

Practice Exam Kit for the MBLEx



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Your Test Statistics

Test Mode	Test
Number of Questions	100
Number Correct	66
Number Incorrect	34
Number Not Answered	0
Date/Time Started	Jan 27, 2017 10:54 (PST)
Date/Time Finished	Jan 27, 2017 11:29 (PST)
Time Logged	1:19:06
Score	66%

Statistics by Section

#	Section	Questions	Correct	Incorrect	Unanswered	Score
1	Anatomy and Physiology	18	14	4	0	78%
2	Client Assessment	9	5	4	0	56%
3	Ethics, Boundaries, Rules and Regulations	7	3	4	0	43%
4	Guidelines for Professional Practice	6	5	1	0	83%
5	Kinesiology	8	5	3	0	63%
6	Massage History and Culture	8	5	3	0	63%
7	Miscellaneous Scenarios	19	13	6	0	68%
8	Pathology and Contraindications	16	10	6	0	63%
9	Physiological Effects of Massage	9	6	3	0	67%
Total:		100	66	34	0	66%

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. Where would you locate an epiphysis?

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

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

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

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

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

3. Which is an example of a triangular muscle?

- a. Frontalis
- b. Deltoid
- c. Soleus
- d. Masseter

Explanation: It is important to know what the names of muscles refer to when remembering their locations. In this case, deltoid means triangular and, thus, the deltoid muscle is a triangular muscle.

4. 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.

5. Which muscle does the radial nerve innervate?

- a. Biceps femoris
- b. Triceps
- c. Flexor digitorum longus
- d. Pectorals major

Explanation: The radial nerve innervates all muscles of the posterior arm and this includes the triceps muscle.

6. Fast twitch or white muscle fibers are anaerobic in function.

- True
- False

Explanation: Fast twitch muscle fibers do not require much oxygen to contract. Instead, they obtain ATP (adenosine triphosphate) or energy by converting glucose to lactic acid in the absence of oxygen.

7. What is counted to determine the atomic number of an atom?

- a. Neutron
- b. Proton
- c. Electron
- d. Nucleus

Explanation: Protons located within the nucleus are counted to determine the atomic number of an atom. This is different than the atomic mass which is a count of the total count of neutrons and protons within a nucleus.

8. Which muscles contract during dry heaves or vomiting?

- a. Abdominal
- b. Intercostal
- c. Esophageal
- d. Diaphragm

Explanation: The abdominal muscles are responsible for the contractions during dry heaves and vomiting. This will explain why a client's abdomen may be sore after a stomach flu.

9. 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.

10. Pulmonary circulation distributes blood, nutrients and gases throughout the body.

- a. True
- ✓ b. False

Explanation: Pulmonary circulation transfers blood from the heart to the lungs and then back to the heart for systemic circulation which distributes blood, nutrients and gases throughout the body.

11. This is an image of a long bone. The arrow is pointing to _____.

- a. Periosteum
- b. Compact bone
- ✓ c. Spongy bone
- d. Epiphyseal line



Explanation: The arrow points to an area of spongy bone tissue. Spongy bone has numerous open spaces separated and connected by trabeculae. This gives it greater strength and resilience and also decreases the overall weight of the skeleton.

12. An acetabulum is found in which part of the body?

- ✓ a. Hip
- b. Shoulder
- c. Spine
- d. Knee

Explanation: The acetabulum is the concave surface of the pelvis that holds the head of the femur, forming the hip joint. The acetabulum structure is comprised of three bones: the ischium, the ilium and the pubis.

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

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

d. Light sensitivity

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

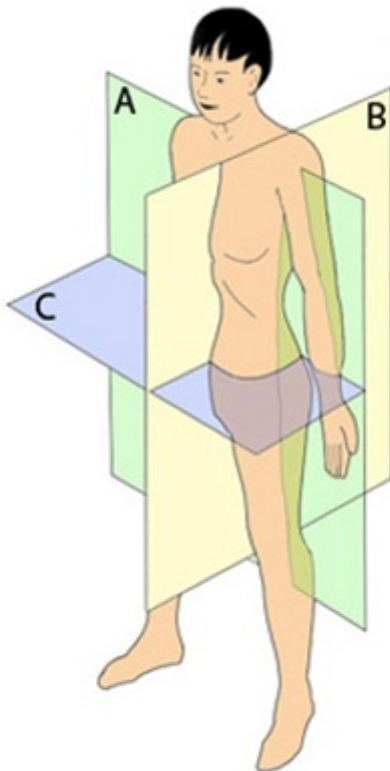
14. What part of the spine is affected by hyperkyphosis?

- 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.

15. What type of anatomical section does plane B depict?

- ✓ a. Sagittal
- b. Coronal
- c. Cross
- d. Surgical



Reference : Clinically Oriented Anatomy - Moore

Explanation: Anatomical structures can be sectioned in various planes. The sagittal section divides structures along a vertical (superior to inferior) axis.

16. 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.

17. 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.

18. Molecules of carbon dioxide and oxygen are passively exchanged by the process of _____.

- a. fission
- b. diffusion
- c. dispersion
- d. metabolism

Explanation: Diffusion is the process where an area of higher concentration naturally flows into an area of lower concentration. Upon inspiration of air into the lungs, the alveolar sac is full of oxygen and the surrounding tissue is saturated with carbon dioxide rich blood. Next, the process of diffusion allows oxygen to flow into the blood from the alveolar sacs and carbon dioxide to flow from the blood into the alveolar sacs where it will be released through exhalation.

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

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

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

20. 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.

21. The gracilis muscle is a functional part of which muscle group?

- a. Quads
- b. Hamstrings
- c. Gluteals
- d. Adductors

Explanation: The gracilis muscle, originating from the inferior ramus of the pubis and ramus of the ischium and inserting into the proximal medial shaft of the tibia at the pes anserinus tendon assists with flexion and medial rotation of the knee and is part of the adductor group of muscles.

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

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

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

23. Which of the following muscles adduct the hip?

- a. Longissimus
- b. Pectineus
- c. Sartorius
- d. Tensor fascia latae

Explanation: There are five hip adductors that include the adductors longus, brevis and magnus as well as the gracilis and the correct answer for the question, the pectineus.

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

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

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

25. The orbicularis oculi is an example of a _____ muscle.

- a. convergent
- b. hydrostat

- c. circular
- d. fusiform

Explanation: The orbicularis oculi is the muscle that surrounds the eye and its muscle characteristic is circular.

26. Which action does the flexor pollicis longus cause?

- a. Flexion of the thumb
- b. Extension of the thumb
- c. Flexion of the big toe
- d. Extension of the big toe

Explanation: The flexor pollicis longus muscle when contracted will act to flex the thumb.

27. 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.

28. Which of the following conditions is an autoimmune disease that is typically hereditary and not contagious?

- a. Psoriasis
- b. Melanoma
- c. Shingles
- d. Herpes

Explanation: Psoriasis is a non-contagious autoimmune disease where the body mistakes the skin as a pathogen and sends faulty messages to speed up the growth of skin cells. There are five types but the most common is plaque psoriasis which exhibits scaly, red and white patches of skin. Massage is contraindicated directly over the affected area but indicated over unaffected skin.

29. Which organ is affected during a case of nephrotic syndrome?

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

Explanation: Nephros is the Greek term for kidney. Nephrotic syndrome is a generalized kidney disorder.

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

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

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

31. If a client presents with a case of enteritis, which area of the body would be contraindicated from deep massage?

- a. Quads
- b. Neck
- c. Upper arm
- d. Abdomen

Explanation: Enteritis is an inflammation of the small intestines which can include symptoms of abdominal discomfort and pain, bloating, cramping, diarrhea, dehydration and fever. Mild cases of enteritis is locally contraindicated. However, more extreme cases would be a total contraindication of massage accompanied by a referral to seek immediate medical care.

32. A client indicates they have a hematoma. What would a massage therapist expect to find?

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

Explanation: A hematoma is an accumulation of blood outside of a blood vessel and when this occurs in the skin it is known as a bruise. Any part of the body can accumulate blood and thus a hematoma can be found in muscles, the brain and other body parts.

33. What does a person suffer from when she is diagnosed with acrophobia?

- a. A fear of movement
- b. A fear of weight lifting
- c. A fear of vehicles
- d. A fear of heights

Explanation: The term acrophobia is a combination of the term acro for summit or peak and phobia for fear and thus acrophobia is a fear of heights.

34. What is the term to describe the spread of cancer from one area of the body to another?

- a. Chemotaxis
- ✓ b. Metastasis
- c. Pinocytosis
- d. Anastalsis

Explanation: A cancer that has spread from one area of the body to another has metastasized and is in a state of metastasis.

35. 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.

36. A client informs the massage therapist that he feels like he is falling though he is lying still. What condition is this?

- ✓ a. Vertigo
- b. Dystonia
- c. Peripheral neuropathy
- ✗ d. Dementia

Explanation: A person who experiences movement while being still indicates vertigo. A dysfunction of the vestibular system within the inner ear causes vertigo and there may be the additional symptoms of nausea, vomiting and difficulty standing still.

37. Incontinence affects which of the following body systems?

- ✓ a. Nervous
- b. Reproductive
- c. Immune
- ✗ d. Endocrine

Explanation: Incontinence is the inability to self regulate the expulsion of urine. Disruptions in the nerves that control bladder function cause the condition, which affects the elderly more than younger individuals.

38. A loss of muscle mass and strength due to immobility is referred to as _____.

- ✓ a. atrophy
- b. myositis
- ✗ c. muscular dystrophy
- d. myopathy

Explanation: All of the answer options relate to muscle issues but atrophy is the only condition caused by immobility. Myositis, muscular dystrophy and myopathy are systemic or internal issues that directly affect the muscles. Atrophy of muscle is the wasting away or degeneration of muscular tissue which can be caused by systemic issues not directly pertaining to the musculature. For example, a bedridden person can develop atrophy of their musculature due to immobility.

39. What is another term for urolithiasis?

- a. Kidney stones
- b. Hives
- c. Edema
- d. Athletes foot

Explanation: This is another example of how an answer is hidden in the question. Uro refers to urine or urinary system and lithiasis refers to the formation of stone within the body. The two combined indicate kidney stones.

40. 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.

41. _____ 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.

42. Which of the following best describes a concussion?

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

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

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

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

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

44. A regular client has recently complained of pain in the arches of their feet. Which of the following healthcare providers should you refer your client to?

- a. Physical Therapist
- b. Chiropractor
- c. Orthopedist
- d. Podiatrist

Explanation: A Podiatrist is a doctor devoted to the study, diagnosis and treatment of disorders that affect the foot, ankle and lower leg. Practitioners of podiatry may focus on varying specialties within the field including primary care, orthopedics, biomechanics, pediatrics, geriatrics, sports medicine and surgery. Having an understanding of the different branches of medical providers will increase your effectiveness with your clients and allow for a better network of practitioners.

45. S.O.A.P. is the acronym for detailing our interaction with a client throughout the treatment. Which of the following choices best describes the function of S?

- a. Homework
- b. Evaluation
- c. Summary of findings
- d. Client experience

Explanation: The S is for subjective, which is a description of the client's experience.

46. 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.

47. Which massage technique is best to work on keloids?

- a. Light effleurage
- b. trigger point
- c. Cross fiber friction
- d. None/contraindicated

Explanation: Keloids are a type of scar tissue with an overgrowth of type 3 collagen fibers, creating firm, often shiny fibrous nodules. Cross fiber friction is best suited to break up and smooth over keloid tissue.

48. 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.

49. Which of the following choices best describes the function of A, in the acronym S.O.A.P.?

- a. Homework
- b. Treatment
- c. Summary of findings
- d. Initial complaint

Explanation: The A is for assessment, which is a summary of our findings.

50. A protrusion of the intestine thru the inguinal canal is referred to as _____.

- a. diverticulum
- b. exophthalmos
- c. hernia
- d. bulgaria

Explanation: A hernia occurs when an organ, or the surrounding fascial tissue of the organ, protrudes through the wall or membrane that contains it. Hernias can occur at various points within the body and are often named by their location. This question deals with an inguinal hernia. Hernias are classified as either reducible hernias or irreducible hernias. Reducible hernias can be manually reversed by applying direct pressure whereas irreducible hernias need surgery to reverse the condition.

51. At which point during a massage/bodywork session would a therapist ask about an occurrence relating to a physical complaint or injury?

- a. Intake
- b. Treatment plan
- c. Treatment
- d. Closing

Explanation: The time to collect information about a physical complaint or injury is during the intake process.

52. What technique uses a gentle grasping of tissue designed to release muscular adhesions and improve blood flow?

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

Explanation: The application and function of petrissage uses a gentle grasping of tissue designed to release muscular adhesions and improve blood flow.

53. 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.

54. 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.

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

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

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

56. 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.

57. Massage can directly improve venous flow, which is a _____ effect of the _____ system.

- a. mechanical, circulatory
- b. reflexive, circulatory
- c. mechanical, digestive
- d. reflexive, lymphatic

Explanation: A direct effect of massage is typically going to be a mechanical effect. Improving venous flow is a benefit to the circulatory system. The correct answer is a mechanical effect of the circulatory system.

58. Which body system does echinacea support?

- a. Circulatory
- b. Immune
- c. Digestive
- d. Muscular

Explanation: Echinacea has been used for many years to boost an individual's immune system to help fight against common colds and infections.

59. 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.

60. A client is experiencing a deep trigger point in the thigh. Which of the following options is the best approach to eliminate the adhesion?

- a. Deep friction, trigger point, effleurage, petrissage
- b. Effleurage, petrissage, deep friction, effleurage
- c. Trigger point, deep compression, effleurage
- d. Petrissage, deep friction, effleurage, trigger point

Explanation: Effleurage is best to introduce the client to touch. Petrissage is best to warm and loosen superficial muscle. Deep friction massage will address the adhesion in the deeper layers of muscle. Effleurage the area to smooth over any residual tension.

61. Which of the following best describes HIPAA?

- a. Therapeutic relationship
- b. Patient rights
- c. Office safety
- d. Credentialing

Explanation: HIPAA or the Health Insurance Portability and Accountability Act, was established in 1996 to restrict access to individuals private medical records in an effort to protect patient/client rights.

62. 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.

63. A crush or loving interest from a client is a natural occurrence.

- True
- False

Explanation: A crush or love interest is a natural occurrence, especially when a massage therapist is viewed as safe, comforting and a truly caring individual. However, acting on these natural feelings oversteps the boundaries and threatens the very ethos of the healing culture of massage therapy.

64. Malpractice insurance is a requirement by Federal law.

- True
- False

Explanation: Malpractice insurance is not required by Federal law. Regulations on massage vary from state to state. However, to adhere to sound business practices and for the protection of yourself and your clients, malpractice insurance is considered a necessity within the massage community.

65. A massage therapist has created a beautiful and comfortable space for treatment. They have posted their rates in clear view on the wall and created a well thought out intake form. They are extra careful to be aware of informed consent and client disclosure, as well as following all state and federal laws for running a massage practice. Which of the following best describes the guidance a massage therapist follows for establishing their practice.

- a. Confidentiality
- b. Framework
- c. Professional boundaries
- d. Personal boundaries

Explanation: The question describes the fundamentals of framework. A framework is all encompassing within the massage field and includes the values and visions, conception, design and desires of a massage therapist as they apply to a business model. Developing a solid framework is essential to creating a healthy and successful practice.

66. 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.

67. 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.

68. A client has been diagnosed with TMJ dysfunction and typically requests deep, focused massage around the head, neck and jaw to release tension. This morning, before a scheduled massage, the client visited a dentist for a checkup and ended up needing some additional work. The dentist gave the client a local anesthetic which still has an effect on the client. How should the therapist proceed with the typical jaw work that the client requests?

- a. Go extra deep to take advantage of the local anesthetic
- b. Work the area as normal
- c. Work in the area but use caution
- d. Avoid the area for this session

Explanation: A local anesthetic to the jaw will numb the area and prevent the client from giving appropriate feedback. Also, there might be an issue related to the dentist visit. If there is tissue damage, the client will not be able to tell until after the anesthetic has worn off. This could put the massage therapist at risk for injuring the client. It is recommended to avoid the area until the client has healed, long after the anesthetic has worn off.

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

- a. independent contractor
- b. employee

- c. employer
- d. self-employed

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

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

- a. True
- b. False

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

71. 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.

72. Which muscle would require the use of medical gloves to massage?

- a. Medial pterygoid
- b. Omohyoid
- c. Digastric
- d. Masseter

Explanation: The medial pterygoid can be accessed externally by instructing a client to open their jaw. However, it is best accessed via the oral cavity. A medical glove is necessary whenever a body cavity is entered during a therapeutic treatment.

73. When a massage therapist is petitioning a governing body of one state to accept a massage license from another state, the therapist is seeking _____.

- a. reciprocity
- b. zoning
- c. free range
- d. open ended

Explanation: The massage therapist is seeking reciprocity, or the portability of their license from one state to another. Reciprocity is often decided on a case-by-case basis and therefore the massage therapist must contact the licensing board of each state to determine if reciprocity is accepted.

74. 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.

75. Who is credited for developing and teaching Swedish Massage?

- a. Hippocrates
- b. Bonnie Pruden
- c. Per Henrik Ling
- d. Ruth Rice

Explanation: Per Henrik Ling (b: 15 November 1776 - d: 3 May 1839) as a physical therapist, developed a series of techniques referred to as medical-gymnastics to help restore health to his patients. However, the Dutch practitioner Johan Georg Mezger applied French names to a simplified set of 5 strokes from the medical-gymnastic catalog which became effleurage, petrissage, tapotement, friction and vibration. Swedish massage is known as "classic massage" throughout the world.

76. Which of the following massage styles was developed in Hawaii?

- a. Lomi Lomi
- b. Tuina
- c. Kum Nye
- d. Watsu

Explanation: Lomi Lomi is a Hawaiian massage technique of long, flowing gentle but firm strokes integrated with the practitioner vocalizing prayers for the client.

77. Where does the lung meridian end?

- a. Tip of thumb
- b. Tip of big toe
- c. Base of the skull
- d. Under the eyes

Explanation: The lung meridian starts at the upper lateral portion of the chest and ends at the radial side of the tip of the thumb. The lung is considered a yin organ and is paired with the yang organ of the large intestine.

78. 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.

79. Tuina was originally created for which form of massage?

- a. Pediatric
- b. Geriatric
- c. Lymphatic
- d. Oncology

Explanation: Tuina was initially used to treat pediatric diseases by using a push-grasp or poke-pinch technique to stimulate a child's natural healing abilities. 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 energy (Qi).

80. Where was the first known gymnasium to promote exercise and massage located?

- a. India
- b. Greece
- c. Germany
- d. Persia

Explanation: Although the first gymnasiums originated in ancient Persia, it was the Greeks who were the first to promote health through exercise and massage.

81. From which culture does ayurveda originate from?

- a. China
- b. India
- c. Greece
- d. Japan

Explanation: Ayurveda, is a philosophy of healthcare originating from India around the year 200 BC.

Cruze is working at a luxury day spa. He has seen Amanda numerous times, and she is a family friend. She is currently going through a divorce and has told him everything about it. During the massage, she makes a pass by grazing his leg. He dismisses it thinking that it may have been an accident. She comes to see him again the following week. She brings him a gift to thank him for all his wonderful work. He is currently standing at the head of the table with Amanda lying face down. She goes to grab his buttocks. Cruze feels uncomfortable but does not know what to do.

82. Does Cruze have the right to fire this client?

- a. No, the client is always right as this is good customer service rule.
- ✓ b. Yes, as the client has crossed a boundary.
- c. A client can only fire a therapist.
- d. No, because Cruze does own his own company.

Explanation: If a client makes a sexual pass at you, kindly refrain and let them know the session is over and walk out of the room. The client is not always right. If a client crosses a boundary, threatens you, sexually harasses or puts you in harm's way you have the right to fire the client. While working in the massage industry, the establishment should have set rules for sexual harassment that protect the therapist.

83. In what position is Amanda laying on the table?

- ✓ a. Prone
- b. Supine
- c. Posterior
- d. Anterior

Explanation: Prone is laying flat or face downward. Supine is laying face upward.

84. What psychological phenomena is Amanda exhibiting?

- a. Countertransference
- b. Power Differential
- c. Ethics
- ✓ d. Transference

Explanation: Transference is a feeling a client develops for their therapist that is other than business related and parallels feelings had for other people in other settings. In this case, Amanda is projecting romantic feelings onto the massage therapist that may arise from similar feelings she has had in other romantic relationships triggered by the touching in the massage session. Countertransference is feelings that the therapist develops toward ones client. The power differential is the role difference between client and therapist that results in vulnerability on the part of the client. Transference can arise out of the power differential. Ethics is the moral principles and appropriate conduct applied by the therapist in a professional setting.

85. What type of relationship does Cruze have in Amanda's case?

- ✓ a. Dual
- b. Romantic
- c. Unidimensional
- d. Power Differential

Explanation: A dual relationship arises when a massage therapist has more than one type of relationship with a client. An example would be if your housekeeper became a client. In this case, Amanda is a family friend and a client.

86. What should Cruze have done better to manage the relationship before Amanda attempted to touch him while lying on the table?

- a. Confide in her about his girlfriend.
- b. Referred her to another therapist.
- c. Had a discussion with her on his professional boundaries.
- d. All of the above.
- ✓ e. Either b or c

Explanation: Establishing boundaries with the client is appropriate and helps the client understand the role of the massage therapist in the massage relationship. The massage therapist should always speak and present oneself in a professional manner. This will let the client know you are in the work place and should be taken seriously. In some cases, if the massage therapist feels the boundaries are about to be exceeded, the massage therapist may be proactive and directly speak with the client to maintain the professional relationship. Deciding your pros and cons can help identify if it is wise to keep a client or whether it is best to refer the client to another therapist.

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

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

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

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

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

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

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

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

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

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

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

take?

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

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

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

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

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

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

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

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

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

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

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

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

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



- a. Staphylococcus
- b. Streptococcus
- c. Antigens



d. Antibodies


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

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

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

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


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

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

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

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.

97. 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.

98. 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.

99. 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.

100. 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.

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