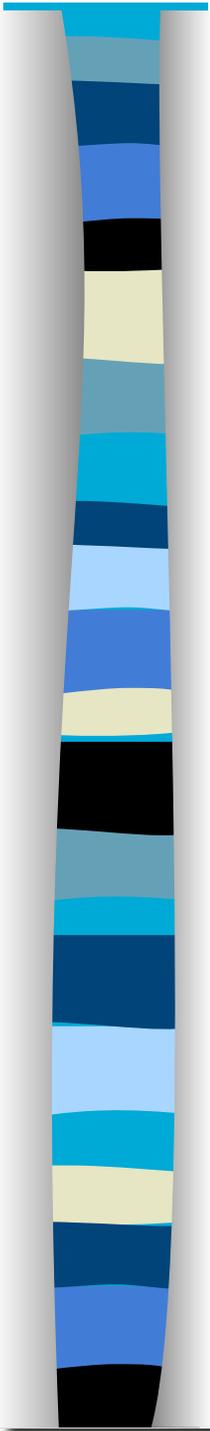
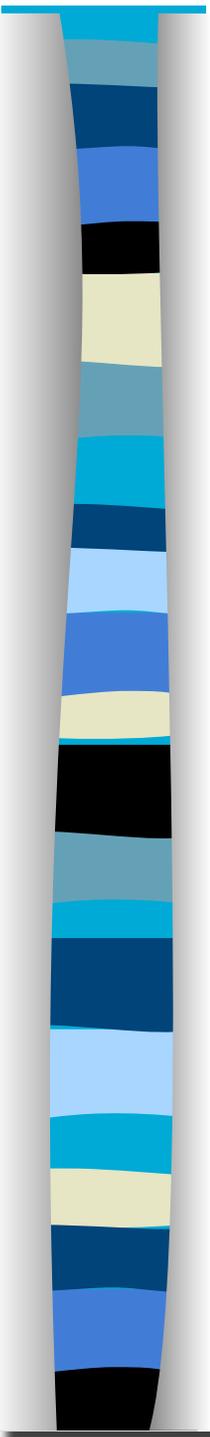


74a MBLEx Prep



74a MBLEx Prep

Class Outline



5 minutes

Attendance, Breath of Arrival, and Reminders

10 minutes

Lecture:

25 minutes

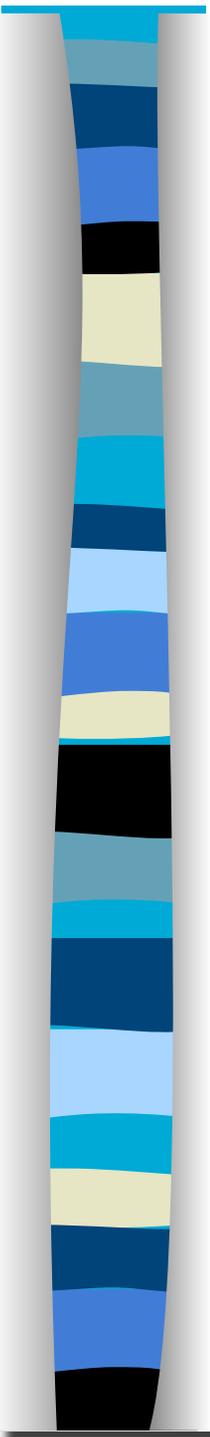
Lecture:

15 minutes

Active study skills:

60 minutes

Total



74a MBLEx Prep

Class Outline

Quizzes:

- 75a Kinesiology Quiz (gluteals, erectors, lats, biceps femoris, quadratus femoris, piriformis)
- 78a Kinesiology Quiz (erectors, lats, quadratus lumborum, multifidi, rotatores)

Spot Checks:

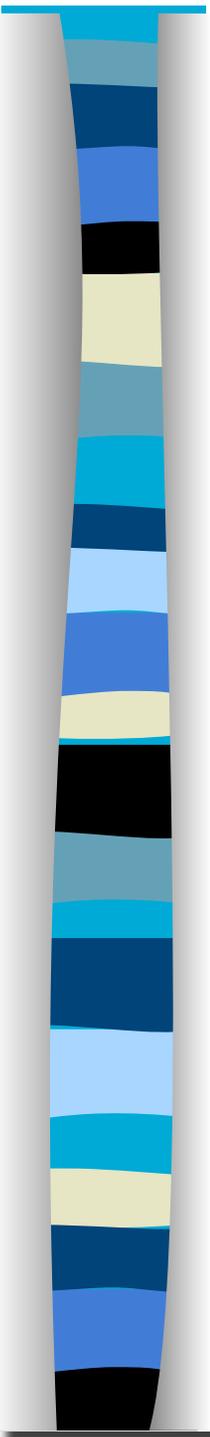
- 75b Orthopedic Massage: Spot Check – Piriformis and Sacroiliac
- 78b Orthopedic Massage: Spot Check – Low Back Pain

Assignments:

- 85a Orthopedic Massage: Outside Massages (2 due at the start of class)

Preparation for upcoming classes:

- 75a MBLEx Prep
 - Take Final Simulation MBLEx Exam Part 3 on MessagePrep.training
 - Bring 5 questions
- 75b Orthopedic Massage: Spot Check - Piriformis and Sacroiliac
 - Packet J: 63-64.
 - Packet A: 91-92, and 97-98.



Classroom Rules

Punctuality - everybody's time is precious

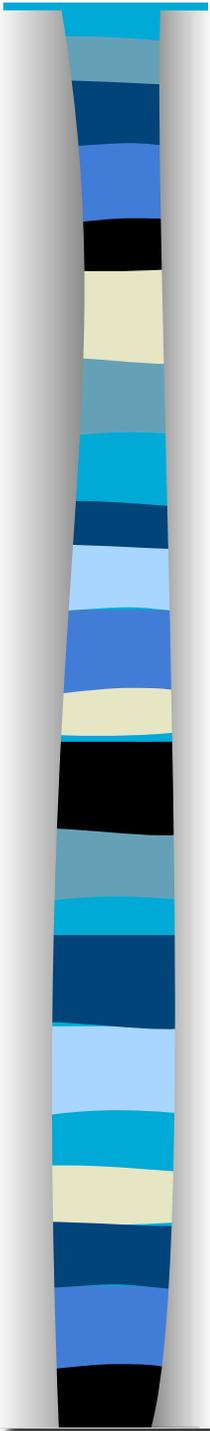
- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

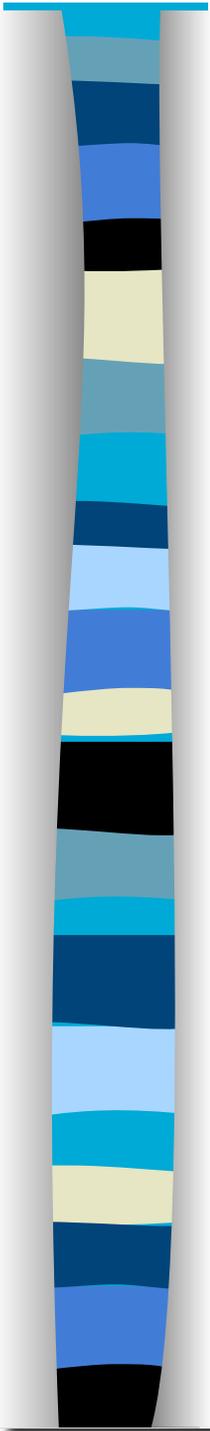
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

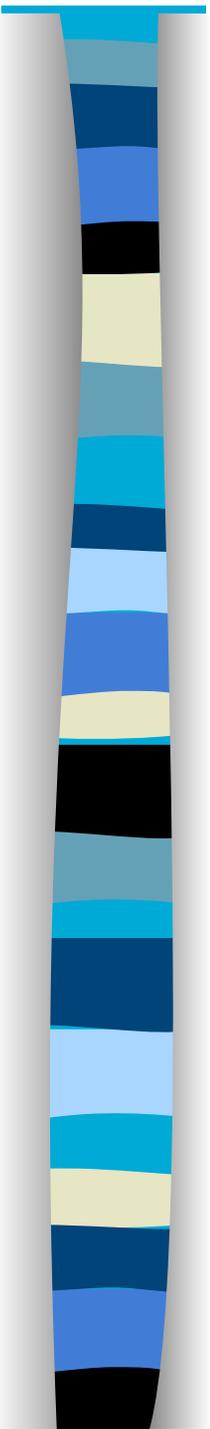
You will receive one verbal warning, then you'll have to leave the room.

74a MBLEx Prep



Final Simulation MBLEx Exam Part 1





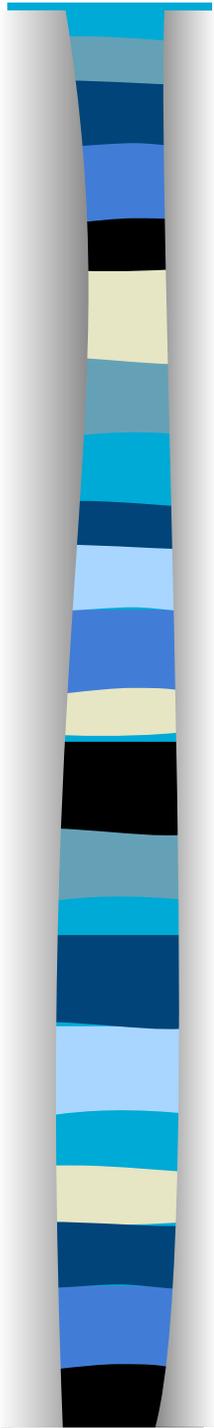
B 1. In what way could massage therapy help with clients that suffer from osteoarthritis

A. By reversing it completely

B. By increasing range of motion

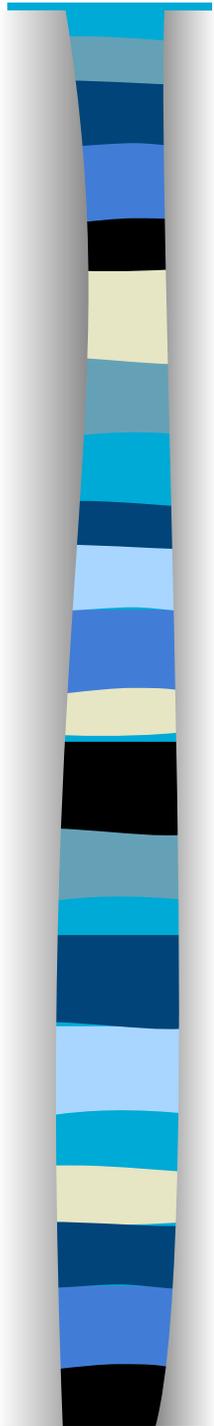
C. By increasing edema

D. By increasing bone strength



 D 2. What are the divisions found inside each kidney?

- A. Lobe 1, Lobe 2, cortex
- B. Cortex, medulla, nephron
- C. Nephron, cortex, Bowman's capsule
- D. Cortex, medulla, pelvis**



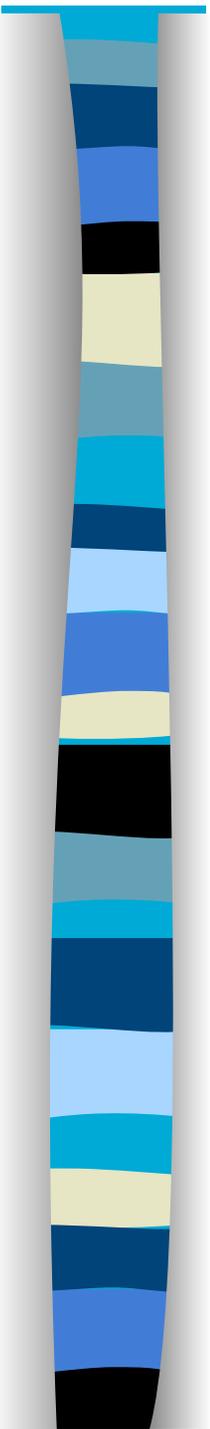
A 3. Which of the following vertebra does not have spinous process?

A. C-1 (atlas)

B. C-2 (axis)

C. C-7

D. T-12



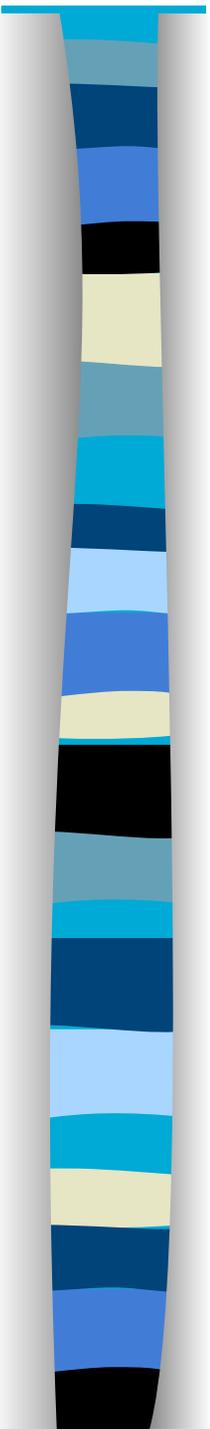
B 4. Which massage techniques are performed on the back, and are most effective for encouraging the expectoration of mucous in the lungs?

A. Vibration and Petrissage

B. Cupping and Tapotement

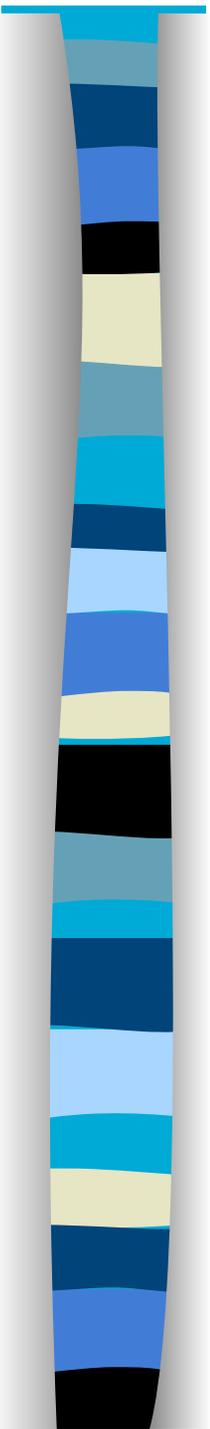
C. Effleurage and Vibration

D. Friction and Tapotement



 B 5. Which of the following is the nervous system subdivision that is composed of the brain and spinal cord?

- A. Autonomic nervous system
- B. Central nervous system (CNS)**
- C. Peripheral nervous system (PNS)
- D. Somatic nervous system



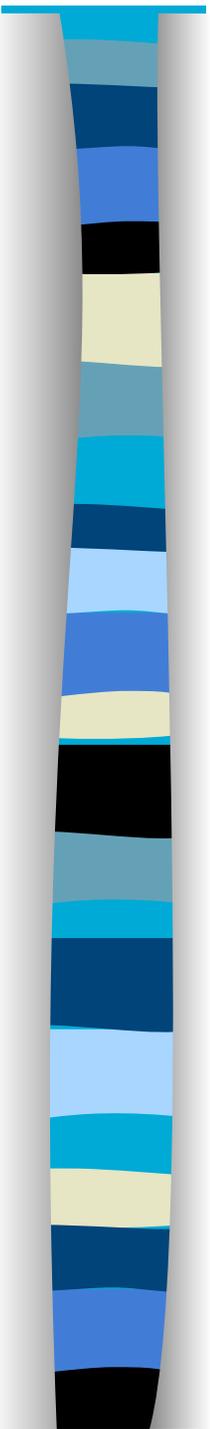
C 6. What types of muscle tissue are striated?

A. Skeletal and smooth

B. Cardiac and smooth

C. Skeletal and cardiac

D. Smooth and fascial



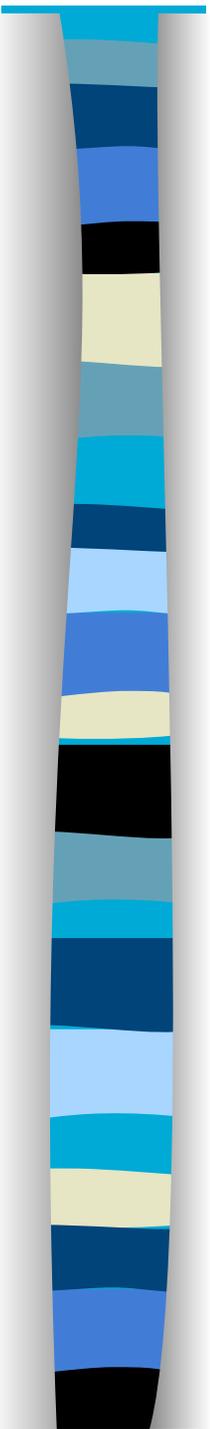
D 7. Which muscle does NOT flex the trunk?

A. Rectus abdominus

B. External oblique

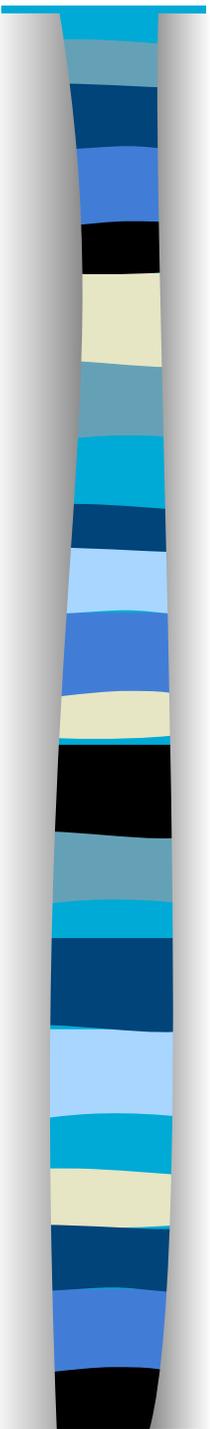
C. Psoas major

D. **Piriformis**



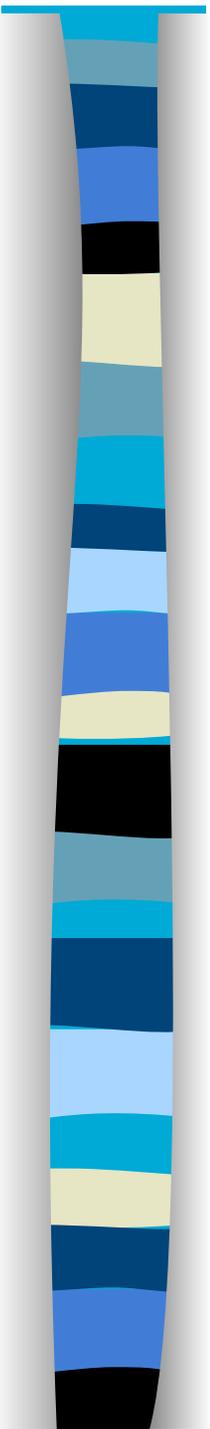
B 8. A client tells a massage practitioner that he has been feeling pain low in the abdomen and often experiences painful urination, and asks the therapist's opinion as to what the cause might be. What should the therapist respond?

- A. "It's probably a kidney infection. It helps to drink cranberry juice, and you definitely call your doctor:
- B. "It's beyond my scope of practice even to guess. If I were you I'd call my Doctor."**
- C. "It's probably nothing, but call your Doctor for an appointment to be sure."
- D. "You have a kidney infection. I know a great herbalist who can treat it naturally."



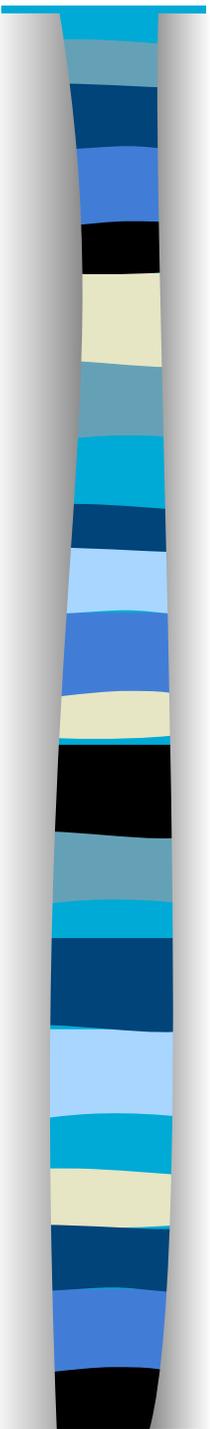
D 9. Which of the following is not characteristic of a fever, making fever an effective body defense?

- A. Fever intensifies the effects of interferons
- B. Fever interferes with pathogen metabolism and inhibits pathogen growth
- C. Fever increases the metabolic rate of tissue cells in general, speeding up repair processes
- D. Fever decreases metabolic rate of tissue cells in general, speeding up repair process**



 B 10. What does the integumentary system consist of?

- A. Skeleton, epiphysis, articular cartilage, and periosteum
- B. Skin, hair, nails, and sebaceous, sweat and mammary glands**
- C. Skin, hair, glands and dendrites
- D. Myofilaments, epimysium, and tendons



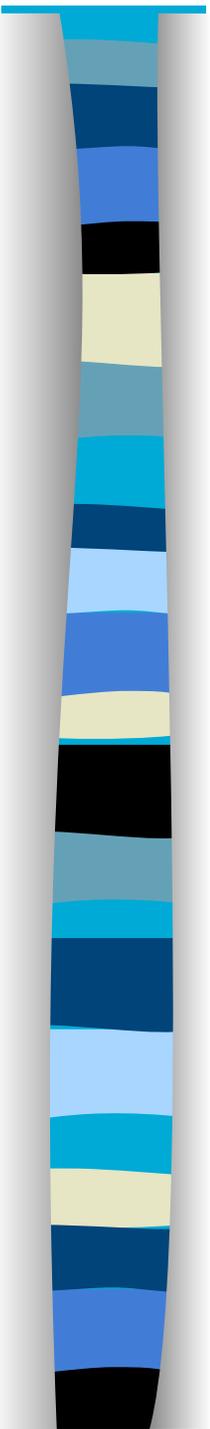
D 11. Which are not therapeutic uses for hydrotherapy?

A. Increase body temperature

B. Relax the body

C. Increase or reduce circulation

D. Systemic edema



 A 12. What is the meaning of the suffix –algia?

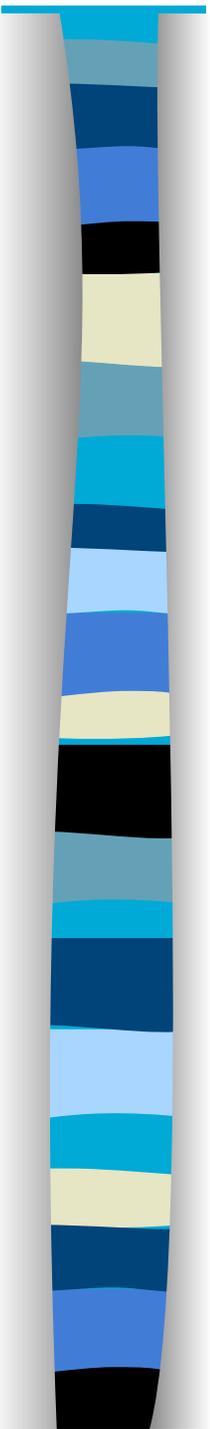
A. Pain

B. Inflammation

C. Paralysis

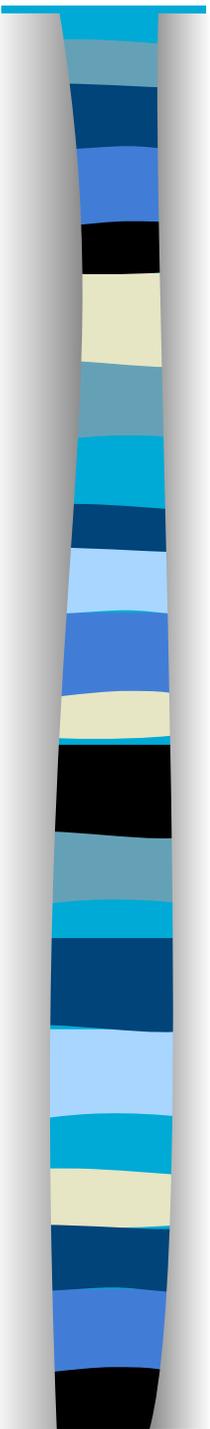
D. Growth

Pathology



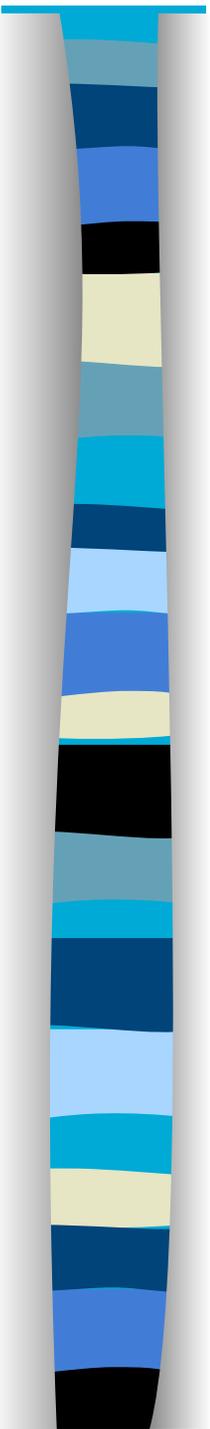
B 13. If a client inquires as to the nature of a diagnosis, what should the massage therapist do?

- A. Describe the diagnosis to the best of his/her knowledge
- B. Refer the client to the diagnosing physician**
- C. Diagnose the client
- D. Prescribe drugs to remedy the client



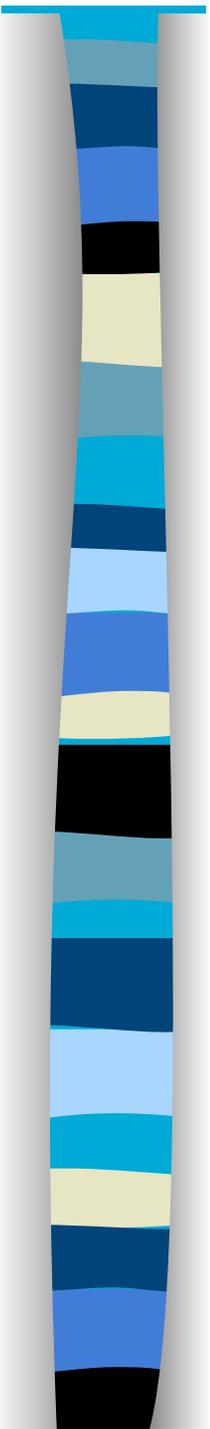
B 14. Erythropoietin is a hormone that is produced by the kidneys.
What is its purpose?

- A. To stimulate the production of white blood cells by the red bone marrow
- B. To stimulate the production of red blood cells by the red bone marrow**
- C. To stimulate urination
- D. To decrease water volume in blood



C 15. What is it called when larger molecules are broken down into smaller molecules?

- A. Anabolism
- B. Glucogenesis
- C. Catabolism**
- D. Metabolism



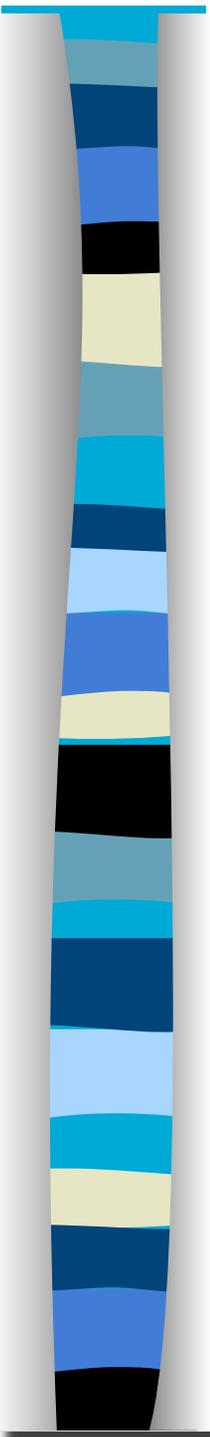
 A 16. If a client has a very flat or minimal lordotic curve in the lumbar region, which muscle is most likely to be short/tight?

A. Hamstrings

B. Tensor fascia latae

C. Quadriceps

D. Gluteus minimus



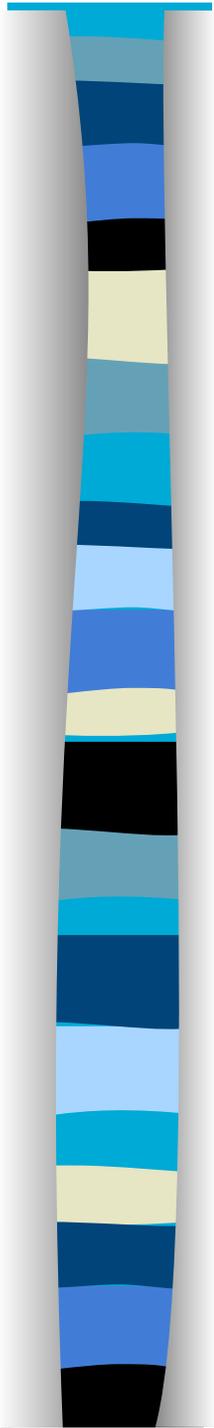
B 17. What tool is used to measure blood pressure?

A. Systolic meter

B. Sphygmomanometer

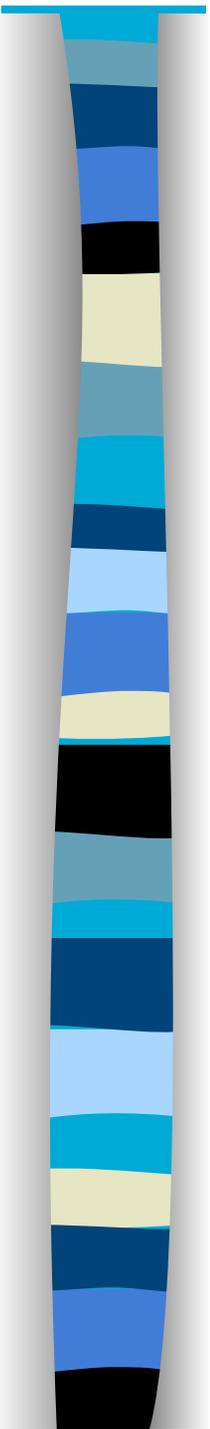
C. Diastolic calibrator

D. Dialysis



C 18. Nerve tissue is derived from which type of germ layer?

- A. Endoderm
- B. Mesoderm
- C. Ectoderm**
- D. Endoderm and mesoderm



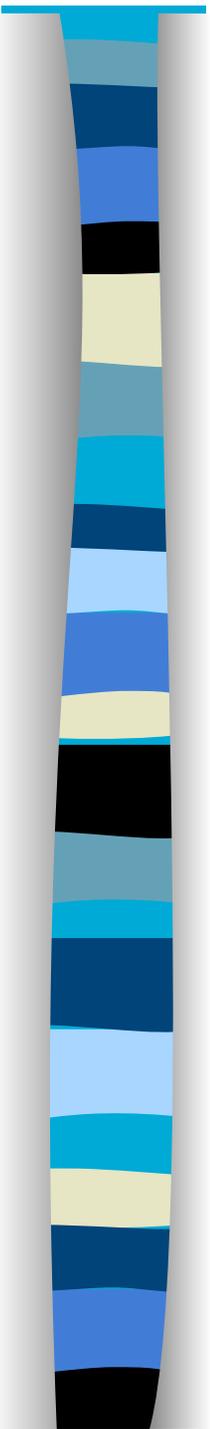
C 19. Which hydrotherapy treatment is beneficial after using a heating treatment, and to enhance skin stimulation, especially for persons who are sedentary or bedridden?

A. Hot immersion bath

B. Ice pack

C. Cold mitten friction

D. Sitz bath



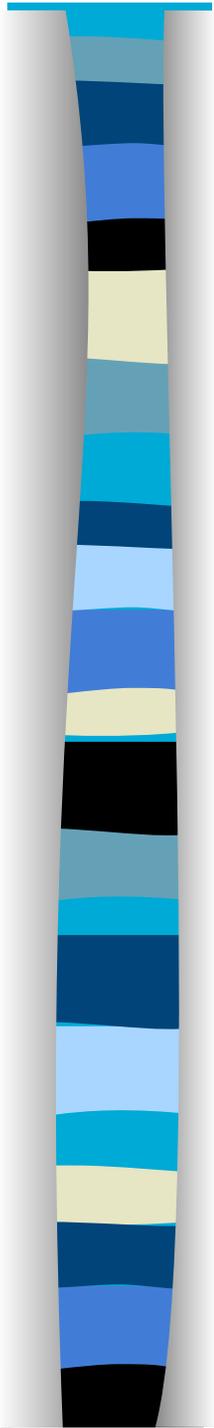
B 20. Which structure in males has prostatic, membranous, and spongy components?

A. Bladder

B. Urethra

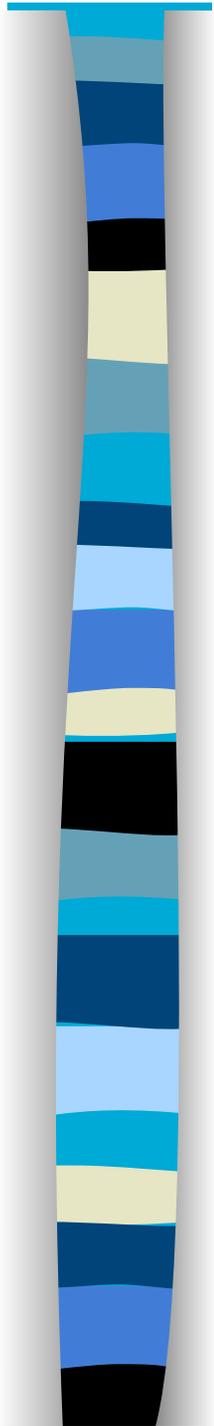
C. Ureter

D. Kidney



C 21. What does the medullary cavity of a bone contain?

- A. Osteocytes
- B. Areolar tissue
- C. Yellow bone marrow**
- D. Cartilage



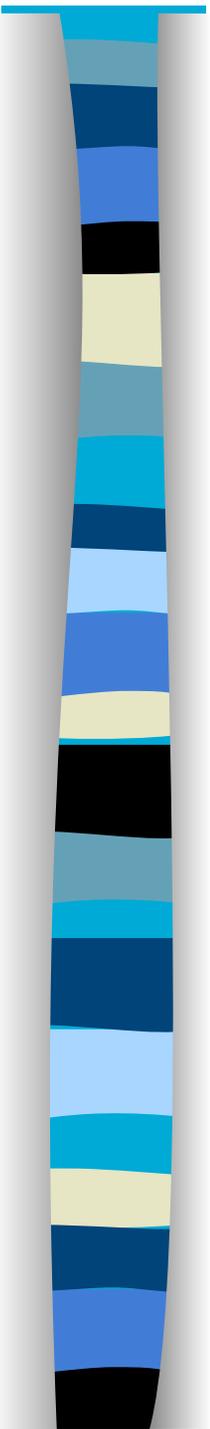
A 23. Which structure conveys both sperm and urine through the penis?

A. Urethra

B. Prostate

C. Vas deferens

D. Seminal Vesicle



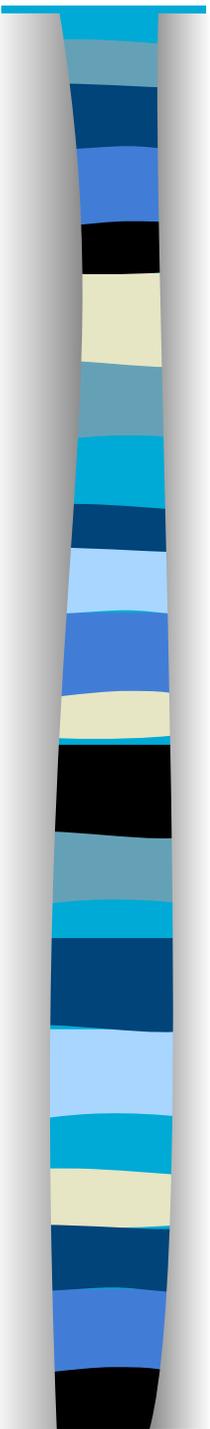
 A 24. Muscle atrophy of the entire arm would most likely be caused by which of the following?

A. **Brachial plexus injury**

B. Sacral plexus injury

C. Dog bite just above styloid process of the radius

D. Vitamin D deficiency



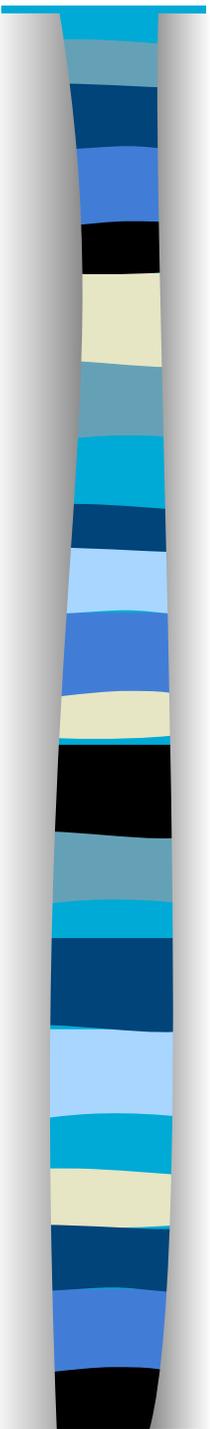
 A 25. Which endangerment site requires the massage therapist to use caution when massaging the sternocleidomastoid?

A. Common carotid artery

B. Mastoid process

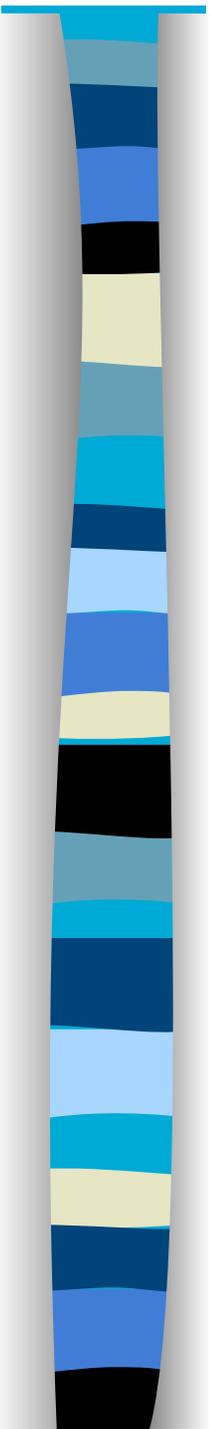
C. Brachial artery

D. Greater saphenous vein



 A 26. What is the unique function of interneurons (association neurons)?

- A. They connect motor and sensory neurons in neural pathways**
- B. They provide a pathway of action potential for afferent neurons
- C. They provide a pathway of action potential for efferent neurons
- D. They only connect the motor neurons in neural pathway



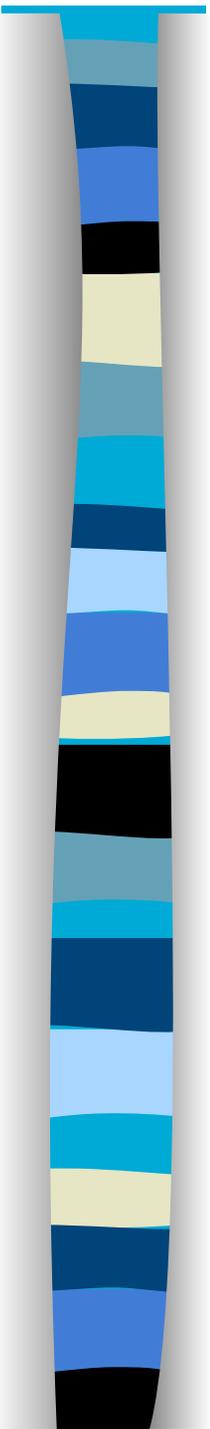
 B 27. In what form is energy stored in the muscles?

A. Fat

B. Glycogen

C. Glucose

D. Protein



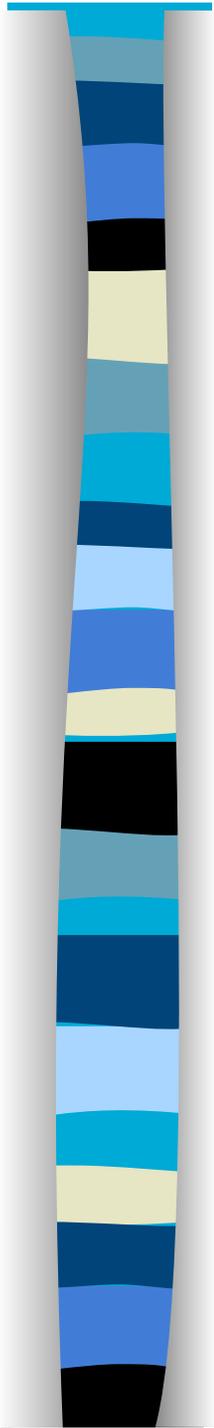
D 28. Which nerve or nerves innervate the forearm supinators?

A. Ulnar

B. Femoral

C. Tibial and median

D. Radial and musculocutaneous



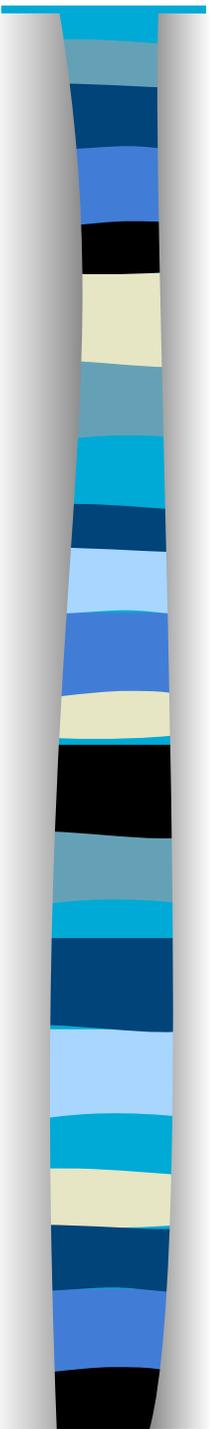
A 29. Which muscle is the most anterior thigh muscle?

A. Rectus Femoris

B. Soleus

C. Gracilis

D. Iliopsoas



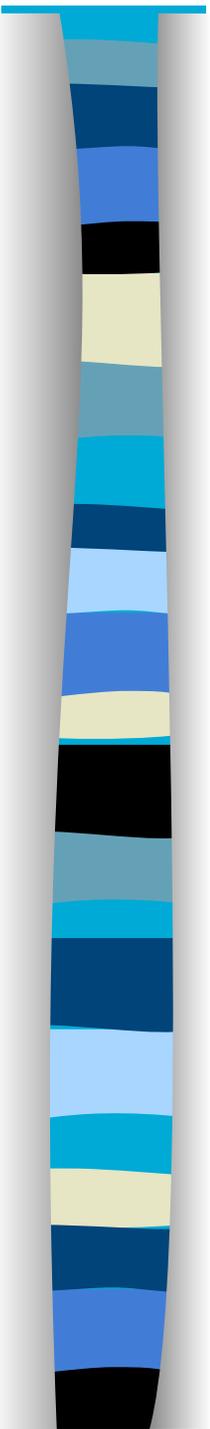
A 30. During postural assessment, a forward head position is observed. Which technique could be used to assess for tender areas within the muscles resulting from this postural deviation?

A. Palpation

B. Muscle testing

C. Observation

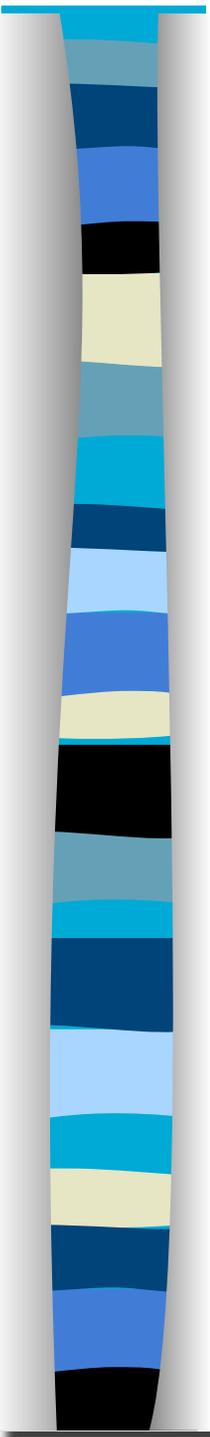
D. ROM



C 31. Massage therapy on friends or family with an undiagnosed condition falls into which category?

- A. Indicated
- B. Indicated with precaution
- C. Contraindicated**
- D. Contraindicated with friends only

Pathology



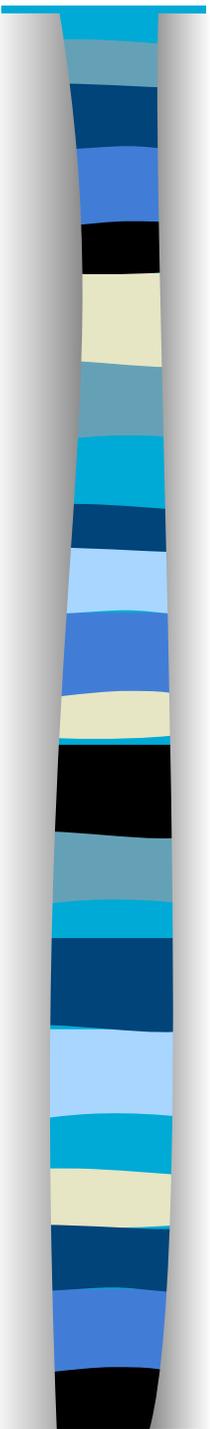
A 32. Which drug class is acetaminophen (Tylenol) in?

A. Antipyretic

B. Antihistamine

C. Antibiotic

D. Antiplatelet



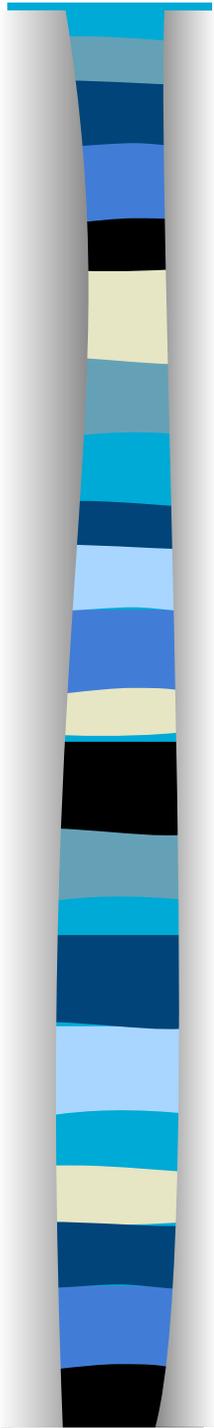
A 33. Which is the term that defines a specific resistance to disease?

A. Immunity

B. Susceptibility

C. Antibody

D. Antigen



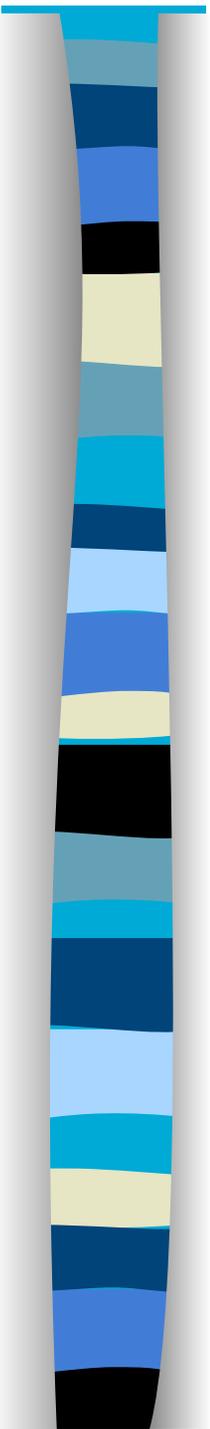
 B 34. Keratin is found in which layer of the skin?

A. Dermis

B. Epidermis

C. Subcutaneous

D. Calcaneus



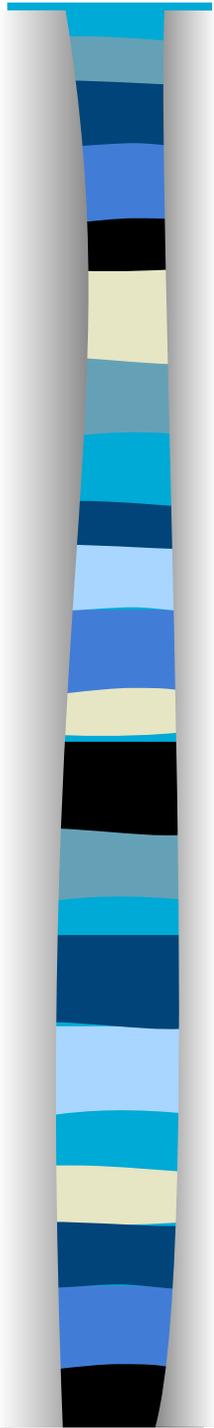
 B 35. Which is the hydrotherapy modality in which the client is in a steam cabinet with his head protruding?

A. Sitz bath

B. Russian bath

C. Steam room

D. Whirlpool



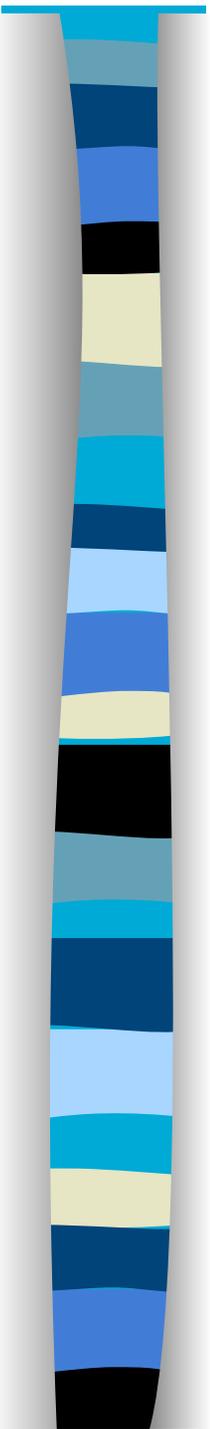
 D 36. What is the location of the elbow in relation to the wrist?

A. Anterior

B. Posterior

C. Distal

D. Proximal



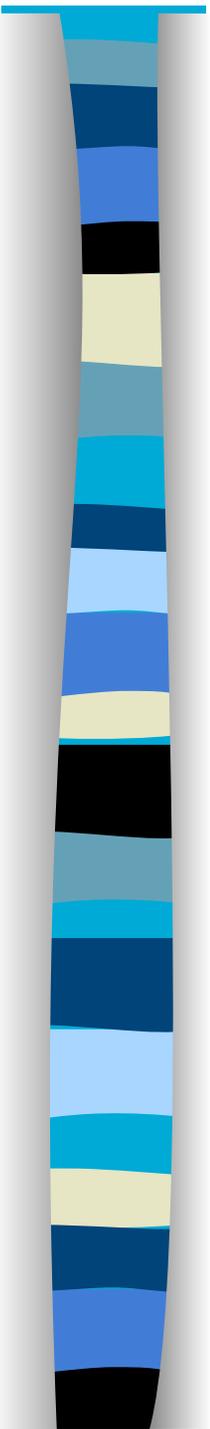
C 37. If a client breaks a leg coming into the office, what type of insurance is needed?

A. Malpractice

B. Flood

C. Liability

D. Fire



B 38. What will hypo secretion of human growth hormone cause?

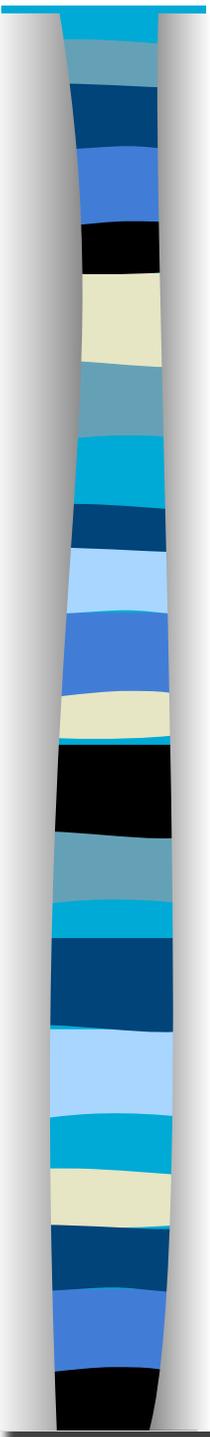
A. Gigantism

B. Dwarfism

C. Diabetes

D. Hypothyroidism

Pathology



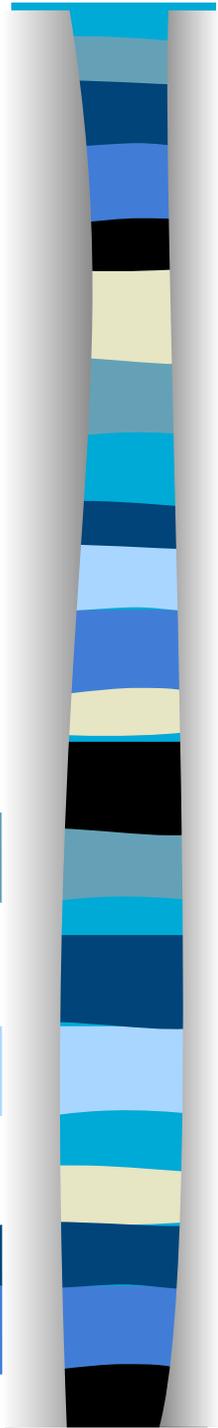
 A 39. Which of the following describes control of pathogens by sterilization?

A. Use of pressurized steam bath, extreme temperature, or irradiation

B. Use of bleach

C. Use of antibacterial agents

D. Hand washing



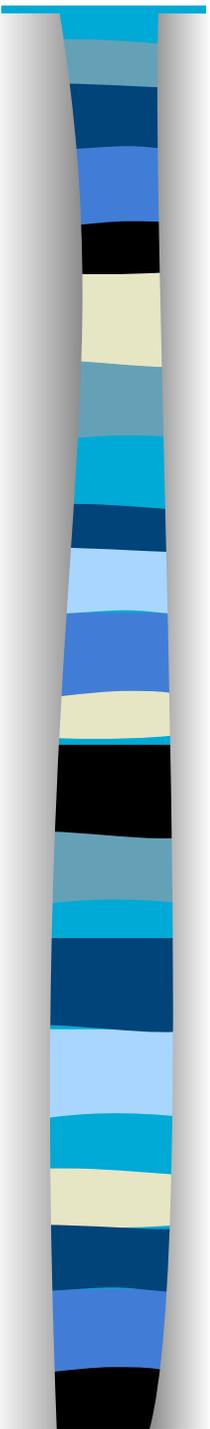
B 40. Where is the stomach located?

A. Below the appendix

B. Below the central tendon of the diaphragm

C. In the mediastinum

D. In the pelvic cavity



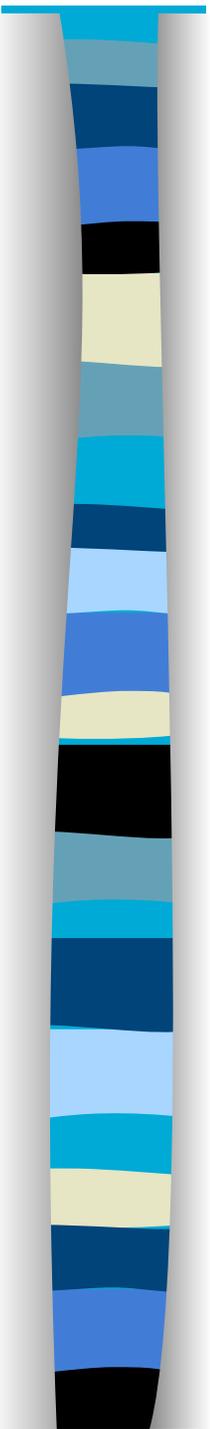
 A 41. Abby has a client with work-related habitual postural distortion of the shoulders and neck. What two things can she provide to help the client alleviate and overcome this issue?

A. Massage therapy to help normalize soft tissue distortion, and teach the client balancing and stretching exercises

B. Massage therapy to alleviate muscle tightness and recommend the client drink a lot of water to flush out toxins

C. Massage therapy for tight muscles and advise the client to alternately apply heat and cold

D. Massage therapy and recommend a good chiropractor



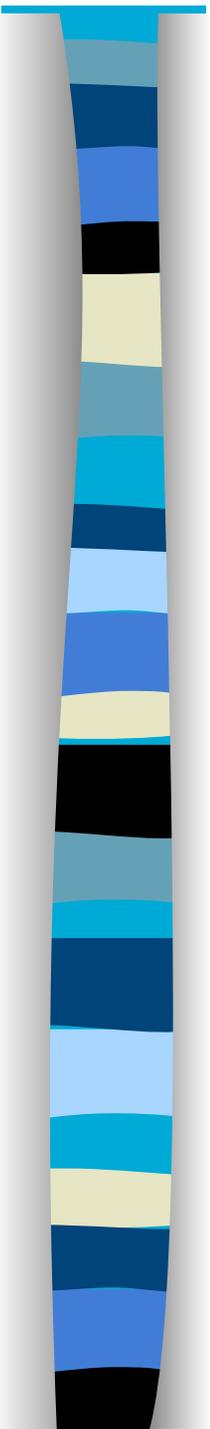
 A 42. Which touch modality uses varied speed, direction, and amounts of digital pressure along meridians in order to enhance movement of chi and promote balance and health?

A. Acupressure

B. Alexander technique

C. Lomilomi

D. Reiki



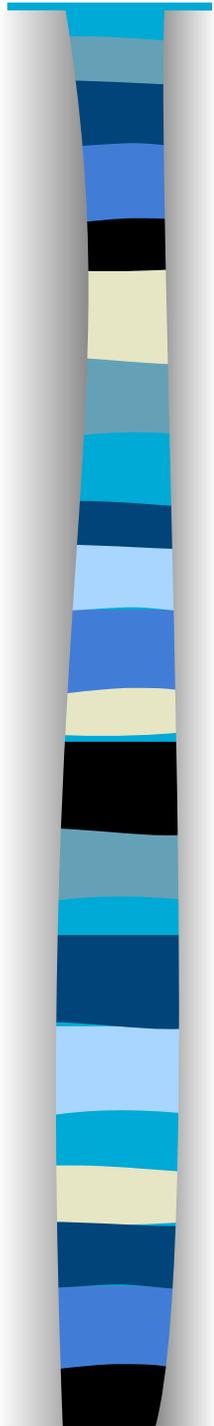
B 43. What is the function of the serous membrane and serous fluid?

A. Absorb toxins from the blood

B. Reduce friction between visceral organs

C. Reduce friction between articulating bones within the joint capsule

D. Increase friction between visceral organs



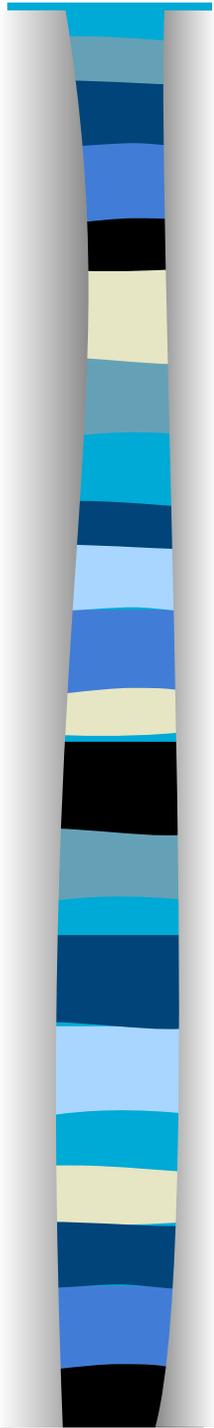
 B 44. Where is venous blood found?

A. Aorta

B. Pulmonary artery

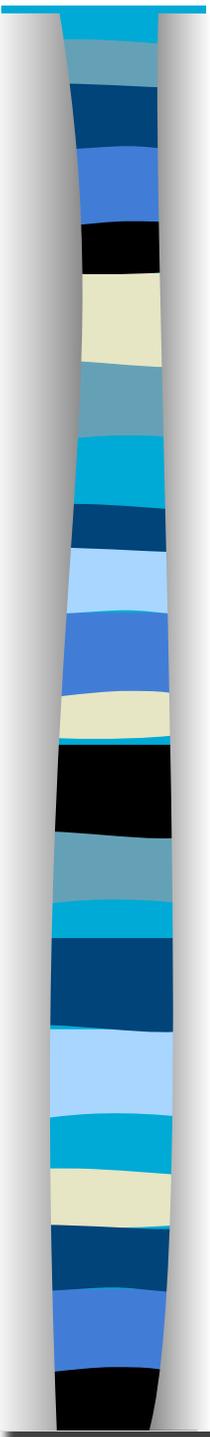
C. LV

D. LA



B 45. Which is not considered connective tissue?

- A. Areolar
- B. Myeloid**
- C. Adipose
- D. Blood



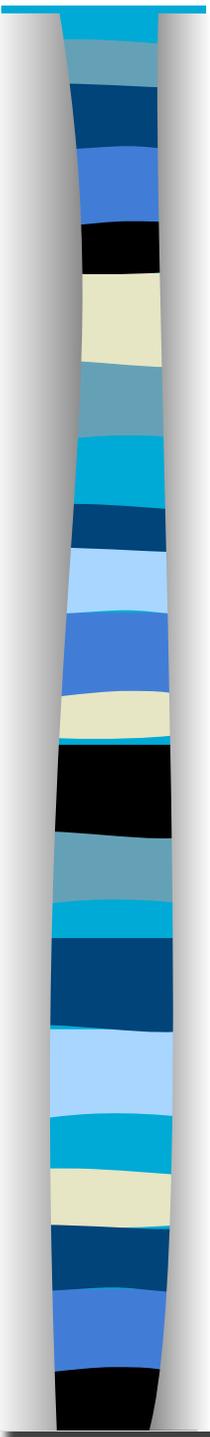
 B 46. Which is used to devise an initial treatment plan with a new client?

A. Soap notes and physical assessment

B. Needs assessment and physical assessment

C. Knowledge of scope practice

D. Payment in cash before beginning the session



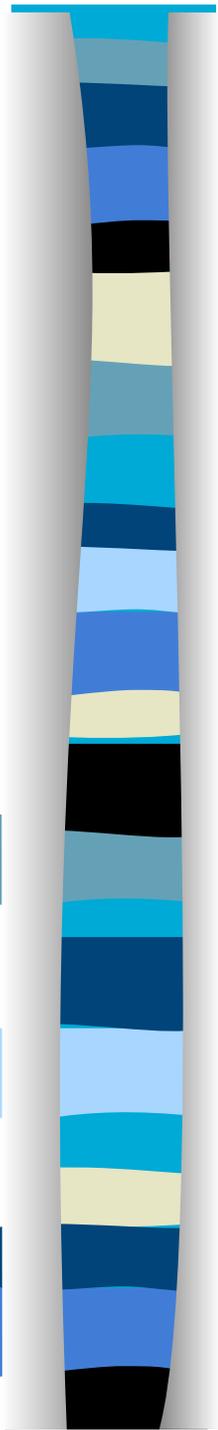
B 47. What is the body's most preferred energy source?

A. Water

B. Carbohydrates

C. Fats

D. Protein



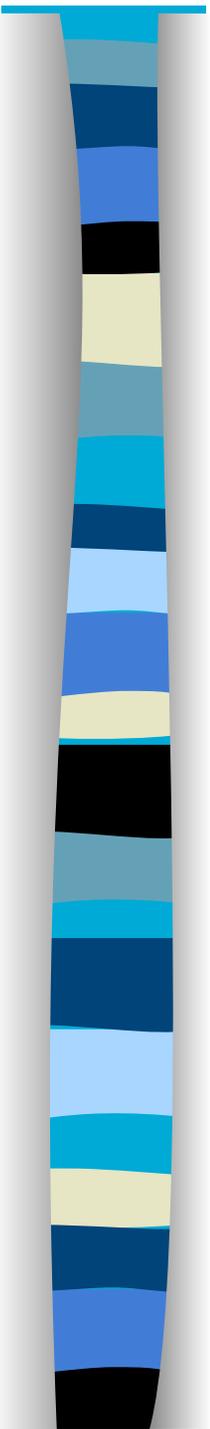
 A 48. What method cleanses but does not kill all pathogens?

A. Disinfectant

B. Asepsis

C. Fumigant

D. Antiseptic



C 49. What is it called when the amount of a hormone secreted from a gland is too little?

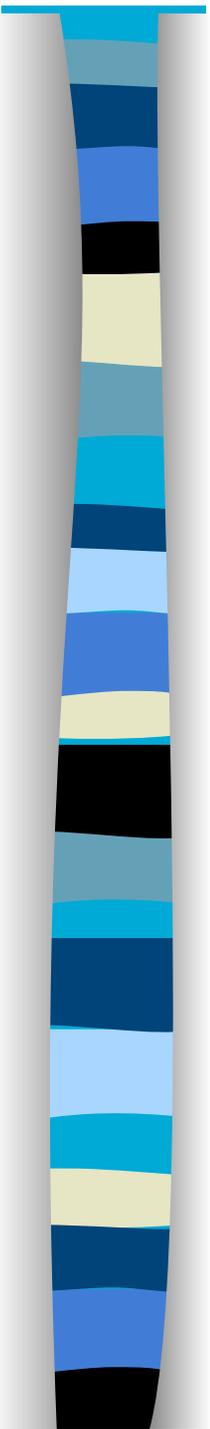
A. Hyper secretion

B. Osmosis

C. Hypo secretion

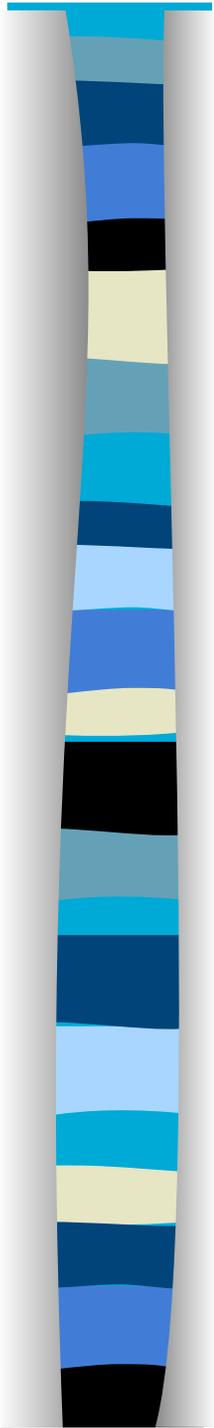
D. Diffusion

Pathology



 A 50. What should the massage therapist do if the client asks not to have his/her lower back worked on?

- A. Not work on the lower back**
- B. Wait until the client is relaxed
- C. Refuse the session
- D. Convince the client otherwise



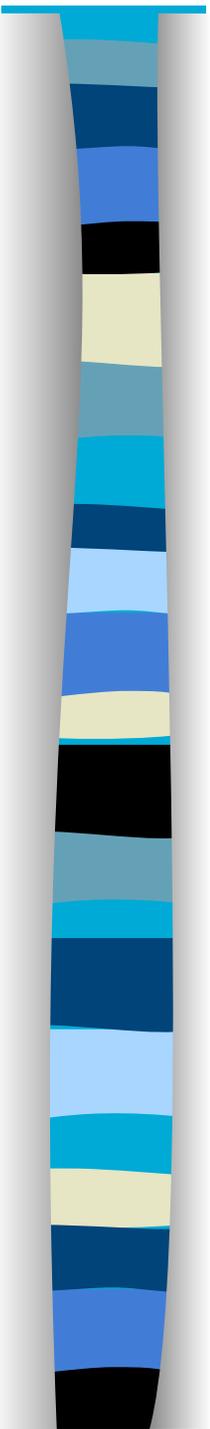
C 51. Which of the following can be found on in the pelvic cavity?

A. Pancreas

B. Kidneys

C. Sigmoid colon

D. Gallbladder



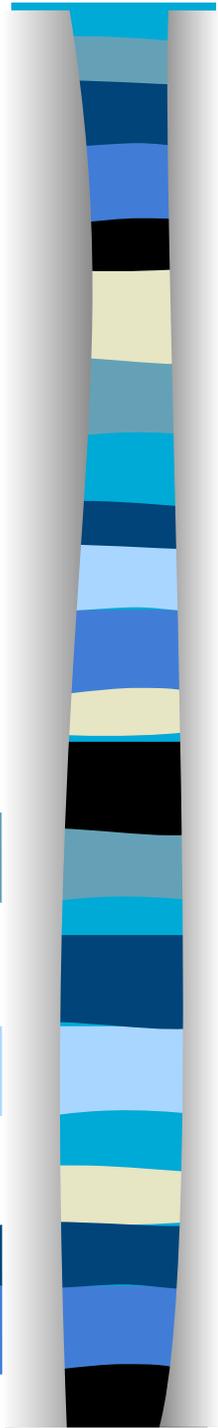
 A 52. What is the most beneficial effect of hydrotherapy?

A. Thermal

B. Chemical

C. Mechanical

D. Muscular



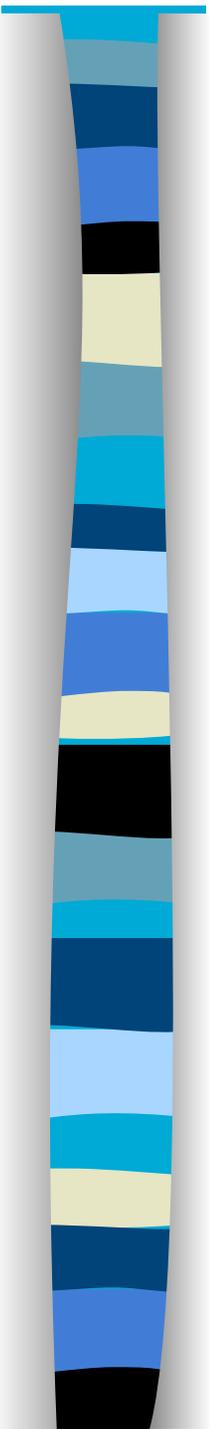
D 53. What function does subcutaneous tissue have?

A. Anchoring for the dermis

B. Storage of fat

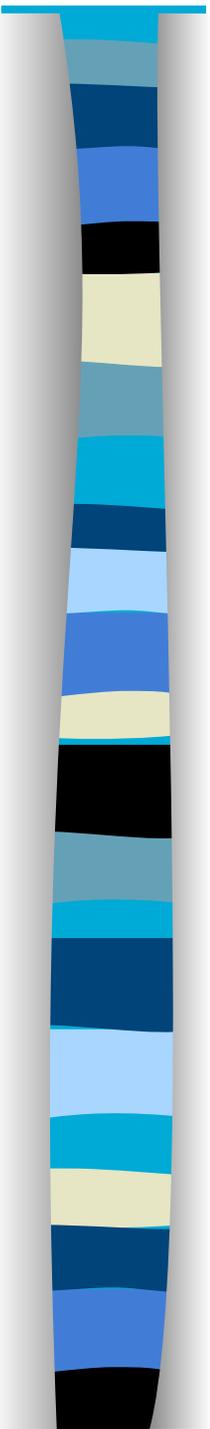
C. Insulation from extreme external temperature changes

D. All of the above



B 54. When the right lymphatic duct returns lymph from the right upper quadrant, what does it flow into?

- A. Left subclavian vein
- B. Right subclavian vein**
- C. Right lymphatic vein
- D. Left lymphatic vein



C 55. Which of the following is the study of drugs, their side effects and therapeutic effects?

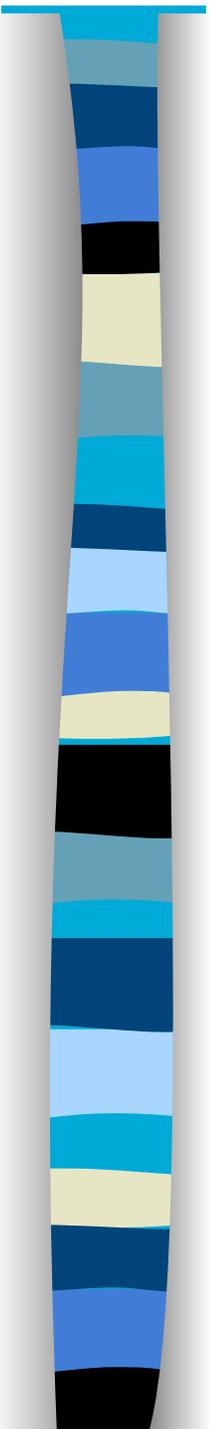
A. Pathology

B. Physiology

C. Pharmacology

D. Anatomy

Pathology



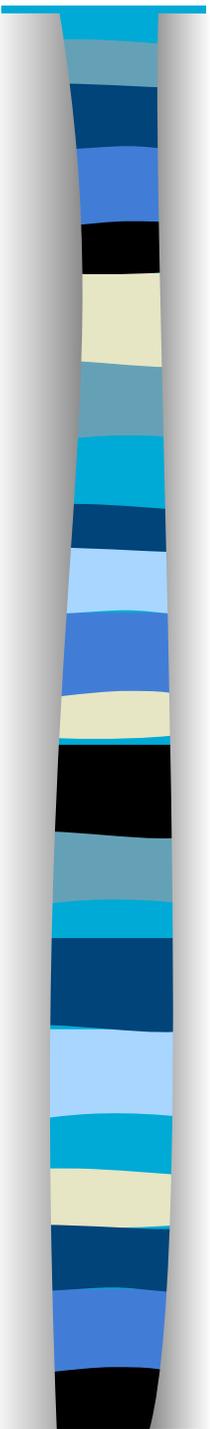
 B 56. The obligation to build and maintain a safe, healthy, and effective therapeutic relationship is whose responsibility?

A. The client's

B. The therapist's

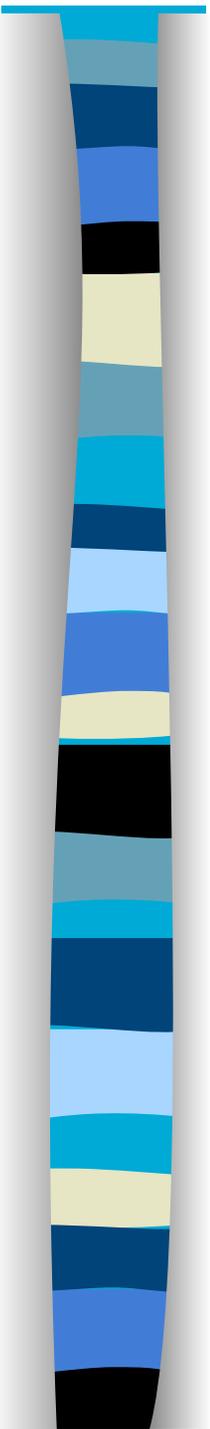
C. The spa Owner's

D. Both the client's and the therapist's



C 57. What should the massage therapist do when a client who has chronic psoriasis requests a massage?

- A. Refuse to massage
- B. Refer client to another therapist
- C. Give the massage but avoid the affected area**
- D. Massage anyway



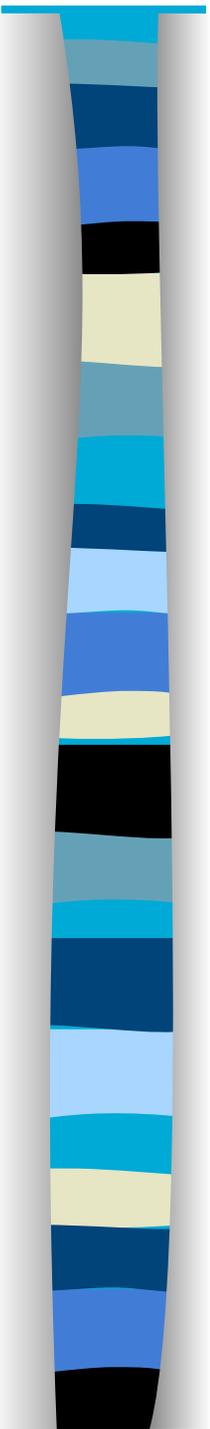
D 59. Which muscles stabilize the scapula?

A. Rhomboid major and minor and pectoralis major

B. Latissimus dorsi and pectoralis major

C. Levator scapula and deltoid

D. Rhomboid major and minor and serratus anterior



C 60. What do muscles not use to store and supply energy?

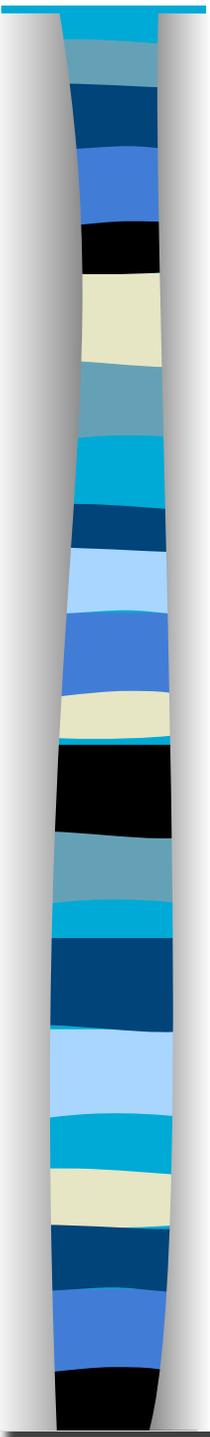
A. Sugar

B. Fatty acids

C. Glycogen and ATP

D. Nucleus acids

NOTE: This question is written incorrectly. It should be “What do muscles use to store and supply energy?”



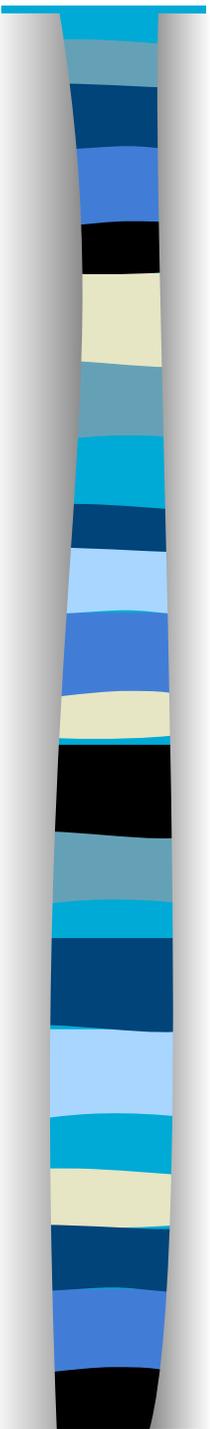
 D 62. If a client comes In and indicates that (s)he is depressed, which is the best course to take?

A. Counsel the client

B. Ignore the client

C. Massage the client

D. Suggest that the client enlist the services of a Licensed Professional Counselor



B 63. What is the definition of pathology?

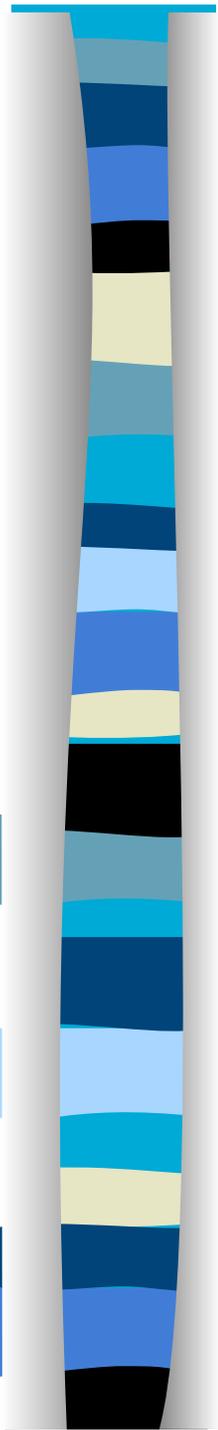
A. The study of microorganisms

B. The study of diseases and the changes in the body caused by disease

C. The study of body structures

D. The study of atrophy

Pathology



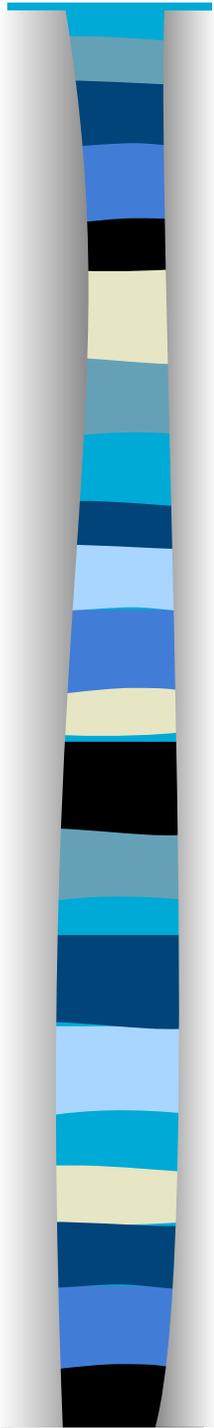
 A 64. What is the pathway of sperm from the testes to the urethra?

A. Seminiferous tubule to epididymis to vas deferens

B. Epididymis to vas deferens to seminiferous tubule

C. Vas deferens to seminiferous tubule to epididymis

D. Seminiferous tubule to vas deferens to epididymis



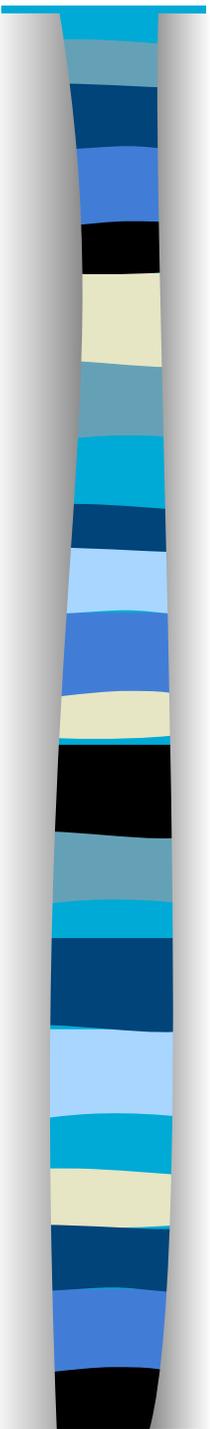
 A 65. What part of the brain controls respiration?

A. Brain stem

B. Hypothalamus

C. Cerebellum

D. Cerebrum



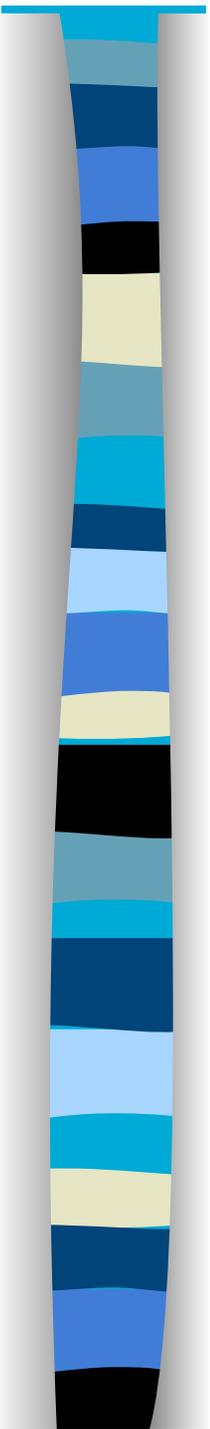
 A 66. Which of the following is stored in bone tissue and teeth, supplying 99% of the body's needs for this element?

A. Calcium

B. Magnesium

C. ATP

D. Aluminum



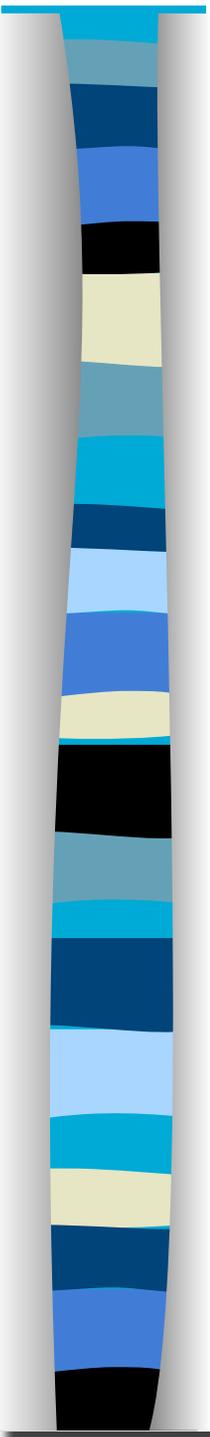
C 67. Which element or combination of elements is excreted by the kidneys as waste?

A. Water and sodium

B. Sodium

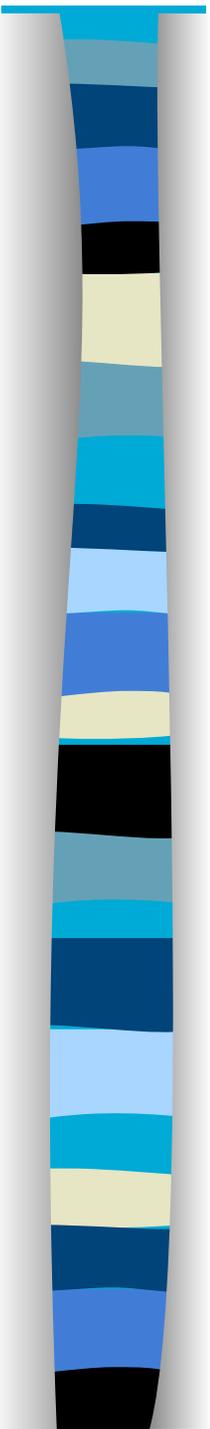
C. Urea and ammonium

D. Vitamins



C 68. Which of the following have been shown to be benefits of chair massage in the workplace?

- A. Increased stress
- B. Decreased stress
- C. Increases job performance**
- D. There is no change



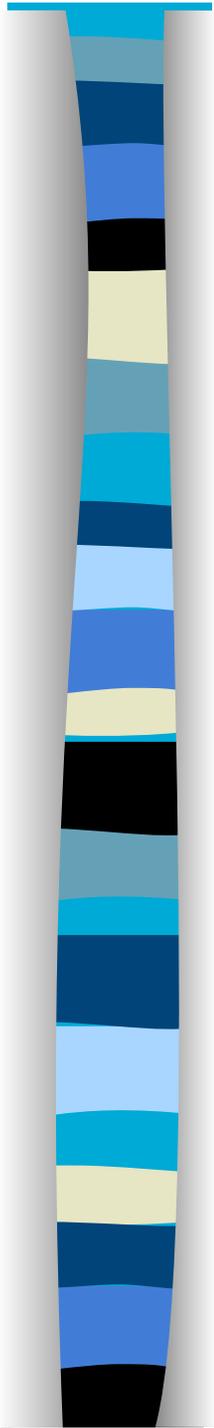
C 69. Which modality works to activate body fluid circulation and stimulate proper functioning of the parasympathetic nervous immune systems?

A. Hellerwork

B. Craniosacral therapy

C. Lymphatic drainage therapy

D. Bindegewebsmassage



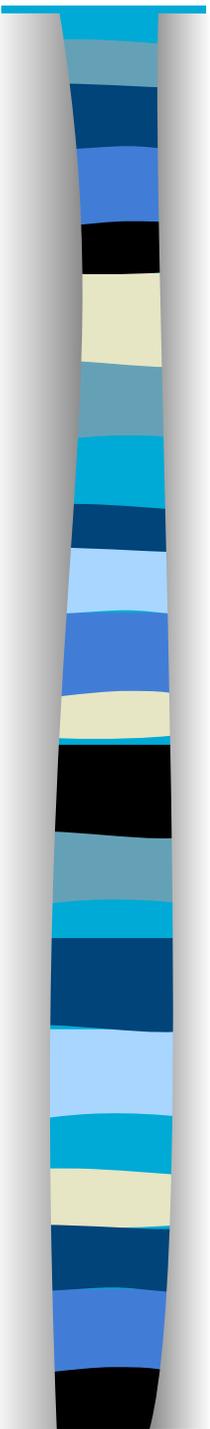
 A 70. What is the outmost layer of arteries and veins?

A. Tunica adventitia

B. Tunica media

C. Tunica intima

D. Lumen



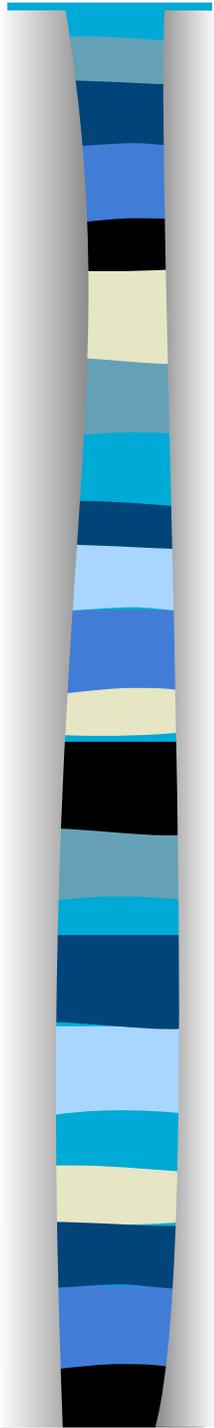
 A 71. Which is true about information obtained during assessment?

A. Helps develop the treatment plan

B. Helps the massage professional diagnose the condition

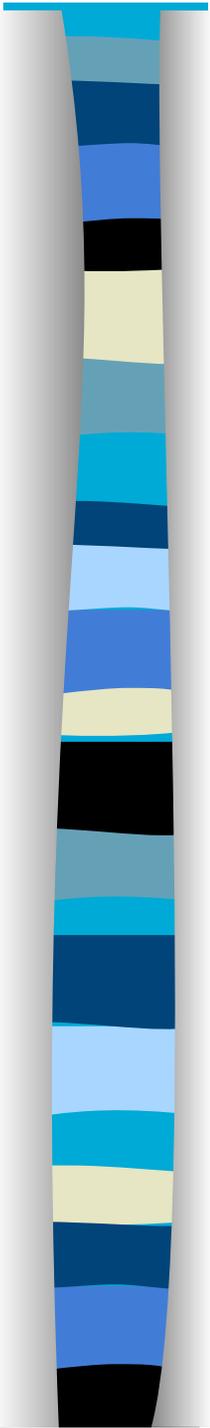
C. Helps determine outcomes but not massage application

D. Is not often shared with the client



 B 72. What is one of the functions of the large intestine?

- A. Protein synthesis
- B. Absorption of water**
- C. Digestion of carbohydrates
- D. Produce insulin



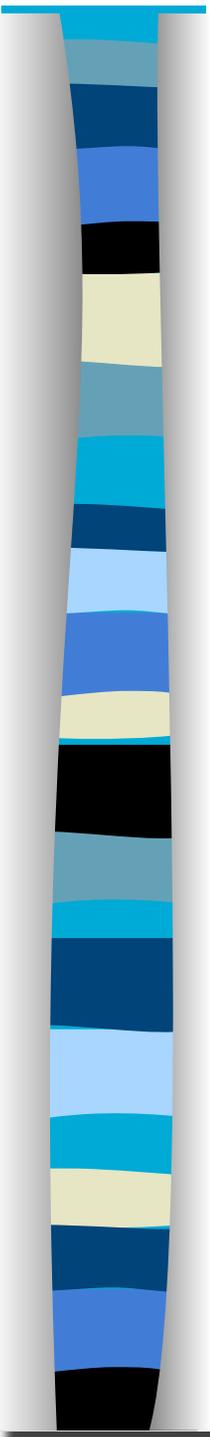
 D 73. Which is not a function of the digestive system?

A. To absorb nutrient from the food

B. To absorb water from our food

C. To produce digestive enzymes

D. To produce erythrocytes



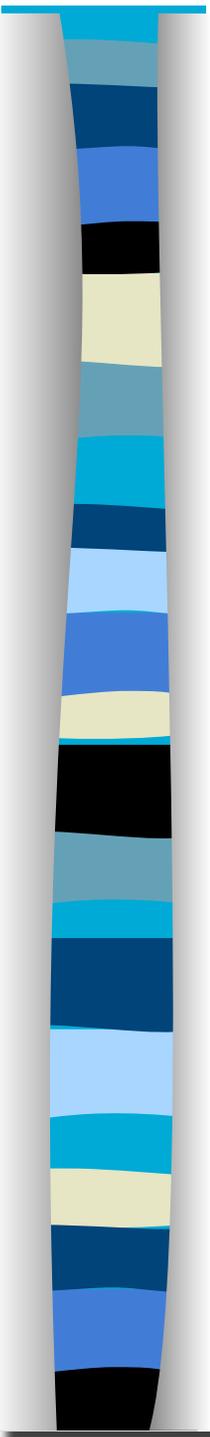
 A 74. A massage therapist works in both hospital and a spa. Which of the following is true?

A. Standard precautions are used in both environments

B. Standard precautions are used only at the hospital

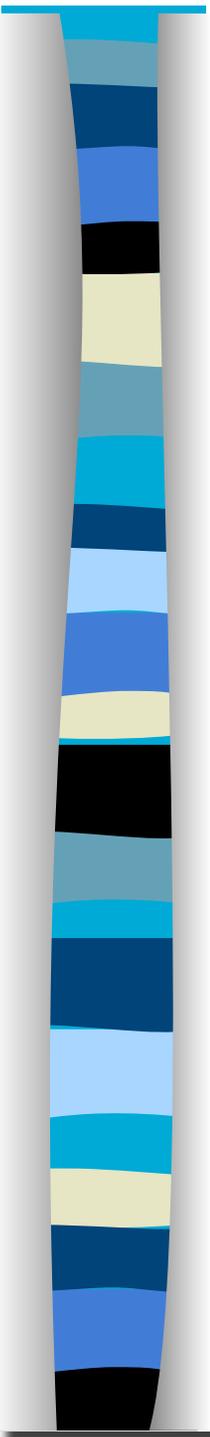
C. Standard precautions are required only with immune suppressed clients

D. Standard precautions are necessary only when body fluids are present



A 75. Hormone secretion is not regulated by which of the following?

- A. Memory function**
- B. Signals from the nervous systems
- C. Chemical changes in the blood
- D. Other hormones



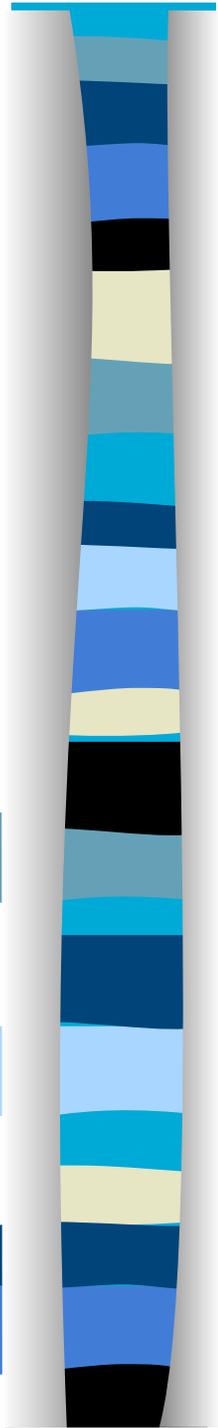
 B 76. Where are daily business expenses recorded?

A. Balance sheet

B. Disbursement ledger

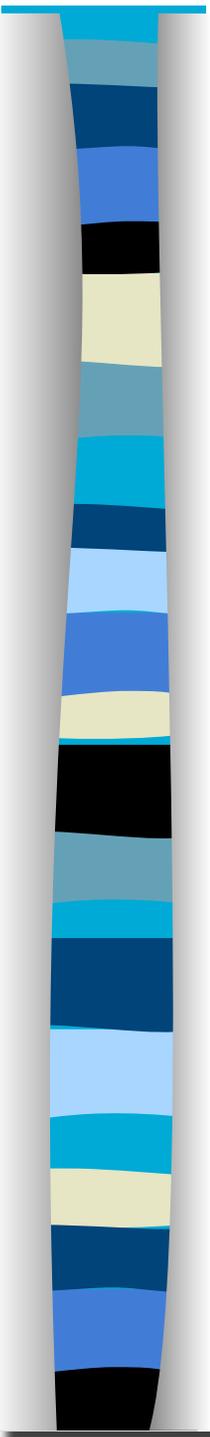
C. Income ledger

D. Cash flow forecast



 A 77. Which of the following describes the coronal plane?

- A. A plane that divides the body into anterior and posterior portions**
- B. A plane that divides the body into upper and lower portions
- C. A plane that divides the body into right and left sides
- D. A plane that divides the body into superficial and deep portions



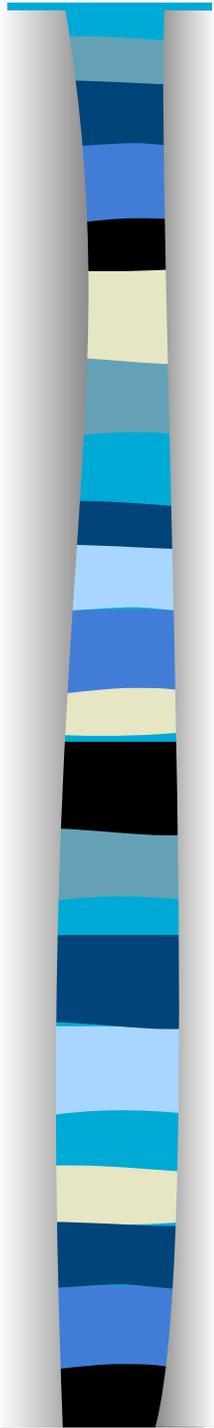
 A 78. What does short-term application of cold do to the body's circulatory system?

A. Stimulates

B. Sedates

C. Increases core temperature

D. Decreases core temperature



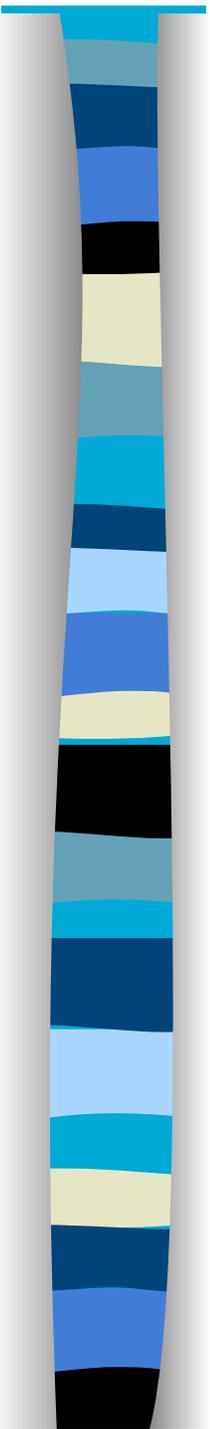
 D 79. What is the name of the protein that waterproofs the skin?

A. Cerumen

B. Collagen

C. Elastin

D. Keratin



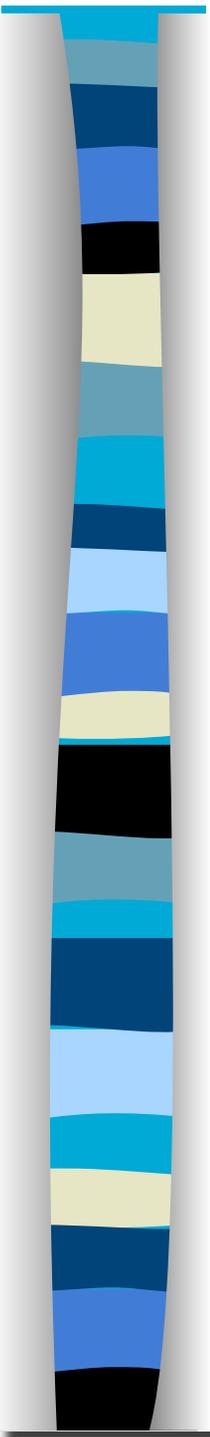
D 80. What are not the functions of the spleen?

A. Removal of worn out blood cells (macrophages)

B. Production of lymphocytes

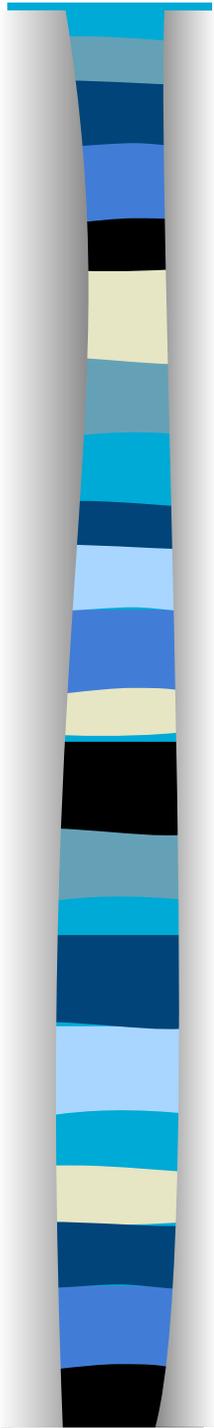
C. Destruction of pathogens by phagocytosis

D. To filter the lymph



 A 81. A massage therapist works on an obese client, and finds it difficult to discern tight muscles through the excess adipose tissue. During the session, the client apologizes for “my rolls of fat”. At the end of the session, the massage therapist tells the client about an effective diet plan and suggests the client look into it. What, if anything, is the problem?

- A. The massage therapist could be considered to be prescribing**
- B. Nothing – the massage therapist is only trying to help the client
- C. The massage therapist could be considered to be insensitive
- D. The massage therapist could be considered unprofessional



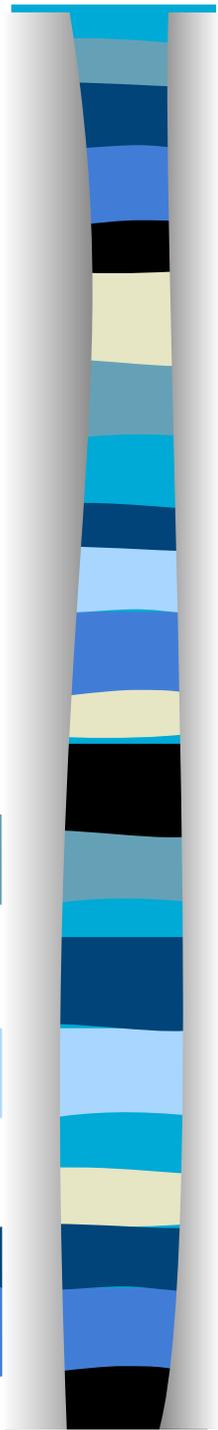
C 82. Which muscle abducts the scapula?

A. Latissimus dorsi

B. Deltoid

C. Serratus anterior

D. Rhomboid minor



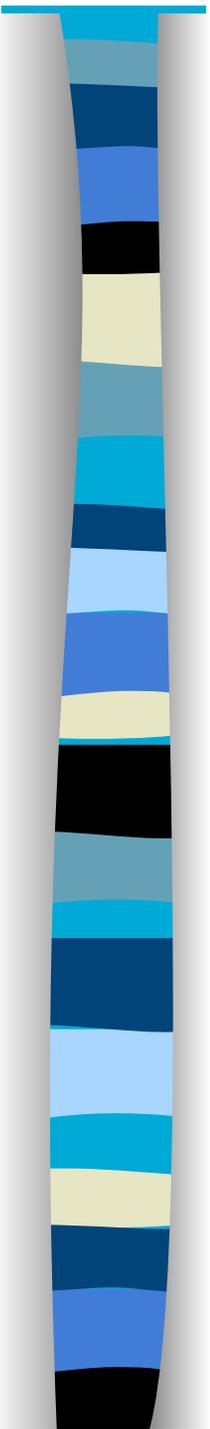
 D 83. Which of the following has cardiac muscle tissue?

A. Biceps Brachii

B. Blood vessels

C. Ligaments

D. Heart



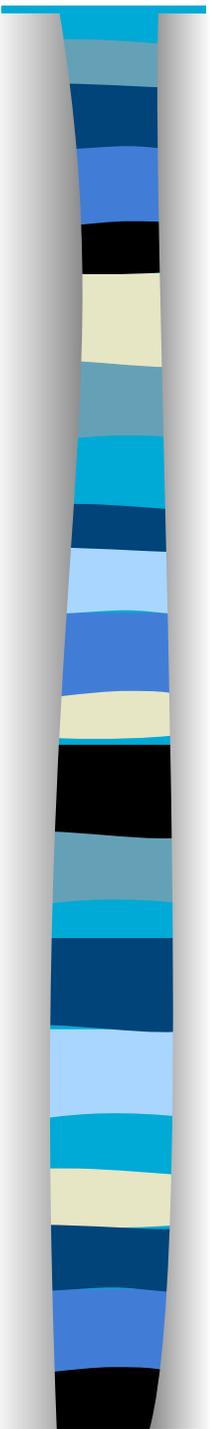
 D 84. Which of the following is/ are not function(s) of the medulla oblongata?

A. Regulation of heart rate

B. Regulation of blood pressure

C. Regulation of coughing and sneezing

D. Regulations of urine



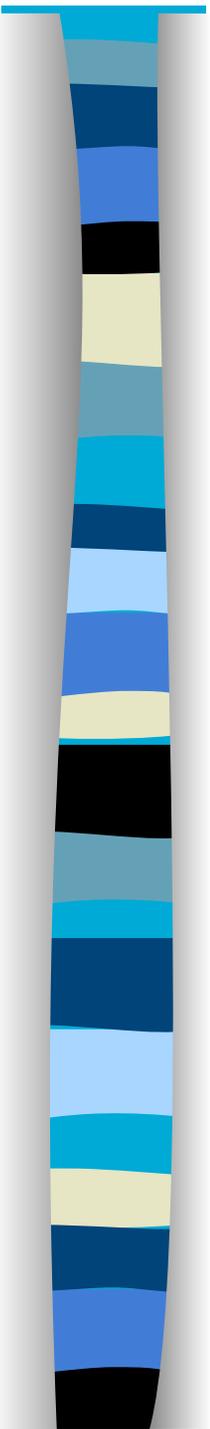
D 85. Which course of treatment should the massage therapist follow for periostitis?

A. Deep friction

B. Deep effleurage

C. Petrissage

D. Refer to a doctor to rule out exertional compartment syndrome



D 86. Which of the following is characteristic of tenosynovitis?

A. Inflammation of the fluid filled sheath that surrounds a tendon

B. Swelling

C. Difficulty moving the affected joint

D. All of the above



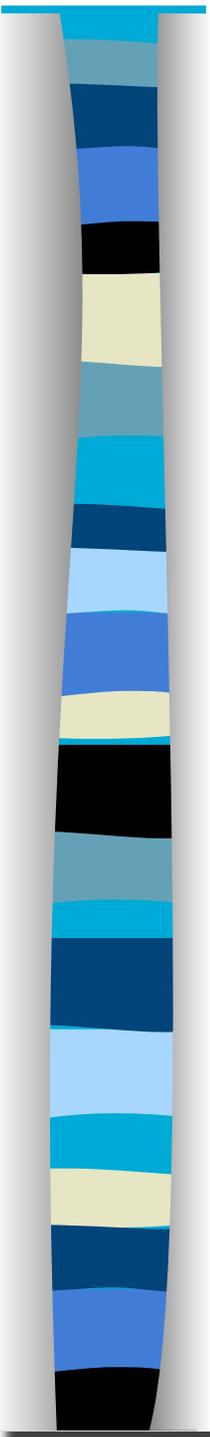
 A 87. Where are the ovaries located?

A. Lower abdomen, just medial to the ASIS

B. Low back, just lateral to the PSIS

C. Upper abdomen, just inferior to the xiphoid process

D. Lateral thorax, just inferior to the axilla



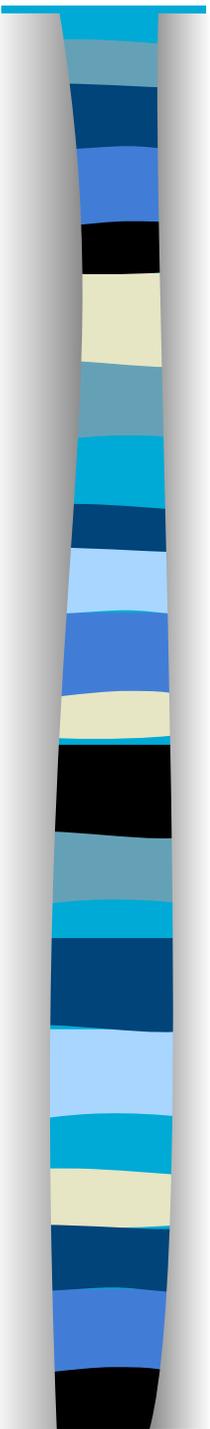
D 89. Which is a common effect of massage therapy?

A. Decreased sleep patterns

B. Increased stress

C. Decreased urine output

D. Decreased anxiety



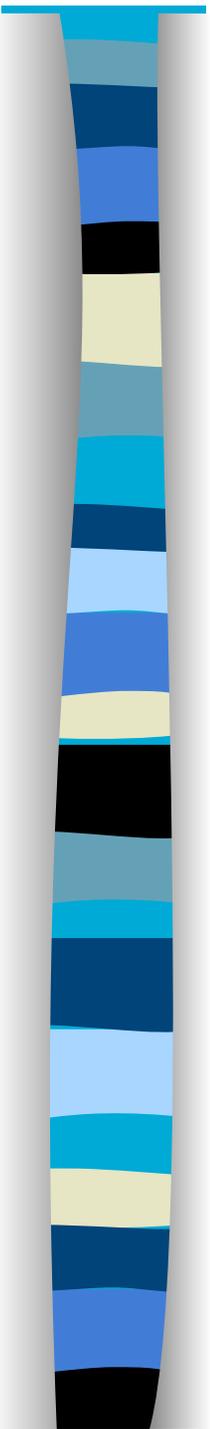
C 90. What is it called when larger molecules are broken down into smaller molecules?

A. Anabolism

B. Glucogenesis

C. Catabolism

D. Metabolism



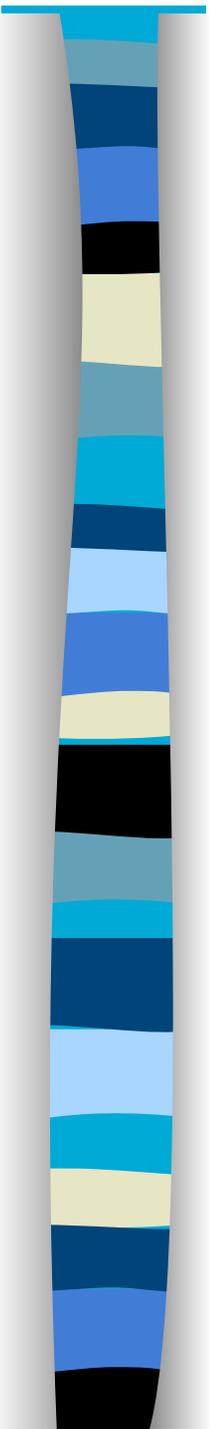
C 91. Which of the following is associated with the three doshas; Vata (wind), Pitta (bile), and Kapha (mucus)?

A. Lomilomi

B. Shiatsu

C. Ayurveda

D. Qigong



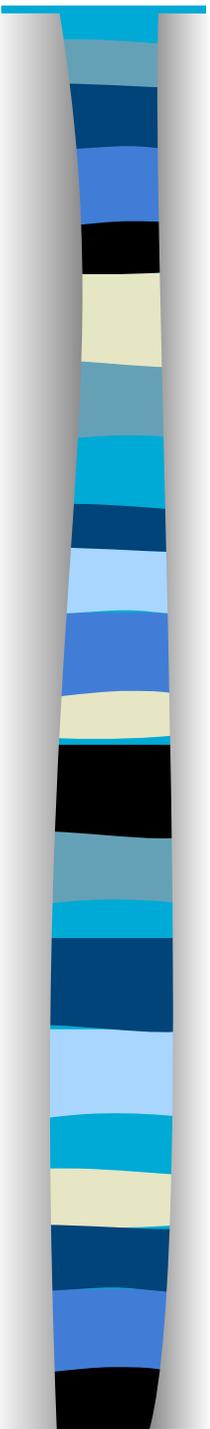
 A 92. What is a main function of B lymphocytes?

A. Antibody formation

B. Heparin production

C. Hemopoiesis

D. Blood clotting



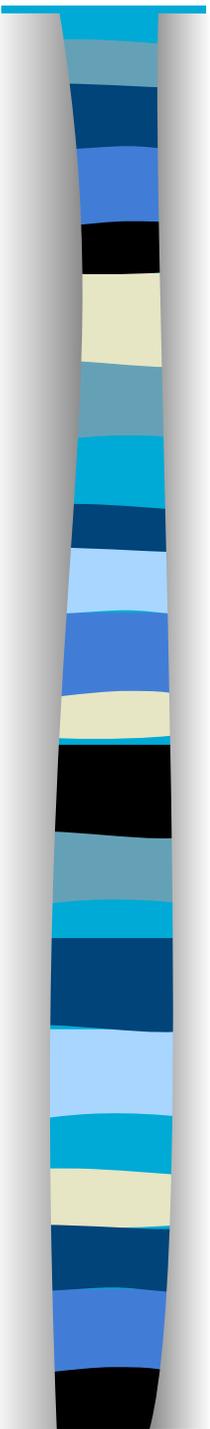
D 93. Which tissue provides linings and covering throughout the body?

A. Connective

B. Nervous

C. Muscle

D. Epithelial



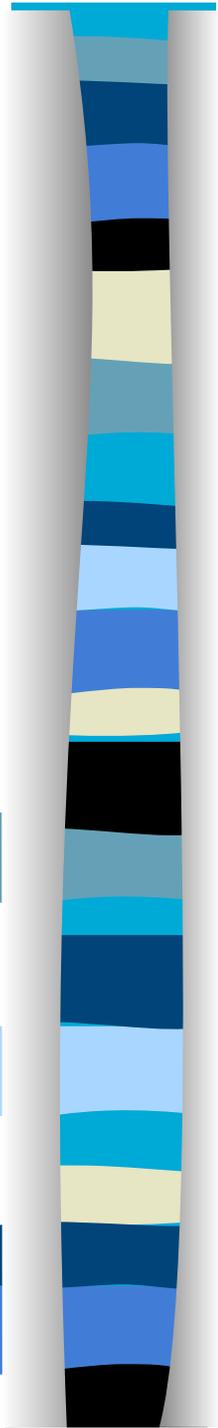
 A 94. From which type of tissue do endocrine and exocrine glands develop?

A. Epithelial tissue

B. Connective tissue

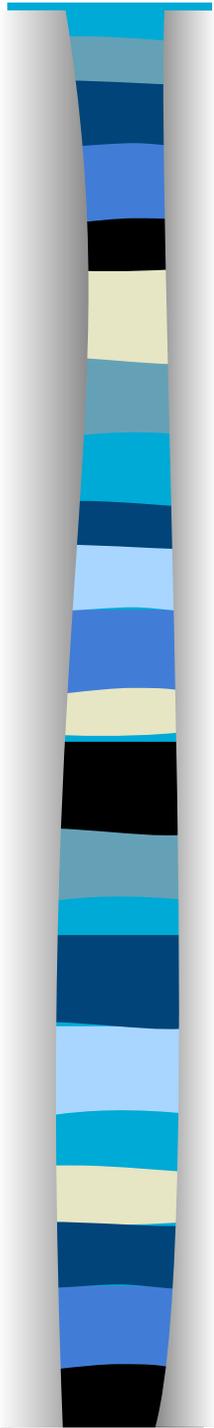
C. Nervous tissue

D. Muscle tissue



 A 95. What controls the flow of venous blood?

- A. Contraction of skeletal muscle and valves in the veins that prevent back-flow of blood**
- B. Contraction of heart muscle
- C. Valves in the veins that assist back-flow of blood
- D. Release of adrenaline



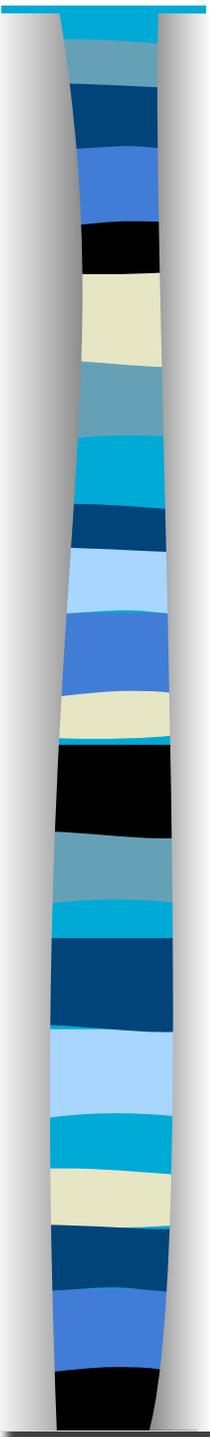
C 96. Where are all of the red blood cells formed?

A. Liver

B. Kidneys

C. Bone Marrow

D. Heart



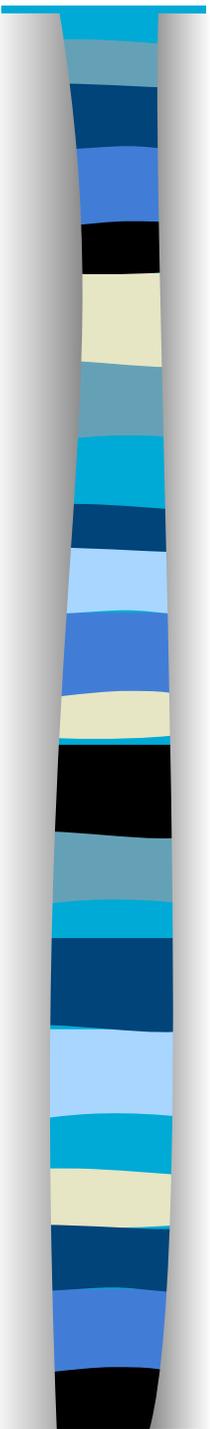
B 97. As a sole proprietor, Andrea makes quarterly payments to the IRS. How often does she make payment?

A. Every 2 months

B. Every 3 months

C. Every 4 months

D. Every 6 months



 B 98. What is the meaning of the suffix –oma?

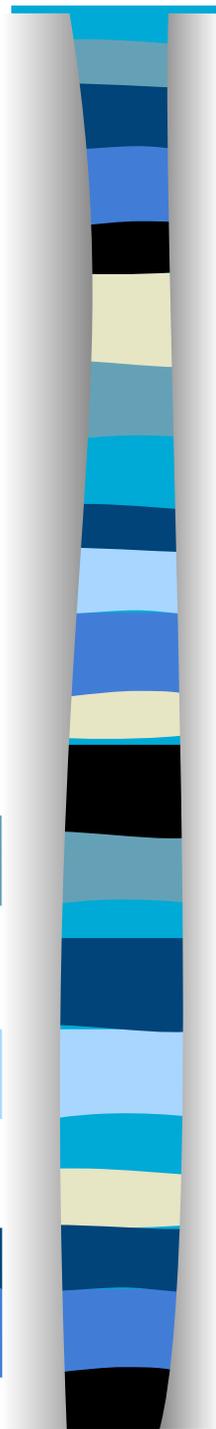
A. Cell

B. Tumor

C. Lack of

D. Pain

Pathology



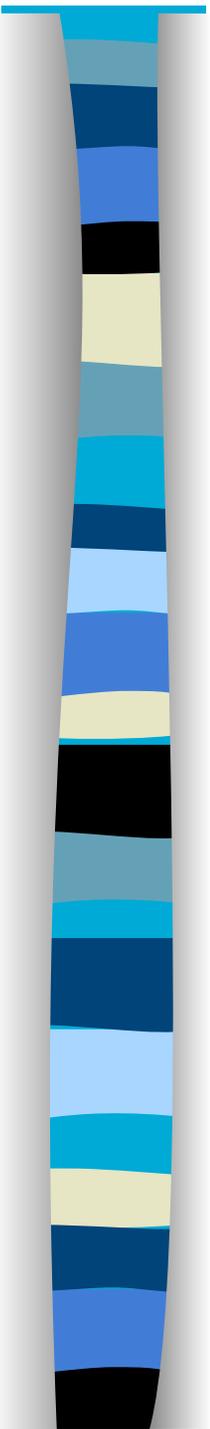
 B 99. What effects does massage have?

A. Decreases heart rate and skin temperature and increases respiratory rate

B. Decreases heart rate and respiratory rate and increases skin temperature

C. Decreases respiratory rate and skin temperature and increases heart rate

D. Decreases respiratory rate and skin temperature and decreases heart rate



 A 100. Which are the origin and insertion attachments sites of piriformis?

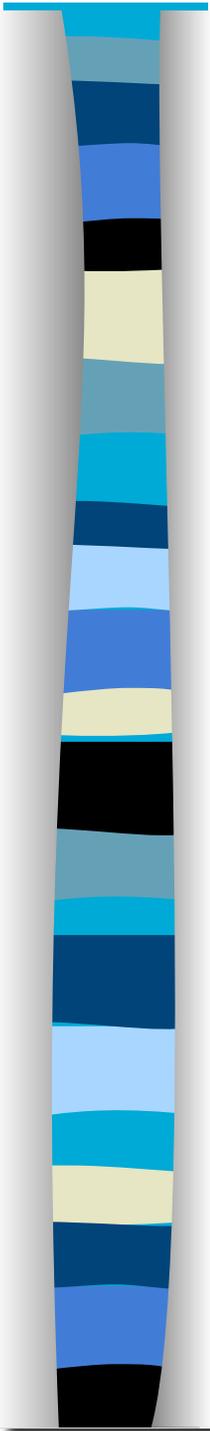
A. Anterior surface of sacrum and greater trochanter

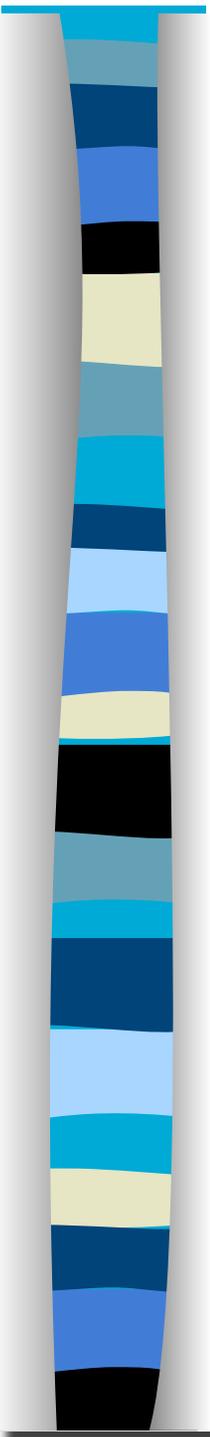
B. Posterior crest of ileum and lesser trochanter

C. Ischial tuberosity and lesser trochanter

D. Ischial tuberosity and proximal-medial shaft of femur

Final Simulation MBLEx Exam Part 2





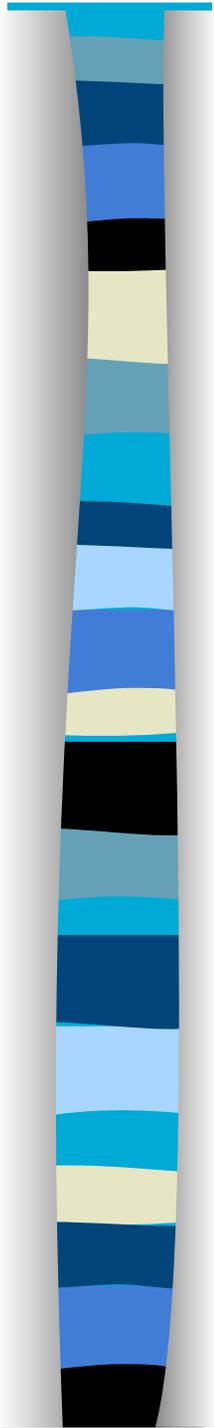
C 1. In general, which of the following is true of most massage methods?

A. Slow, specific application of methods tends to stimulate

B. Fast, general application of methods tends to inhibit

C. Fast, specific application of methods tends to stimulate

D. Massage has no effect on the body



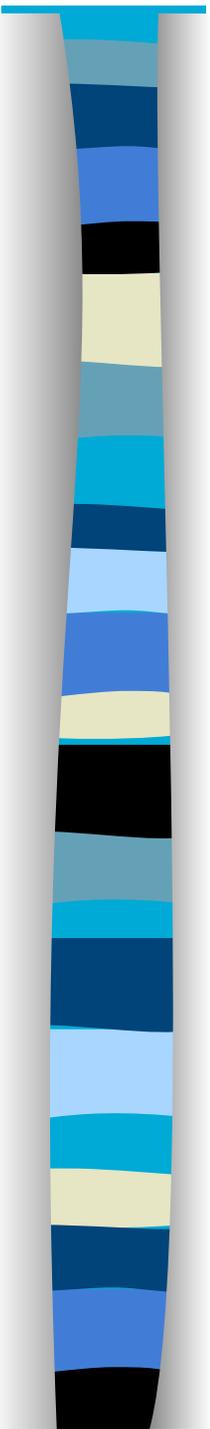
D 2. Which of the following parts of the vertebral column has no movement?

A. C1 – C7

B. T1 – T12

C. S1 – S5

D. L1 – L5



C 3. What is the word for the probable progression of a disease?

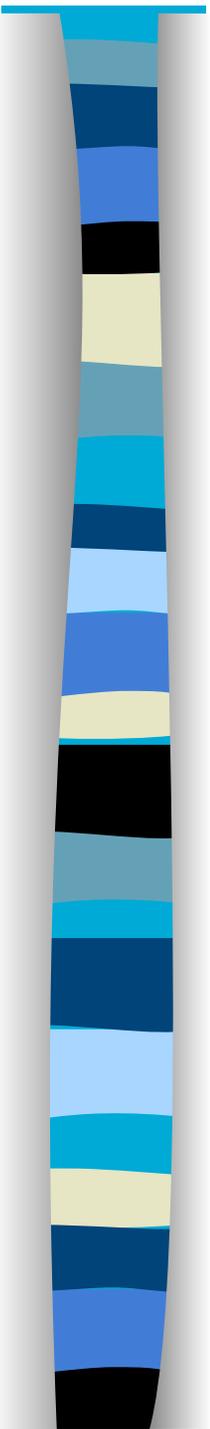
A. Procrastination

B. Diagnosis

C. Prognosis

D. Idiopathic

Pathology



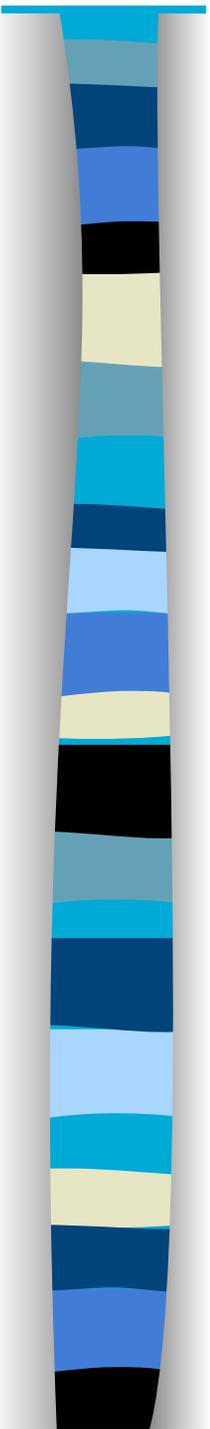
B 4. Which massage techniques are performed on the back, and are most effective for encouraging the expectoration of mucous in the lungs?

A. Vibration and Petrissage

B. Cupping and Tapotement

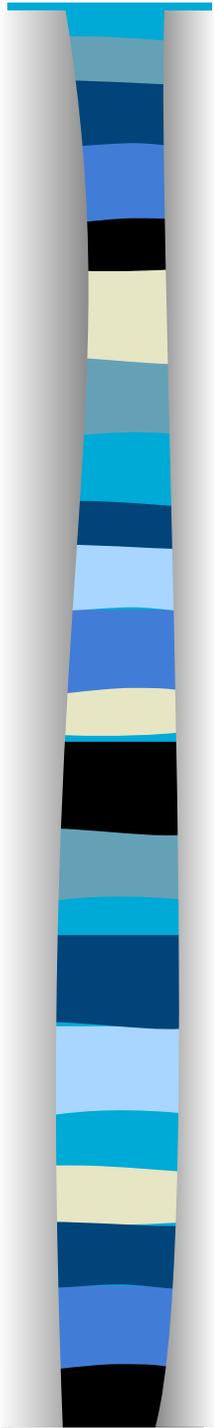
C. Effleurage and Vibration

D. Friction and Tapotement



D 5. Which of the following is the subdivision of the PNS that controls voluntary activities?

- A. Autonomic nervous system
- B. Central nervous system (CNS)
- C. Peripheral nervous system (PNS)
- D. Somatic nervous system**



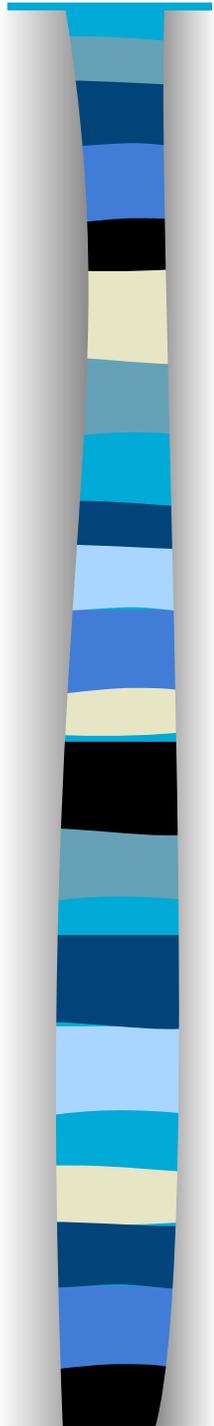
C 7. Which muscle inverts foot?

A. Peroneus Longus

B. Peroneus Brevis

C. Tibialis anterior

D. Extensor digitorum longus



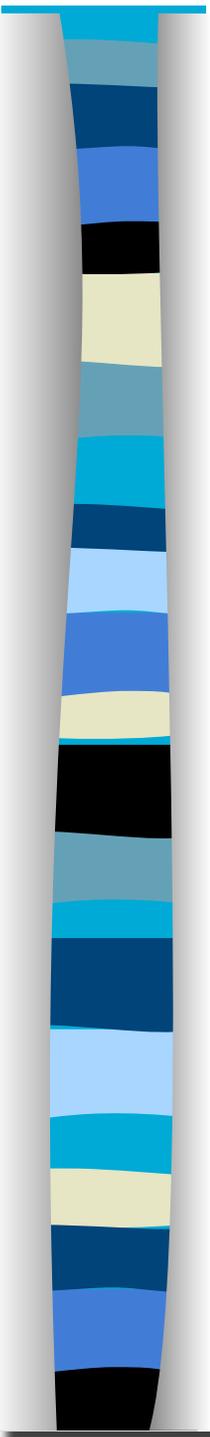
 B 8. Which muscle flexes the knee and attaches at the fibula?

A. Peroneus longus

B. Biceps femoris

C. Rectus femoris

D. Semitendinosus



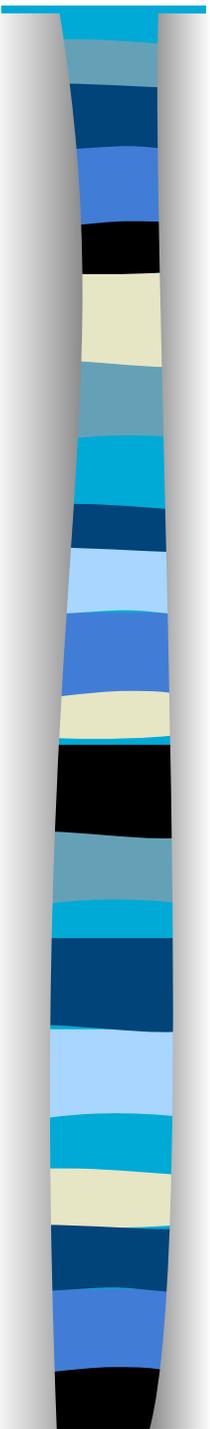
C 9. A massage professional has made an appointment with a client over the phone. When the client arrives, he is accompanied by another man who he introduces as his partner. The massage professional personally disagrees with this kind of lifestyle, and is uncomfortable doing the massage. Which is the appropriate ETHICAL response?

A. To refer the client to another professional

B. To tell the client there is a last minute scheduling conflict and the therapist will have to call later to reschedule.

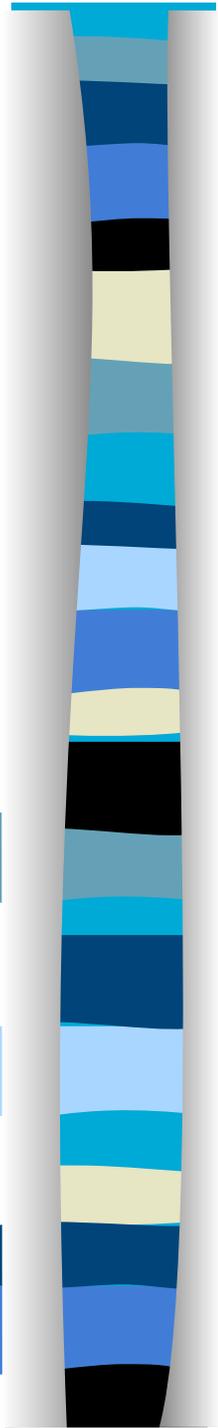
C. To silently accept that an internal conflict exists, that to refuse would be discrimination, and to massage the client

D. To sell them on a couples massage with two other available therapists



 B 10. Which of the following best represents lymph flow from the interstitial spaces back to the blood?

- A. Lymphatic capillaries to lymphatic ducts to lymphatic vessels to the junction of the internal jugular and subclavian veins
- B. Lymphatic capillaries to lymphatic vessels to lymphatic ducts to the junction of the internal jugular and subclavian veins**
- C. Lymphatic capillaries to lymphatic vessels to the junction of the internal jugular and subclavian veins to lymphatic ducts
- D. Lymphatic ducts to lymphatic capillaries to lymphatic vessels to the junction of the internal jugular and subclavian veins



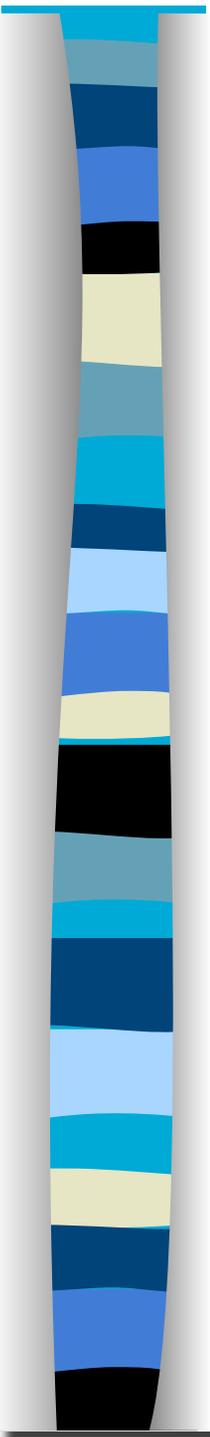
D 11. How is sebum not secreted?

A. Via sebaceous glands

B. Via ducts

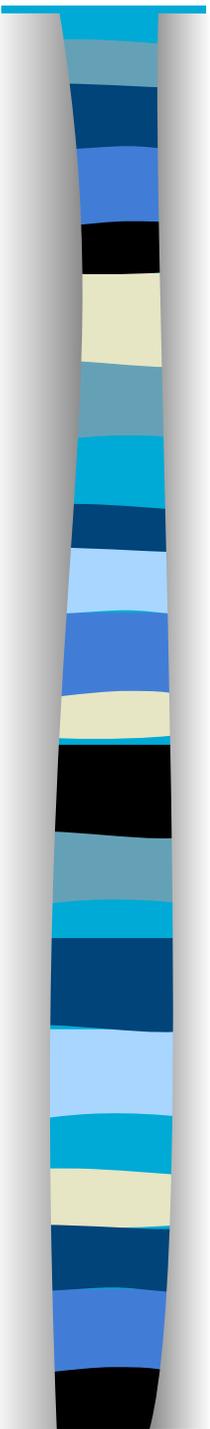
C. Onto the skin/hair

D. Into the blood



 B 12. Which are effective uses for steam in hydrotherapy treatments?

- A. Provide healing through cryotherapy
- B. Provide humidity and aid in breathing**
- C. Decrease systemic blood flow
- D. Treat hyperthermia



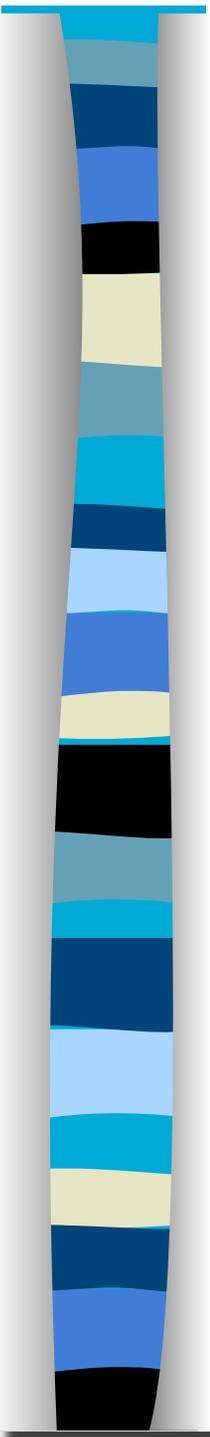
 A 13. What is the name given to the anatomical space located behind the peritoneum in the abdominal cavity?

A. Retroperitoneal space

B. Subperitoneum

C. Anteperitoneal space

D. Postperitoneum



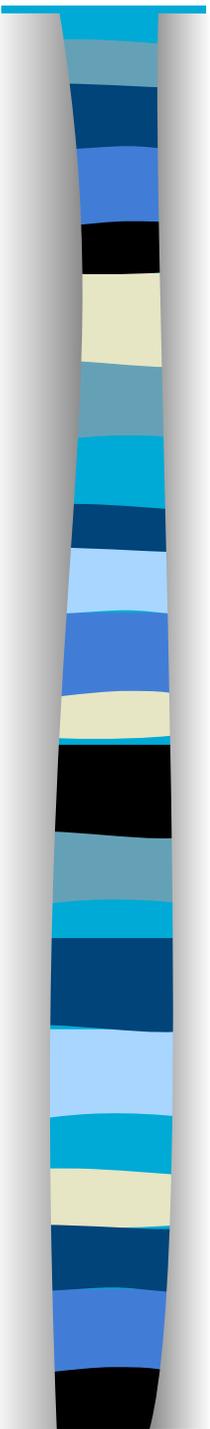
 A 14. What should the massage therapist do when a client is not able to fill out an intake form?

A. Offer to take the information verbally and fill out the form for the client

B. Refuse to massage

C. Massage anyway

D. Refer the client elsewhere



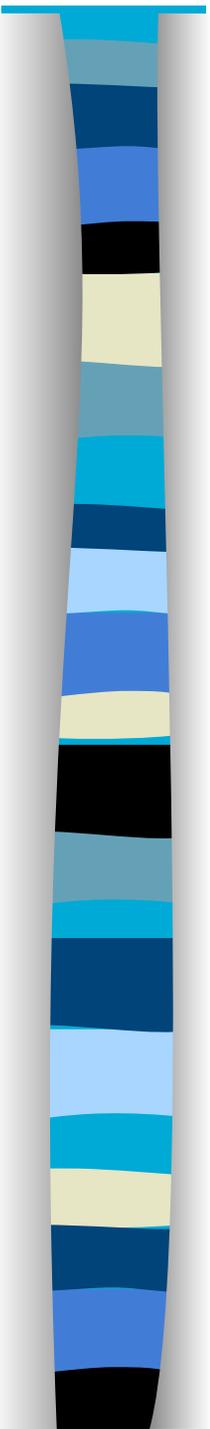
A 15. Which body structure is part of both the nervous and endocrine system?

A. Adrenal medulla

B. Pancreas

C. Liver

D. Gallbladder



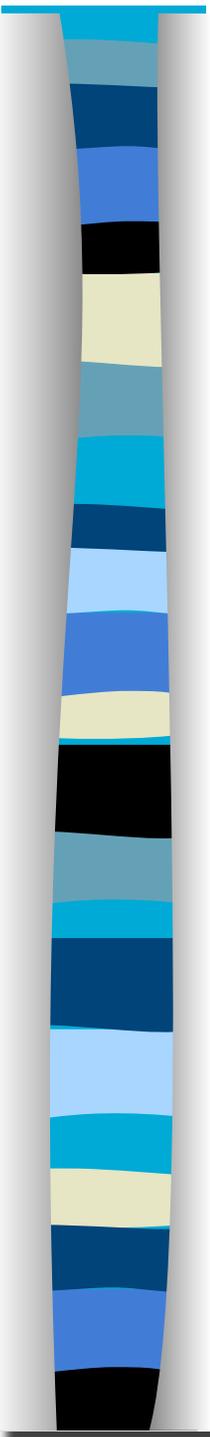
B 16. What is it called when there is a protrusion of the stomach through the diaphragm into the mediastinum?

A. Inguinal hernia

B. Hiatal hernia

C. Diverticulitis

D. Gastric vacation



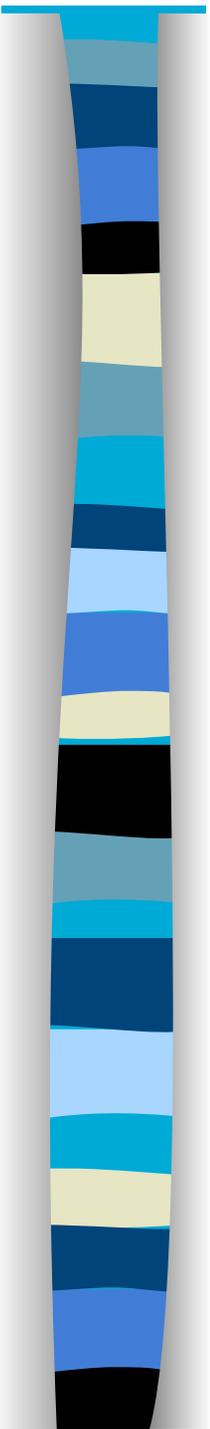
 B 17. What is the next step, after completion of a health history and assessment?

A. Develop a treatment plan

B. Analyze and interpret the data

C. Begin the massage session

D. Choose the music for the massage session



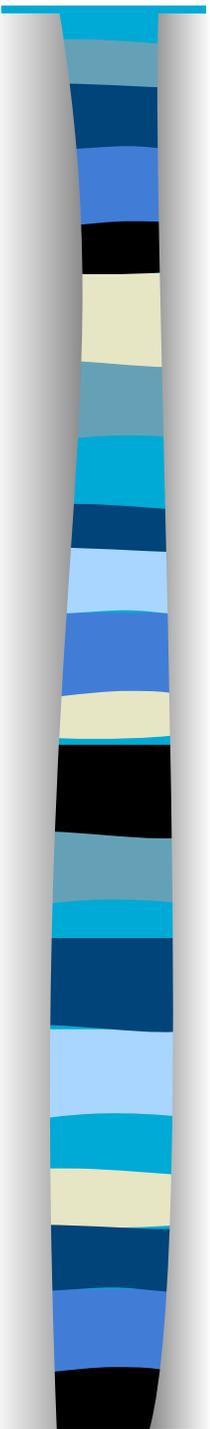
C 18. What is another name for hypertension?

A. Low blood pressure

B. Anxiety

C. High blood pressure

D. High blood sugar



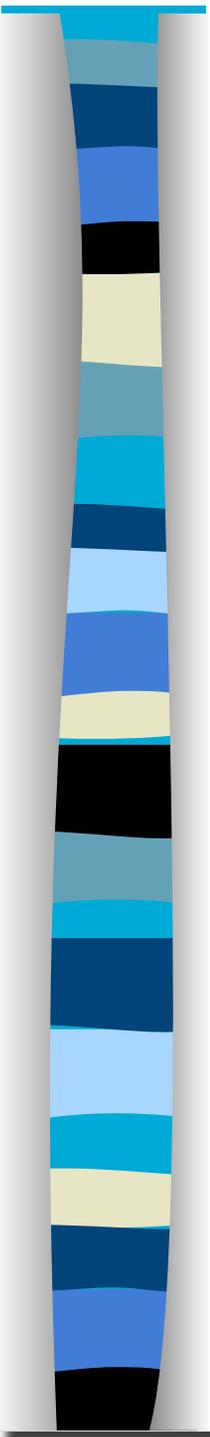
 B 19. What is the most widespread and abundant tissue in the body?

A. Epithelial

B. Connective

C. Muscle

D. Nervous



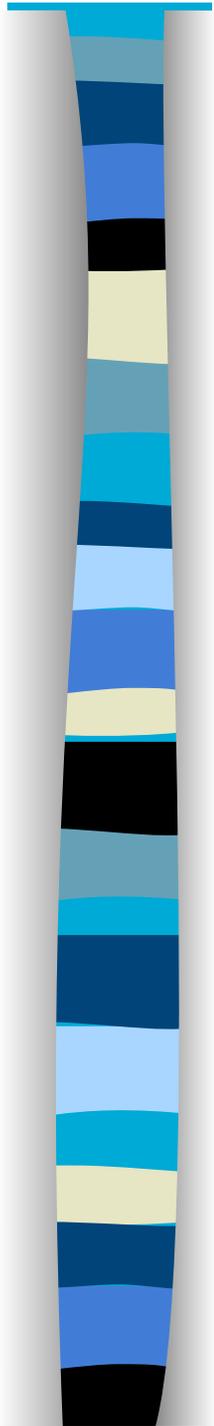
 A 20. If a massage therapist chooses to do promotional work at a sports event with a client with whom she is unfamiliar, which is most advised?

A. Post event massage that is superficial and focuses more on circulation enhancement

B. Deep work focusing on intense stretching and trigger point therapy

C. Pre-event massage

D. Massage that is stimulating and fast-paced



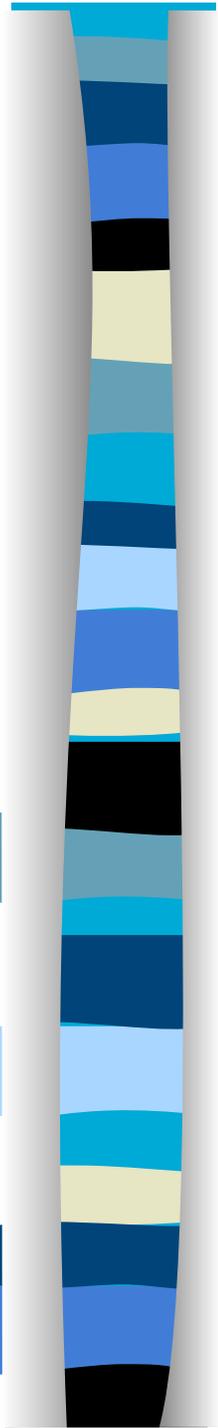
B 21. Which structure in males transports sperm and urine?

A. Bladder

B. Urethra

C. Ureter

D. Prostate



C 22. What does a tendon bind to bone?

A. Bone

B. Bursae

C. Muscle

D. Articular cartilage

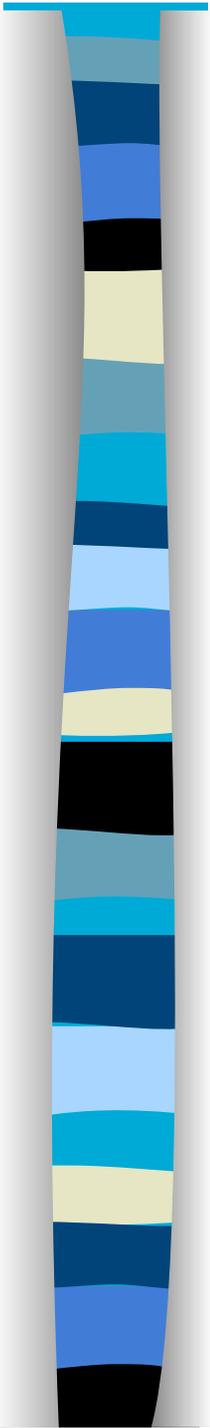
C 23. Which of the following respiratory structures has the smallest diameter?

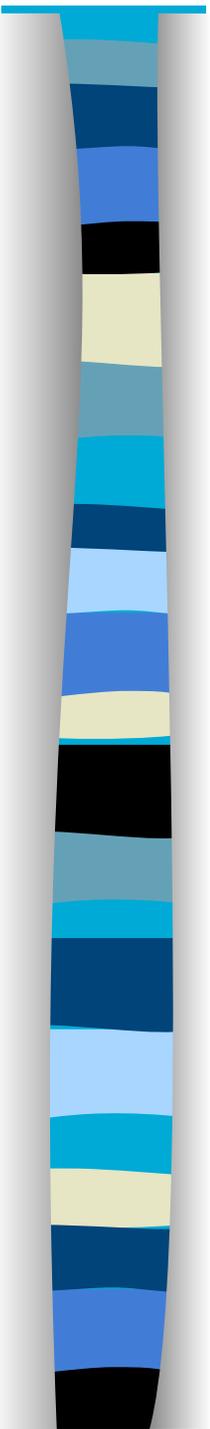
A. Trachea

B. Bronchi

C. Bronchiole

D. Larynx





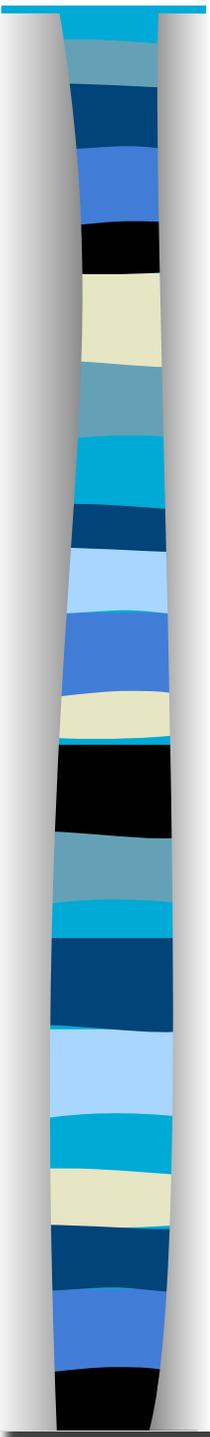
C 24. Which of the following hormones stimulates the mammary glands to produce milk?

A. Estrogen

B. Progesterone

C. Prolactin

D. Growth Hormone



A 25. Herpes zoster is commonly known as?

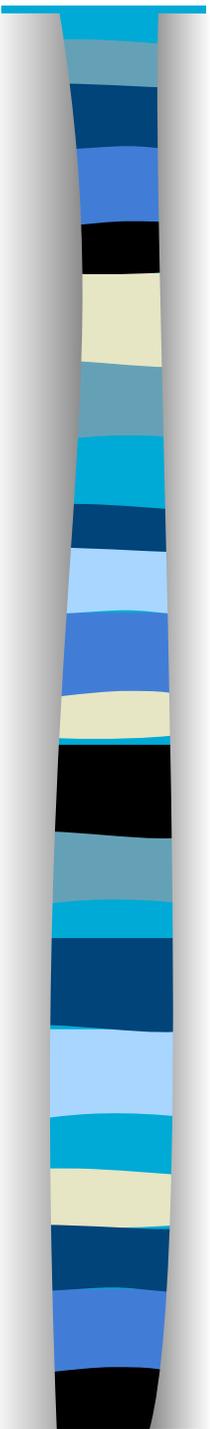
A. Shingles

B. Cellulitis

C. Acne

D. Boils

Pathology



B 26. Which endangerment site indicates that deep massage should be avoided in the antecubital fossa?

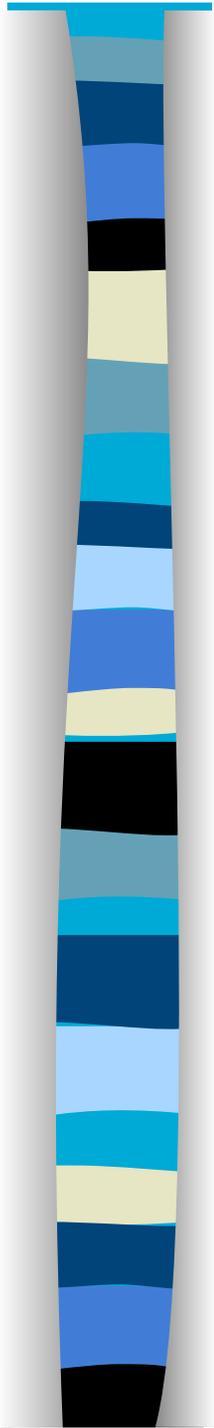
A. Axillary nerve

B. Median nerve

C. Ulnar nerve

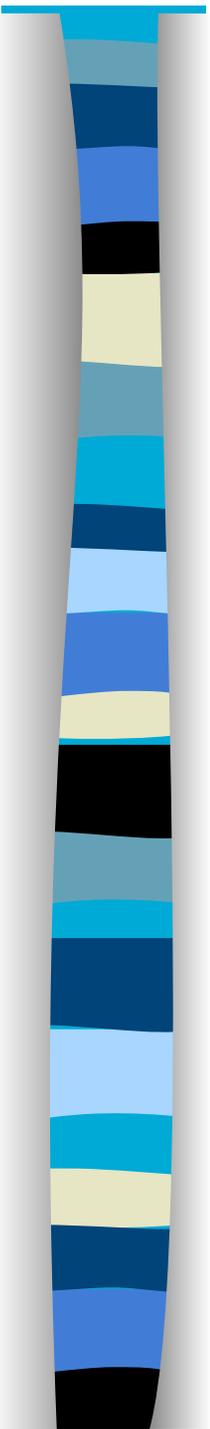
D. Accessory nerve

Pathology



 A 27. Which of the following is the sensory receptor for pain?

- A. Nociceptor
- B. Proprioceptor
- C. Thermoreceptor
- D. Mechanoreceptor



 B 28. What is the effect of a reflex initiated by a Golgi tendon organ?

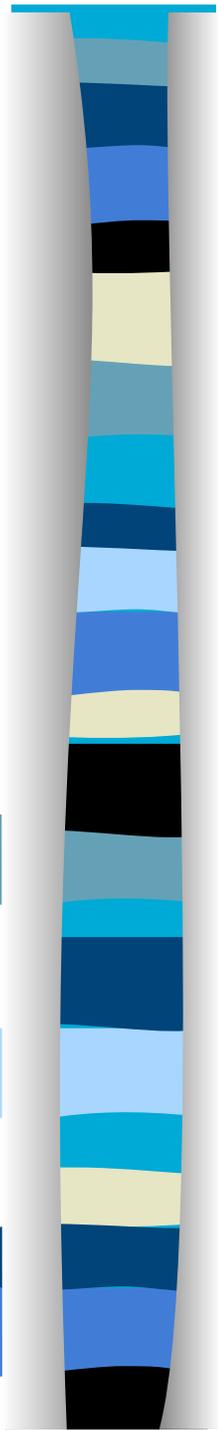
A. The muscle contracts as a response to over-stretching

B. The muscle lengthens (stretches) as a response to sensing tension in a muscle contraction

C. The muscle goes into spasm

D. There is no effect on the muscle at all

Note: Salvo says that “The nervous system responds by inhibiting contraction, which reduces damage to the tendon.”



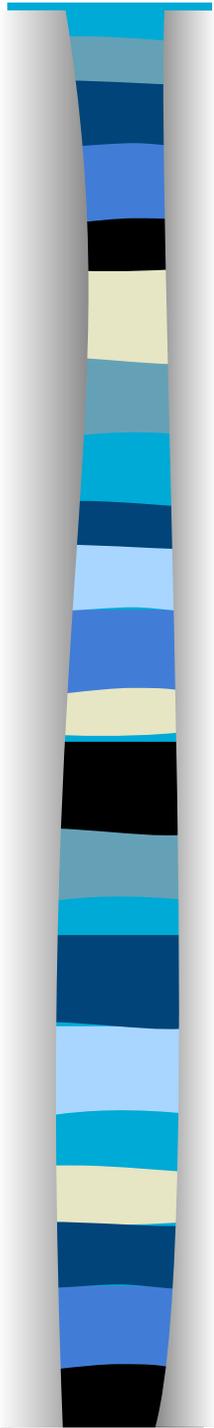
 A 29. Which action contracts the anterior neck muscles?

A. Lifting the neck while supine

B. Lifting the neck while prone

C. Chewing

D. Elevation of mandible



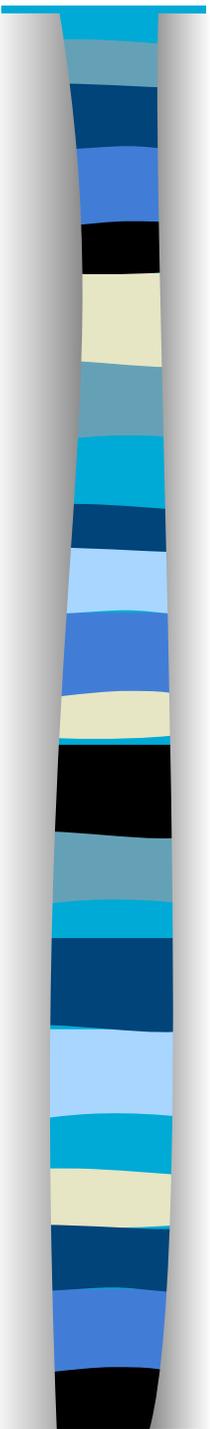
A 30. Which muscle is not attached to any part of the vertebrae?

A. Anconeus

B. Trapezius

C. Latissimus dorsi

D. Rhomboid major and minor



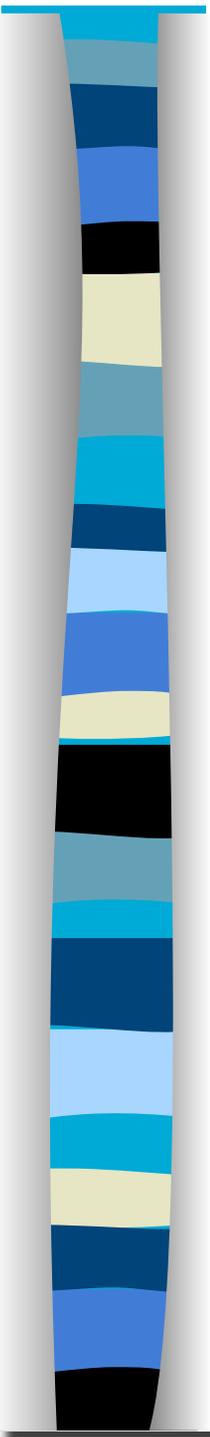
 B 31. In which direction are deep massage strokes performed?

A. Away from the heart

B. Toward the heart

C. Along the meridians

D. Perpendicular to the heart



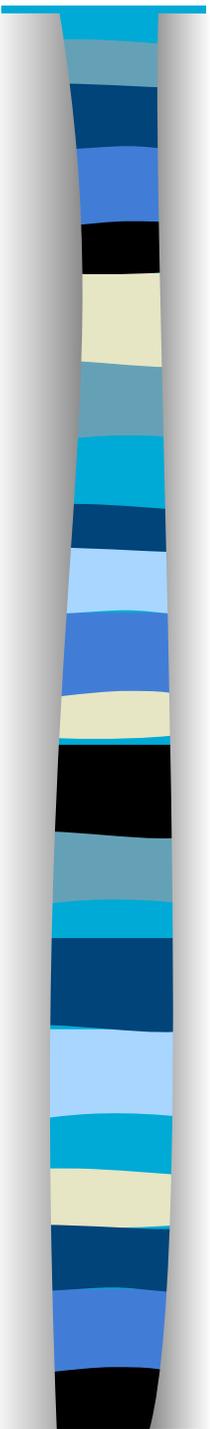
C 32. Which of the following is not considered an allowable deduction for tax purposes?

A. Office utilities

B. Travel expenses for continuing education

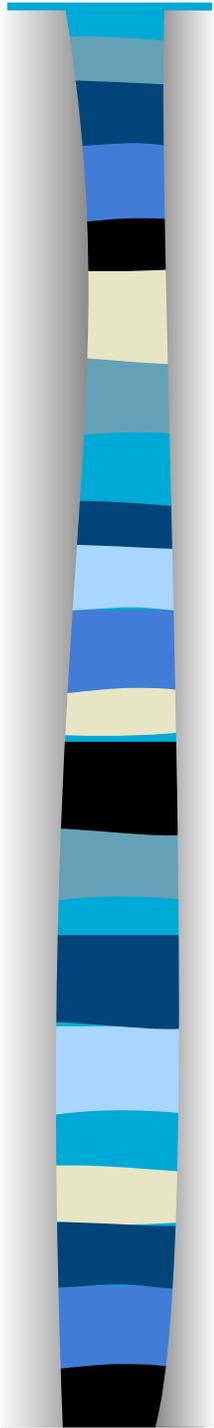
C. Supplies for home use

D. Office supplies



B 33. If a client has diabetes and injects insulin what precaution should the massage professional take?

- A. There are no issues the massage professional needs to take
- B. There should be no massage around the injection site for 12 hours**
- C. The massage should be rescheduled until the medication has worn off
- D. Massage should never be performed on someone who has diabetes



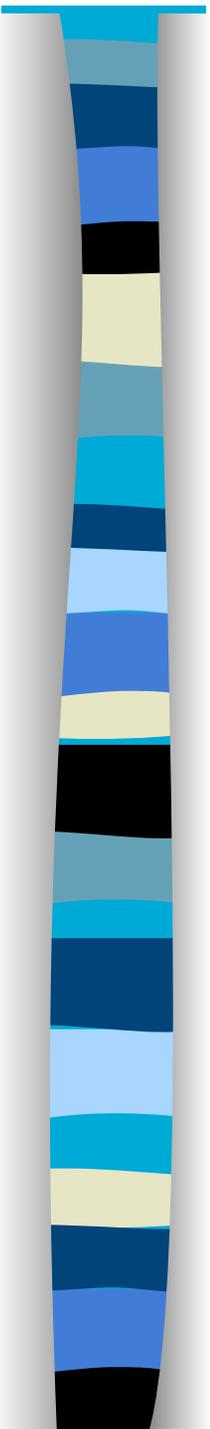
 B 34. In which of the regions listed below are lymph nodes found?

A. Plantar

B. Axillary

C. Cranial

D. Interphalangeal



B 35. Blackheads can result from a blockage of which of the following glands?

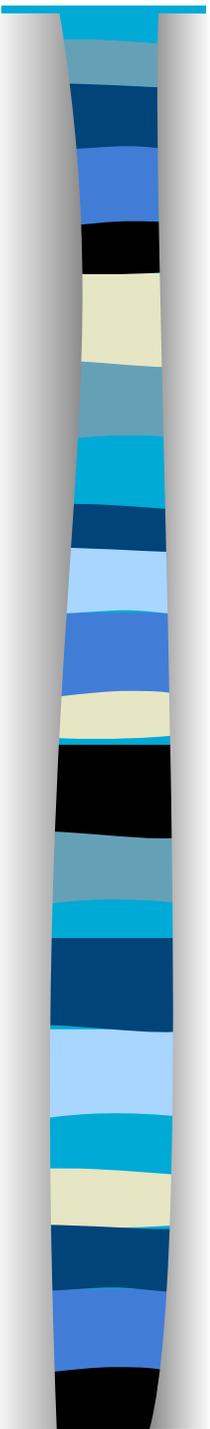
A. Lacrimal

B. Sebaceous

C. Ceruminous

D. Sudoriferous

Pathology



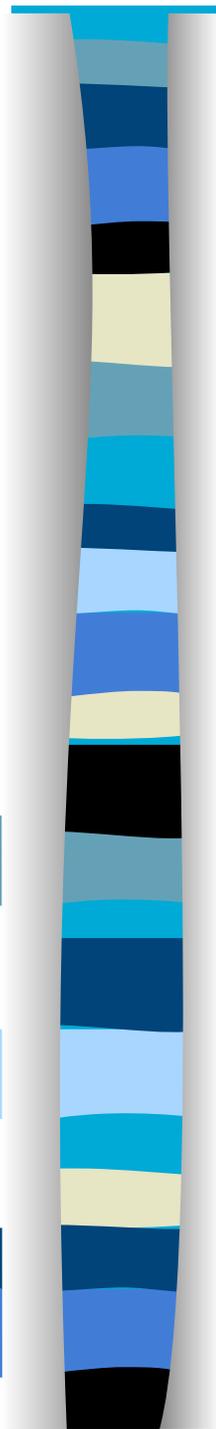
C 36. Which of the following techniques can be effective for the relief of congestive headaches because of the derivative effect (transfer of fluid from one part of the body to another)?

A. Whirlpool

B. Sitz bath

C. Hot foot bath

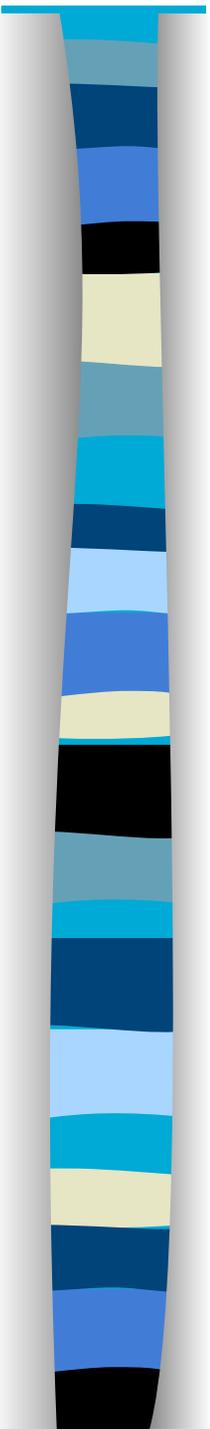
D. Cold foot bath



A 37. Which of the following statements is true?

- A. Centripetal massage strokes are strokes towards the heart
- B. Centrifugal massage strokes are strokes towards the heart
- C. Centripetal massage strokes are strokes away from the heart
- D. Centrifugal massage strokes are strokes away from the heart

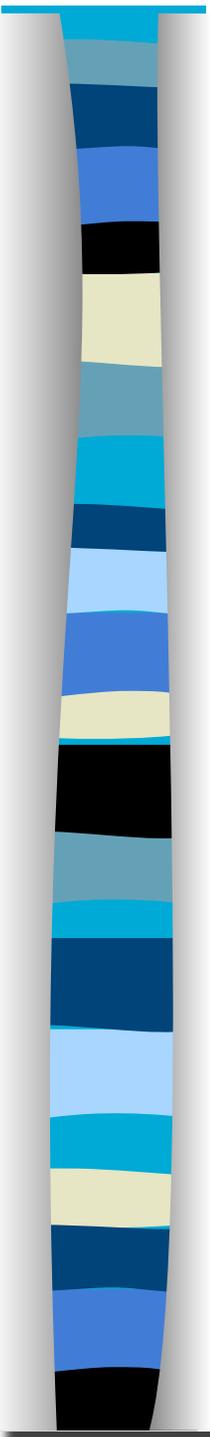
Note: D is also true.



 A 38. Each massage establishment is required to display the massage establishment license issued by the appropriate state regulatory agency in a prominent area at the location for which it was issued.

A. True

B. False



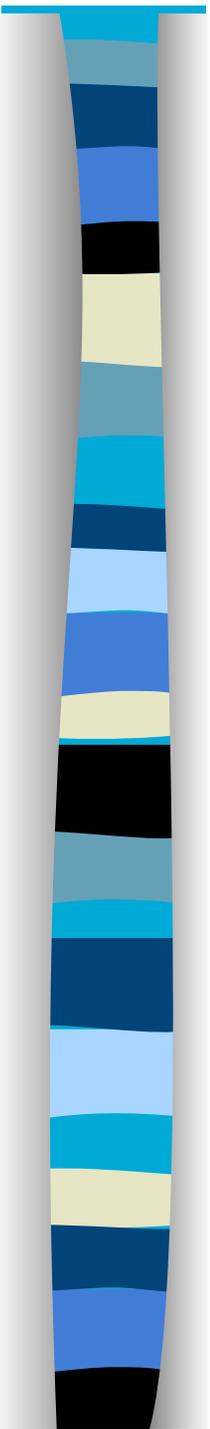
D 39. For what purpose will the body produce cortisol?

A. To control bleeding

B. To counteract the presence of adrenaline

C. To lower water volume in blood

D. To reduce inflammation



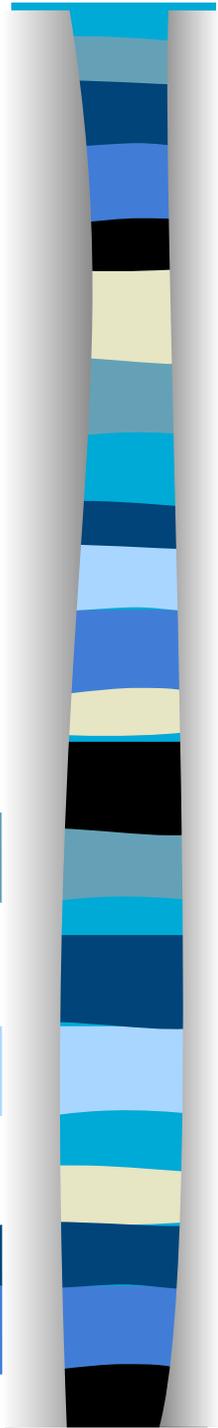
 D 40. Which of the following describes opportunistic invasion of a pathogen?

A. The transfer of pathogen from one person to another

B. Pathogens found in food, water, and soil

C. The transfer of a pathogen from a person to equipment

D. Infection or disease caused particularly by pathogens that take advantage of a host with a compromised immune system



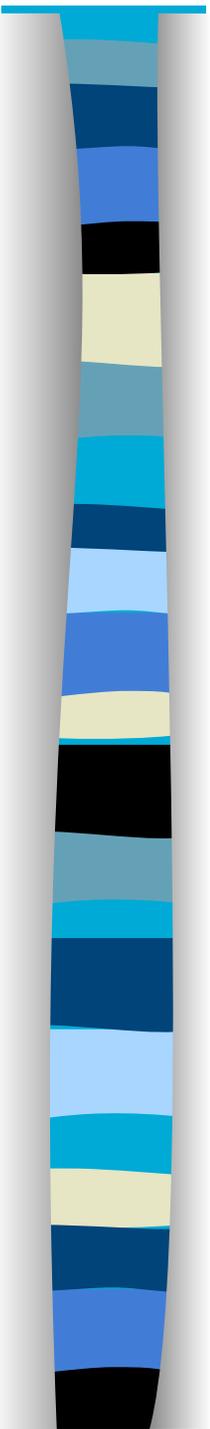
 B 41. What is the function of the liver?

A. Digestion of carbohydrates

B. Removal of toxins

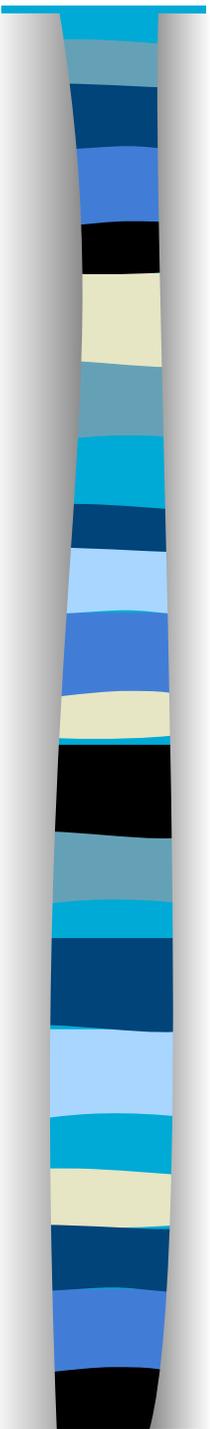
C. Digestion of water

D. Absorption of water



C 42. When conducting the verbal portion of the client intake session, what kinds of questions are most likely to encourage conversation and yield the most beneficial information?

- A. Closed-ended questions
- B. True/False questions
- C. Open-ended questions**
- D. Multiple choice questions



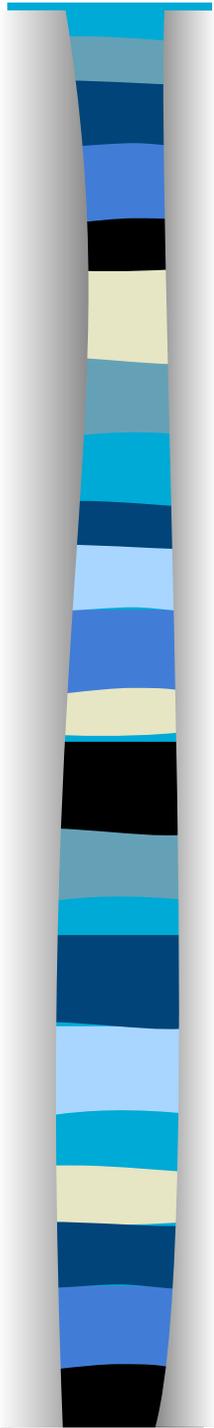
B 43. Which of the following make up 60% of all white blood cells?

A. Leukocytes

B. Neutrophils

C. Basophils

D. Eosinophils



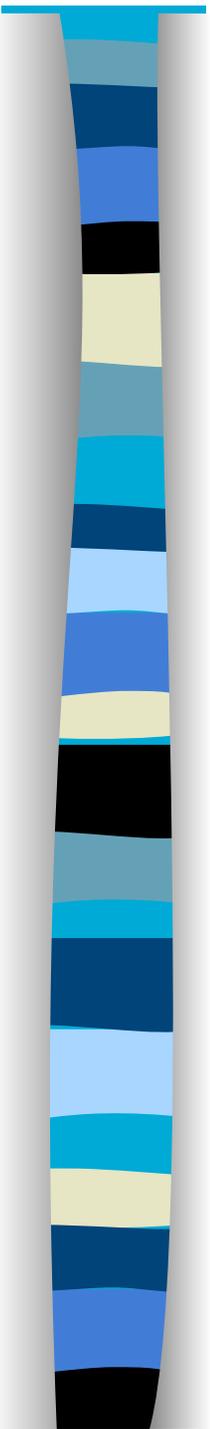
 A 44. What types of cells are located in the nervous tissue?

A. Neuroglia

B. Chondrocytes

C. Red bone marrow

D. Fibroblasts



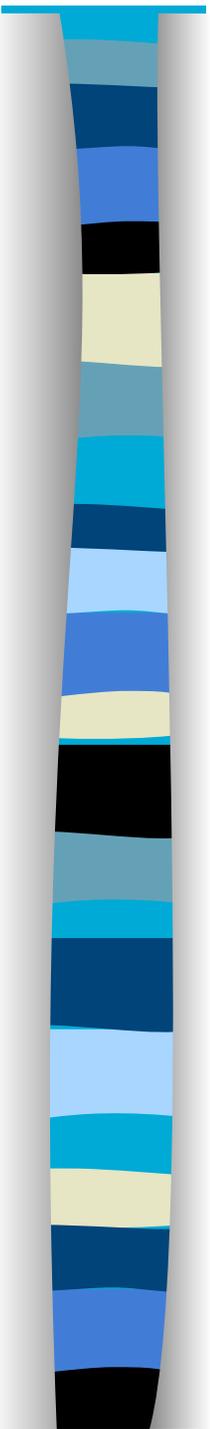
C 45. Which of the following statements is the most generally true?

A. Massage as a form of healing is a recent development

B. Massage originated in Sweden in the 1800's

C. According to historical research, most ancient cultures practiced some form of healing touch

D. There are no written documents related to massage earlier than the 1600's



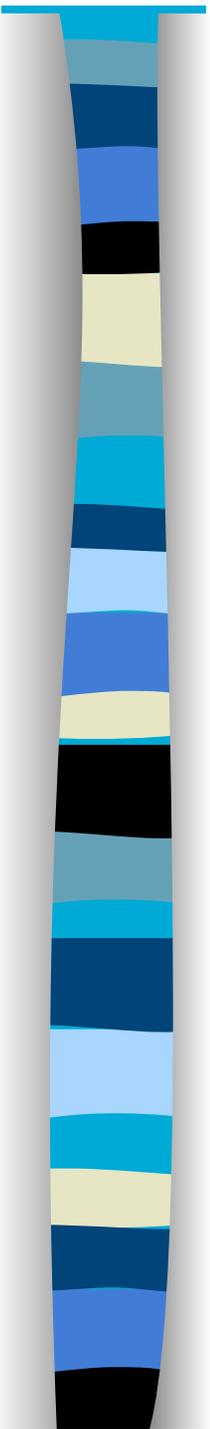
 A 46. Massage activates the parasympathetic nervous system.
Which is a resulting benefit?

A. Enhanced sleep patterns

B. Depressed digestive patterns

C. Increased heart rate

D. Increased fatigue



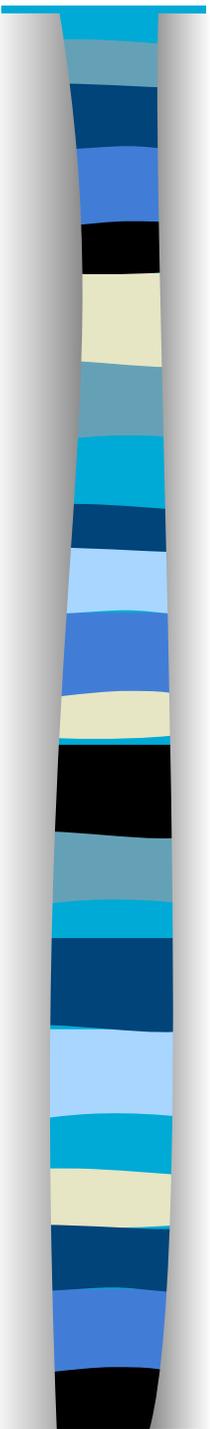
B 47. Which touch modality focuses on tsubos and is a combination of the traditional Chinese medicine practice of acupressure with Western concepts of massage and medicine?

A. Reiki

B. Shiatsu

C. Tui na

D. Polarity therapy



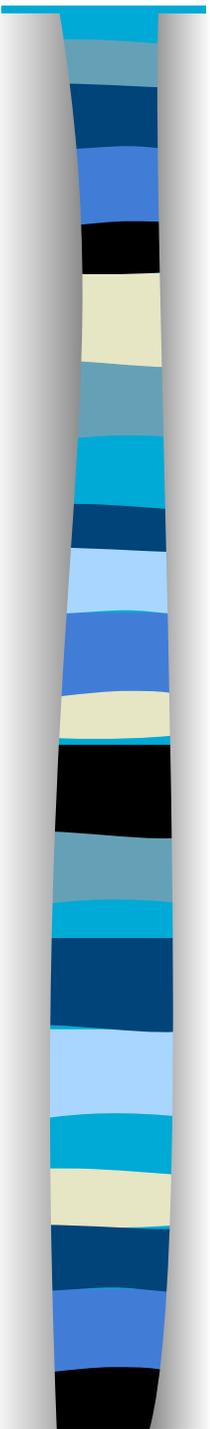
 A 48. What is the name of the process whereby a cell duplicates itself by dividing?

A. Mitosis

B. Endocytosis

C. Phagocytosis

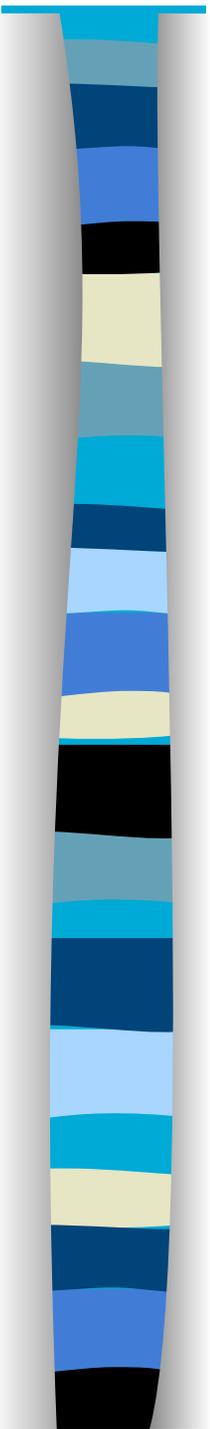
D. Meiosis



 A 50. What is the amount of motion at a joint that fails to reach the normal physiologic range or exceeds normal physiologic limits of motion of that joint?

- A. Pathologic range of motion**
- B. Physiologic range of motion
- C. Anatomic range of motion
- D. Biomechanical range of motion

Pathology



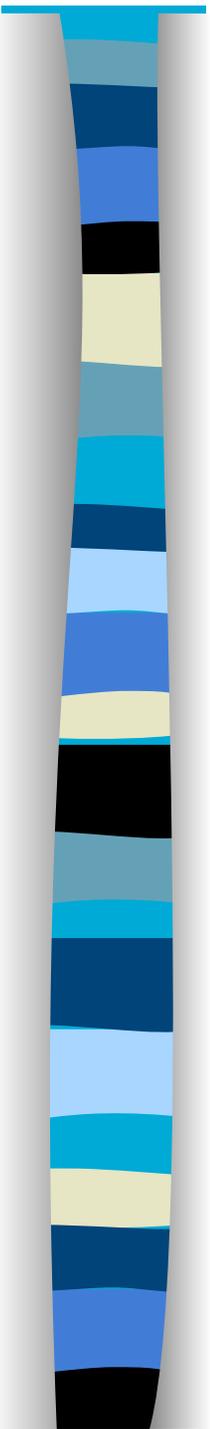
 B 51. Vitamin K is essential for coagulation. How and where is vitamin K produced?

A. By sunlight absorption and stored in kidneys

B. By bacteria in the intestines

C. By hemoglobin in the blood

D. None of the options



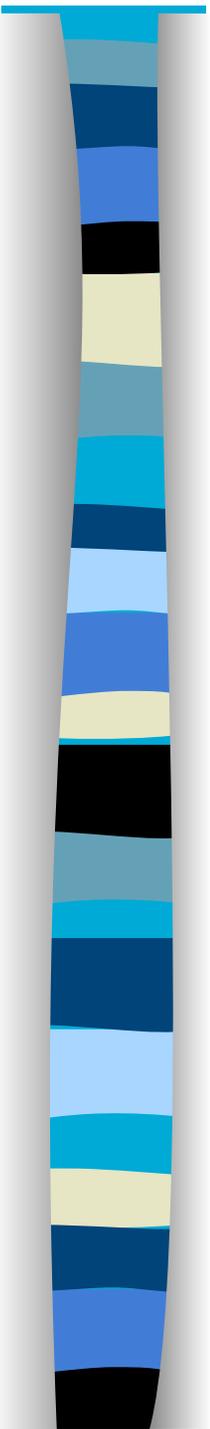
D 52. Which of the following should not be avoided by massage therapists because the growth of bacteria and the harboring of pathogens are most likely?

A. Synthetic nails

B. Nail polish

C. Hand jewelry

D. Handwashing



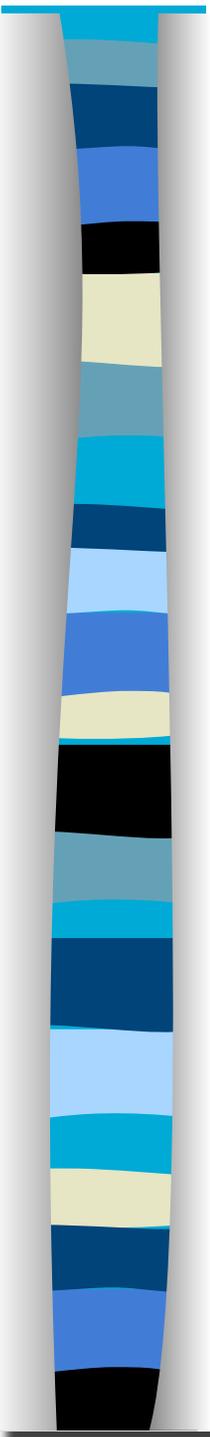
D 53. The pancreas secretes insulin in order to have what effect?

A. Raise blood glucose levels

B. Increase the production of pancreatic enzymes

C. Decrease the production of pancreatic enzymes

D. Lower blood glucose levels



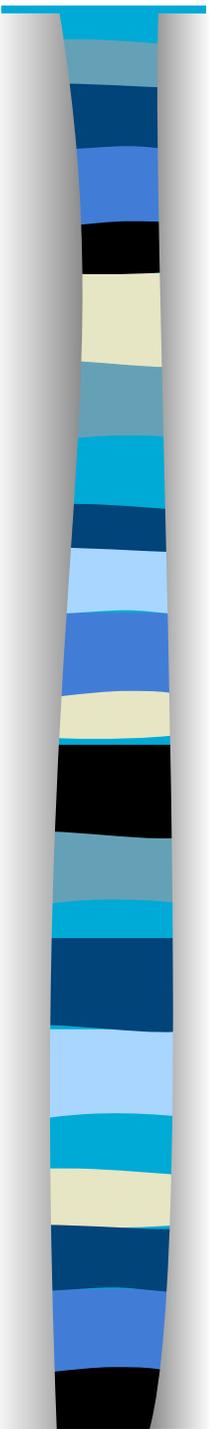
D 54. Which of the following applies to the sexual preference of clients?

- A. It is legal to collect on the intake form
- B. It is an important fact for the therapist to know
- C. It is required information for the intake form
- D. It is confidential information and inappropriate to ask about it**

Treatment Planning and Assessment

Ethics, Laws, Regulations

Business, Professionalism, Hygiene, Self-Care, Draping, Healthcare Terminology



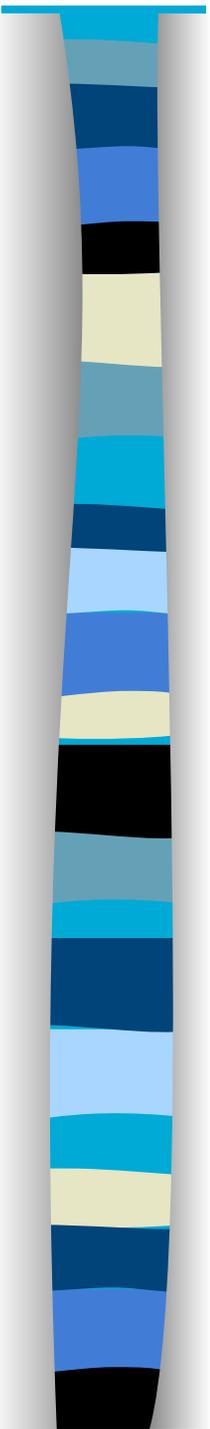
 A 55. What is the name of the cavity that contains the cranial and the spinal cavities?

A. Dorsal cavity

B. Ventral cavity

C. Abdomino-pelvic cavity

D. Thoracic cavity



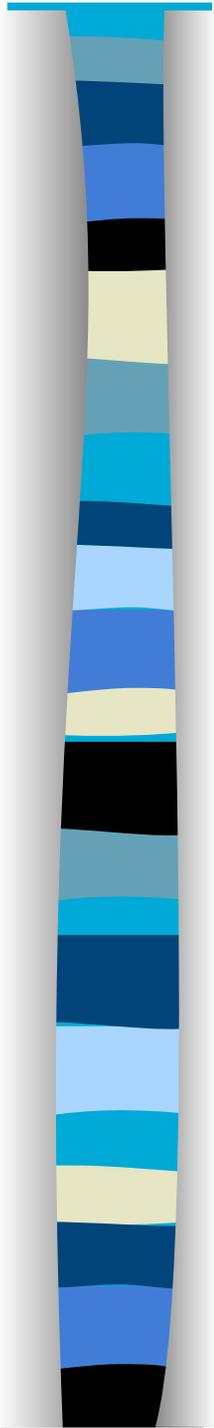
C 56. For which condition is a hot full immersion bath contraindicated?

A. Muscle fatigue

B. Obesity

C. Cardiovascular disease

D. Underweight



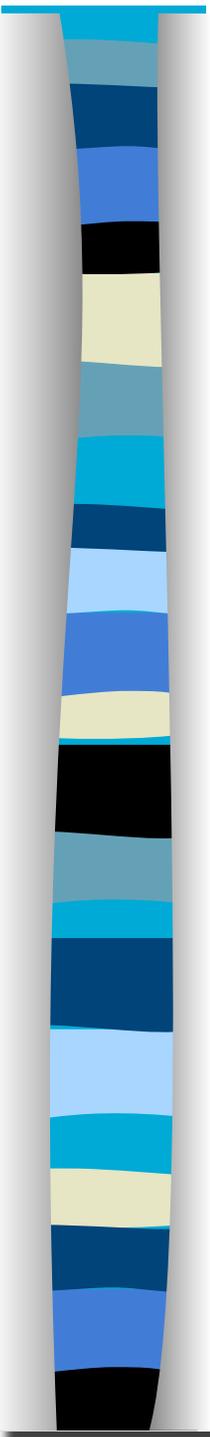
 D 57. Where are apocrine glands found?

A. Palms of hands

B. Scalp

C. Soles of feet

D. Genital region and axilla



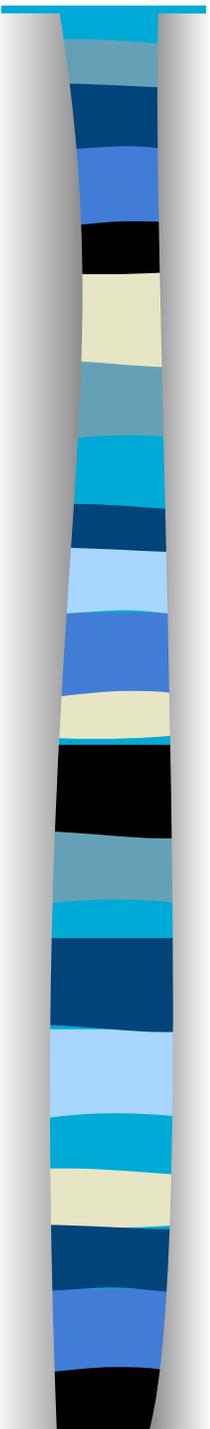
D 58. Which of the following is NOT an auxiliary organ of the lymphatic system?

A. Spleen

B. Thymus

C. Tonsils

D. Gallbladder



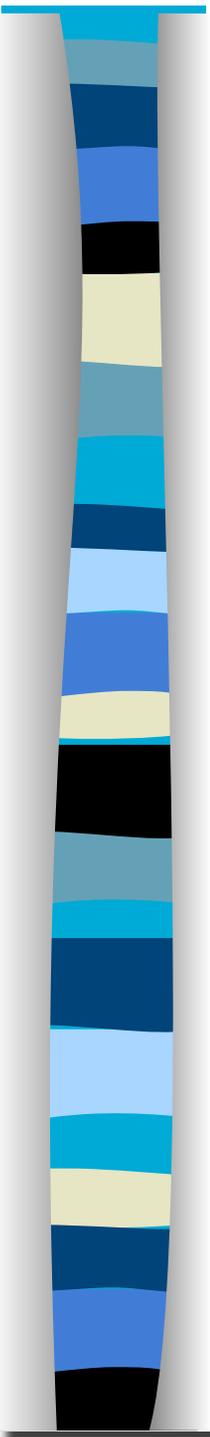
A 59. What is the most common drug administration route?

A. Oral

B. Injection

C. Patch

D. Topical



B 60. If you see signs of or suspect an undiagnosed condition for which massage may be inappropriate or contraindicated, you should:

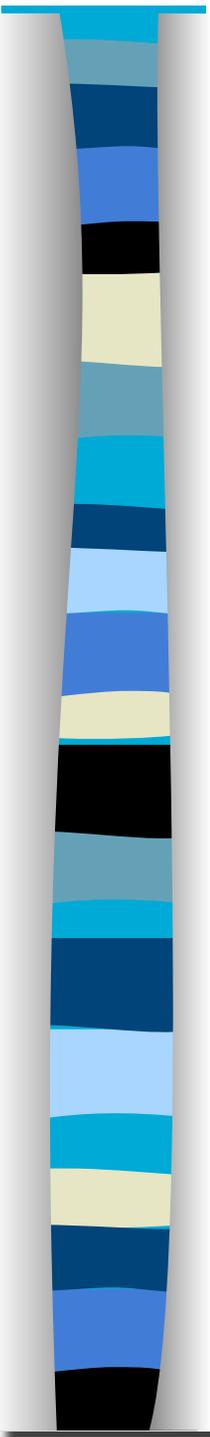
A. Render an educated guess as to the diagnosis

B. Refer to a qualified health professional

C. Refer the client to another massage therapist

D. Massage anyway and hope that you're wrong

Pathology



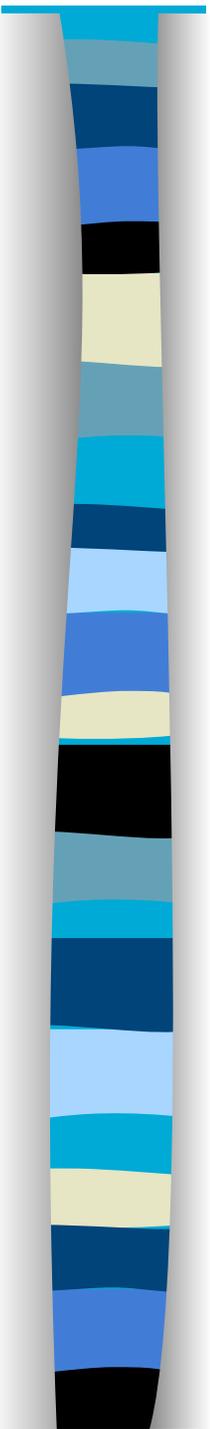
B 61. What should the massage therapist do if, during the massage, the client complains of pain as a result of the massage?

A. Say: “No pain, no gain”

B. Lighten pressure and continue communicating to be sure the client is comfortable

C. Stop the massage

D. Only work areas that do not cause pain



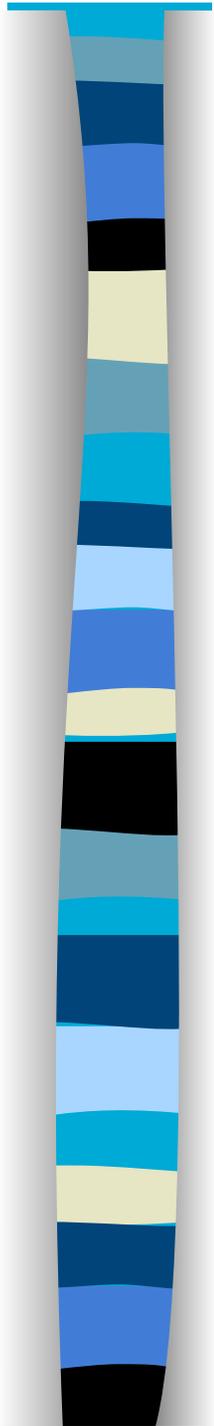
C 62. Which muscle forms the outer layer of anterior and lateral abdominals?

A. Transverse abdominus

B. Serratus anterior

C. External oblique

D. Rectus abdominus



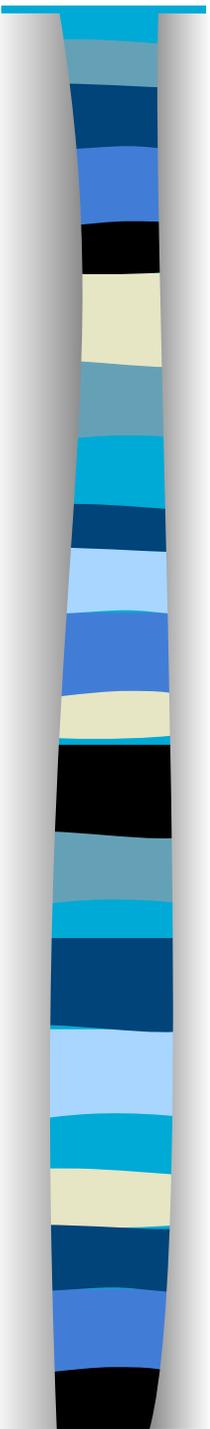
A 63. What is the prime mover muscle called?

A. Agonist

B. Synergist

C. Antagonist

D. Fixator



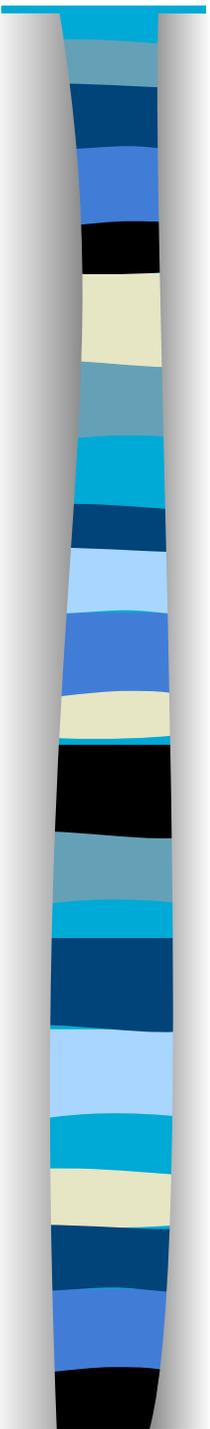
 A 64. The neurons of the anterior horn of the spinal cord provide nerve impulses for which of the following actions?

A. Voluntary movements

B. Involuntary movements

C. Sensory information to the brain

D. None of the options



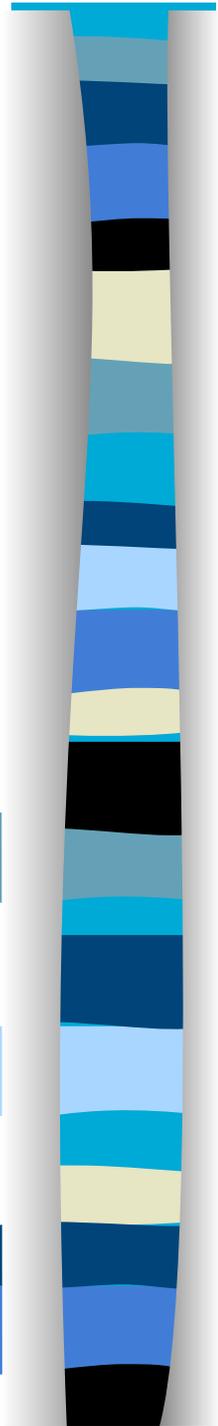
B 65. What is the role of a massage therapist when consulting with a doctor about a particular medical condition?

A. The massage therapist should decide on a course of treatment

B. The massage therapist should follow the doctor's prescribed course of treatment

C. The massage therapist should make a diagnosis and refer the client out

D. The massage therapist should follow the client's directives



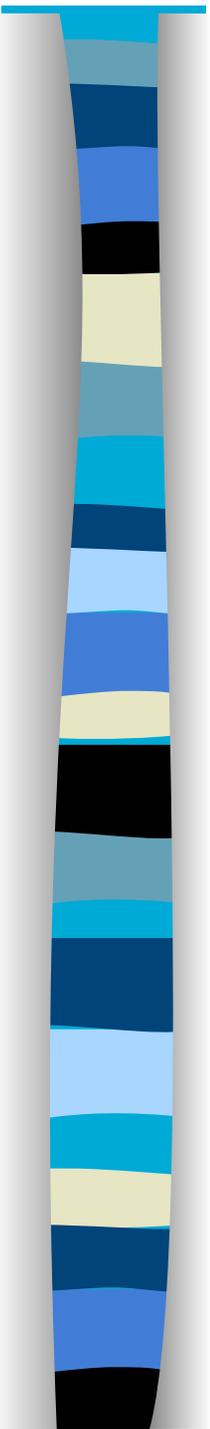
 B 66. What best describes osteoporosis?

A. A breakdown of tendon's synovial sheath

B. Loss of normal bone density, resulting in weak and brittle bones

C. Deterioration of tendons due to lack of calcium

D. A wearing away of ligaments due to poor nutrition



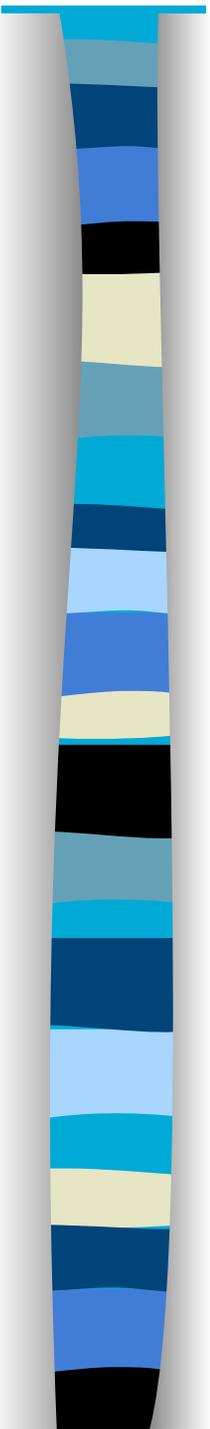
B 67. Which of the following IS NOT a common anatomical, metabolic, or physiological change that is experienced by a woman during pregnancy?

A. Increase in blood volume and cardiac output

B. Metabolic rate declines

C. Pelvic ligaments are relaxed by relaxin

D. Lordosis



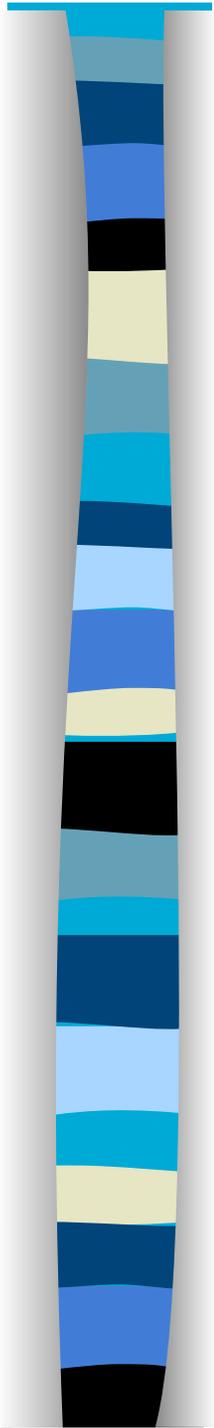
B 68. During normal or at-rest breathing, what is the name for the amount of air that is inhaled and exhaled in one breath?

A. Complement air

B. Tidal air

C. Vital capacity

D. Residual air



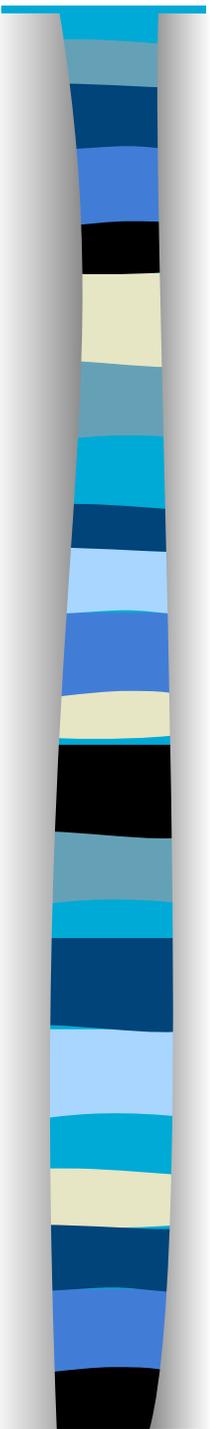
 B 69. Which cells are bone-forming cells?

A. Osteocytes

B. Osteoblasts

C. Osteoclasts

D. Chondroblast



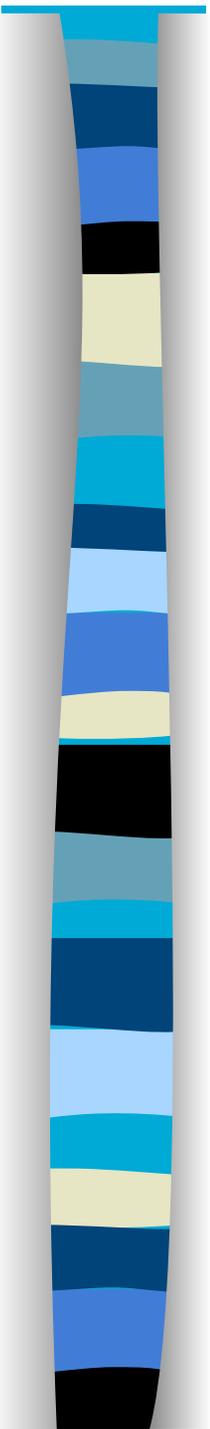
A 70. Which of the following does not affect daily urination?

A. Blood type

B. Temperature

C. Diet

D. Pressure



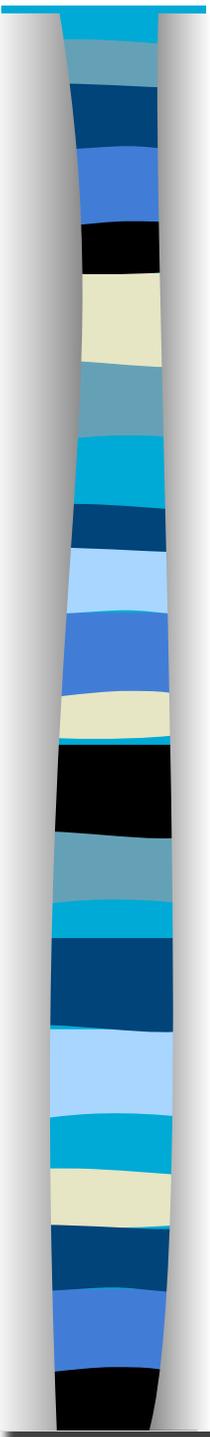
C 71. Which massage method is soothing and rhythmic, and works through the vestibular system, sending sensory input directly to the cerebellum?

A. Effleurage

B. Tapotement

C. Rocking

D. Vibration



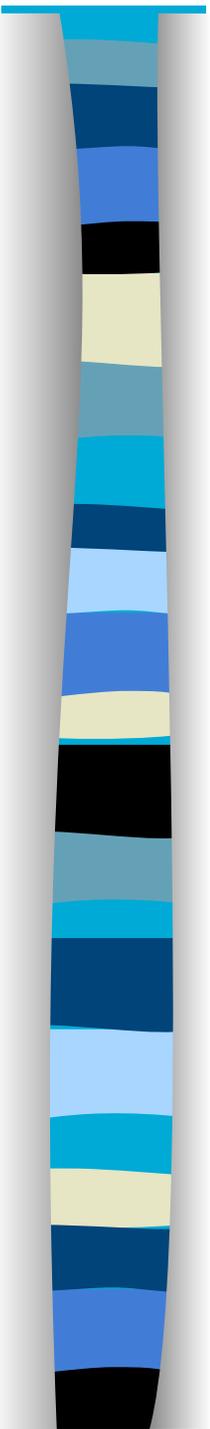
A 72. Which massage modality is administered using the feet?

A. Ashiatsu

B. Deep tissue massage

C. Aroma therapy

D. Lomilomi



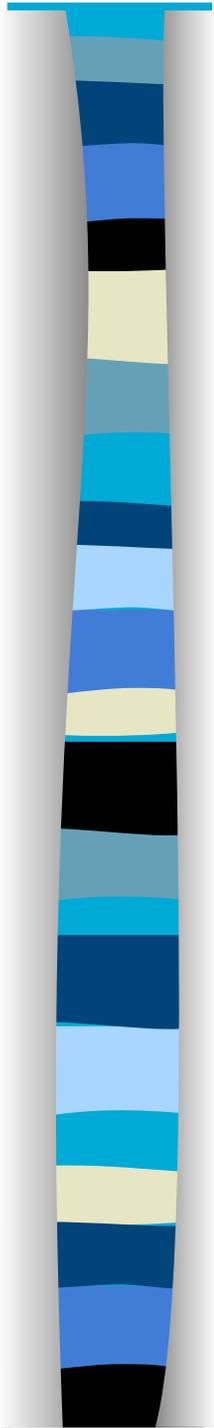
D 74. The duodenum receives bile by way of the common bile duct. Which organ(s) secrete bile into the common bile duct?

A. Pancreas

B. Kidney

C. Gallbladder and pancreas

D. Liver and gallbladder



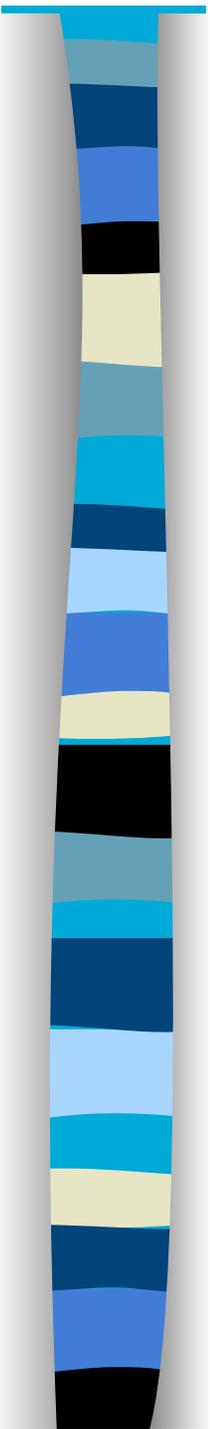
C 75. Digestion begins in the _____ and ends in the _____.

A. Mouth, cecum

B. Mouth, anus

C. Mouth, small intestine

D. Mouth, large intestine



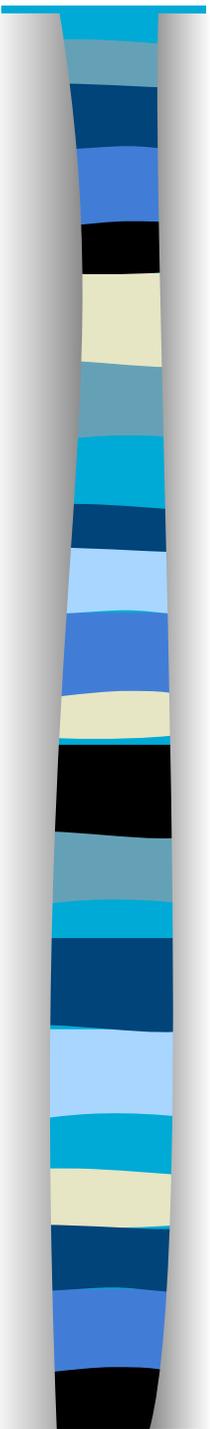
 A 76. Which method destroys all organisms using heat?

A. Sterilization

B. Disinfection

C. Sanitation

D. Isolation



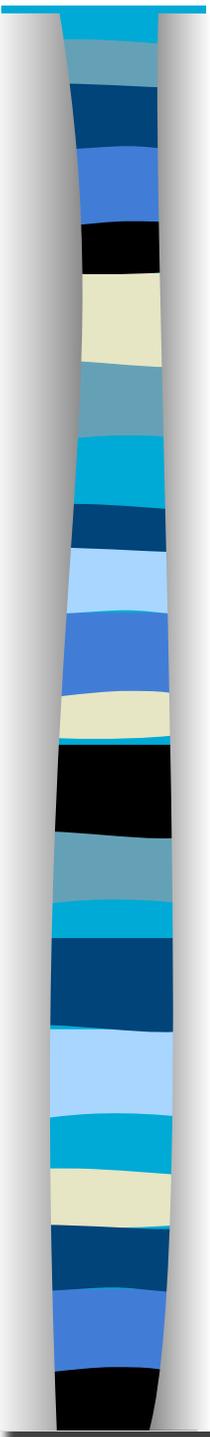
D 77. What part of the endocrine system is affected by adrenocorticotrophic hormone (ACTH)?

A. Thyroid

B. Parathyroid

C. Adrenal medulla

D. Adrenal cortex



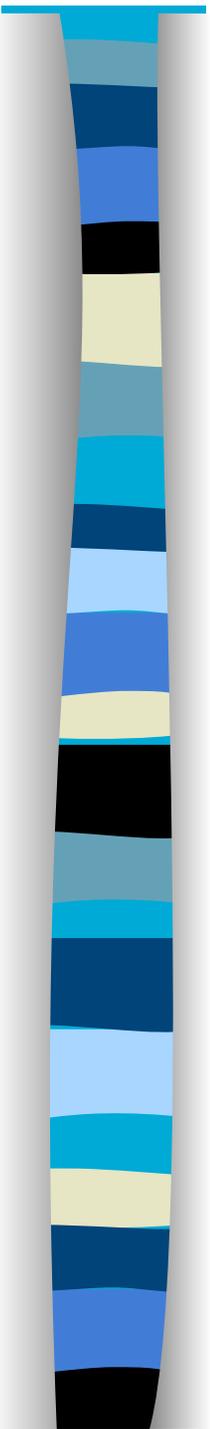
D 78. Which is an example of a deductible expense?

A. Overall automobile expenses

B. Tuition fees for training in a new field

C. Home office expenses for a room that is occasionally used for bodywork

D. Continuing education to improve professional skills



D 79. What plane is it that divides the body into right and left halves?

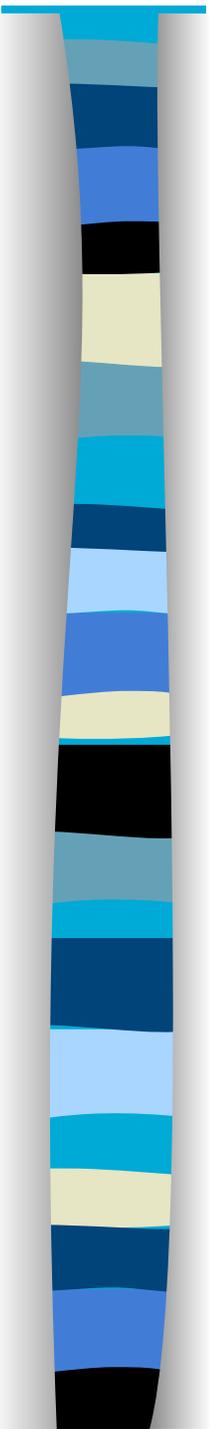
A. Lateral

B. Coronal

C. Sagittal

D. Medial

Note: C should be the correct answer. Medial is not the same as Median



C 80. Which of the following would lower the body's systemic metabolic rate?

A. Sauna

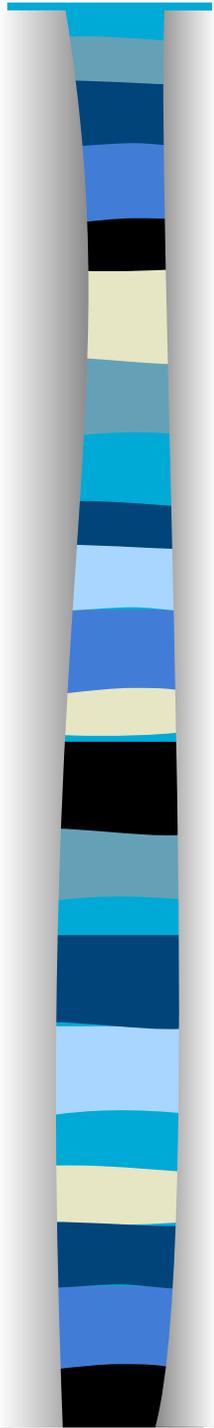
B. Russian bath

C. Meditation

D. Exercise

Anatomy and Physiology

Business, Professionalism, Hygiene, **Self-Care**, Draping, Healthcare Terminology



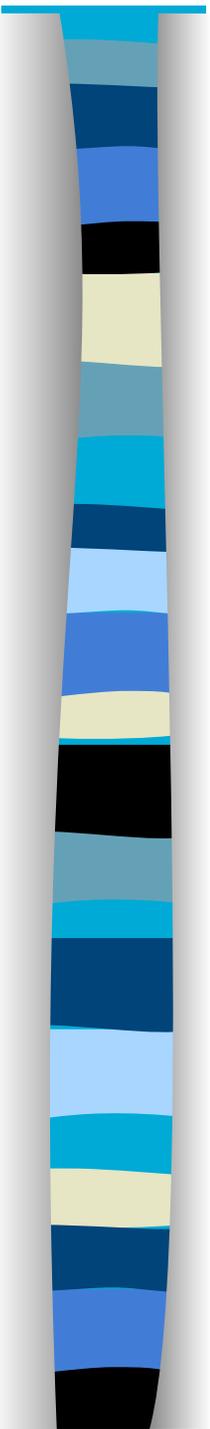
 A 81. Which of the following is responsible for new hair growth?

A. Follicle

B. Shaft

C. Dermal papilla

D. Arrector pili muscle



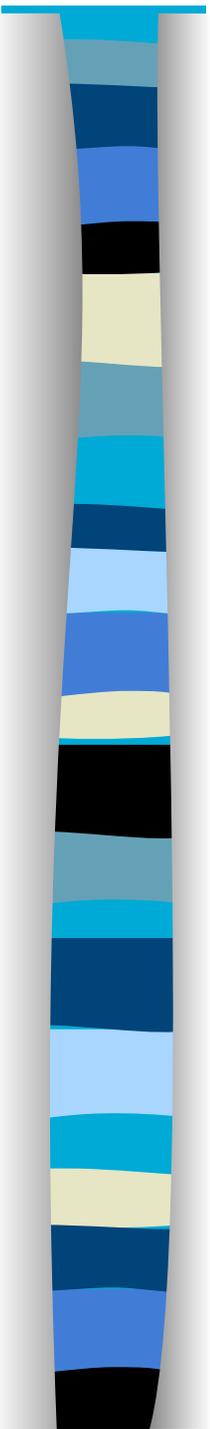
 D 82. The cisterna chyli receives lymph from all the following except one. Which one?

A. Intestinal trunk

B. Lumbar trunk

C. Leg

D. Subclavian vein



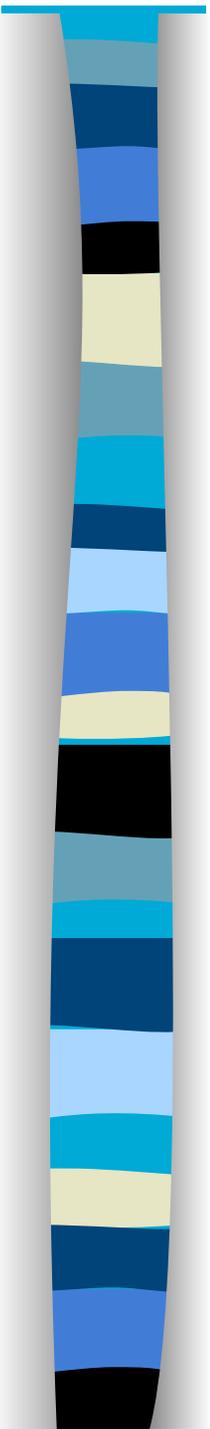
B 83. Which of the following cannot legally prescribe pharmaceutical medications to their patients?

A. Medical doctors (MD)

B. Physical therapists (PT)

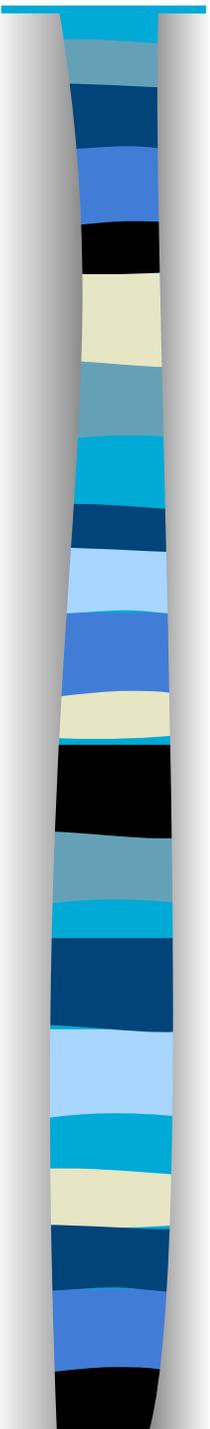
C. Physician's assistant (PA)

D. Nurse Practitioner (NP)



D 84. An attractive client has been receiving massage therapy from a massage professional on a weekly basis for three months. The client arrives for a regular appointment and the therapist greets the client by saying, “Hey, sexy, how are you?” What might this be considered?

- A. A joke between client and therapist
- B. A gross error in judgment
- C. A request for a deeper relationship
- D. Sexual impropriety or harassment**



D 85. Which massage techniques would be good to use on a client with neuralgia who would not tolerate effleurage?

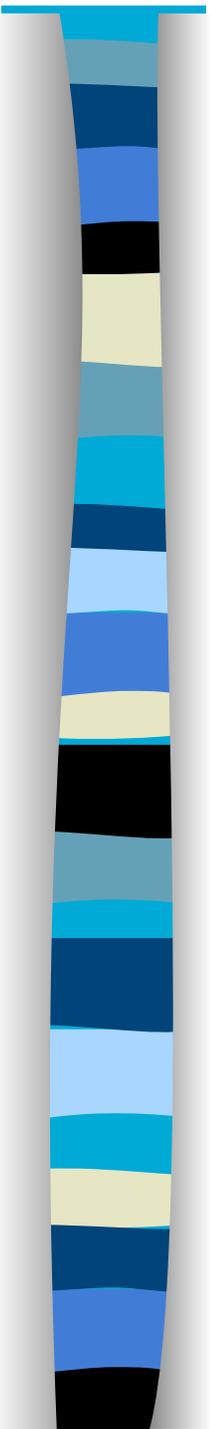
A. Deep friction and petrissage

B. Tapotement and wringing

C. Wringing and vibration

D. Vibration and tapping

Pathology



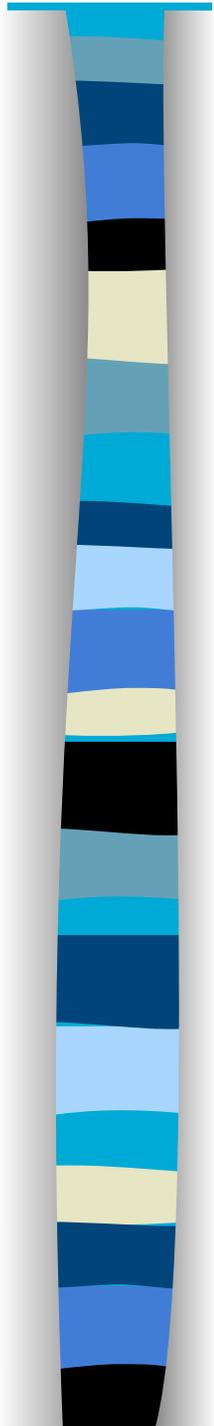
B 86. Which muscle flexes the elbow and assists to pronate and supinate the forearm?

A. Biceps brachii

B. Brachioradialis

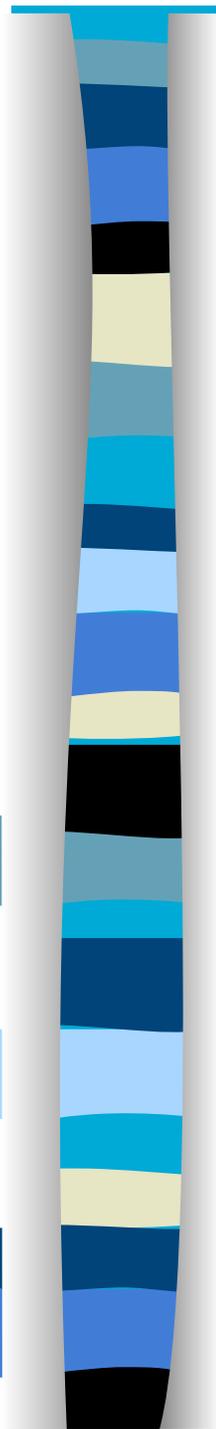
C. Triceps brachii

D. Supinator



D 87. What is the contractile unit of a muscle cell called?

- A. Sarcoplasm
- B. Sarcoplasmic reticulum
- C. Sarcolemma
- D. Sarcomere**



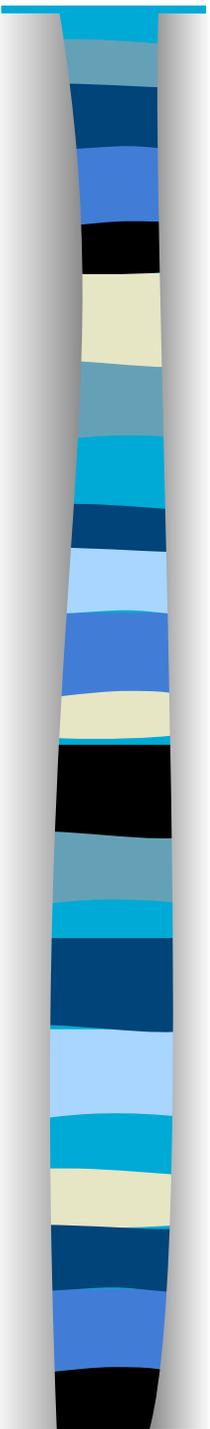
 A 88. What is the order of elements in a reflex arc?

A. Stimulus, receptor, afferent neuron, efferent neuron, and effector organ

B. Receptor, stimulus, afferent neuron, efferent neuron, and effector organ

C. Afferent neuron, receptor, stimulus, efferent neuron, and effector organ

D. Stimulus, receptor, efferent neuron, afferent neuron, and effector organ



 A 89. Which cleanses but does not kill all pathogens?

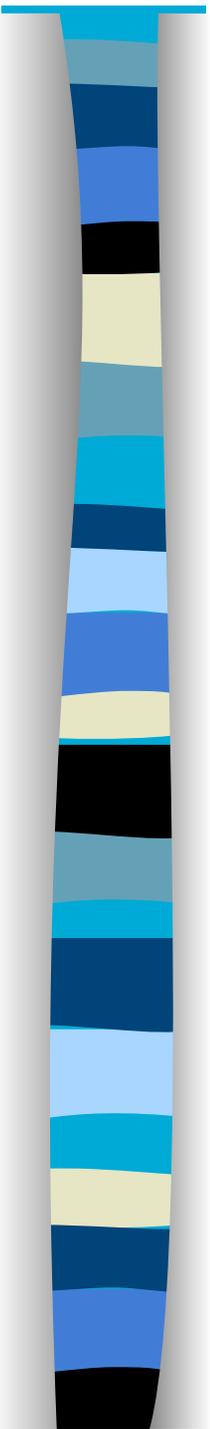
A. Disinfectant

B. Asepsis

C. Fumigant

D. Antiseptic

Pathology



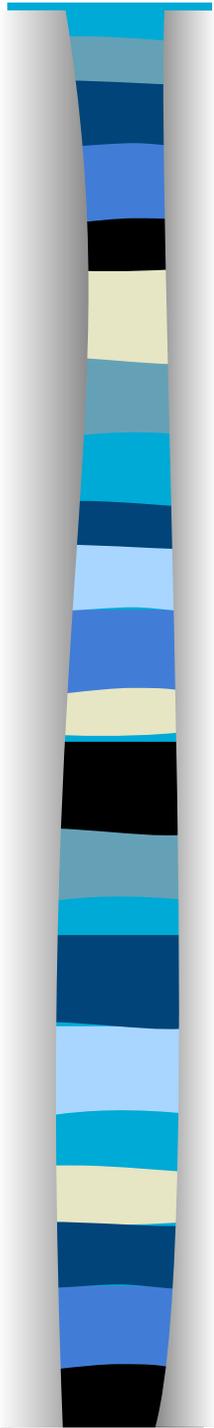
B 90. Which is not an indication of hyperthyroidism?

A. Irritability

B. Weight gain

C. Weight loss

D. Tremor



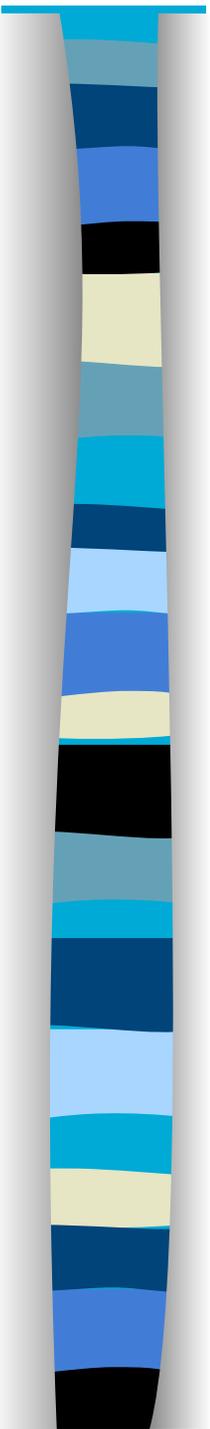
 A 91. Where are the ovaries located?

A. Lower abdomen, just medial to the ASIS

B. Low back, just lateral to the PSIS

C. Upper abdomen, just inferior to the xiphoid process

D. Lateral thorax, just inferior to the axilla



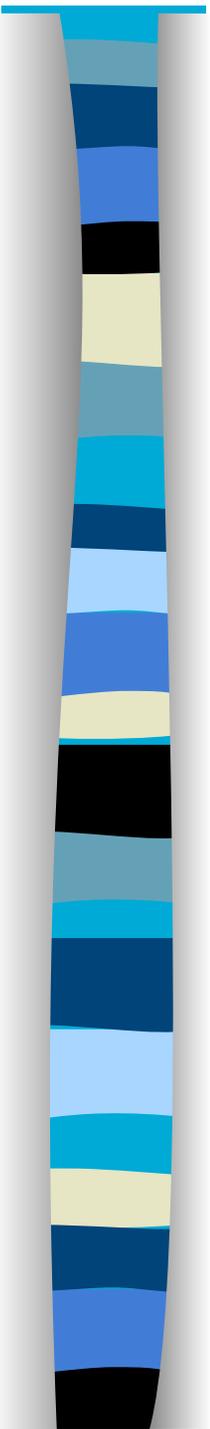
D 92. The ovaries produce what hormone?

A. Follicle stimulating hormone

B. Insulin

C. Growth hormone

D. Estrogen



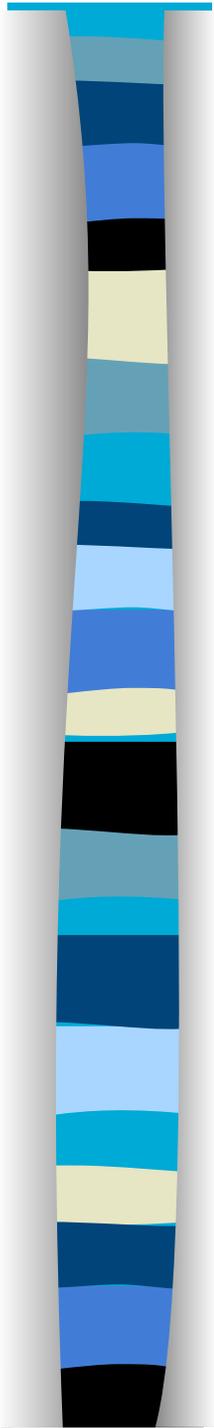
 A 93. Which tissue has cell membranes with one free surface or edge exposed to the body's exterior or to the cavity of an internal organ?

A. Epithelial tissue

B. Connective tissue

C. Nervous tissue

D. Muscle tissue



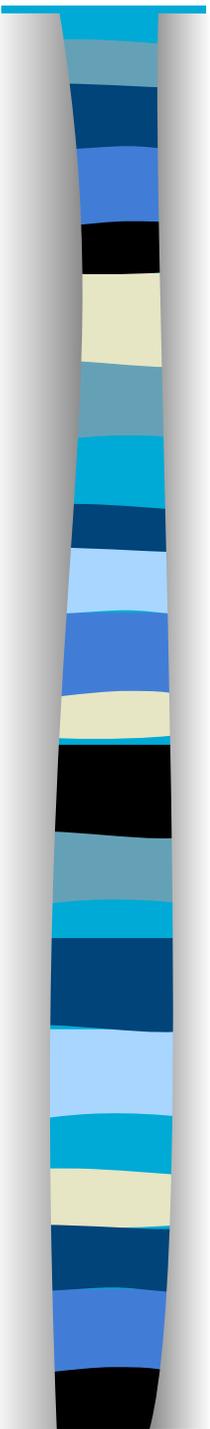
C 94. Which is NOT a type of connective tissue?

A. Blood

B. Cartilage

C. Epidermis

D. Bone



 B 95. Which substance is most present in hemoglobin?

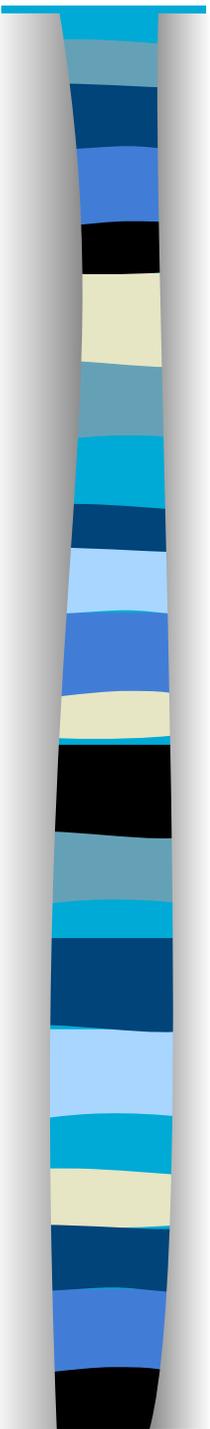
A. Sodium

B. O₂

C. Thiamine

D. CO₂

Note: Better wording for this question would be, “ Which substance is most likely to attach to hemoglobin in the bloodstream?”



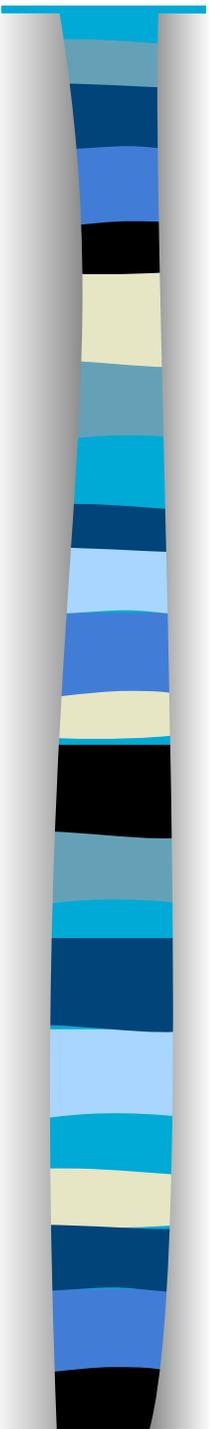
 B 96. Which gland is largely degenerated in elderly adults and replaced with fatty tissue?

A. Thyroid

B. Thymus

C. Pineal

D. Pituitary



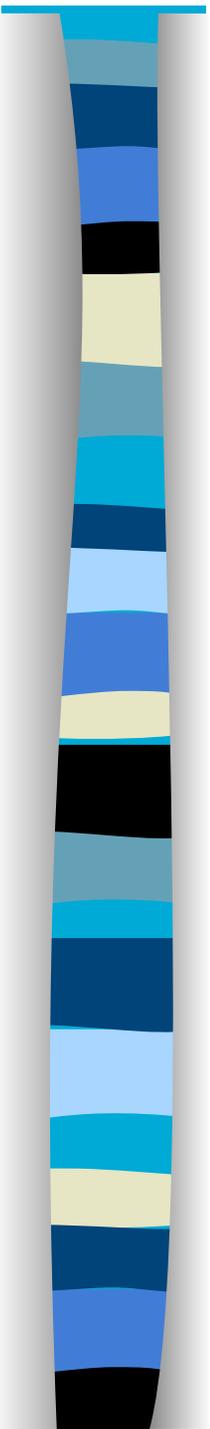
D 97. A client expresses feelings of connectedness with the massage therapist, which makes the therapist feel uncomfortable. What is this situation considered?

A. Dual roles

B. Informed consent issue

C. Violation of standard practice

D. A professional boundary issue



 B 98. What is the meaning of the suffix -oma?

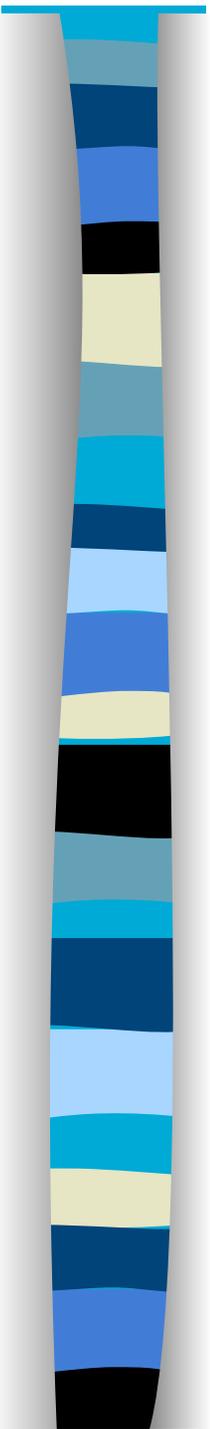
A. Cell

B. Tumor

C. Lack of

D. Pa

Pathology



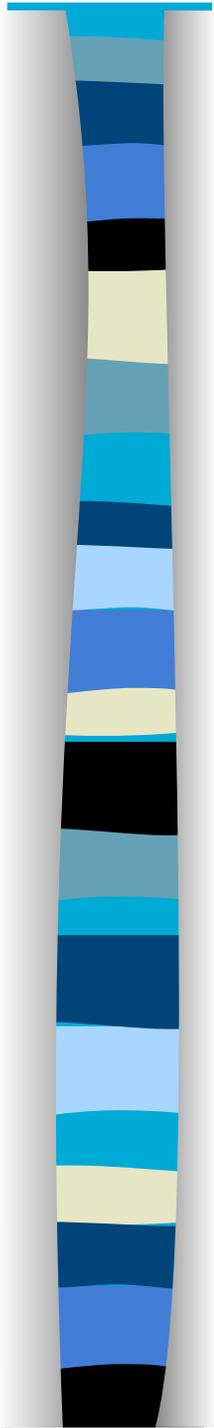
 B 99. During a sports event massage Mary would like to increase tone in the muscle, which technique would be the best choice?

A. Deep effleurage

B. Tapotement

C. Petrissage

D. Vibration



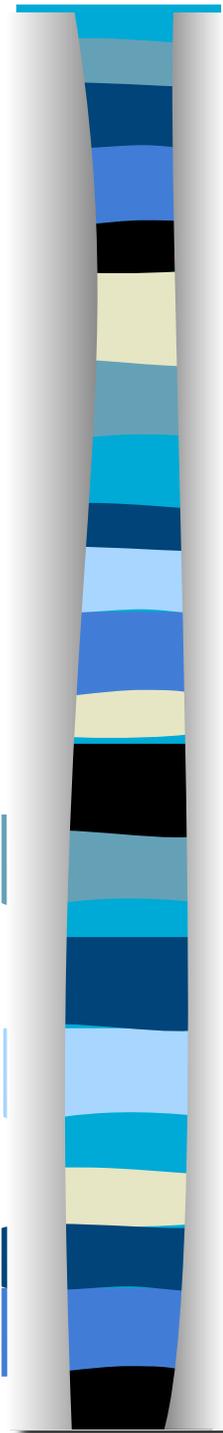
C 100. To which part of the scapula is the trapezius attached?

A. Superior angle

B. Inferior angle

C. Spine

D. Medial border



74a MBLEx Prep