

Massage and Bodywork Licensing Examination

1. Which of the following muscles would contribute to wrist adduction?

A. Extensor carpi radialis

B. Extensor carpi ulnaris

C. Flexor digitorum profundus

D. Extensor pollicis brevis

Answer(s): B

2. Which bone does the tibialis anterior insert into?

A. Base of the first metacarpal

B. Medial cuneiform

C. Navicular

D. Calcaneus

Answer(s): B

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

A. Mouth

B. Stomach

C. Small intestine

D. Large intestine

Answer(s): C

4. 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

Answer(s): A

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

A. apparatus

B. tendon organ

C. Action potentials

D. Spinal reflex

Answer(s): B

6. The suffix -crine refers to:

A. Secretions

B. Inflammation

C. Digestion

D. Enzymes

Answer(s): A

7. Using the AC joint during an assessment would give an indication of _____ symmetry.

A. ankle

B. hip

C. shoulder

D. head

Answer(s): C

8. A massage therapist that conducts a regular self-assessment of strengths and weaknesses, respects the privacy of client information and upholds the standards of professionalism is adhering to Available Choices (select all choices that are correct)

A. legal boundaries

B. informed consent

C. the massage code of ethics

D. personal boundaries

Answer(s): C

9. What do the terms systole and diastole refer to?

A. Kidney process

B. Breathing cycle

C. Heart beat

D. Immune function

Answer(s): C

10. Which of the following best describes a massage therapist who routinely drapes clients in an immodest and unprofessional manner?

A. The massage therapist needs additional training.

B. The massage therapist is participating in a dual relationship.

C. The massage therapists scope of practice needs to be redefined.

D. The massage therapist has broken a code of ethics.

Answer(s): D

11. A trigger point that is painful at rest, and painful during active and passive movement, is _____.

A. an active trigger point B a primary trigger point

B. a secondary trigger point

C. a latent trigger point

Answer(s): A

12. 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

Answer(s): A

13. 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

Answer(s): A

14. 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

Answer(s): B

15. Over the past year, the relations between a massage therapist and a client has grown friendly. There are times when both parties talk during the massage session and sometimes things are shared that are beyond the regular scope of practice. Lately, the client, who openly talks about his financial success in business, has been having difficulties with the construction workers who are building the client's dream home. The massage therapist, who lives in an apartment, has recently become irritated by the client's personal problems and is having a difficult time performing her duties as a massage therapist. Which of the following best describes the relationship?

A. A dual relationship

B. Transference

C. Countertransference

D. Indifference

Answer(s): C

16. What is meant by muscle flaccidity?

A. Strength

B. Size

C. Flexibility

D. Weakness

Answer(s): D

17. What does the acronym HOPS relate to?

A. full body assessment

B. brain activity monitoring

C. disease assessment

D. strength and endurance training

Answer(s): A

18. Assisting a client with a movement during a palpation assessment is

A. active ROM

B. active-assisted ROM

C. passive ROM

D. resistive ROM

Answer(s): B

19. What is another term for kinesthesia?

A. Proprioception

B. Pain

C. Mechanoreceptors

D. Tetanus

Answer(s): A

20. What do the levator scapulae, trapezius (upper fibers), biceps brachii, subscapularis and soleus all have in common?

A. Act on the shoulder

B. Phasic muscles

C. Postural muscles

D. Fast twitch muscle

Answer(s): C
