

Practice Exam Kit for the MBLEx



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Your Test Statistics

Test Mode	Test
Number of Questions	100
Number Correct	57
Number Incorrect	43
Number Not Answered	0
Date/Time Started	Feb 5, 2017 9:27 (PST)
Date/Time Finished	Feb 5, 2017 10:08 (PST)
Time Logged	1:14:59
Score	57%

Statistics by Section

#	Section	Questions	Correct	Incorrect	Unanswered	Score
1	Anatomy and Physiology	18	8	10	0	44%
2	Client Assessment	9	5	4	0	56%
3	Ethics, Boundaries, Rules and Regulations	7	5	2	0	71%
4	Guidelines for Professional Practice	6	4	2	0	67%
5	Kinesiology	8	5	3	0	63%
6	Massage History and Culture	8	3	5	0	38%
7	Miscellaneous Scenarios	19	14	5	0	74%
8	Pathology and Contraindications	16	6	10	0	38%
9	Physiological Effects of Massage	9	7	2	0	78%
Total:		100	57	43	0	57%

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. 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.

2. Which of the following muscles inserts into the olecranon process?

- a. Gastrocnemius
- b. Biceps femoris
- c. Brachioradialis
- d. Triceps brachii

Explanation: The triceps brachii is the large muscle on the posterior aspect of the upper limb which is responsible for extension of the elbow joint. There are three origins: the lateral head from the dorsal surface of the humerus, the long head from the infraglenoid tubercle of the scapula and the medial head from the groove of the radial nerve. All three heads insert into the olecranon process of the ulna.

3. Where would you locate stratum lucidum?

- heart
- muscle
- skin
- bone

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

4. 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.

5. Where would you locate branchiomeric musculature?

- a. Feet
- b. Intestines
- c. Urinary system
- d. Head and neck

Explanation: Branchiomeric muscles are striated muscles of the head and neck and are supplied by the cranial nerves. Actions of branchiomeric muscles include mastication and facial expressions.

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

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

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

7. How many layers are present in the thoracolumbar fascia?

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

Explanation: There are three layers to the thoracolumbar fascia: the anterior, middle and posterior. Two spaces are created between the three layers which houses the quadratus lumborum and erector spinae

muscles.

8. Where are the adrenal glands located?

- a. Brain cavity of skull
- b. Along the anterolateral portion of the neck
- c. Superior to the kidneys
- d. Throughout the body along circulatory tissues

Explanation: The adrenal glands, known for releasing "fight or flight" hormones in response to stressors, are located superiorly to the kidneys.

9. Tennis elbow affects the flexor muscles of the forearm.

- a. True
- b. False

Explanation: Tennis elbow affects the extensor muscles of the forearm and is attributed to the tearing of flexor muscles during impact of a back hand swing.

10. Which of the following bones are part of the hindfoot?

- a. Phalanges
- b. Cuboid
- c. Navicular
- d. Talus

Explanation: The talus is also known as the ankle bone to which the tibia and fibula connect. The other bone of the hindfoot region is the calcaneus also known as the heel.

11. The lateral malleolus is comprised of which of the following bones?

- a. Fibula
- b. Tibia
- c. Calcaneus
- d. Femur

Explanation: The lateral malleolus is located on the lower extremity at the distal end of the fibula, also known as the external malleolus. The shape is of a pyramidal form and somewhat flattened from side to side and is the attachment site for the calcaneofibular ligament. The lateral malleolus descends to a lower level than the medial malleolus and the lateral malleolus is often the site of ankle injuries and fractures.

12. The structure that connects the liver to the gall bladder is the:

- a. Hepatic portal vein
- b. Hepatic duct
- c. Bile duct
- d. The liver is not connected to the gall bladder

Explanation: The hepatic duct transports bile secreted in the liver into the gall bladder. The gall bladder stores and concentrates bile. The bile duct releases bile from the gall bladder into the small intestine.

13. Where would you locate the obturator foramen?

- a. Pelvis
- b. Jaw
- c. Skull
- d. Spine

Explanation: The obturator foramen is the gap created by the ischium and pubis bones of the pelvis which allows passage for the nerves and blood vessels that supply the leg. The shape of the obturator foramen differ between the sexes with the gap in men being round and in women being oval.

14. Which muscle is responsible for initiating inhalation?

- a. Intercostals
- b. Abdominals
- c. Diaphragm
- d. Pectoralis major

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

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

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

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

16. The suffix -plegia refers to:

- a. Light
- b. Paralysis
- c. Formation
- d. Different parts

Explanation: The suffix -plegia refers to a paralysis and is added to root words to distinguish a paralysis of that particular region or structure. An example is hemiplegia, which describes a paralysis on one half of the body.

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

- a. 1

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

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

18. The smallest blood vessels in the human body are called _____.

- a. arterioles
- b. veins
- c. venules
- d. capillaries

Explanation: Capillaries are the smallest blood vessels in the body. Arterioles are the connecting vessels between arteries and capillaries. Venules are the connecting vessels between capillaries and veins.

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 muscle is a synergist to medial rotation of the hip?

- a. Sartorius
- b. Iliacus
- c. Tensor fascia latae
- d. Biceps femoris

Explanation: The tensor fascia latae or TFL contributes to medial or internal rotation of the hip along with the gluteus medius and minimus.

21. 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.

22. Which of the following describe the shape of the muscle fibers in the deltoid muscle?

- a. Convergent
- b. Strap
- c. Multipennate
- d. Fusiform

Explanation: The deltoid muscle group is comprised of three pennate muscles and its muscle fibers possess a multipennate characteristic. Multipennate muscles have more than two rows of diagonal fibers with a central tendon that branches into two or more tendons.

23. The knee is an example of a _____ joint.

- a. saddle
- b. condyloid
- c. triaxial
- d. pivotal hinge

Explanation: The movements of the knee earn the classification of a pivotal hinge joint which allows for flexion and extension, as well as slight medial and lateral rotations. The knee is also the largest joint in the human body.

24. What is the isometric contraction of the infraspinatus?

- a. Stabilizes the head of the humerus
- b. Restrains medial rotation of the humerus
- c. Laterally rotates the arm
- d. Horizontal adduction

Explanation: Isometric contractions refer to a stability or immobility under force. In this case the isometric contraction of the infraspinatus is to stabilize the head of the humerus.

25. Which of the following joint classifications would be described as slightly moveable?

- a. Synarthrosis
- b. Diarthrosis
- c. Amphiarthrosis
- d. Synovial

Explanation: A slightly moveable joint is classified as an amphiarthrosis joint. Examples of these joints are found in the rib cage at the articulation of the rib with the sternum as well as the bones in the spinal column. The bones in the spinal column are also classified amphiarthrotic.

26. Which type of joint is the pubis symphysis?

- a. Cartilaginous
- b. Fibrous
- c. Synovial

d. Hinge

Explanation: The pubic symphysis is the cartilaginous joint between the left and right rami of the pubic bones.

27. Tinea relates to which type of skin infection?

- a. Parasitic
- b. Bacterial
- c. Viral
- d. Fungal

Explanation: Tinea is a general term describing skin mycoses, which is a fungal infection of both animals and humans.

28. Which of the following is an infection of the kidney?

- a. Pyelonephritis
- b. Endocarditis
- c. Pneumonia
- d. Crohn's disease

Explanation: Pyelonephritis is an infection of the kidney usually caused by bacteria spreading from the bladder.

29. Choose the term for a paralysis affecting only one side of the body.

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

Explanation: Hemiplegia can be a complete or partial paralysis that affects the arms, legs, torso or face on only one side of the body. The condition can arise as the result of a congenital disorder or from an illness, injury or a stroke.

30. Choose the term associated with the study of changes to an organism due to a disease.

- a. Pathogenesis
- b. Morbidity
- c. Pathophysiology
- d. Etiology

Explanation: Pathophysiology is the combined study of pathology and physiology. What is observed during this course of study is the changes to an organism due to a disease or an infection.

31. What symptom can be expected with a diagnosis of Cystitis?

- a. Lack of sleep
- ✓ b. Painful urination
- c. Headaches
- ✗ d. Sore feet

Explanation: Cystitis is a technical term for a bladder infection, or rather a lower urinary tract infection. Symptoms include frequent and painful urination.

32. 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.

33. What condition is the Mantoux test used to discover?

- ✓ a. Tuberculosis
- b. Contact dermatitis
- c. Herpes zoster
- d. Trachoma

Explanation: The Mantoux test is used to discover tuberculosis by injecting tuberculin bacteria proteins between the layers of dermis. An immune response triggered by the injection is a positive for infection either current or prior and no response is a negative for infection.

34. When the body, or part of the body, is deprived of sufficient oxygen, this is referred to as _____.

- ✓ a. hypoxia
- b. hyperbole
- c. hypoglycemia
- ✗ d. hemophilia

Explanation: Hypoxia is the pathological condition of the whole body, or a part of the body, being deprived of adequate oxygen supply. Warning signs are a blue discoloration of skin called cyanosis and is often linked with altitude sickness or other activities where the demand for oxygen by the body is greater than the body's ability to supply the oxygen.

35. A pneumothorax is also known as _____.

- ✗ a. pneumonia
- ✓ b. a collapsed lung

- c. a heart infection
- d. a broken rib

Explanation: Pneumothorax is a collapsed lung, a condition where the lung closes in on itself as a result of blunt force trauma or surgical complications. Symptoms are chest pain and a shortness of breath.

36. Angioedema is a condition that affects which body system?

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

Explanation: Angioedema is the rapid swelling (edema) of the dermis, subcutaneous tissue, mucosa and submucosal tissues. The condition is similar to hives but the swelling is under the skin rather than on the surface.

37. 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.

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

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

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

39. _____ is a condition where bones become porous, fragile and brittle.

- a. Hypocalcemia
- b. Malnutrition
- c. Osteophytes
- d. Osteoporosis

Explanation: From its Greek derivation, osteoporosis literally means abnormal bone pores. (Greek translation: osteon means bone, poros means pore, and the suffix osis means a disorder or abnormal state). Osteoporosis is a contraindication for deep bodywork that can affect or damage the fragile and brittle bones of a client who suffers from this condition.

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

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

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

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. A client has a diagnosis of neuralgia. Which of the following best describes this condition?

- a. New nerve growth
- b. Numbness of the nerve
- c. Nerve pain
- d. Paralysis of the nerve

Explanation: The term neuralgia literally means nerve pain. This is another example of how knowing medical terminology will help uncover correct answers.

43. 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.

44. A client has recently been diagnosed with hyperthyroidism. Which of the following symptoms would you expect to notice about the client?

- a. Nervousness
- b. Fatigue and dullness
- c. Weight gain
- d. Sensitivity to cold

Explanation: Nervousness, a racing heart, trembling hands and anxiety are all common symptoms of hyperthyroidism. Hyperthyroidism is an overproduction of thyroid hormones which speed up chemical processes and metabolism within the body. The other answers are symptoms of hypothyroidism.

45. A postural assessment may be performed while a client is at rest in a supine position.

- a. True
- b. False

Explanation: A postural assessment can be performed while the client is standing to observe how they hold themselves upright in relation to gravitational forces or while laying down in a supine/prone position to determine any asymmetries.

46. 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.

47. A 27 year old client presents with pins and needles type sensation around her elbow and down towards the back of her hand. Her profession is as a social worker and she is often faced with troubling scenarios. She has limited neck rotation range of motion and is taking quick, shallow breaths. Postural assessment does not show any obvious distortions. Which nerve is responsible for the sensation in the client's elbow and down towards the back of the hand?

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

Explanation: The radial nerve runs a path from the brachial plexus between the scapula and the rib cage and through the tricep muscle along the posterior arm and through the extensors of the forearm and into the back of the hand.

48. 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.

49. Which muscle would be shortened in a client with an increased lordotic curvature?

- a. gluteals
- b. trapezius
- c. scalenes
- d. psoas

Explanation: Lordosis is a condition of the lumbar spine which causes and anteriorly rotated pelvis. The anterior rotation causes the hip flexors to tighten which includes a shortening of the psoas muscle.

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

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

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

51. While doing an assessment of hip flexion, requesting your client to flex their hip is an example of _____ range of motion testing.

- a. active
- b. passive
- c. isometric
- d. eccentric

Explanation: Testing the range of motion while the client is moving under their own power is known as an active range of motion test.

52. "Rest and digest" hormones are released with the engagement of the _____ nervous system.

- a. sympathetic
- b. autonomic

- c. peripheral
- d. parasympathetic

Explanation: "Rest and digest" hormones help maintain the healthy, homeostatic functioning of a person. They are released through the engagement of the parasympathetic nervous system.

53. Parents of a newborn child have learned how to give infant massage. How does massage help with the bonding experience between child and parent?

- a. Release of trigger points
- b. Release of pain
- c. Release of cortisol
- d. Release of oxytocin

Explanation: A reflexive effect of massage is the release of oxytocin, a hormone responsible for feelings of attachment and nurturing and aides in the bonding experience between giver and receiver.

54. What are neuroendocrine chemicals called when they are released into the blood?

- a. Hormones
- b. Neurotransmitters
- c. Neuropeptides
- d. Erythrocytes

Explanation: Neuroendocrine chemicals regulate physiological functions within the body. Hormone producing glands are part of the endocrine system. Massage reflexively stimulates the endocrine system to send neuroendocrine chemicals into the blood to transport messages from one area of the body to another, and in this form they are a hormone.

55. Stress hormones are released by the _____.

- a. golgi tendon organ
- b. parasympathetic nervous system
- c. sympathetic nervous system
- d. muscle belly

Explanation: The sympathetic nervous system is responsible for the release of stress hormones.

56. The nervous system responds to massage through the stimulation of _____.

- a. muscle fibrils
- b. the integumentary system
- c. sensory receptors
- d. varied pressure

Explanation: In the nervous system, sensory receptors are nerve endings which respond to stimuli. Massage triggers these sensory receptors to send messages to the central nervous system.

57. While on vacation, a client received too much sun exposure and subsequently acquired a first degree burn. The client has called you to inquire about rubbing cocoa butter onto the sunburned areas. Cocoa butter is not recommended for application onto a first degree burned epithelial tissue.

- a. True
- b. False

Explanation: A first degree burn is relatively minor. However, it can sometimes damage the sebaceous glands within the skin. This inhibits the production of the natural oil that keeps skin moist and supple. Cocoa butter will help moisturize the skin during the healing process and, therefore, is recommended for sun burns.

58. Massage has both mechanical and reflexive physiological effects on our bodies. Which of the following is a mechanical effect?

- a. Lowered heart rate
- b. Reduction of trigger points
- c. Release of serotonin
- d. Increased mental clarity

Explanation: A mechanical effect of massage is one that directly affects the immediate tissues. The reduction of trigger points is a direct effect of massage and therefore a mechanical physiological effect.

59. _____ 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.

60. Massage stimulates the release of _____ which causes local vasodilation.

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

Explanation: Histamine is a neurotransmitter that stimulates a local inflammatory response which is the reason for the redness of an area of the body after massage.

61. Which ethical code would be violated if you shared information about a client with another client?

- a. Scope of practice
- b. Dual relationship
- c. Professional boundary
- d. Confidentiality

Explanation: Sharing information between clients is a breach of confidentiality.

62. A client calls a massage therapist to purchase a gift certificate for his wife who happens to be a regular client as well. The husband has a tendency to be chatty during his massage sessions. This occasion is no different than usual and he asks how his wife is doing with her massage therapy. Which of the following is the best response?

- a. End the conversation abruptly
- b. Suggest that the client talk to his wife directly
- c. Share some but not all information
- d. Go into detail about the client's wife

Explanation: Speaking about a client to another client, a client's friend, or even the client's family member is a violation of confidentiality. However, we do not need to be rude to maintain our professionalism. Simply suggesting that your client speak to his wife is a perfectly acceptable response.

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

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

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

64. A client has requested to receive visceral manipulation from a massage practitioner who has no experience or training in visceral manipulation but has a general understanding of the technique. The client has received visceral manipulation from other massage therapists and insists that he can teach the practitioner to provide the treatment. The client is not affiliated with any aspect of healthcare. Choose the best option to proceed.

- a. Massage the client but avoid any attempt to provide visceral manipulation.
- b. Massage the client while attempting to provide visceral manipulation.
- c. Massage the client while learning from the client's experience of visceral manipulation.
- d. Refer the client to a practitioner who is trained in visceral manipulation.

Explanation: A massage practitioner should never work outside of his or her scope of practice. There are many therapists with varying degrees of training and expertise. The best option is to refer the client to another therapist or medical practitioner with the proper training to better assist the client's needs.

65. 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.

66. When a client asks for personal information about their friend which happens to be a client, the correct response should be _____.

- a. to discuss the details
- b. to end the conversation
- c. to tell them some but not all details
- d. to find a way to turn the focus back on them

Explanation: When a client asks about the private matters of a common client/friend, they are trying to fill a gap that a massage therapist, as a professional, should not fill. The massage therapist may think the client making the request for information will respect the therapist for divulging privileged information but they will ultimately grow to distrust the therapist's adherence to client confidentiality. The best answer is one that puts the focus back on them.

67. A 16 year old has come to your office for a massage. What is your next step?

- a. Fill out the intake form
- b. Make sure they can afford the treatment
- c. Request a parental release
- d. Ask them for referrals

Explanation: Before providing a massage to a minor, the massage therapist needs to obtain a parental release. Any person under the age of 18 is considered a minor.

68. A client has called in to schedule a massage appointment after waking up with muscular pain and limited movement of her neck. She is requesting a medical massage treatment. Choose the correct way to proceed.

- a. No massage
- b. No massage and recommend a visit to the doctor
- c. Massage but avoid the area of concern
- d. Massage the area as needed without a prescription

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

69. A client reminds a therapist of an old friend. During the session the therapist asks the client questions that relates to the old friend. What is this an example of?

- a. Transference
- b. Countertransference
- c. Projection
- d. Intuition

Explanation: Countertransference is the phenomenon of a client's ability to influence a practitioner's subconscious thoughts which could alter their professional behavior.

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

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

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

71. 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.

72. Which of the following should be a part of a massage therapists policy statement?

- a. Education
- b. Favorite activities
- c. Marketing plan
- ✓ d. Fee schedule
- ✗ e. Both a and c

Explanation: A policy statement represents the details and intentions of the practitioner and what is expected from the client in the therapeutic environment. The fee schedule is important to clarify any misunderstandings about payment and is just one facet of a policy statement.

73. A massage therapist has a tough time doing his own taxes. A massage client is an accountant and tax preparer who offers to file the massage therapist's taxes. The massage therapist and accountant agree to trade massage time for accounting time. This is an example of what type of relationship?

- a. therapeutic relationship
- ✓ b. dual relationship
- c. co-worker relationship
- d. personal relationship

Explanation: A dual relationship between a client and a massage therapist is one that includes and exceeds the therapeutic environment. An example is a massage client who is also the tax preparer of the therapist. Now, if that same client is also the owner of the local bar that gives the massage therapist free drinks then they are in a multiple role relationship which can easily become a breeding ground for ethical dilemmas.

74. Who wrote and published "Technic Der Massage" in the year 1900?

- a. Elizabeth Dicke
- ✓ b. Dr. Albert Hoffa
- c. David Palmer
- d. Dr. Stanley Lief

Explanation: Albert Hoffa, a German orthopedist, physiotherapist and surgeon developed a system of massage therapy he titled the "Hoffa system" which addresses various physiological disorders including knee and hip pain.

75. What does Ayurveda specifically mean?

- ✓ a. Life knowledge
- ✗ b. A balanced life
- c. Healthy path
- d. Abundance

Explanation: Ayurveda, a system of health and medicine developed in India, specifically means "life knowledge" and is based on restoring imbalances among the three doshas: Vata (wind), Pitta (bile) and Kapha (mucus).

76. Janet Travell is credited for researching and developing which of the following modalities?

- a. Acupressure
- ✓ b. Trigger point
- c. Deep tissue
- ✗ d. Myofascial release

Explanation: Janet Travell (b: 17 December 1901 - d: 1 August 1997) was a physician and medical researcher. She was the personal physician of President John F. Kennedy and developed the concept that trigger points are the cause of musculoskeletal pain. Trigger points are also known as trigger sites or muscle knots which are palpable nodules in muscle fiber. These nodules are a common cause of muscle pain when compressed and can elicit local tenderness or twitching as well as referred pain.

77. What technique uses any part of the body to apply a direct therapeutic force onto a client?

- a. Gliding
- b. Kneading
- c. Cross fiber friction
- ✓ d. Compression

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

78. In TCM, which of the following organs is associated with the element of water?

- a. Small intestine
- b. Lung
- c. Kidney
- d. Stomach

Explanation: The kidney (and bladder) is associated with the element of water.

79. **Rolfing was first named _____.**

- a. neuromuscular therapy
- b. polarity therapy
- c. zero balancing
- d. structural integration

Explanation: Dr. Ida P. Rolf developed and taught a system of bodywork which focused on reorganizing and aligning the structure of a human being within the field of gravity. She first referred to this system as structural integration. Over the years, the nickname rolfing eventually took place as the official term to describe her unique approach to bodywork.

80. **Petrissage is a form of which type of massage?**

- a. Deep tissue
- b. Structural integration
- c. Swedish
- d. Visceral manipulation

Explanation: Petrissage is one of six main techniques apart of the Swedish massage system. The other five are effluage, tapotement, friction, traction and vibration.

81. **Which of the following choices best describes Hellerwork?**

- a. Structural integration
- b. Light and flowing
- c. Trigger point
- d. Reiki

Explanation: Hellerwork is a combination of deep tissue, structural integration and movement re-education based upon the inseparability of the body, mind and spirit. Creator, Joseph Heller, builds upon Ida Rolf's lineage of structural integration.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Sally and her friends have gone to the local spa. There is a steam room and they decide to all go in before the end of the day. Sally notices a bottle of eucalyptus spray. She fails to read the label that states do not

spray directly on skin as it may cause irritation and burning. She thinks it would be a great experience to spray it on herself and step into the steam room. She has had some congestion and thinks it would be a great idea. While in the steam room her skin begins to burn and she runs out screaming. Her friends laugh at her and think she is overreacting. A massage therapist, who contracts with the spa to provide massage, comes into the wet room.

87. Why did Sally's skin begin to burn?

- a. Water and oil do not mix and the water will drive the oil deeper into the skin.
- b. She did not apply the oil correctly to her skin.
- c. She had damaged skin.
- d. You cannot apply eucalyptus oil to the skin you can only inhale it.

Explanation: Water and oil do not mix. So water cannot dilute essential oils. Only lipid based oils can dilute essential oils. Even if Sally had diluted the essential oil it may still have been too strong for her skin as the water would have driven the oil deeper into her skin. Eucalyptus oil can be inhaled and applied to the skin. When applied to skin always apply it to a small area first and wait to see how the skin reacts. It is important to have fatty oil handy just in case the skin is sensitive and it can be applied to the skin to dilute the essential oils.

88. What should the massage therapist do?

- a. Remove the client and her friends from the spa as they are causing a disruption.
- b. Apply fatty oil such as grape seed oil, coconut oil, vegetable oil or olive oil.
- c. Have the client take a shower and wash off the oil.
- d. Leave the client alone to let her take care of it.

Explanation: Applying a fatty oil will dilute the essential oil relieving client of additional pain. A therapist should calm the client down and explain that she will be giving her fatty oil to apply to irritated skin to dilute oil and this will help the irritation to go away. Do not use water, as water will drive the essential oil deeper into the skin. Leaving the client alone and not helping her could cause more damage to client's skin. The Code of ethics advises therapists to accept responsibility and to do no harm to the physical, mental and emotion wellbeing of a client. In this case, due to therapist being present when a client is in pain, it is ethical for a therapist to attend to the client.

89. How could the spa correct this from happening again?

- a. Post a notice on the steam room door about the use of eucalyptus oil.
- b. Do not provide eucalyptus oil in the steam room.
- c. Apologize to client and offer to pay for her medical bills.
- d. Do nothing, as this is a freak accident.

Explanation: Putting a sign on the steam room door that eucalyptus oil is only to be sprayed in the air and not directly on the skin, where it is visible for clients to see, will help with direction. Other ways to prevent this type of accident is to have the spa attendant inform clients of the correct application while checking them in. Also, the spa should advise all personnel on its use. Eucalyptus oil is widely used in steam rooms worldwide and is an expected aspect of a steam room by many. While discontinuing its use is a possible solution, it is not the best answer, as it can be used safely. While apologizing to the client is appropriate, it would not be corrective action to prevent this accident from happening again with other clients. Even though this incident may be rare, it is foreseeable and corrective action should be taken.

90. All of the following are health benefits of eucalyptus oil, except:

- a. Anti-inflammatory
- b. Decongestant
- c. Deodorant
- d. Moisturizer

Explanation: Eucalyptus oil is known to have many medicinal qualities, including being an anti-inflammatory, decongestant, deodorant, anti-bacterial, as well as others. Although the oil is sometimes added to moisturizers to give them an aroma, the oil itself is not the moisturizing agent.

91. After Sally has been taken care of, she asks that the incident be kept private. What, if anything should the therapist do next?

- a. Close the spa as a precaution.
- b. Advise the onsite manager of what happened.
- c. Close the steam room.
- d. Do nothing, as the client asked that the incident be kept private.

Explanation: Management should always be informed of any incident that occurs on the property so that client safety can be assured and that all forms are filled out. As a contractor to the spa, the therapist would not have the authority to close down the spa or the steam room. Even if the client asked the therapist to keep the incident private, it is best to inform the manager so that the establishment can take the needed steps to protect the client and its own interests, like taking corrective measures.

You are working with a client who is recovering from hip replacement surgery. She is also working with a physical therapist, who has given you specific instructions with regards to muscles to include in your treatment.

92. Which nerve passes through the psoas muscle and innervates the quadriceps femoris group?

- a. Sciatic nerve
- b. Femoral nerve
- c. Tibial nerve
- d. Median nerve

Explanation: the femoral nerve innervates the quadriceps femoris group and is also responsible for sensations felt over the anterior and inner thigh.

93. Which muscle, if hypertonic, may cause friction between the ITB and the lateral femoral epicondyle?

- a. Adductor magnus
- b. Rectus femoris
- c. Tensor fascia lata
- d. Gluteus minimus

Explanation: Tensor fascia lata, along with gluteus maximus, tense the ITB and help maintain hip stability.

94. Which of the following muscles would be indicated when working on the client's hip replacement?

- ✓ a. Gluteals, tensor fascia lata, adductors
- b. Sacrum, ilium, ischium
- c. Acetabulum, femur, scarum
- d. Splenius capitis, suboccipitals, SCM

Explanation: The gluteals, tensor fascia lata, adductors are muscles that attach around the hip joint and therefore would be indicated for treating clients with hip replacements.

95. Which of the following would be considered working outside of the massage scope of practice?

- a. Performing ROM exercises.
- b. Performing PNF stretching.
- ✓ c. Performing strengthening exercises as requested by the PT.
- d. Performing reflexology.

Explanation: Offering advice on or performing strengthening exercises is considered outside the scope of practice for the massage therapy profession.

96. Which ligament is housed within the hip joint, between the head of the femur and the acetabulum?

- ✓ a. Ligamentum teres
- b. Ligamentum flavum
- ✗ c. Ligamentum nuchae
- d. Deltoid ligament

Explanation: The ligamentum teres is found within the hip joint and stabilizes the hip during flexion, abduction and external rotation.

You are offering chair massage at a charity event. Clients are receiving 10 minute massages and you have a line of clients waiting for massages.

97. Your next client sits in your chair and when you enquire, reveals to you that she is 15 years old. What is the best course of action for you to take?

- a. Perform a 10-minute massage as usual.
- b. Tell the client that she is too young for massage, but that you will do it this time.
- ✓ c. Tell your client that you need her consent from one of her parents before you can massage her.
- d. Get your client to sign a consent form, then massage her.

Explanation: Parental consent is required before minors can receive massage of any kind.

98. One of the clients that you are working on tells you that you remind her of her brother and invites you to her house for dinner. What is this an example of?

- a. Sexual misconduct
- ✓ b. Transference
- c. A code of ethics violation
- d. A dual relationship

Explanation: Clients transferring feelings or thoughts that they have about another person onto their therapist constitute transference.

99. Which of the following massage strokes would be best suited for chair massage?

- a. Effleurage
- b. Hacking
- c. Compression
- d. Both b and c

Explanation: Both hacking and compression can be easily and effectively performed on a fully clothed client.

100. How can a massage therapist ensure that they are following universal precautions when working at events where there may be no running water?

- a. Use disposable face cradle covers
- b. Bring disposable disinfecting wipes
- c. Use hand sanitizer between clients
- d. All of the above

Explanation: All of the above are effective ways of observing universal precautions when working at field events.

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