

Practice Exam Kit for the MBLEx



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Your Test Statistics

Test Mode	Test
Number of Questions	101
Number Correct	60
Number Incorrect	41
Number Not Answered	0
Date/Time Started	Feb 7, 2017 9:30 (PST)
Date/Time Finished	Feb 7, 2017 10:08 (PST)
Time Logged	1:14:50
Score	59%

Statistics by Section

#	Section	Questions	Correct	Incorrect	Unanswered	Score
1	Anatomy and Physiology	18	11	7	0	61%
2	Client Assessment	9	7	2	0	78%
3	Ethics, Boundaries, Rules and Regulations	7	5	2	0	71%
4	Guidelines for Professional Practice	6	5	1	0	83%
5	Kinesiology	8	1	7	0	13%
6	Massage History and Culture	8	7	1	0	88%
7	Miscellaneous Scenarios	19	12	7	0	63%
8	Pathology and Contraindications	16	9	7	0	56%
9	Physiological Effects of Massage	10	3	7	0	30%
Total:		101	60	41	0	59%

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	101 Questions
Time Limit	1 Hour, 50 Minutes

Your results for this test follow:

1. Which of the following muscles are a part of the hamstrings?

- a. Rectus femoris
- ✓ b. Biceps femoris
- c. Gracilis
- d. Soleus

Explanation: The hamstrings are the muscle group of the posterior thigh and include the biceps femoris, semitendinosus and the semimembranosus. The hamstrings cross over and act upon both the hip and knee joints.

2. 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.

3. 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.

4. Extensor pollicis longus attaches to which of the following digits?

- a. Pinky
- b. Ring
- c. Index
- ✓ d. Thumb

Explanation: A pollicis is another term for thumb. Any question that includes the term pollicis will relate to the thumb.

5. All of the following are effects of aging on the skin EXCEPT:

- a. Decrease in number of hair follicles
- b. Thinner epidermis layer
- c. Fewer melanocytes
- ✓ d. Increased sweat gland activity

Explanation: All aspects of the integumentary system are affected by aging. These changes result in thinning of the skin layers, fewer active hair follicles, leading to thin, sparse hair and sebaceous activity, and reduced blood supply. There is also dryness due to reduced sweat.

6. Which type of nerves are stimulated by massage to send messages to the central nervous system?

- ✓ a. Afferent nerves
- b. Efferent nerves
- ✗ c. Somatic nerves
- d. Neurologic nerves

Explanation: Nerves that send messages to the central nervous system (CNS) are called afferent nerves. Sensory receptors are examples of afferent nerves. The nerves that send messages from the CNS to the body are called efferent nerves. Somatic nerves are an example of efferent nerves.

7. What is the medical term for the shoulder joint?

- a. Facet joint
- ✗ b. Acromioclavicular joint
- ✓ c. Glenohumeral joint
- d. Humeroclavicular joint

Explanation: The shoulder joint is comprised of the glenoid fossa of the scapula and the head of the humerus. This juncture is called the glenohumeral joint.

8. Celiac refers to which location in the body?

- ✓ a. Abdomen
- b. Mouth
- c. Brain
- ✗ d. Chest

Explanation: The term celiac describes the location of the abdomen and is used to describe the location of nerves as in the celiac plexus or the location of cardiovascular tissue as in the celiac artery. Celiac disease denotes the location of the disease located in the abdominal region.

9. Which bone does the tibialis anterior insert into?

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

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

10. 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.

11. 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.

12. Insulin and glucagon are hormones released from which of the following anatomical structures?

- a. Pancreas
- b. Liver
- c. Adrenal glands
- d. Thyroid

Explanation: The pancreas plays a major role in both the endocrine and digestive system. As an endocrine gland, the pancreas develops and releases insulin to lower blood sugar, glucagon to raise blood sugar levels and somatostatin to regulate the endocrine system. As a digestive organ, the pancreas secretes digestive enzymes into the chyme (partially digested food that is passed from the stomach to the duodenum) to further assist in the breaking down of carbohydrates, lipids and proteins.

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. Auditory ossicles are formed of which kind of tissue?

- a. Muscle
- b. Bone
- c. Cartilage
- d. Nervous

Explanation: The ossicles are the three smallest bones in the human body and help transmit sound to the cochlea. The term ossicles literally means "tiny bones" and are named the incus, the malleus and the stapes. An absence of these bones causes a severe hearing loss.

15. _____ are the smallest blood vessels.

- a. Arteries
- b. Venules
- c. Capillaries
- d. Arterioles

Explanation: Capillaries are the smallest blood vessels with endothelial linings that are only one cell thick. This allows for the transfer of water, oxygen, carbon dioxide, nutrients and waste between the blood and surrounding tissues.

16. Which of the four quad muscles is the largest in size?

- a. Rectus femoris
- b. Vastus lateralis
- c. Vastus intermedius
- d. Vast medialis

Explanation: The vastus lateralis is the largest quadriceps muscle with its origin starting superiorly to the intertrochanteric line and inserting into the lateral border of the patella.

17. Which of the following hormones regulates the development of reproductive processes within the body?

- a. FSH
- b. ADH
- c. Insulin
- d. HRT

Explanation: FSH or follicle stimulating hormone, produced by the anterior portion of the pituitary gland regulates the reproductive processes of the body, including development, growth and maturation.

18. Which of the following cells are important to blood clotting?

- a. Erythrocytes
- b. Leukocytes
- c. Phagocytes
- d. Thrombocytes

Explanation: Thrombocytes or platelets, are essential to blood clotting. Thrombocytes create platelet plugs by releasing prothrombin at an injury site that bonds with calcium to form a clot.

19. What is the eccentric contraction of the subscapularis?

- a. Stabilize the humeral head
- b. Restrains lateral rotation of the arm
- c. Lateral rotation of the arm
- d. Medial rotation of the arm

Explanation: Eccentric contractions elongate muscle under force. Look for answers that resist or restrain movement when identifying eccentric contractions. In this case, the answer is restrains lateral rotation for the arm.

20. 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.

21. 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.

22. An inferior movement of the scapula is known as scapular _____.

- a. depression
- b. elevation
- c. protraction
- d. retraction

Explanation: Depression of the scapula refers to an inferior movement. An example would be to return the scapula to a normal position after a shoulder shrug.

23. What is the name of the movement that allows a person to stand on their toes?

- a. Plantar flexion
- b. Dorsiflexion
- c. Inversion
- d. Eversion

Explanation: Plantar flexion is the movement that increases the angle between the shin and the superior surface of the foot which allows a person to stand on their toes.

24. 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).

25. Ulnar flexion is also known as wrist _____.

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

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

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

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

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

28. There are several forms of back pain. Choose the answer that would directly relate to a case of radicular back pain.

- a. Muscle spasm
- b. Nerve impingement
- c. Psychosomatic disorder
- d. Disk degeneration

Explanation: The direct definition of radicular involves the nerves. In this case, the other options may be the cause of the nerve impingement but they are not the direct definition.

29. 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.

30. What does a client suffer from if they have amnesia?

- a. Lack of sleep
- b. Loss of appetite
- c. Loss of memory
- d. Loss of muscular function

Explanation: Amnesia is the loss of memory which can be permanent due to brain damage, disease or psychological trauma or can be short term due to physical trauma, use of sedatives (alcohol) or psychoactive drugs.

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

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

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

32. 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.

33. Which best describes a contusion?

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

Explanation: A contusion is the medical term for the more commonly used description of a bruise. Typically, a direct force trauma bursts capillaries which causes a type of hematoma, or pooling of blood beneath the surface of the skin.

34. Which of following is a concern for massaging a client with a diagnosis of enuresis?

- a. Sneezing
- b. Headaches
- c. Blood clots
- d. Incontinence

Explanation: Enuresis is the inability to control bladder function, most often in people in later stages of life.

35. At what stage during the life of a woman could she become susceptible to pre-eclampsia?

- a. Childhood
- b. Puberty
- c. Pregnancy
- d. Post menopause

Explanation: Pre-eclampsia is a condition affecting pregnant women and is the leading cause of fetal complications. Symptoms of pre-eclampsia are hypertension, nausea, vomiting, blind spots, abdominal pain and involves generalized damage to the maternal endothelium, liver, and kidneys. In advanced stages, the woman may go into convulsions, stop breathing, have liver failure, seizures and become rigid or hypertonic. The condition resolves once removal of the placenta has occurred and is known as an immune response against paternal antigens from the fetus and its placenta.

36. 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.

37. 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.

38. Radial tunnel syndrome is a condition that is sometimes misdiagnosed as _____.

- a. Golfers elbow syndrome
- b. Tennis elbow syndrome
- c. Carpal tunnel syndrome
- d. Cubital tunnel syndrome

Explanation: The radial nerve passes thru the extensors of the forearm. About two inches distal to the common extensor tendon insertion the radial nerve can be impinged by the supinator muscle which is referred to as radial tunnel syndrome. However, radial tunnel syndrome is often overlooked and misdiagnosed as the more common tennis elbow syndrome.

39. Choose the best treatment option for a client with septicemia.

- a. Massage as normal while avoiding any areas of concern
- b. Massage using only light pressure techniques
- c. Massage as normal with deep tissue as the preferred modality
- d. No massage as the condition calls for a complete contraindication for therapy

Explanation: A person suffering from septicemia is in grave condition. The term refers to a system wide infection of the body caused by the presence of pathogens in the blood stream. The infection can be caused by an accumulation of bacteria, fungus, parasite, virus or some other pathogen that has infected the person.

40. Dermatitis is an inflammation of the _____.

- a. intestines
- b. brain

- c. skin
- d. liver

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

41. 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.

42. 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.

43. A trigger point that only produces pain while palpated is _____.

- a. active trigger point
- b. primary trigger point
- c. secondary trigger point
- d. latent trigger point

Explanation: A latent trigger point only produces pain during palpation.

44. Quick, shallow breaths are an indication of forced inhalation. Which of the following muscles would be hypertonic from an improper breathing pattern?

- a. Rhomboids
- b. Scalenes
- c. Abdominals
- d. Diaphragm

Explanation: Scalene muscles are typically reposed during normal respiration and only come into action during heavy exertion or forced inhalation. However, in a faulty breathing pattern, the scalene (along with the upper trapezius, levator scapulae, SCMS and pec minor) become primary breathing muscles and are active with each inspiration. This additional stress leads to the development of trigger points within these muscles. Assisting the client to correct their breathing pattern is as essential to rehabilitation as is releasing the hypertonic muscles.

45. Which of the following massage techniques would be best suited for a healed fracture?

- a. Trigger point
- ✓ b. Petrissage
- c. Tapotement
- d. Deep tissue

Explanation: The action of petrissage is best suited for moving stagnant blood and lymph away from an injury site and replacing it with nutrient rich blood and fresh lymph.

46. _____ is a proprioceptive sensory receptor located at the insertion of skeletal muscle which protects against damage from an excessive load or stretch.

- a. Golgi apparatus
- ✓ b. Golgi tendon organ
- c. Action potentials
- d. Spinal reflex

Explanation: A Golgi tendon organ or GTO provides the sensory component to the Golgi tendon reflex, a phenomenon that protects a muscle/tendon from an excessive load or stretch.

47. uncommonly dry weather is an example of a(n) _____ factor for ligament injuries.

- a. geographical
- ✗ b. medical
- c. intrinsic
- ✓ d. extrinsic

Explanation:

According to the American Orthopaedic Society for Sports Medicine, dry weather has an effect on non-contact ACL (anterior cruciate ligament) injuries of football players. Extrinsic factors for injury are forces that act from outside the human body. In this case, the uncommonly dry weather is an extrinsic factor of injury.

48. Assisting your client with a concentric contraction of an antagonist to trigger the CNS to send a message to relax the agonist is a neural phenomenon called _____.

- a. neurofibromatosis
- ✓ b. reciprocal inhibition
- c. contralateral flexion
- d. action potentials

Explanation: Reciprocal inhibition is used to relax a muscle on one side of a joint by contracting the muscle on the other side of the joint. This is used to assist the reduction of a muscular tonicity. Caution should be used to prevent a simultaneous contraction which could result in a cramp or muscle tear.

49. 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.

50. 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.

51. During the objective portion of a massage intake, what information will the therapist gather from a functional assessment?

- a. Muscular deviations
- b. Restricted and painful movement patterns
- c. Tissue texture and temperature
- d. Cause of soft tissue injuries

Explanation: The purpose of a functional assessment is to evaluate movement patterns and whether they are restricted, painful, exaggerated or normal in function.

52. What are Tiger Balm, Icy Hot and arnica?

- a. Analgesics
- b. Astringents
- c. Vasopressors
- d. Bronchodilators

Explanation: Tiger Balm, Icy Hot and arnica have all been used as analgesics, the technical term to reduce the sensation of pain.

53. How does massage assist with postural alignment?

- a. Calibrates muscle tone
- b. Release of hormones
- c. Stimulation of parasympathetic nervous system
- d. Through reflexive effects

Explanation: Postural misalignment is due in large part to structural deviations and muscular imbalances. When applied skillfully, massage can rebalance muscle tone and assist with postural alignment.

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. A client is taking the supplement St. Johns Wort. What condition is the client likely treating?

- a. Amnesia
- b. Depression
- c. Irregular heartbeat
- d. Muscle cramps

Explanation: St. Johns Wort is an herb often used to cope with depression, agitation, anxiety, loss of interest and sleeping disorders.

56. Massage has a thixotropic effect on the body. What does this mean?

- a. Massage loosen tight muscles
- b. Massage rebalances energy
- c. Massage liquifies ground substance
- d. Massage assists entrainment

Explanation: Thixotropy is the property of a substance becoming more fluid with movement or agitation. Massage has the ability to thin the viscosity of ground substance within the body.

57. 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.

58. A massage therapist who is actively releasing intestinal adhesions throughout the abdominal cavity would be applying a/an _____ effect upon the digestive system.

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

Explanation: The therapist is providing a direct application of massage onto the abdomen, which is a mechanical effect upon the digestive system.

59. What is a reflexive effect of massage that helps a client cope with stress?

- a. Stimulates the parasympathetic nervous system
- b. Directly releases adhesions
- c. Minimizes trigger points
- d. Unwinds fascial tension

Explanation: Reflexive effects of massage are those that stimulate various systems indirectly. The parasympathetic nervous system is responsible for returning the mind to a state of peace and normal functioning.

60. Which of the following muscles would be stretch weakened in chronic low back pain?

- a. Quadratus lumborum
- b. Iliopsoas
- c. Gluteals
- d. Rectus abdominus

Explanation: The stretch weakened muscle would be the rectus abdominus. Strengthening the rectus abdominus will create a more powerful core and help rebalance the hypertonic lower back muscles that typically cause low back pain.

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

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

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

62. On a unique occasion, a client appears depressed and mentions suicide as a possible option for dealing with life. Suggesting the client seek professional help is considered _____.
- a. inappropriate
 - b. beyond the scope of practice
 - c. a personal preference
 - d. a professional obligation

Explanation: One of the few times a massage therapist is allowed to break confidentiality is when he or she suspects a client to be in personal danger or harm. In this case, the massage therapist has a professional obligation to ensure the safety of the client.

63. Which of the following would be a violation of confidentiality?

- a. Discussing therapy protocols about a client to another therapist.
- b. Documenting all details of the therapeutic experience with a client to keep in their file.
- c. Asking a client how their body feels when you see them at the grocery store.
- d. Writing about a personal experience within the therapeutic environment in a journal.

Explanation: Asking a client about aspects pertaining to their physical health while in public is a breach of confidentiality.

64. Which of the following is an example of a massage therapist adhering to veracity?

- a. Principles of pressure during a massage
- b. Providing a thorough intake
- c. Maintaining a clean and comfortable office space
- d. Giving full disclosure about their education

Explanation: A massage therapist who adheres to principles of veracity will follow the rules of full disclosure, which is based upon being honest and truthful as a professional.

65. A potential client calls to make an appointment for a massage. You notice that they are slurring their words and having difficulty speaking in complete sentences. They claim they were in an auto accident yesterday but declined medical attention. They awoke this morning feeling very sore and achy as well as having a pounding headache. They insist they need a massage. What is the appropriate plan of action for the massage therapist?

- a. Book the appointment immediately
- b. Book them within next week
- c. Refer to another therapist
- d. Immediately refer them to a doctor

Explanation: A person who has been in an auto accident could have any number of injuries including shock. For the safety of the client and your protection as a therapist, the best recommendation is to refer the client for a medical evaluation before any treatment is considered.

66. A massage therapist who provides intentional spinal adjustments is violating the massage _____.

- a. ethical standard
- ✓ b. scope of practice
- c. business practice
- d. federal law

Explanation: Spinal manipulations or adjustments are within the scope of practice for chiropractors, osteopaths and qualified physical therapists but outside the scope of practice for massage therapists. A massage therapist who provides intentional spinal adjustments is violating the massage scope of practice.

67. A client who often jokes about going out on a date is _____.

- a. breaking confidentiality
- ✓ b. testing boundaries
- c. exploring the therapeutic relationship
- d. just being kind

Explanation: Any client who routinely requests to explore beyond the professional environment is testing the boundaries and professionalism of the therapist. Remember, the therapist is always at fault for allowing a breach of professional boundaries. The repercussions can lead to a hefty fine and/or loss of a massage license.

68. 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.

69. If a client chooses to end the massage 20 minutes into the session, what would be the appropriate response?

- a. Continue massage and ask them to relax
- b. Suggest that there is only 40 minutes left and continue
- c. End the massage session and demand full payment
- ✓ d. End the massage session and ask for feedback

Explanation: A client is in control of the massage session at all times. They possess the right to choose to end a session early and without penalty. This may be a personal trigger but it is in the therapist's best interest to remain professional. Asking for feedback is appropriate. However, it is not necessary to respond or defend yourself.

70. The wearing of protective gear like medical gloves, finger cots and goggles refers to which of the following?

- a. HIPAA
- ✓ b. Universal precautions

- c. Ethics
- d. Client safety

Explanation: Universal precautions are a set of rules known as "body substance isolation" which pertain to healthcare professionals avoiding contact with patient/client body fluids. These rules protect the practitioner from blood-borne and airborne pathogens.

71. Wearing essential oils as a perfume or cologne can be considered a part of an aromatherapy treatment.

- True
- False

Explanation: Aromatherapy is best when tailored to each individual client and applied directly for their benefit. A therapist should be scent free within the therapeutic environment to assure the client is not offended by any undesired scents.

72. A massage therapist that applies effleurage to the hamstrings, then to the calves and then back to the hamstrings is demonstrating _____ technique.

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

Explanation: Proximal and distal are used to distinguish locations on an extremity. The massage therapist is working on the proximal leg, then distal leg and then proximal leg again.

73. Which of the following is the best option to prevent lower back fatigue in a massage therapist?

- a. Check the massage table for correct height for the therapist
- b. Lower the therapists center of gravity
- c. Weight training to improve strength
- d. Join a yoga class

Explanation: All of the options are recommended for a massage therapist to prevent injury and fatigue but the best option is to check and adjust the massage table for the correct height to fit the massage therapist.

74. Maintaining a therapeutic relationship with a client is very important. Which of the following should NOT be relied upon to preserve the relationship dynamic?

- a. Intuition
- b. Framework
- c. Boundaries
- d. Ethics

Explanation: Intuition is a wonderful aspect of the psyche and can be a great quality of the massage therapist. However, in the complex world of maintaining therapeutic relationships there must be a solid framework in place, clear boundaries identified and an adherence to the ethics set forth by the profession.

75. Who created Connective Tissue Therapy based upon his or her own experience of self healing?

- a. Ruth Rice
- b. Dolores Krieger
- c. Milton Trager
- ✓ d. Elizabeth Dicke

Explanation: While working as a physiotherapist in Germany, Elizabeth Dicke contracted a systemic infection that led to gangrene in her right leg. She also suffered from angina as well as gastric, kidney and liver problems that were so severe that the doctors could not amputate her infected leg. Elizabeth was set aside to die an agonizing death. Suffering from lower back pain, she chose to provide self massage and noticed sensations that referred down her leg. Over the course of a few months and with the help of her colleagues providing manual therapy, she was able to fully recover. From this experience she developed a protocol for massage, referred to as Connective Tissue Therapy.

76. Polarity therapy is associated with which of the following categories?

- a. Medical massage
- b. General relaxation massage
- c. Sports massage
- ✓ d. Energy massage

Explanation: The basic theory of polarity therapy is based upon the foundation that good health begins with balancing the three human energy fields. The fields are long line currents, transverse currents and spiral currents.

77. Which chakra is known for enlightenment?

- ✓ a. Crown chakra
- b. Root
- ✗ c. Heart
- d. Naval

Explanation: The crown chakra (Sahasrara) located at the top of the head, is associated with a deep understanding of all aspects of life.

78. 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.

79. Which chakra is related to intuition and imagination?

- a. Root
- b. Crown
- c. Third eye
- d. Heart

Explanation: The third eye chakra is also known as the inner eye, or all seeing eye, which allows a person to perceive life beyond the tangible. Our intuition and imagination comes from the third eye chakra.

80. In TCM, the triple burner is also called the _____.

- a. I Ching
- b. San Jiao
- c. Wu Xing
- d. Yangtze

Explanation: The term triple burner in TCM refers to a collection of organ systems rather than one specific organ. The name San Jiao means three burners or triple burners. It consists of three segments, the Shan Jiao (upper burner) which includes the lungs and heart, the Zhong Jiao (middle burner) which includes the stomach and spleen and the Xia Jiao (lower burner) which includes the liver, small and large intestines, kidneys and urinary bladder.

81. What technique uses deep, non-gliding, oil-less strokes administered with a braced thumb or finger moving across the grain of a muscle, tendon or ligament?

- a. Kneading
- b. Cross fiber friction
- c. Effleurage
- d. Compression

Explanation: In cross fiber friction, the therapists thumb and the client's skin move together over the site of the tension with sufficient sweep and duration to create a mechanical effect on the tissue treated.

82. 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.

You and a colleague go to the movies and midway through the movie, you begin to experience pain in your left knee. The pain is intense with the knee in flexion and subsides when you extend your knee.

83. Which of the following conditions may cause these symptoms?

- a. Medial tibial stress syndrome
- b. Antero-lateral shin splints

- c. Chondromalacia
- d. Genu varum

Explanation: Degeneration of the underside of the patella may cause extreme pain with prolonged knee flexion. A positive "movie sign" is an indication of this condition.

84. Which of the following special orthopedic tests would be used to indicate the condition?

- a. Thomas test
- b. Piriformis test
- c. Clarke's sign
- d. Ober's test

Explanation: Clarke's sign and the patellofemoral compression test are both used to assess for chondromalacia.

85. What type of joint is formed between the head of the femur and the tibial plateau?

- a. Hinge
- b. Ellipsoid
- c. Ball and socket
- d. Saddle

Explanation: The knee joint is a hinge joint, formed between the head of the femur and the tibia.

86. Which structure inserts at the lateral tibial condyle and provides lateral stability to the knee joint?

- a. Biceps femoris
- b. Quadriceps tendon
- c. Patella
- d. Iliotibial band

Explanation: The ITB inserts at Gerdy's tubercle on the lateral tibial condyle. In addition to being an attachment site for gluteus maximus and tensor fascia lata, the ITB also helps to stabilize the knee joint.

87. Which cells are responsible for producing the collagenous extracellular matrix of cartilage?

- a. Fibroblasts
- b. Osteocytes
- c. Chondrocytes
- d. Elastin

Explanation: Cartilage is formed by the secretion of an extracellular matrix by chondrocytes which are mature cartilaginous cells.

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.

88. 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.

89. 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.

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

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

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

91. 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.

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

- a. Subjective
- b. Objective

- c. Assessment
- d. Plan

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

You are receiving a massage from a colleague because your back, shoulders and legs are sore from over working. You have been suffering from muscle spasms in your legs and have not been sleeping well.

93. Which stage of muscle cell contraction describes the short period during which the muscle fiber cannot contract until another action potential has been generated?

- a. Refractory period
- b. Latent phase
- c. Contraction phase
- d. Relaxation phase

Explanation: During the refractory period of muscle contraction, the fibers are at rest and cannot contract until an action potential has been generated.

94. Which type of muscle contraction occurs when the contractile force is greater than the resistance?

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

Explanation: in a concentric contraction, the force generated by the muscle is greater than the resistance to that force, resulting in a shortening of fibers during contraction.

95. Which stretch involves contracting the antagonist of the muscle to be stretched, against resistance, followed by a stretch of the target muscle?

- a. Static stretch
- b. Dynamic stretch
- c. PNF stretch using post isometric relaxation
- d. PNF stretch using reciprocal inhibition

Explanation: PNF stretching uses the neurological principles of post isometric relaxation and reciprocal inhibition. With reciprocal inhibition, the antagonist of the muscle to be stretched is contracted against resistance, followed by a stretch of the target muscle.

96. As a result of the symptoms you have been experiencing, you have been exercising poor nutritional choices. Which process of cellular metabolism results in the formation of lactic acid?

- a. Krebs cycle
- b. Glycolysis
- c. Aerobic respiration
- d. Hydrolysis

Explanation: During glycolysis, in the absence of oxygen, the catabolism of glucose yields ATP. Lactic acid is a by-product of this process.

97. While receiving your massage, you experience a spasm in your right rectus femoris. Which of the following would be most effective in relieving the spasm?

- a. Cross fiber friction
- b. Effleurage
- ✓ c. Stretching
- d. Tapotment

Explanation: Stretching lengthens muscles fibers and releases muscle spasm.

A client works the graveyard shift (11 pm to 7 am) at a warehouse. He is complaining of left shoulder pain that has increased recently and its making it difficult for him to work. He feels very little pain when he is not working. He also has trouble sleeping during the day. Assessment shows that he has deep pain in the shoulder on AROM and PROM for shoulder flexion, as well as pain on PROM at the end of shoulder extension.

98. Based on the range of motion results in this case, which of the following muscles is most likely dysfunctional?

- a. Brachialis
- b. Coracobrachialis
- ✓ c. Biceps brachii
- d. Supraspinatus

Explanation: The tendon of the long head of biceps brachii is continuous with the glenoid labrum, the ring of cartilage that deepens the glenohumeral joint. A positive PROM test for shoulder flexion indicates inert (non-contractile) tissue damage. This would eliminate coracobrachialis and indicate biceps brachii.

99. Which of the following explains why the client experiences pain at the end of PROM for shoulder extension?

- a. The client is moving his shoulder too forcibly during PROM.
- b. Triceps brachii is injured and is being engaged during PROM for shoulder extension.
- ✓ c. The tissues of biceps brachii are being stretched at the end of PROM for shoulder extension.
- d. None of the above.

Explanation: During PROM, the therapist takes the joint through its range of motion. During PROM for shoulder extension, the tissues of biceps brachii are being stretched and may illicit pain towards the end of PROM.

100. Which of the following muscles is part of the rotator cuff group?

- ✓ a. Teres minor
- b. Teres major
- c. Pectoralis minor
- d. Pectoralis major

Explanation: the rotator cuff muscles are: supraspinatus, infraspinatus, teres minor and subscapularis.

101. Which of the following may explain why the client has trouble sleeping during the day?

- a. Endorphins secreted to decrease the client's pain are keeping him awake.
- ✓ b. Melatonin is only produced in the body in the absence of light.
- c. The pain in his shoulder is too intense and keeps him awake.
- d. The client sleeps at work.

Explanation: Melatonin is only produced in the pineal gland during darkness, so unless the client is sleeping in a very dark environment, the absence of melatonin may be keeping him awake.

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