

- a. Pharmacology
- b. Pharmaceuticals
- c. Pharmacognosy
- d. Medicology

Explanation: According to the American Society of Pharmacognosy, pharmacognosy is defined as "the study of the physical, chemical, biochemical and biological properties of drugs, drug substances or potential drugs or drug substances of natural origin as well as the search for new drugs from natural sources."

61. 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.

62. At the beginning, the needs of a particular client were very simple. Initially, the client requested general relaxation massage with occasional focus on deeper layers of muscle. However, just over six months ago, the client was diagnosed with diabetes. Since then the client's condition has progressed beyond the comfort and skill level of the massage therapist, though the therapist continues to offer treatment. What has occurred?

- a. The massage therapist is operating outside the scope of practice.
- b. A needy client has become unreasonably demanding.
- c. A power differential.
- d. A dual relationship has been created.

Explanation: Sometimes a client can develop complex issues and it is important for a massage professional to "check in" with their own personal scope of practice to insure a healthy therapeutic relationship. In this case, the massage therapist should recommend another practitioner with special training to better assist the client.

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 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.

65. 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.

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

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

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

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

- a. Confidentiality

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

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

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. When is it appropriate to ask for feedback about comfort levels regarding pressure?

- a. Before the session starts about their pressure preferences but not during
- b. Before and after a massage session but not during
- c. Anytime a therapist changes techniques or works on a new part of the body
- d. When a therapist detects physical cues that signal discomfort

Explanation: The best time to ask for feedback is when a massage therapist detects physical cues of discomfort. These cues involve the holding of breath, groans of agony, sudden adjustments, fidgeting and tensing or stiffening. These signals are not always an instant cue to reduce pressure as clients process their therapeutic experience differently. By asking for feedback at appropriate times, a therapist can provide the most effective treatments.

70. When is it okay to undrape a client's breast tissue?

- a. Anytime necessary
- b. With permission
- c. To massage breast tissue after receiving permission
- d. It is never okay

Explanation: Breast massage is a valuable technique for working the pectoralis major and minor muscles, lymphatic drainage and for discovering any dangerous growths or lesions. A therapeutic necessity must preclude massaging breast tissue and must only be applied after client consent. It is also necessary to uncover only the breast that is being massaged, one at a time.

71. A massage therapist is going through emotional troubles due to difficulties with family. The therapist has decided to share their experiences with a client and the client usually responds with concern. When is it appropriate for a client to take care of a therapist's emotional needs?

- a. Always
- b. Regularly
- c. Occasionally

d. Never

Explanation: The professional role of a massage therapist requires them to be fully present for their client's needs and not the other way around. It is the responsibility of the therapist to take care of his or her own emotional and physical needs outside the therapeutic environment.

72. A massage therapist that works on the tissues surrounding an adhesion, then works directly on the adhesion and then back to the surrounding tissues is demonstrating _____.

- a. distal proximal distal
- b. proximal distal proximal
- c. regional local regional
- d. local regional local

Explanation: The massage therapist is first working on the regional tissue, then the local tissue and then back to the regional tissue.

73. On a rare occasion a client will be unhappy or dissatisfied with an experience with a therapist. In this case, a therapist should have a _____ to address the client's issues.

- a. recourse policy
- b. special fee
- c. professional boundary
- d. training manual

Explanation: The purpose of a recourse policy is to act as a guideline for addressing client issues. The recourse policy could be a refund or offering of a complementary massage in the event of an unsatisfactory experience.

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 of the following best describes the term "Dharma"?

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

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

76. Which technique did Ute Arnold develop?

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

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

77. Which of the following best describes mentastics?

- a. Free flowing movement
- b. Quiet stillness
- c. Meditation
- d. Weight lifting

Explanation: Milton Trager M.D., first coined the term "mentastics" to describe his self care movement techniques. The simple, effortless movements are designed for a playful self discovery of one's own body, and aides in creating better function and form for those who participate.

78. Which of the following is NOT a part of the five elements in TCM theory?

- a. Metal
- b. Wood
- c. Wind
- d. Earth

Explanation: The five elements in TCM theory are metal, water, wood, fire and earth. Wind is considered an influence in TCM and not an element.

79. From where did the massage technique Tschanpua originate?

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

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

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. In approximately which year was Tuina first recorded as a therapeutic modality?

- a. 5000 BC
- b. 1700 BC
- c. 1200 AD
- d. 1800 AD

Explanation: Tuina dates back to the Shang Dynasty of China around 1700 B.C. In current times Tuina is used to treat people of all ages by balancing the flow of qi (energy).

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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.

87. 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.

88. 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.

89. 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.

90. 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.

91. 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.

You accept a new client who is an army veteran. She is suffering from injury-related back pain, suffers from post-traumatic stress disorder and has been prescribed anti-depressants and prescription pain killers.

92. While massaging the client, she begins to experience flashbacks and becomes anxious and fearful. Which of the following would be most appropriate?

- a. Suggest that your client take her medication.
- ✗ b. Tell your client that you are going to leave the room so that she can calm down.
- c. Leave the room and call 911.
- ✓ d. Stay with your client and speak to her about how she deals with these episodes.

Explanation: Clients having recurring emotional episodes usually have coping mechanisms for dealing with their illness. Understanding the coping mechanism may assist you with future treatments.

93. Which neurotransmitter is responsible for regulating mood, appetite and sleep?

- a. Dopamine
- b. Acetylcholine
- c. Serotonin
- d. Substance P

Explanation: Serotonin is a neurotransmitter produced in the GI tract and the brain. In addition to regulating mood, appetite and sleep, serotonin also regulates intestinal activity.

94. As a result of a traumatic accident, the client suffers from forward slippage of her 5th lumbar vertebra. What condition is this?

- a. spondylolysis
- b. Herniated nucleus pulposus
- c. Sciatica
- d. Spondylolisthesis

Explanation: Anterior displacement of vertebrae, frequently the lumbar vertebrae is called spondylolisthesis.

95. The client becomes very attached to you over time and you become uncomfortable. You decide to refer her to another massage therapist. What would this be considered?

- a. Unethical behavior
- b. Right of refusal
- c. Code of ethics violation
- d. Discrimination

Explanation: Clients and therapists both have the right to decide whether or not to continue to maintain the therapeutic relationship.

96. When should massage treatments be scheduled in relation to the client taking her prescribed pain medication?

- a. When the medications are at their highest level in the body (soon after the last dose was taken).
- b. When the medications are at their lowest level in the body (prior to their next dose).
- c. When the client is taken off of the medication.
- d. None of the above.

Explanation: When clients are taking prescription strength pain medications, they may have a diminished capacity to feel pressure or experience pain. It is best to schedule massage treatments when medications are at their lowest in the body, prior to the next dose. Researching medications provides the massage therapist with information regarding the likelihood of such effects. Also, when working with clients who take prescribed pain medication, massage therapists should work conservatively to avoid over-treating or causing damage.

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.

97. 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.

98. 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.

99. 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.

100. 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.

