

Practice Exam Kit for the MBLEx



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Your Test Statistics

Test Mode	Test
Number of Questions	100
Number Correct	60
Number Incorrect	40
Number Not Answered	0
Date/Time Started	Jan 28, 2017 11:25 (PST)
Date/Time Finished	Feb 1, 2017 8:55 (PST)
Time Logged	1:17:16
Score	60%

Statistics by Section

#	Section	Questions	Correct	Incorrect	Unanswered	Score
1	Anatomy and Physiology	18	12	6	0	67%
2	Client Assessment	9	3	6	0	33%
3	Ethics, Boundaries, Rules and Regulations	7	5	2	0	71%
4	Guidelines for Professional Practice	6	6	0	0	100%
5	Kinesiology	8	4	4	0	50%
6	Massage History and Culture	8	4	4	0	50%
7	Miscellaneous Scenarios	19	13	6	0	68%
8	Pathology and Contraindications	16	8	8	0	50%
9	Physiological Effects of Massage	9	5	4	0	56%
Total:		100	60	40	0	60%

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. **Synarthrosis, amphiarthrosis and diarthrosis refers to _____.**

- a. cellular functions
- b. joint movements
- c. nervous system functions
- d. digestive function

Explanation: All three are classifications of joint movements. An example of a synarthrosis joint is the skull sutures which permit little to no mobility. An example of amphiarthrosis joint is the cartilage of the vertebra which permits slight mobility. Examples of the diarthrosis joint are the shoulders, hips and knees which permit a wide range of movements.

2. **What is the function of a bulboid corpuscle?**

- a. Detect changes in temperature
- b. Receptor which responds to pressure
- c. Contract to stand hairs straight along body
- d. Mucous membranes in the skin

Explanation: A bulboid corpuscle is a cutaneous thermo-receptor which detect changes in temperature and relay the message to the CNS.

3. **Which heart valve is the mitral valve?**

- a. Tricuspid
- b. Bicuspid
- c. Pulmonary semilunar
- d. Aortic semilunar

Explanation: The mitral valve is also known as the bicuspid, which controls blood flow between the opening of the left atrium into the left ventricle.

4. **A hairline fracture of the talus bone would indicate an injury to which area of the body?**

- a. Head
- b. Spine
- c. Head
- d. Foot

Explanation: The talus is one of the tarsus bones within the foot which comprises the ankle. It is unique in that it has no muscles attachments and therefore relies on the neighboring bones for positioning.

5. 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.

6. Which element is needed for muscle contraction?

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

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

7. 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.

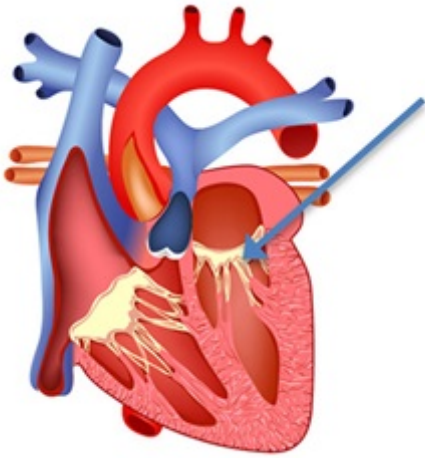
8. How many vertebrae are located in a typical human body?

- a. 16
- b. 22
- c. 25
- d. 33

Explanation: In a normal human body, there are 33 vertebrae. They are: 7 cervical, 12 thoracic, 5 lumbar which makes 24. Then there are 9 fused vertebrae that comprise the sacrum and coccyx.

9. The arrow is pointing to the _____.

- a. Aortic semilunar valve
- b. Mitral valve
- c. Pulmonary semilunar valve
- d. Tricuspid valve



Explanation: The mitral valve is located between the left atrium and left ventricle of the heart. The tricuspid valve is between the right atrium and right ventricle.

10. Where is the insertion of the temporalis muscle?

- a. Coronoid process of the mandible
- b. Ramus of the mandible
- c. Body of the mandible
- d. Zygomatic arch

Explanation: The temporalis muscle originates on the temporal fossa of the skull and inserts into the coronoid process of the mandible. Its action is retraction and elevation of the mandible.

11. What is known as the "molecular unit of currency"?

- a. Actin
- b. ATP
- c. T cells
- d. Gamma globulins

Explanation: The "molecular unit of currency" is often used to describe the importance of ATP (adenosine triphosphate) to cellular functions within the body.

12. What bone has no direct articulation with any other bones?

- a. Patella
- b. Hyoid
- c. Hamate
- d. Pisiform

Explanation: The hyoid bone is most unique in that it is only distantly articulated with another bone via muscles and ligaments.

13. Which is the correct order of anatomical organization in the human body, from the most basic to the

more complex?

- a. Cell, organ, tissue
- ✓ b. Cell, tissue, organ
- c. Tissue, cell, organ
- d. Organ, cell, tissue

Explanation: The cell is the basic building block of all living things. Cells are organized into tissues having specialized properties and functions. Tissues are further organized into organs (and organ systems).

14. 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.

15. 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.

16. Which condition would include an issue with the flexor carpi radialis muscle?

- ✓ a. medial epicondylitis
- b. thoracic outlet syndrome
- ✗ c. lateral epicondylitis
- d. cubital tunnel syndrome

Explanation: The flexor carpi radialis muscle is part of the flexor muscle group of the forearm which inserts into the common flexor tendon. Medial epicondylitis is the condition which includes the flexor muscle group of the forearm. Medial epicondylitis is also called golfers elbow due to the end range of motion during a golf swing that causes the most damage to the flexor muscles.

17. 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.

18. Where would you locate branchiomic musculature?

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

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

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

- a. Psoas and illiacus
- b. Hamstrings and piriformis
- c. Rectus femoris and psoas
- d. Sartorius and vastus lateralis

Explanation: Synergists are muscles that assist the action of the agonist, or primary functioning muscle. In this case, the synergists to the gluteals are the hamstrings and piriformis.

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

- a. True
- b. False

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

21. Which of the following muscles is an example of a fusiform muscle?

- a. Pectoralis major
- b. Rectus femoris
- c. Deltoid
- d. Biceps brachii

Explanation: A fusiform muscle is wider in the middle and tapers/narrows towards its origins and insertions. Flex your biceps brachii and feel along the muscle from origin to insertion. See if you can feel the narrow insertion, wide middle and narrow origin.

22. Which nerve supplies the flexor digitorum longus muscle?

- a. Median

- b. Ulnar
- c. Tibial
- d. Femoral

Explanation: The sciatic nerve runs along the posterior aspect of the leg and as it emerges between the inferior portion of the biceps femoris and semitendinosus it becomes the tibial nerve. The tibial nerve supplies many muscles along the posterior part of the leg including the flexor digitorum muscle.

23. Which of the following muscles elevates and retracts the mandible?

- a. Temporalis
- b. Splenius capitis
- c. Sternocleidomastoid
- d. Scalenes

Explanation: The temporalis muscle, originating at the temporal aspect of the cranium and inserting into the coronoid process of the mandible is responsible for elevation and retraction of the mandible. The temporalis is a major muscle involved with temporal-mandibular joint disorders.

24. The obturator internus muscle is part of which muscle group?

- a. Quads
- b. Pecs
- c. Abdominals
- d. Lateral rotators

Explanation: The obturator internus muscle is part of a muscle group located deep to the gluteals known as the deep lateral rotators.

25. The sternocleidomastoid action of flexion of the neck is an example of _____ contraction.

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

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

26. What type of joint is the talocrural joint?

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

Explanation: The talocrural joint is a synovial hinge joint that allows for plantar flexion and dorsiflexion.

27. Which organ does cystic fibrosis occur in?

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

Explanation: Cystic fibrosis is a condition which causes scarring cysts in the pancreas, liver, intestines and most notably, the lungs. The cysts secrete a thick mucous which lines the alveolar sacs in the lungs rendering them inefficient and prone to infection.

28. What is a scientific benefit of aromatherapy in relation to allopathic medicine?

- a. Relaxation
- b. Energizing
- c. Antimicrobial
- d. Pain relief

Explanation: Aromatherapy uses plant based essential oils for the treatment of various conditions. Many of the oils possess antimicrobial properties and have been incorporated into western medical treatments to fight against infections and disease.

29. Ulcerative colitis is a condition that affects which body system?

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

Explanation: Ulcerative colitis is a form of inflammatory bowel disease that results in ulcers or open sores of the large intestine. Symptoms are constant diarrhea mixed with blood and recurrent oral ulcers. A medical release is necessary before massage is indicated.

30. 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.

31. Which of the following choices best describes scleroderma?

- a. Thick skin and joint stiffness
- b. Loose, flaccid skin
- c. Itchy, flaky rash

d. Bacterial infection

Explanation: Scleroderma is an autoimmune disease of the skin that can affect internal organs and joints as well. There are two types of scleroderma: limited systemic which affects a local area and diffuse systemic which is throughout the body. Acute inflammatory stages of both types are contraindicated.

32. Paget-Schroetter disease affects which of the following body systems?

- a. circulatory
- b. neurological
- c. digestive
- d. urinary

Explanation: Paget-Schroetter disease is an issue with the circulatory system as a deep vein thrombosis (DVT) or also known as a blood clot. Its location is in the axillary and subclavian vein of the upper extremity. The condition is also known as “effort-induced thrombosis” due to the excessive activity of the upper extremity that can lead to the condition.

33. A person with rickets is deficient in which of the following vitamins?

- a. A
- b. B
- c. C
- d. D
- e. E

Explanation: Rickets is a condition that causes a weakening of bones due to a lack of or impaired metabolism of vitamin D. A lack of calcium in the diet can also cause the disease. Some symptoms are dental problems, muscle weakness and spasms as well as bone deformities.

34. Adenitis is an inflammation to which body structure?

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

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

35. 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.

36. What does a mycosis refer to?

- a. Bacterial infection
- b. Fungal infection
- c. Unknown infection
- d. Viral infection

Explanation: Myco- is the prefix meaning fungus. Mycology is the study of fungus whereas a mycosis is a fungal infection.

37. A client indicates they have an angioma. 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: An angioma is a benign growth of vascular or lymphatic cells and can include the tissues surrounding these structures as well.

38. What is a person suffering from when she has coryza?

- a. Impotence
- b. Excessive bleeding from small cuts
- c. Nasal congestion
- d. Dementia

Explanation: Coryza describes an inflammation of the nasal cavity that can cause nasal congestion, loss of smell and difficulty breathing. The condition can be caused by common colds, spicy food, allergies, changes in weather and many other triggers.

39. 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.

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

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

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

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

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

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

43. When a client's skin is discolored with a bluish tint, this would be an indication of which body system dysfunction?

- a. Skin
- b. Nervous
- c. Muscular
- d. Cardiovascular

Explanation: The bluish tint in a client's skin is an indication of a cardiovascular issue and is due to a lack of oxygen within the blood also known as hypoxia.

44. Which of the following muscle groupings are considered postural muscles?

- a. Pectoralis major, scalenes
- b. Serratus anterior, deep cervical flexors
- c. Supraspinatus, infraspinatus
- d. Vastus lateralis, vastus medialis

Explanation: Postural muscles work to sustain your posture within the gravity field. Both the pectoralis major and scalene muscles contribute to the postural integrity of the human body. Postural muscles consist of slow twitch fibers and are best suited for sustained work. They are also prone to hypertonicities.

45. 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.

46. 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.

47. Placing your hands onto a client to assess their condition is known as a _____ assessment.

- a. visual
- b. palpation
- c. subjective
- d. postural

Explanation: Using your hands to assess the condition of a client is a palpation assessment.

48. A client with a valgus deformity is also described as being _____.

- a. knock kneed
- b. pigeon toed
- c. hump backed
- d. double jointed

Explanation: A valgum deformity is an outward angulation of the distal segment of a joint or bone. In other words, the knees will be angled medially and the feet will be angled laterally. Reverse this scenario to

laterally angled knees and medially angled feet and you will see a varum deformity also known as bow legged.

49. 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.

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

- a. True
- b. False

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

51. What does the Arndt-Schultz Law pertain to?

- a. Acute and chronic injuries
- b. Dry and moist skin types
- c. Flexibility and tension patterns
- d. Pressure related physiological processes

Explanation: The Arndt-Schultz Law states that a weak stimulus will have no effect on a physiological process, that an intermediate stimulus will promote a physiological process whereas a strong stimulus will inhibit a physiological process.

52. The activation of vasomotor nerves would be a/an _____ effect of massage.

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

Explanation: Vasomotor nerves control the vasodilation or vasoconstriction of blood vessels. The activation of vasomotor nerves is a secondary response to receiving massage and would be a reflexive effect.

53. Which technique requires clients to lay supine while the practitioner applies gentle pressure to the head and spine to correct imbalances and restore proper flow to the cerebrospinal fluid?

- a. Shiatsu

- b. Polarity therapy
- c. Myofascial release
- d. CST

Explanation: CST, or Cranial Sacral Therapy, (often spelled craniosacral therapy) is a treatment protocol where the practitioner focuses to "tune into the craniosacral rhythm" to treat various conditions of mental issues, TMJD, migraines, fibromyalgia and more.

54. A benefit of massage is the reduction of stress hormones, which is a _____ effect of the _____ system.

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

Explanation: Massage reduces the levels of stress hormones as a secondary response to physical touch, which is a reflexive effect of the endocrine system.

55. Which form of massage requires the use of a pool?

- a. Watsu
- b. Soma
- c. Zero Balancing
- d. Polarity

Explanation: Watsu is a unique therapy which requires the use of a pool with warm water to provide a series of gentle yet profound holding movements while the client relaxes.

56. A client is experiencing more than usual stress lately. She has specifically requested a massage to help her relax. The therapist has chosen to provide a traditional Swedish massage. Choose the hormone that would typically be reduced during a Swedish massage.

- a. serotonin
- b. cortisol
- c. dopamine
- d. oxycotin

Explanation: Cortisol is typically reduced during a massage through the activation of the parasympathetic nervous system. High levels of stress are common causes of elevated cortisol and an indication of an overactive sympathetic nervous system responsible for the "fight or flight" response. Excess cortisol production suppresses the immune system and is a major contributing factor for weight gain, high blood pressure, fatigue and disease.

57. What is another term for a trigger point?

- a. Muscle contraction
- b. Muscle knot

- c. Myofascial adhesion
- d. Hypotonic muscle

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

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

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

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

59. When lymph fluid moves through the lymph ducts as a result of lymphatic massage, it is a/an _____ effect of massage upon the lymphatic system.

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

Explanation: A mechanical effect is a direct effect. Therefore, lymphatic massage, which moves lymph fluid through lymph ducts, has a mechanical effect upon the lymph system.

60. 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.

61. A therapist may legally engage in sexual relations with a client if they:

- Obtain written permission from a lawyer
- Officially end the client/therapist relationship within a week before intercourse occurs
- Maintained a sexual relationship prior to developing a client/therapist relationship
- A therapist should never engage a client in intercourse

Explanation: There are laws, rules and regulations against developing a sexual relationship with a client. If a sexual relationship existed prior to the client/therapist relationship, then continued sexual interaction is allowable. A typically safe amount of time to wait is 6 months after the client/therapist relationship has been dissolved (documented and signed by both parties) before pursuing a romantic interaction. However, the best path to preserving your career and avoiding a possible investigation is to never engage a client or previous client in any relations outside of a therapeutic environment.

62. Which of the following ethical principles is being followed when a massage therapist is conscientious about keeping clients updated with informed consent?

- a. Healthcare services
- ✓ b. Client autonomy
- c. Professional maintenance
- d. Confidentiality

Explanation: Client autonomy is when the practitioner keeps the client up to date about any possible changes or adjustments that can affect the client. This gives the client a chance to choose their course of action with the practitioner.

63. Which of the following techniques is not covered under the massage therapy scope of practice?

- ✓ a. Dry needling to treat muscular tonicity
- b. Application of finger pressure upon trigger points
- c. Recommending a client seek medical care
- d. Applying ice to reduce an acute inflammation

Explanation: Dry needling is an evolved technique by the chiropractic profession of using acupuncture needles inserted into trigger points to release tension. This technique is not under the massage therapy scope of practice.

64. A client has asked a massage therapist to volunteer at a special event for the mentally disabled. The massage therapist would be the only massage therapist at the event. The therapist has over 10 years of experience and is well trained in massage. However, the massage therapist is uncomfortable working with people who have difficulties with communication. Which of the following is a valid explanation for declining the request in this situation?

- ✓ a. Inability to work with people who cannot communicate
- b. Lack of necessary training and skills
- c. Lack of additional support during the event
- d. Only works for money

Explanation: Communication is a very important component of the client/therapist relationship. A therapist who prefers the feedback and open communication from a client is justified to decline work if the client cannot communicate with the massage therapist.

65. The dynamics between a client and a massage professional are complex, which creates an immediate _____.

- a. friendship

- b. relationship
- c. power imbalance
- d. power equality

Explanation: Power imbalances occur naturally when one person is perceived as being an authority over another in a certain situation. This is why the dynamics between a client and a professional of all backgrounds has the capability of becoming emotionally unbalanced if left unchecked.

66. _____ is the knowledge base and practice parameters of the massage profession.

- a. Therapeutic relationship
- b. Scope of practice
- c. Code of ethics
- d. Informed consent

Explanation: The knowledge base refers to education and special training/skills for providing care. The practice parameters refer to conduct and environment. These two combined explain the basic concept of the scope of practice.

67. Having a discussion with a client about the positive and potentially negative effects of massage for a certain condition is an example of _____.

- a. informed consent
- b. ethics
- c. framework
- d. personal boundaries

Explanation: Disclosing all of the details about a treatment to a client gives them the opportunity to decide how to proceed and is part of the process to obtain informed consent.

68. Which of the following is the best description of PNF stretching?

- a. Hold-relax agonist
- b. Active stretching
- c. Passive stretching
- d. Active ballistic stretching

Explanation: PNF, or proprioceptive neuromuscular facilitation, utilizes mostly hold-relax type stretches on either the agonist or antagonist muscles.

69. What ratio of common household chlorine bleach to water should be used as a sanitizing solution?

- a. 1:100
- b. 1:10
- c. 1:1
- d. 10:1

Explanation: Common household chlorine bleach is an effective sanitizing solution for disinfecting surfaces, implements and linens. The solution should be diluted at a ratio of 1:10 by combining one part bleach with nine parts water. Dilution ratios are different than mechanical ratios in that the first number is subtracted from the second number to produce the correct total amount of a solution.

70. 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.

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

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

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

72. A massage therapist has a minor cut on the tip of his finger but has a massage in a few hours. Choose the best protocol for providing care.

- a. Cancel the appointment and reschedule till the wound is completely healed.
- b. Provide the massage since the cut is no longer bleeding.
- c. Provide the massage with a bandage over the cut finger.
- d. Provide the massage with a finger cot over the cut finger.

Explanation: It is permissible to provide a massage treatment with a finger cot as long as the cut has stopped bleeding and no fluid can leak from the finger cot. Keeping finger cots on supply in a massage office should be mandatory as minor cuts can happen all the time.

73. A therapist has moved a massage table from their home to a treatment location. Choose the best option for table care before a massage session may begin.

- a. Clean the table with a non-toxic solution
- b. Be sure the table is stable by checking that it is fully deployed and the legs are tightly fastened
- c. Apply clean sheets and head rest cover
- d. All of the above

e. Only a and b

Explanation: Moving a table from one location to another can expose many dangers from contamination to instability. It is important to follow all these steps to insure both the clients and therapists safety.

74. What aspect of the body does rebirthing directly focus on for healing?

- a. Breath
- b. Muscle
- c. Cardio
- d. Mental imagery

Explanation: Rebirthing practitioners believe that the breath is the ultimate healer in an individual. Through an orchestration of breathing techniques, a person is said to reach the divine within themselves to relieve any areas of stagnation, be they physical or emotional.

75. Where is the Rolf Institute located?

- a. Boulder, Colorado
- b. Los Angeles, California
- c. New York, New York
- d. Palm Beach Gardens, Florida

Explanation: Ida Rolf established the Rolf Institute in 1971 in Boulder, Colorado.

76. 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.

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

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

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

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

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

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

79. Yang and yin concepts relate to the delicate balance of life. Which of the following is a yang organ?

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

Explanation: Yang organs are typically hollow and are involved in the transport of digestive substances (except the gallbladder which stores bile and the triple burner which has no shape) which includes the stomach, small intestine, large intestine, urinary bladder, gallbladder and the triple burner.

80. 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.

81. Who introduced "The Swedish Movement Cure" to the United States?

- a. Dr. George Taylor
- b. Mathias Roth
- c. Dr. Albert Hoffa
- d. Elizabeth Dicke

Explanation: Dr. George Taylor had studied massage techniques based on the works of Per Henrik Ling and developed "The Swedish Movement Cure" which he promoted at his health clinic in New York during the 1860's.

Jess has been having a sharp pain in his buttocks for 2 days. He goes to see Frank, a massage therapist, and tells him his buttocks pain is having a tingly painful effect down his leg. Frank asks him what he was doing when this first occurred. Jess said he was running with his son. Frank asks him if he has a burning sensation. He also asks the client if he has done any self-treatment, like with ice or heat. After his assessment, Frank tells Jess that he notices some inflammation and may be having sciatica issues and that he is going to work on his gluteal and hamstring area.

82. When having sciatic issues, what causes the tingly pain effect down the leg?

- a. The piriformis muscle gets tight and pinches the sciatic nerve, causing tingling and numbness.
- b. The gluteal muscles become too tight and the nerve becomes compressed.
- c. The acromion process pinches a nerve in the lower back.
- d. There is a nerve pinch at the location of the cervical spine.

Explanation: Piriformis becomes inflamed causing compression of the nerve on the bone. This creates a tingly pain due to nerve being cut off.

83. What form of massage would benefit the sciatic nerve the fastest?

- a. Swedish
- b. Trigger point therapy
- c. Lymph Drainage
- d. Reflexology

Explanation: Trigger point therapy will work directly on the piriformis muscle which is usually the main cause of sciatic issues. Although some of the strokes of Swedish would be beneficial it would not work out the insult to the muscle the quickest. Although lymph drainage would have an effect on inflation, it does not target the piriformis muscle and would not be the fastest modality. Reflexology works directly on the feet and would have no effect on the piriformis muscle.

84. Would ice or heat be better for inflammation?

- a. Heat is better because it works on the trigger points.
- b. Heat is better because it works on the nervous system and relaxes the client.
- c. Ice is better because it dulls the pain.
- d. Ice is better because this is not a muscle injury.

Explanation: Ice would be better to dull the pain and reduce swelling only for the first couple of days. Ice is used for injuries, while heat is used for chronic pain, stress and muscles spasms and trigger points.

85. While assessing the client, in what section should Frank write in his SOAP notes?

- a. Plan
- b. Subjective
- c. Assessment
- d. Objective

Explanation: The massage therapist makes clinical observations in the objective section of the SOAP notes and answers questions like how the patient is walking, his pain expression and how he sits and stands.

86. What muscles would be principally affected if it is a sciatic issue?

- a. Hamstrings
- b. Piriformis and superior gemellus
- c. Biceps femoris

d. Semitendinosus

Explanation: The sciatic nerve is located between the superior gemellus and piriformis. Tingling or numbness may occur down the hamstring but this is not the main muscle being affected.

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.

87. 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.

88. 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.

89. Which biological rhythm is responsible for sleep patterns in a 24-hour cycle?

- a. Ultradian
- b. Circadian
- c. REM Cycle
- d. Diurnal

Explanation: Circadian rhythms are governed through the process of entrainment which syncs the bodies functions based on solar and lunar cycles.

90. 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.

91. 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.

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.

92. 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.

93. 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.

94. 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.

95. 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.

96. When filing your tax returns, which form would you use to claim for expenses that you incurred for the charity event?

- a. Form 1099 MISC
- b. Form W-2
- c. Form W-9
- d. Form 2106

Explanation: Form 2106 is used to claim non-reimbursed work related expenses.

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

97. Which 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.

98. 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.

99. 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.

100. 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.

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