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Practice Questions

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1. Patellar tendonitis is typically found in which of the following sports?

A. Basketball
B. Volleyball
C. Long-jumping
D. All of the above.

2. After performing a postural analysis on a client, you determine that he has hypertonic rhomboids, trapezius, teres minor, infraspinatus and latissimus dorsi that are causing the shoulder blades to be pulled back, as well as winging the scapula. This condition is called:

A. Retracted shoulders
B. Protracted shoulders
C. Raised shoulders
D. Rounded shoulders

**3. Jill is a massage therapist and Taylor is her client.

Which of the following describes Jill performing an active range of motion assessment of Taylor?**

A. Jill holds Taylor's thigh and moves her leg around her hip joint.
B. Jill places her hands on both sides of Taylor's head and bends her neck back and forth very carefully.
C. Jill pushes down on Taylor's hand to bend her wrist as far as she can.
D. Jill asks Taylor to make arm circles as big as she can.

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4. What is a suitable solution for a massage professional experiencing discomfort in the wrist and elbow area?

A. Shift the compressive force to the fingers and thumb.
B. Maintain the hands in a clenched fist to promote stability.
C. Relax the hand and fingers during massage.
D. Increase the movement of the stroke at the shoulder joint.

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5. The optimal location to target for accessing the triceps muscle when applying myofascial release techniques is <code>_____</code>.

A. Sidelying
B. Hooklying
C. Prone
D. Sitting

6. According to the sliding filament theory, when this molecule breaks down, it releases energy that allows Myosin to contract the muscle by pulling the Actin filaments inward, resulting in muscle shortening.

A. ATP
B. Troponin
C. Myofibril
D. Tropomyosin

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7. What is the key factor to consider when evaluating the stability of a portable massage table?

A. Frame
B. Adjustable legs
C. Cable support
D. Center hinge

8. When conducting a gait assessment on a client, which of the kinetic measurements listed below is not considered?

A. Velocity.
B. Pause length.
C. Cadence.
D. Step length.

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9. When conducting a post-isometric relaxation stretch, the target muscle is extended until a gentle stretch is sensed. At this stage, the target muscle is contracted and then allowed to relax in order to lengthen further. This is an instance of stimulating this proprioceptor:

A. Muscle spindle
B. Pacinian corpuscle
C. Meissner corpuscle
D. Golgi tendon organ

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10. The therapist performs a post isometric relaxation stretch on her client. She has her client contract against resistance for <code>_____</code> seconds, and stretches the target muscle for <code>_____</code> seconds. The stretch is repeated 2 more times and the final stretch time is <code>_____</code>.

A. 10, 5, increased
B. 3, 5, increased
C. 3, 10, decreased
D. 5, 10, decreased

11. In case a client falls while at the business location, what type of insurance will protect the business?

A. Malpractice
B. Disability
C. Independent contractor liability
D. Premise liability

**12. A massage professional has been assisting a specific client for 12 months. The client has been experiencing difficulty communicating with his family, particularly his son. The focus of their discussions during the massage sessions is finding a solution to this issue.

How would you best describe this situation?**

A. Scope of practice violations, particularly involving psychology, are occurring.
B. The client is engaged in countertransference.
C. The client should be referred for acupuncture or chiropractic treatment.
D. The massage professional is having difficulty maintaining informed consent.

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13. Setting up a massage practice in a private home is:

A. Only possible if there is ramp access.
B. Possible if the IRS approves it.
C. Possible if the local zoning laws permit it.
D. Never allowed.

14. Which type of insurance offers a massage therapist financial protection against a client's law suit?

A. Business Interruption Insurance
B. Worker's Compensation Insurance
C. Health Insurance
D. Professional Liability Insurance

15. Massage products that are formulated to cause the least amount of negative reactions, such as irritation or allergic reaction, are marketed as <code>_____</code>.

A. Organic.
B. Homeopathic.
C. Hypoallergenic.
D. Hyperallergenic.

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16. What is the name of the system of health and medicine that originated in India?

A. Elements
B. Polarity
C. Prana
D. Ayurveda

17. The main muscles responsible for causing torticollis are:

A. Levator scapula, scalenes, and ESG's
B. SCM, scalenes, and levator scapula
C. SCM, scalenes, and ESG's
D. SCM, scalenes, and trapezius (upper fibers)

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18. Women who are elite athletes or who have regular and heavy exercise routines are at additional risk for which of the following disorders?

A. Narcolepsy
B. Anemia
C. Agoraphobia
D. Amenorrhoea

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**19. Once the inflammation has subsided, you resume your regular work routine, however, it appears that the cut on your hand has not fully healed.

Among the options provided below, which bacteria are frequently present on the skin and could potentially jeopardize your well-being?**

A. Lactobacillus
B. HIV
C. Staphylococcus aureus
D. Tinea pedis

20. Where is bile produced?

A. The pancreas.
B. The gallbladder.
C. The liver.
D. The kidneys.

21. Where does the production of red blood cells take place in the bone?

A. Haversian canal
B. Yellow bone marrow
C. Periosteum
D. Red bone marrow

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**22. A person with a foggy or dull mind may struggle to comprehend information and make decisions effectively.

Which neurotransmitter might play a role in this?**

A. Norepinephrine
B. Histamine
C. Glutamate
D. Dopamine

23. All of the following are diarthrotic joints, except:

A. Hinge joints
B. Pivot joints
C. Symphysis joints
D. Saddle joints

**24. During an initial assessment, a patient expresses discomfort in her palm and fingers, while also experiencing challenges in pronating her forearm and flexing her wrist.

Which specific nerve is likely to be implicated in this scenario?**

A. Radial nerve
B. Musculocutaneous nerve
C. Median nerve
D. Medial pectoral nerve

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25. All information provided in a health history intake form is considered confidential, unless?

A. You feel it is your duty to share client information for legal reasons
B. Treatments are complete and they are no longer a client
C. The client gives specific written permission
D. Their HCP asks for it

**26. In the massage therapy profession, boundaries are extremely important, both for the the client and the therapist. In the world of massage, most recognize five different areas, critical to respecting the boundaries of everyone involved in the session.

Which of the boundaries listed below is not commonly considered?**

A. Property boundaries.
B. Professional boundaries.
C. Emotional boundaries.
D. Sexual boundaries.

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**27. In a therapist vs. client relationship, the professional boundaries are critical.

Which of the statements listed below is considered maintenance of appropriate boundaries?**

A. Believing that he/she is the only place that the client can receive the correct treatment.
B. Engaging in personal conversations with a client.
C. Receiving calls/texts from client on nonbusiness phone number.
D. Being aware of the power difference that exists in the relationship.

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28. The <code>_____</code> is a summary of the standards of conduct, defining the behavior of a massage therapist.

A. The mission statement.
B. The policy statement.
C. The code of ethics.
D. The vision statement.

29. What is postural symmetry?

A. The circumference of the muscle mass in the two legs is similar.
B. Patellae are pointed medially.
C. Ribs are more fixed on the left and springy on the right.
D. Shoulders roll forward evenly, leveling the clavicles.

30. What circumstance would cause pooling of blood in the lower extremities?

A. Lying with the feet above the heart
B. Standing still for extended periods
C. Increased walking
D. Regular deep breathing

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Answer Key & Explanations

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1. D — All of the above.
Patellar tendonitis, also known as jumper's knee, occurs when the tendon that attaches to the knee cap to the tibia becomes irritated or inflamed. It typically results from repetitive stress placed on the knee during jumping.

2. A — Retracted shoulders
When in a chronic shortened state, the rhomboids, trapezius, teres minor, infraspinatus and latissimus dorsi will retract the shoulders and wing the scapula.

3. D — Jill asks Taylor to make arm circles as big as she can.
Active range of motion assessments involve a person moving his or her own body parts and joints.

4. C — Relax the hand and fingers during massage.
Improper body mechanics can result in pain. It's important to keep the fingers and wrist relaxed to prevent elbow pain, as the muscle is located in the forearm. All incorrect actions would worsen the pain.

5. C — Prone
When applying myofascial release techniques to target the triceps muscle, the optimal position is prone. The prone position allows for better access to the triceps muscle and allows the therapist or individual to apply appropriate pressure and techniques to release any tension or tightness in the muscle.

6. A — ATP
Muscles contract as the myosin heads pull on the actin filaments, shortening the sarcomere. The myosin heads hold both a phosphate and ADP molecule. Initially, the release of the phosphate allows for cross-bridge formation between the myosin heads and the actin binding site.

Subsequently, the release of the ADP molecule enables the myosin heads to pull, initiating a power stroke that shortens the sarcomere. ATP is required to release the cross-bridge and reset the myosin head into a cocked position.

7. C — Cable support
The cable support serves as the structural design component for stability, with the center hinge being the weak point.

8. B — Pause length.
A massage therapist needs to note four different kinetic measures of the client's gait. They include: the step length, the stride length, the cadence and the velocity. The pause lengths between steps is not an issue, the client can take as much time as necessary to before each motion needed to maintain balance.

9. D — Golgi tendon organ
The golgi tendon organ detects increases in muscle tension to prevent injury. If the muscle tension is significant in relation to the force the muscle can generate, it inhibits the muscle's ability to contract. Engaging this reflex allows for an increased stretch without resistance from the muscle. When stimulated, the muscle spindle contracts the muscle. The Meissner corpuscle detects skin slippage, while the Pacinian corpuscle is responsible for detecting pressure and high vibration frequency in the skin.

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10. A — 10, 5, increased
It takes 7 to 10 seconds for the golgi tendon organ to respond to an increase in tension with a relaxation reflex. After the reflex is initiated the muscle is stretched to the new resistance barrier and held to set new muscle memory. The final stretch time is increased to ensure a new muscle length memory is set.

11. D — Premise liability
The insurance that covers claims related to the facility is trip and fall or premise liability insurance.

12. A — Scope of practice violations, particularly involving psychology, are occurring.
Massage therapists are not trained or licensed to provide psychological counseling or therapy, and discussing and addressing the client's strained relationship with his father goes beyond the appropriate scope of a massage therapy session. Engaging in discussions and interventions related to psychological issues without the proper qualifications and licensure can put both the client and the therapist at risk.

13. C — Possible if the local zoning laws permit it.
If a practitioner wishes to set up a massage practice within his or her place of residence, it is necessary to check all the local zoning laws.

The IRS determines whether home business deductions can be taken on annual tax returns but does not determine if a business can be run from a home.

A business does not necessarily have to provide ramp access for persons with disabilities.

A determination has to be made whether a ramp is readily achievable considering factors such as the size of the business and the expense of installing a ramp.

Alternative ways to service persons covered by the ADA may suffice, like going to the home of a person with a disability.

14. D — Professional Liability Insurance
Professional Liability insurance covers the insured for lawsuits/complaints for malpractice, accidents and injury to clients.

15. C — Hypoallergenic.
Hypoallergenic is the correct term for products that are made of products that have a low chance of causing a skin irritation, or an allergic reaction such as a rash, when utilized on clients. These products should be purchased and kept in inventory for use on all clients. The prefix hypo- is defined as minimal, less, rarely, etc.

16. D — Ayurveda
Ayurveda is the name of the system of health and medicine that originated in India. It is an ancient system that focuses on maintaining balance in the body, mind, and spirit to promote overall health and well-being. Ayurveda uses natural remedies, including herbal medicines, diet, exercise, and lifestyle practices, to treat and prevent illness.

17. D — SCM, scalenes, and trapezius (upper fibers)
The sternocleidomastoid (SCM), scalenes, and upper traps all contribute to rotating the cervical spine to the opposite side, along with lateral flexion to the same side. These hypertonic actions are commonly associated with the signs and symptoms of torticollis. The Erector Spinae Group (ESGs) includes the Spinalis, Longissimus, and Iliocostalis, which run from the sacrum to the occiput along the posterior vertebral column.

18. D — Amenorrhoea
Amenorrhoea is the absence of menstrual periods. If left untreated, long-term complications of athletic amenorrhoea include increased risk of broken bones and premature ageing.

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19. C — Staphylococcus aureus
Staphylococcus aureus is a type of bacteria that is commonly found on the skin. While it is usually harmless and even beneficial in small amounts, it can become problematic if it enters the body through an open wound. In this case, the cut on your hand has not fully healed, which means that Staphylococcus aureus could potentially infect the wound and jeopardize your well-being.

20. C — The liver.
After bile is produced, it is stored in the gallbladder. This substance helps to emulsify or dissolve fats and lipids.

21. D — Red bone marrow
Red blood cells are produced (hematopoiesis) with in the red marrow of the bones.

22. D — Dopamine
Dopamine is a neurotransmitter that plays a crucial role in various cognitive functions, including attention, memory, learning, and decision-making. It is often referred to as the "reward neurotransmitter" because it plays a significant role in regulating our motivation and pleasure responses. Dopamine deficiency or dysfunction can lead to cognitive impairments, such as difficulty in comprehending information and making decisions effectively. This is why a person with a foggy or dull mind may struggle in these areas.

Option B) Glutamate
Glutamate is the most abundant excitatory neurotransmitter in the central nervous system. It is involved in several brain functions, including learning and memory. However, in the context of a foggy or dull mind, glutamate is unlikely to be the neurotransmitter that plays a role. Glutamate abnormalities are more commonly associated with conditions like epilepsy, Alzheimer's disease, and schizophrenia.

Option C) Histamine
Histamine is a neurotransmitter that is primarily involved in regulating allergic responses, stomach acid secretion, and sleep-wake cycles. While histamine can affect cognitive function to some extent, it is not specifically associated with a foggy or dull mind. Histamine's role in cognition is more related to attention and arousal.

Option D) Norepinephrine
Norepinephrine is a neurotransmitter and hormone that is involved in the body's stress response. It plays a crucial role in increasing alertness and attention. However, norepinephrine deficiency or dysfunction is more likely to cause symptoms such as fatigue, lack of focus, and decreased motivation, rather than a foggy or dull mind.

23. C — Symphysis joints
There are 6 types of diarthrotic joints in the body: hinge, gliding, saddle, pivot, ball and socket and ellipsoidal joints. These are all freely moving joints classified as synovial joints, which are diarthrotic. A symphysis is a slightly moveable cartilaginous joint, such as between vertebrae.

24. C — Median nerve
The median nerve arises from the lateral and medial cords of the brachial plexus, with contributions from ventral roots of C5-C6 (lateral cord) and C8 and T1 (medial cord). It is the sole nerve that traverses through the carpal tunnel. The medial pectoral nerve provides innervation to the pectoralis major and minor. Furthermore, the musculocutaneous nerve innervates the anterior arm, while the radial nerve innervates the posterior arm.

25. C — The client gives specific written permission
State laws differ regarding the duration for which you are required to retain inactive client information. In any case, you must always maintain the confidentiality of all information unless provided with written permission

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from the client. HCP stands for Health Care Provider.

26. A — Property boundaries.
Property boundaries are not the focus of the massage therapy boundaries, this is a different type of boundary considered with possessions and ownership. The boundaries of a massage therapist are critical to the protection of both the therapist and the client in areas of abuse, both physical and mental. Most consider that there are five different areas to be adhered to: professional boundaries, emotional boundaries, sexual boundaries, social boundaries, and physical boundaries.

27. D — Being aware of the power difference that exists in the relationship.
Maintaining good professional boundaries is critical to a professional career that is successful and profitable.

A massage therapist must remain cognizant of the power difference, weighing heavily in the therapist side.

Ethics policies do not allow for personal conversations or phone calls/texts between a therapist and a client.

Boundaries have eroded when the therapist or client believe that the therapist is the only one that can treat the client.

Anything personal shared between the two, is strictly frowned upon.

28. C — The code of ethics.
The code of ethics defines the ethical behavior of the therapist and is a prerequisite for admission and ongoing membership in the NAMT, the National Association of Massage Therapists. This statement includes points such as representing qualifications accurately, non-discrimination statements, and all HIPAA regulations.

29. A — The circumference of the muscle mass in the two legs is similar.
Symmetry is “similar".

30. B — Standing still for extended periods
During movement, muscle compression on the vessels moves blood in the legs. There will be reduced blood movement when someone is standing in a static position. The incorrect answers would decrease the blood pooling.

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