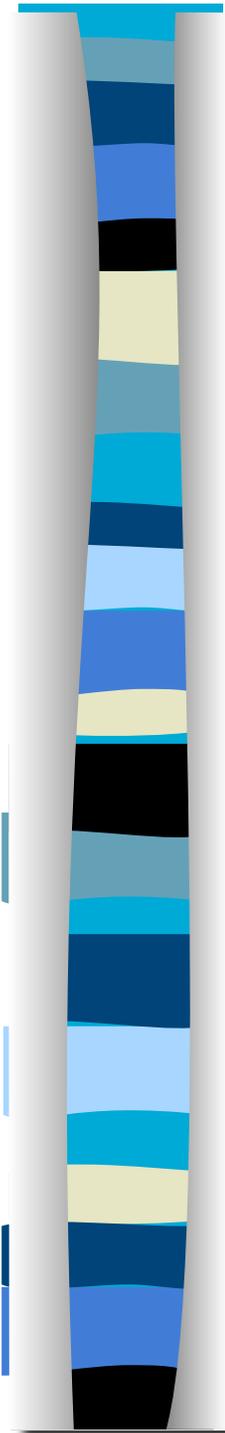
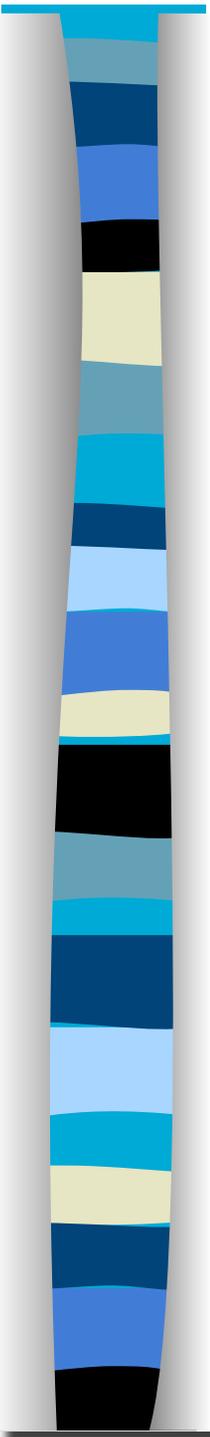


# 75a MBLEx Prep



# 75a MBLEx Prep

## Class Outline



5 minutes

Attendance, Breath of Arrival, and Reminders

10 minutes

Lecture:

25 minutes

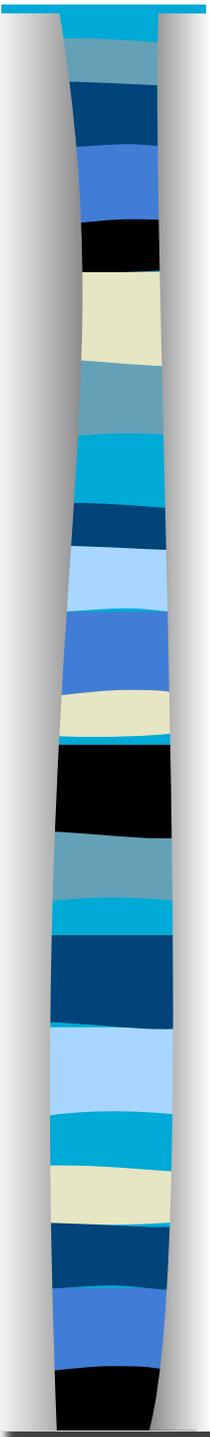
Lecture:

15 minutes

Active study skills:

60 minutes

Total



# 75a MBLEx Prep

## Class Outline

### Quizzes:

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

### Spot Checks:

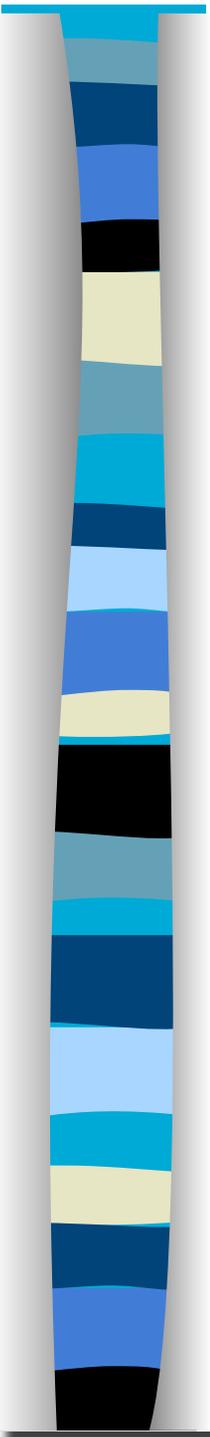
- 75b Orthopedic Massage: Spot Check – Piriformis and Sacroiliac
- 78b Orthopedic Massage: Spot Check – Low Back Pain

### Assignments:

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

### Preparation for upcoming classes:

- 76a Orthopedic Massage: Introduction – Low Back Pain
  - Trail Guide: quadratus lumborum, multifidi, and rotatores
  - Packet J: 65-68.
- 76b Orthopedic Massage: Technique Demo and Practice – Low Back Pain
  - Packet J: 69-76.



# Classroom Rules

**Punctuality** - everybody's time is precious

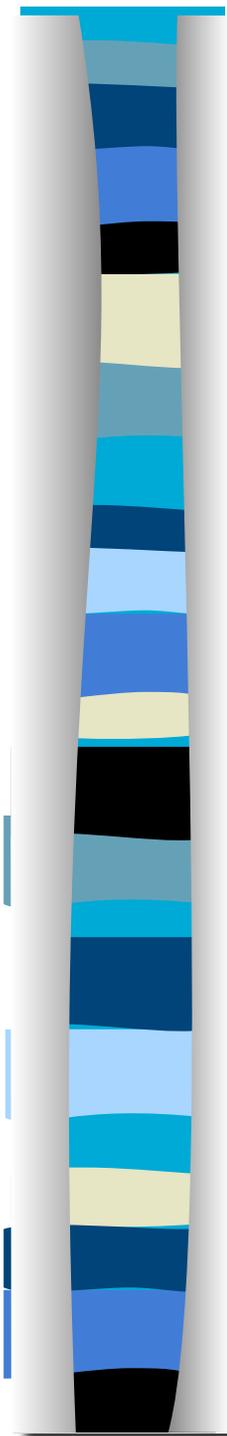
- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

**The following are not allowed:**

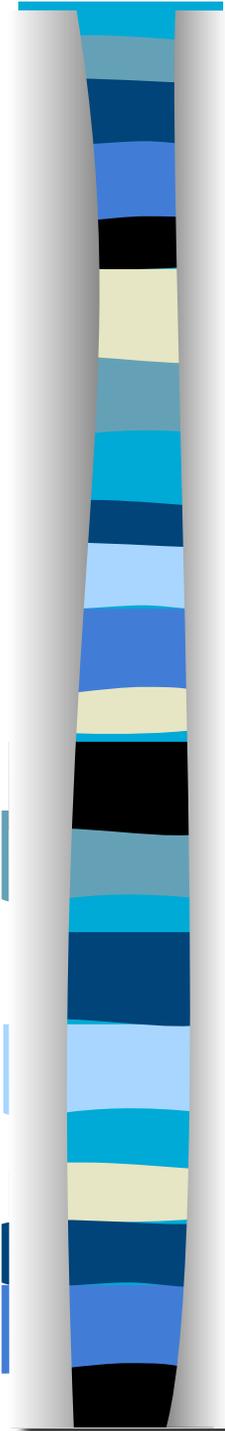
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

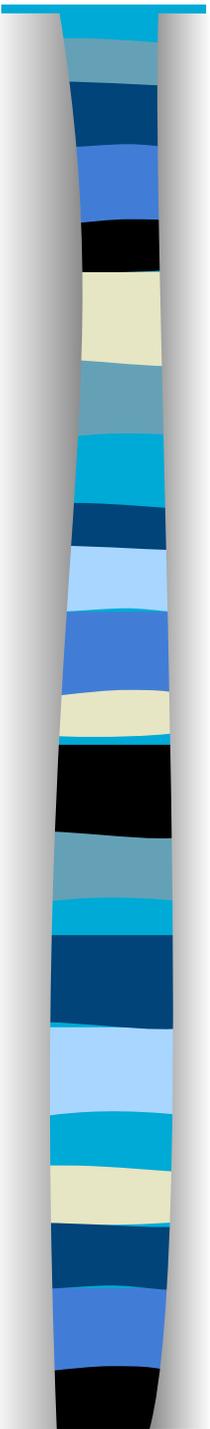
*You will receive one verbal warning, then you'll have to leave the room.*

# 75a MBLEx Prep



# Final Simulation MBLEx Exam Part 3





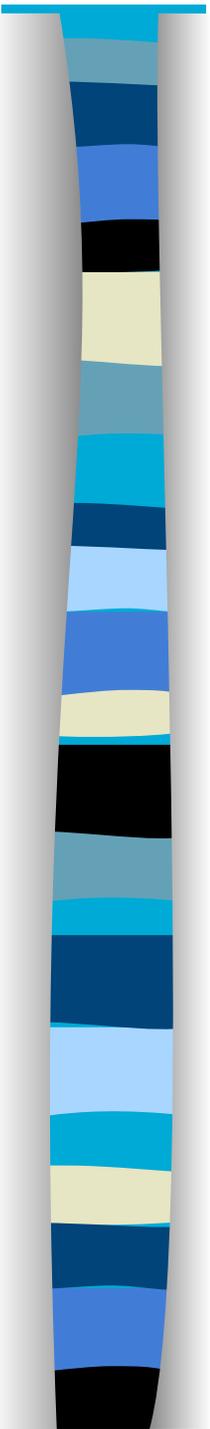
  **A**   1. Which type of massage approach tends to have a direct reflexive effect on the nervous system?

**A. Massage manipulations and techniques that stay within the skin and superficial layer of fascia**

B. Massage manipulations and techniques that engage underlying tissue

C. Massage manipulations and techniques that tend to stretch soft tissue

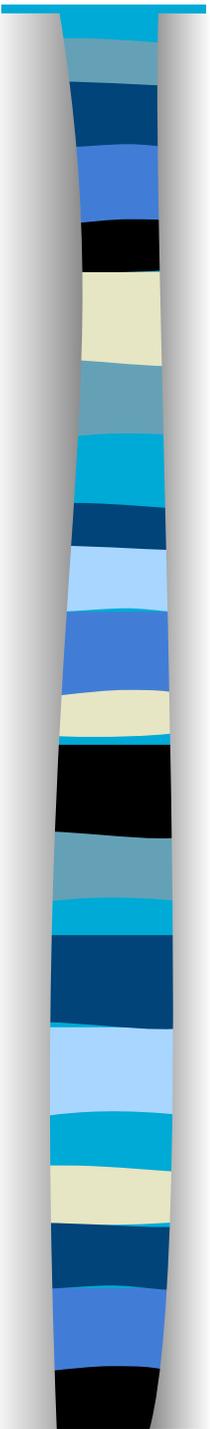
D. Deep muscle releases



  C   2. Which of the following is the nervous system subdivision that is composed of cranial nerves, the spinal nerves and ganglia?

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



A vertical stack of colored segments representing the diaphragm's muscle fibers and central tendon. The segments are arranged in a pattern that is wider at the top and bottom and narrower in the middle, forming a shape similar to a vertical oval or a stack of horizontal bands. The colors include various shades of blue, black, yellow, and grey.

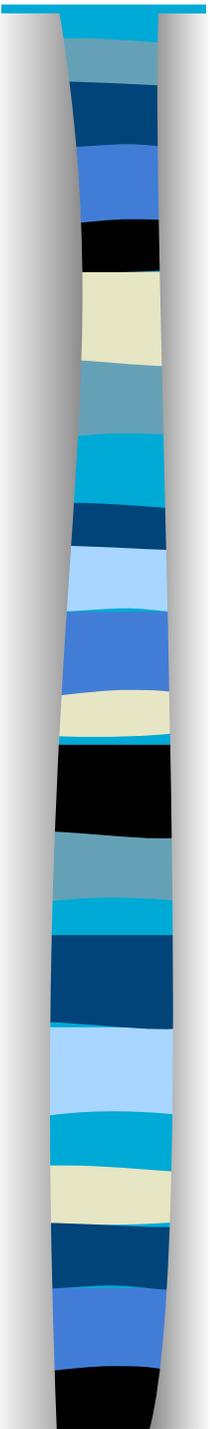
  A   4. What is created when the diaphragm's muscle fibers contract and pull the central tendon in inferior direction?

**A. Inspiration**

B. Expiration

C. Trunk extension

D. Trunk flexion



  A   5. Which statement is most ethically true?

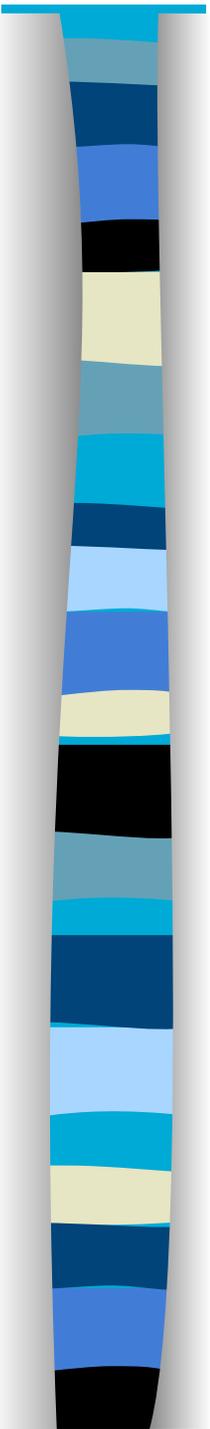
**A. Each bodywork session should be conducted with the sole objective of benefiting the client**

B. Each bodywork session should benefit both the client and the practitioner

C. The client's needs should be met in each bodywork session

D. The bodywork should only benefit the practitioner

Note: B seems to be the better answer to us.



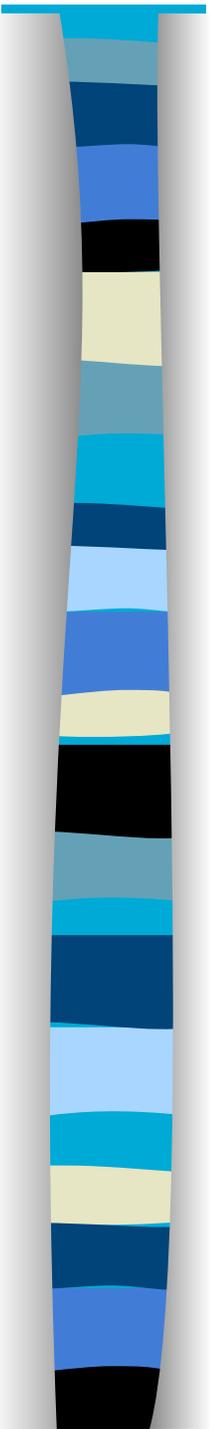
  A   6. What is the appropriate hand posture for the massage therapist when using vibration on a client?

**A. Keep wrist and finger joints stiff**

B. Flutter the tips of fingers

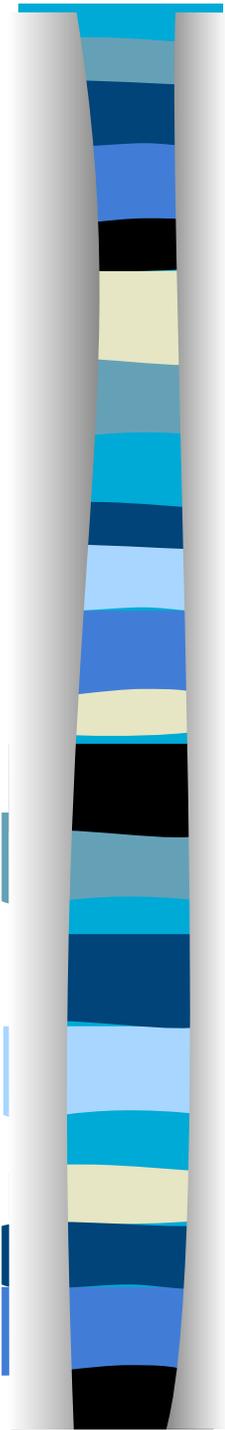
C. Use heavy pressure with the fingers

D. Stimulate the client by soft touch with the fingers



     **B** 7. 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



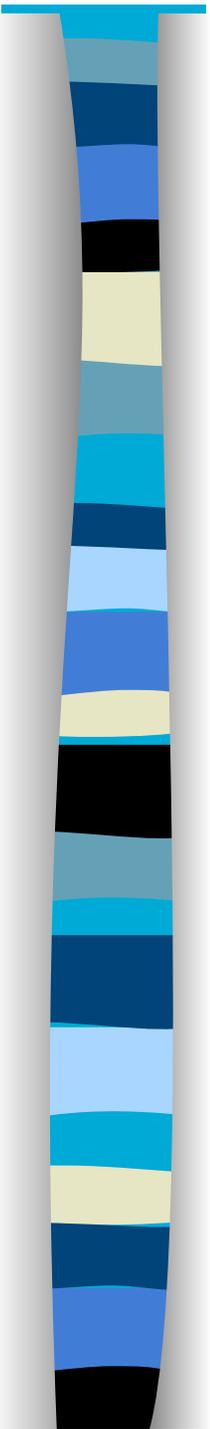
  D   8. How is sebum not secreted?

A. Via sebaceous glands

B. Via ducts

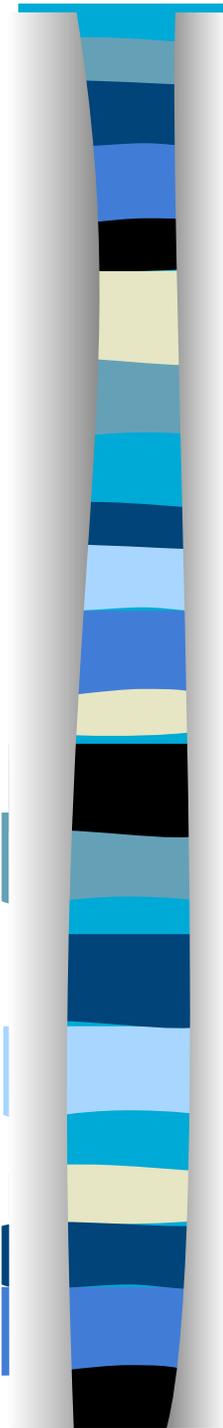
C. Onto the skin/hair

**D. Into the blood**



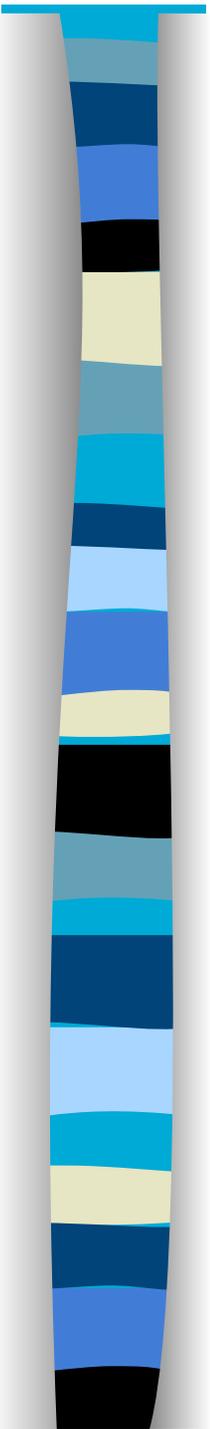
  **B**  9. Which are effective uses for steam in hydrotherapy treatments?

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



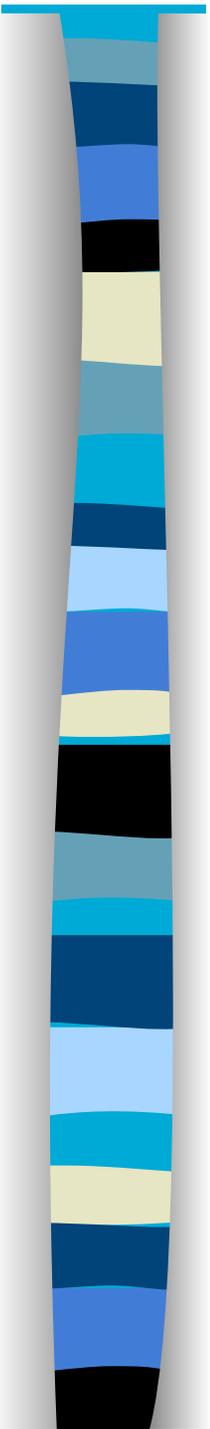
  **B**   10. Which statement is correct?

- A. While the ascending colon is intraperitoneal, the appendix is retroperitoneal
- B. While the appendix is intraperitoneal, the ascending colon is retroperitoneal**
- C. Both the appendix and the ascending colon are intraperitoneal
- D. Both the appendix and the ascending colon are retroperitoneal



  C   11. What is NOT considered misconduct for massage therapists?

- A. Diagnosing an ailment or condition
- B. Concealing a criminal conviction
- C. Working without a doctor's perscription**
- D. Immoral conduct



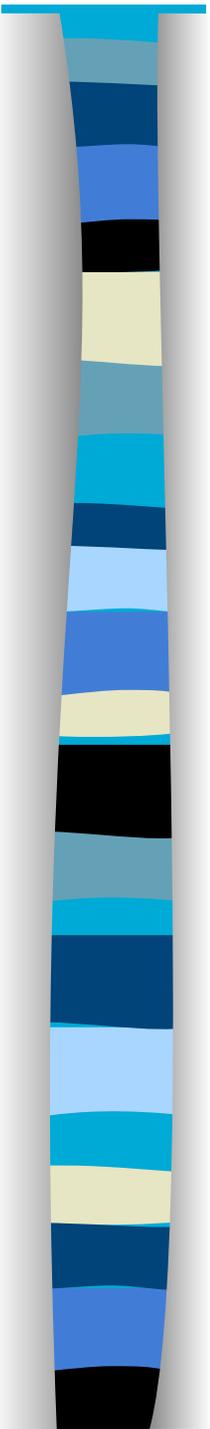
  **B**  12. Which glucocorticoid is essential to human life?

A. Hydrocortisone

**B. Cortisol**

C. Cytosol

D. Glucocortisone



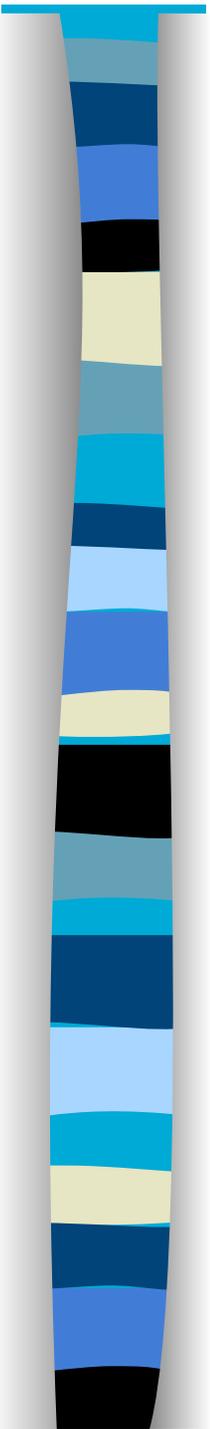
  **B**   13. What is it called when there is a protrusion of the stomach through the diaphragm into the mediastinum?

A. Inguinal hernia

**B. Hiatal hernia**

C. Diverticulitis

D. Gastric vacation



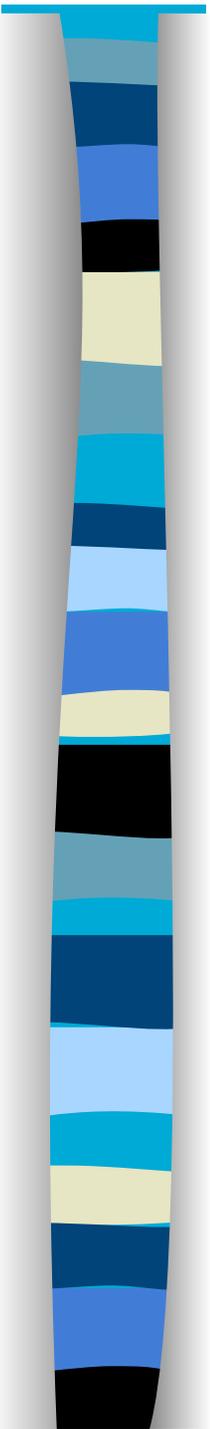
D 14. If a client presents with elevated shoulders which muscle would likely be short and hypertonic?

A. Pectoralis minor

B. Pectoralis major

C. Lower trapezius

**D. Levator scapula**



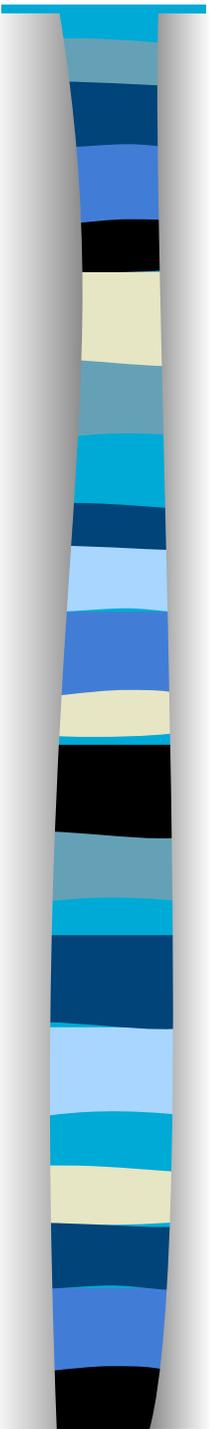
  D   15. What is the main cause of atherosclerosis?

A. Pulmonary edema

B. Phlebitis

C. Heart attack

**D. Cholesterol deposits on the inner surfaces of the arteries**



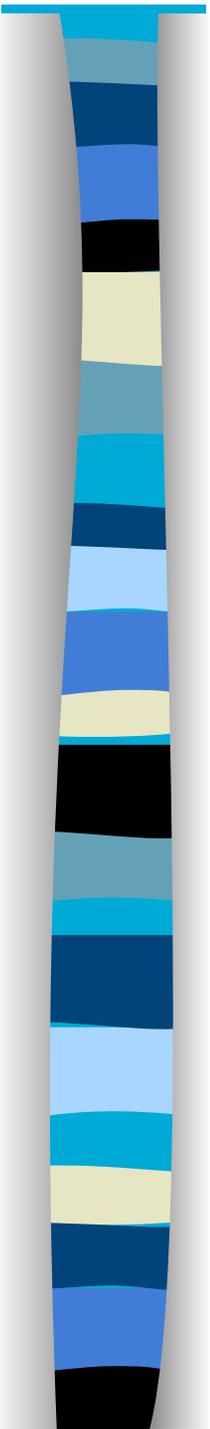
  D   16. Where can hemopoietic tissue not be found?

A. Spleen

B. Thymus

C. Tonsils

**D. Heart**



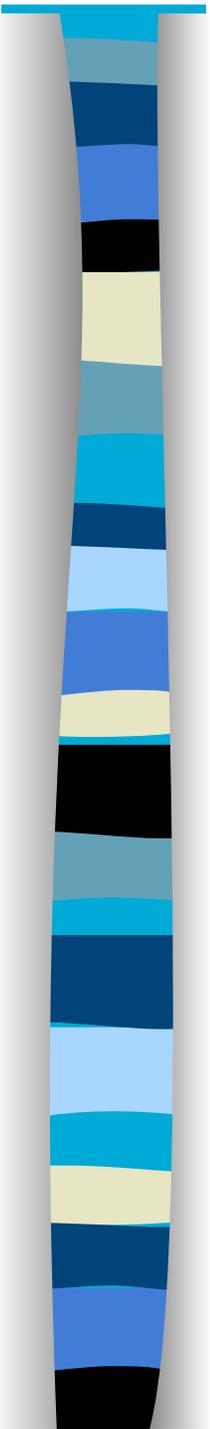
     **B** 17. Which is important for a massage professional to know when accommodating persons with chronic conditions, such as fibromyalgia and multiple sclerosis?

A. Massage should always be gentle and soothing with light pressure

**B. Gear the intensity of the massage session to the client's daily condition**

C. Using heat before massage will allow deep work without straining the body

D. Most people with chronic conditions will not benefit from massage therapy



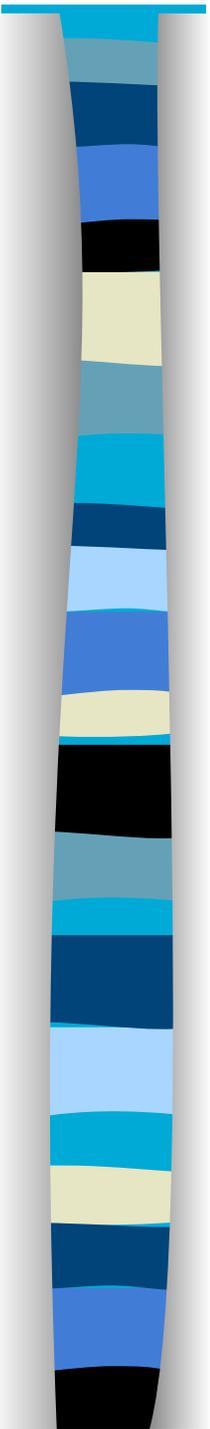
  **B**   18. Which structure is substantially longer in males than in females?

A. Bladder

**B. Urethra**

C. Ureter

D. Kidney



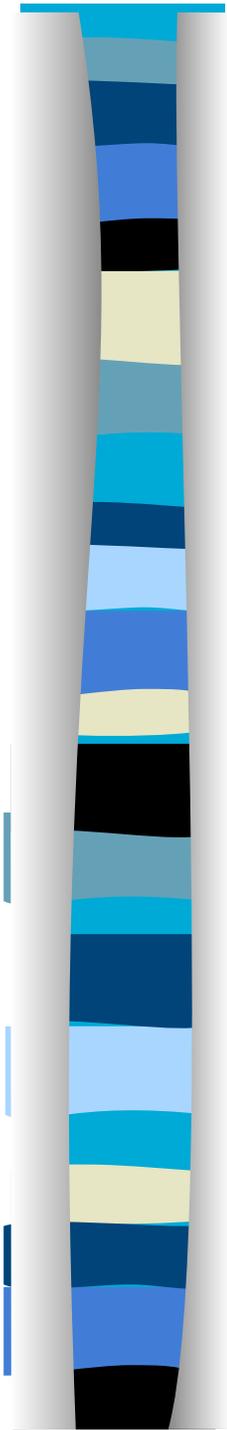
  C  19. Give an example of an amphiarthrosis joint

A. Hip joint

B. Atlanto-occipital

**C. Pubic symphysis**

D. Knee joint



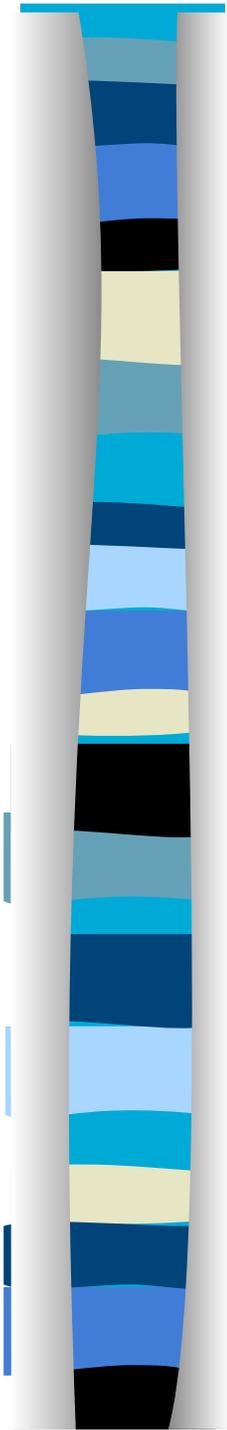
  A   20. When the diaphragm contracts, which way does it move?

**A. Inferior**

B. Superior

C. Lateral

D. Medial

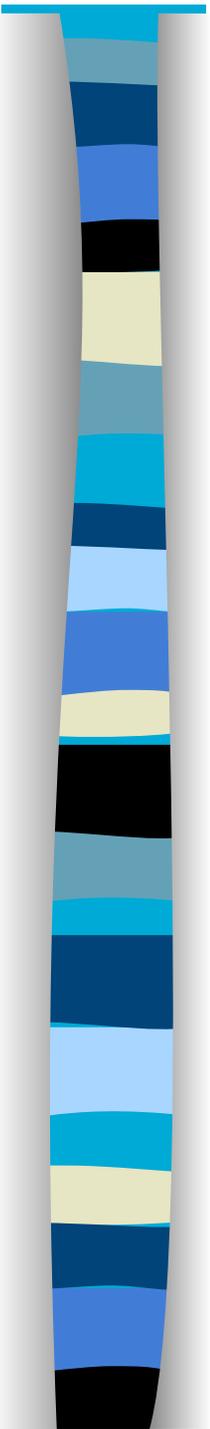


  A   21. What part of the sperm contains DNA?

A. Head

B. Body

C. Tail



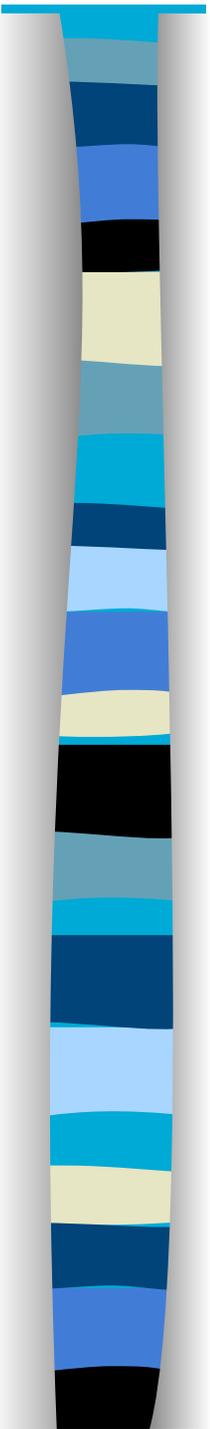
  A   22. Which of the following conditions is present when there is ulnar nerve injury that causes an inability to flex the fingers fully?

**A. Flaccid paralysis**

B. Spastic paralysis

C. Rigidity

D. Spasm



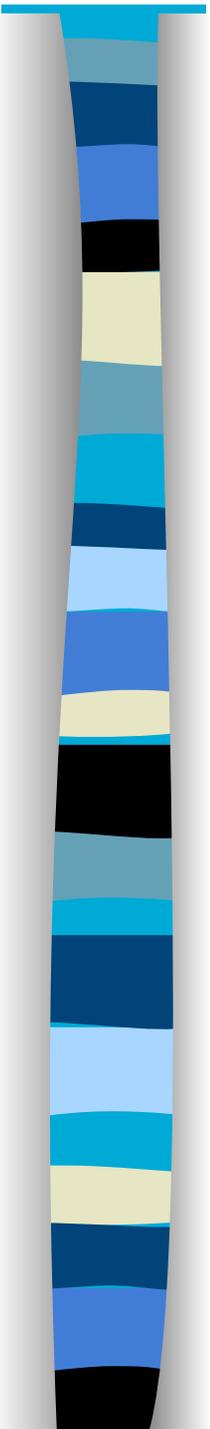
    C     23. A 50-year-old obese man informs the massage therapist that his right ankle is painfully swollen, and has been so for several weeks. What should the therapist do?

A. Perform passive range of motion on the ankle to reduce pain and increase mobility

B. Effleurage proximal to the swelling

**C. Request that the client see his doctor for a diagnosis prior to receiving massage**

D. Effleurage distal to the swelling



  D   24. Which of the following are signs of sympathetic nervous system activity?

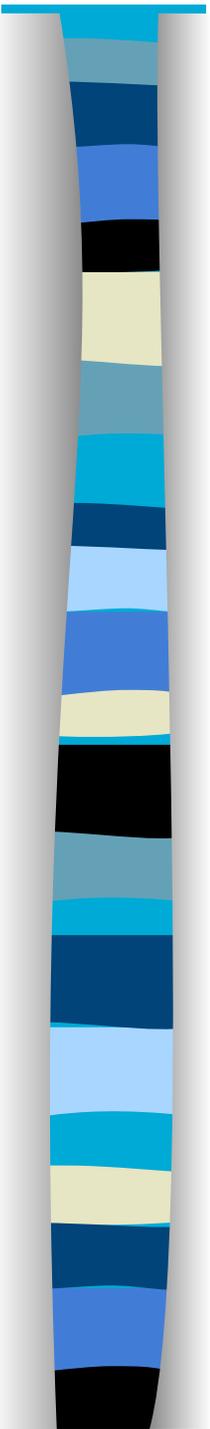
A. Dry mouth

B. Cold, sweaty skin

C. Faster heartbeat

**D. Biking**

Note: Bad question. Should be “Which of the following are **not** signs . . .”



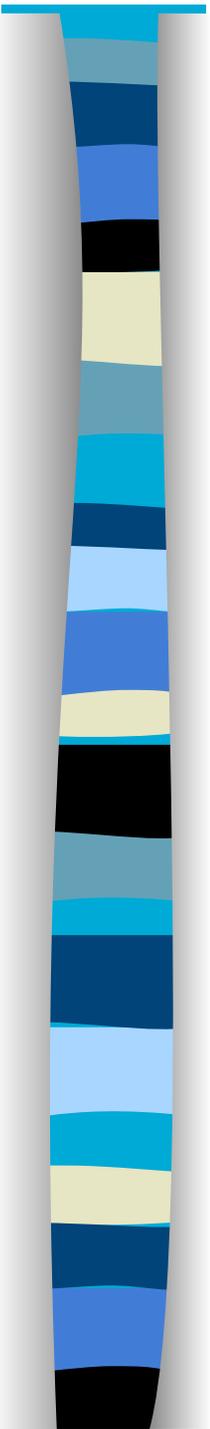
  A   25. What are three main functions of the muscular system?

**A. Produce movement, maintain posture, and heat production**

B. Protection, temperature regulation, and sense organ activity

C. Control of body function, integration of body functions, and communication between body functions

D. Posture, temperature regulation and sense of organ activity



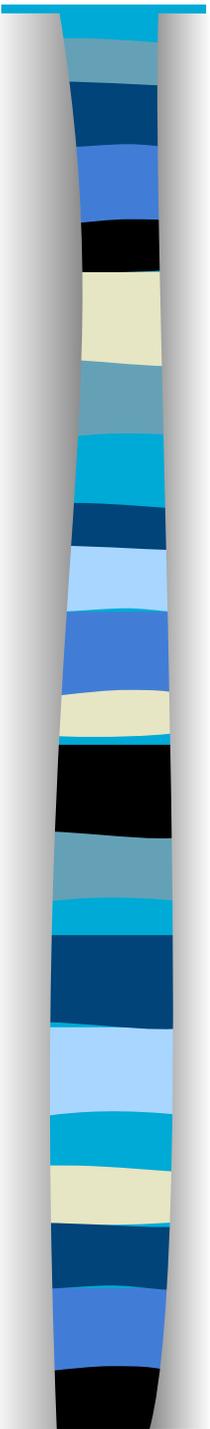
  **A**   26. Which action makes the joint ankle decrease?

**A. Flexion**

B. Extension

C. Adduction

D. Abduction



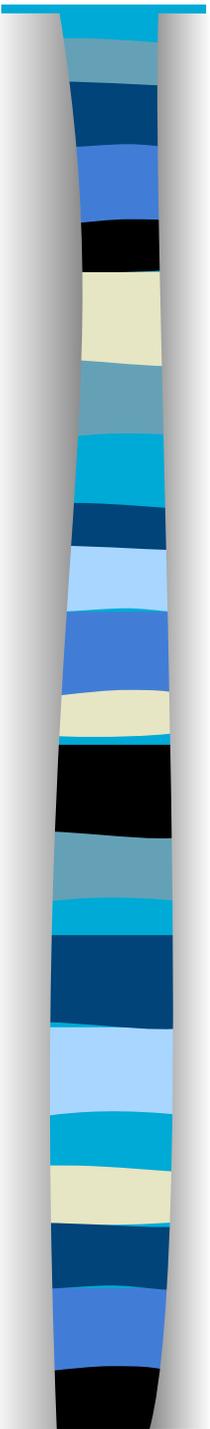
  A   27. Which muscles' tendons form the achilles tendon?

**A. Gastrocnemius and soleus**

B. Rectus femoris and Biceps femoris

C. Soleus and Semitendinosus

D. Quadratus lumborum and erector spinae



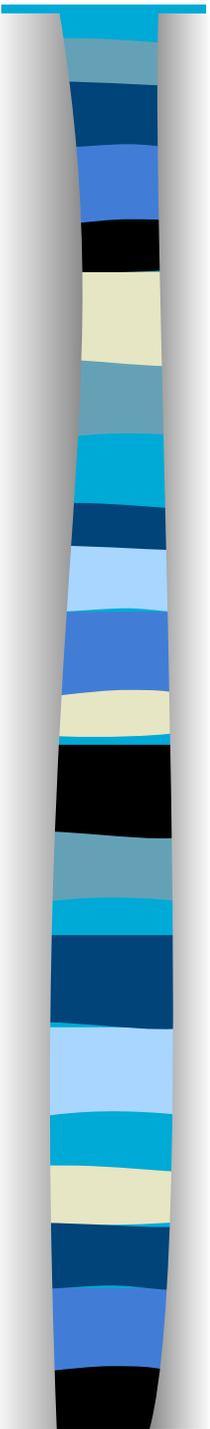
  **B**   28. Tapotement should not be performed over what areas?

A. Large muscle groups

**B. Jointed areas**

C. The bottom of the feet

D. The back



    A     29. What is the reason that a therapist might feel uncomfortable if a client offers a hug after a massage?

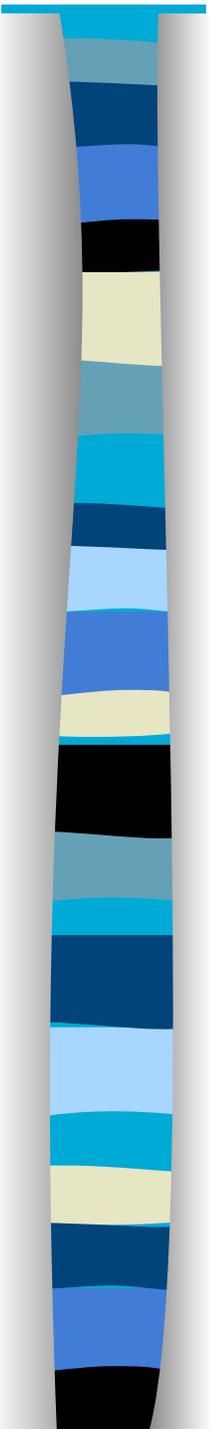
**A. It may be considered a violation of personal boundaries**

B. It may be considered unethical to receive it

C. It may be construed as sexual misconduct

D. It is an obvious case of transference

Note: A, B, and C could all be correct answers. D is incorrect.



    A     30. If a client is taking anticoagulants for after a knee replacement which type of massage would be contraindicated?

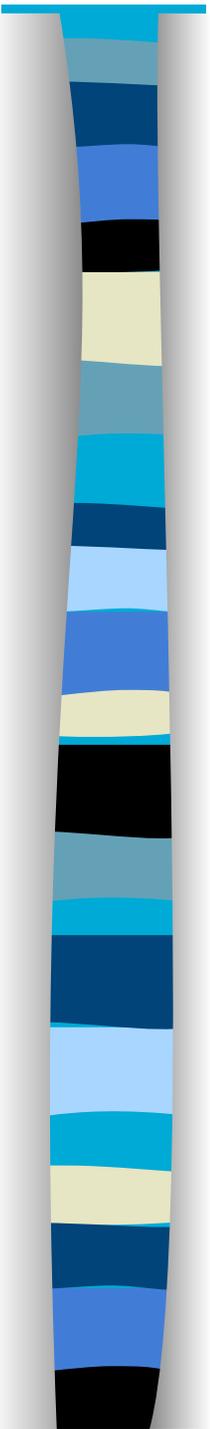
**A. Deep tissue massage**

B. Relaxation massage

C. Energy work

D. Reflexology

Pathology



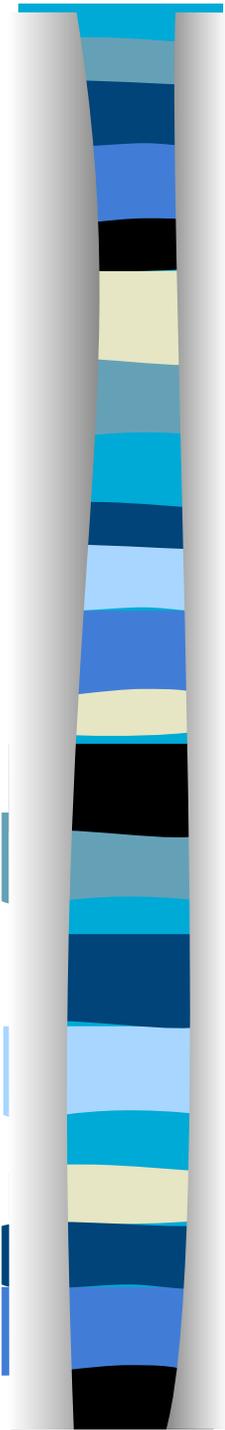
  A   31. When a person has immunity to a disease, what does he/she have that is specific?

**A. Antibodies**

B. Muscle tone

C. Bacteria

D. Belief system



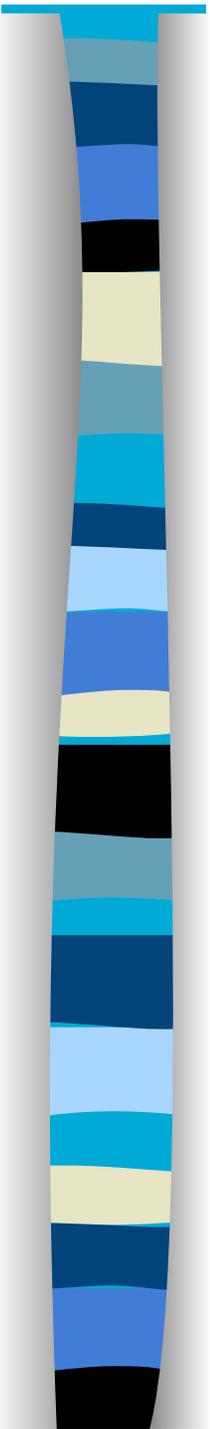
  D   32. Which of the following is not associated with hair follicles?

A. Arrector pili muscles

B. Dermal papillae

C. Sebaceous glands

**D. Lipoma**



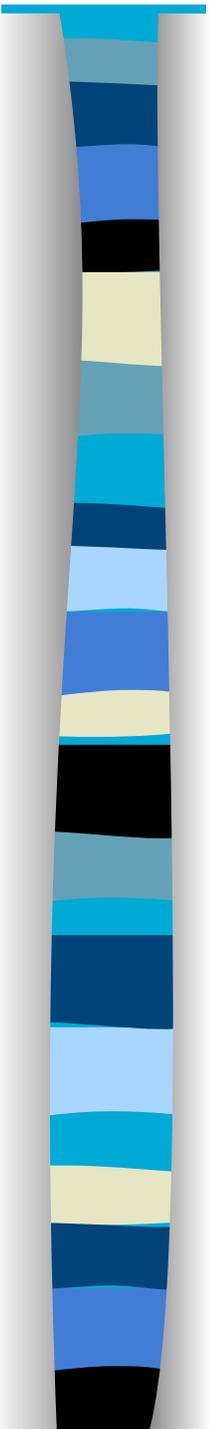
  C   33. What application(s) is/are used for acute bursitis?

A. Massage lotion

B. Hot Stone

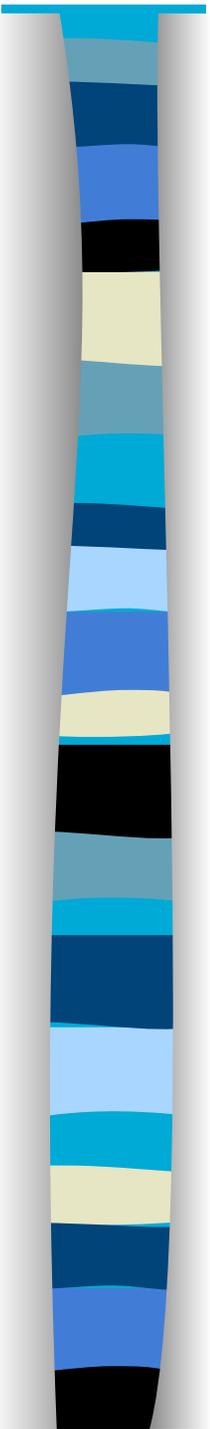
**C. Cold and ice packs**

D. Hot pack



  C   34. A client comes in with a bruise on the bottom of his/her foot. How would a massage therapist describe the location of the bruise?

- A. The bruise is located on the dorsal aspect of the foot
- B. The bruise is located in the lateral aspect of the foot
- C. The bruise is located on the plantar aspect of the foot**
- D. The bruise is located on the top portion of the foot



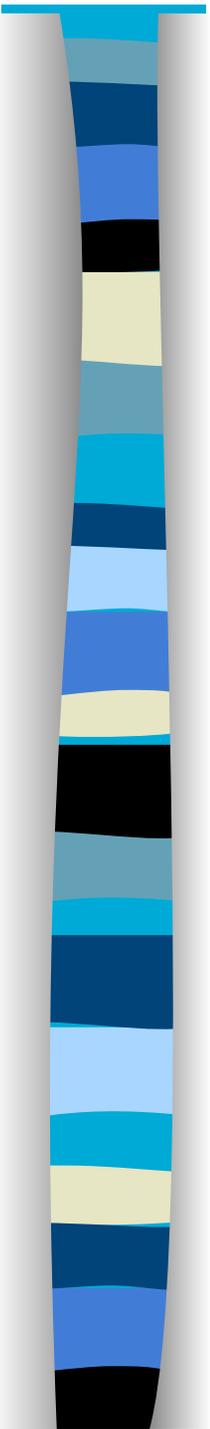
  D   35. How much of cash payments need to be reported to the IRS?

A. The amount is determined by the owner of the massage establishment

B. Cash payments do not need to be reported

C. 50% of cash payments must be reported

**D. 100% of cash payments must be reported**



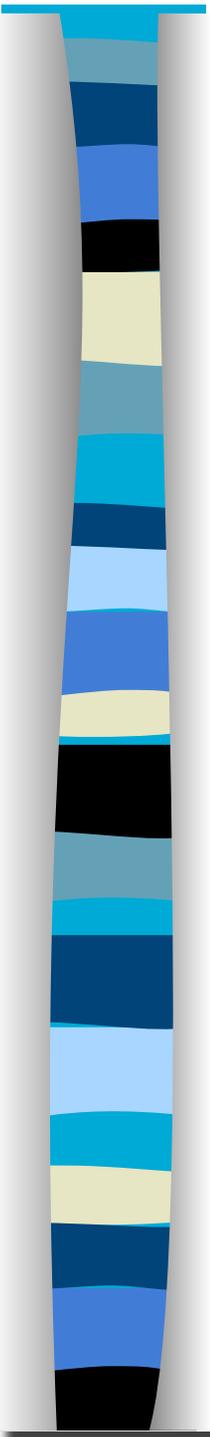
  D   36. By which part of the body is cortisol secreted?

A. Adrenal medulla

B. Thymus

C. Pancreas

**D. Adrenal cortex**



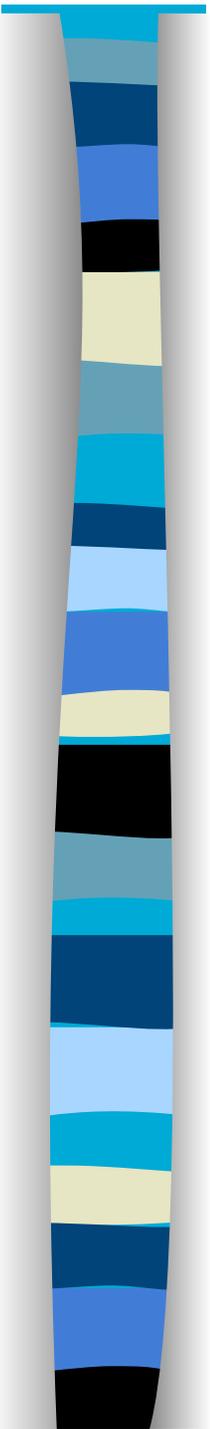
  **A**   37. What is the purpose of draping?

**A. To keep the client warm and preserve the client's modesty**

B. To keep the client cool

C. To protect the therapist from allegations of abuse

D. To make the therapist feel more comfortable



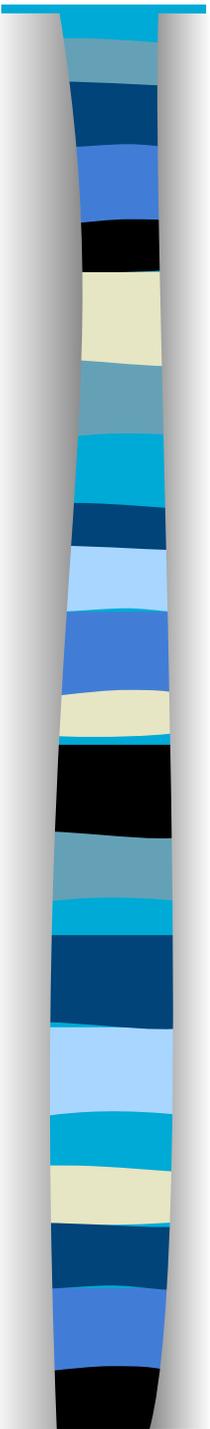
  A   38. Where is the pyloric sphincter located?

**A. Between the stomach and duodenum**

B. At the proximal end of the urethra

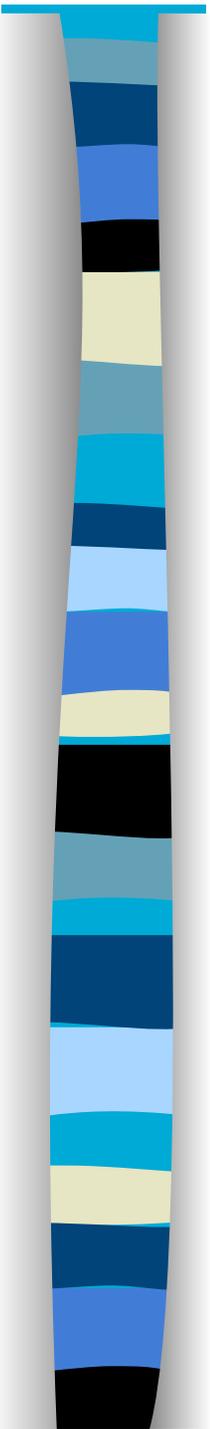
C. Within the pyloric valve

D. Between the stomach and colon



    D     39. Which of the following is not important aspect of assessment?

- A. Indicates tissues that are most likely involved
- B. Directs choice of most appropriate treatment
- C. Determines if condition falls within practitioner's scope of practice
- D. The ethnic background of the client**



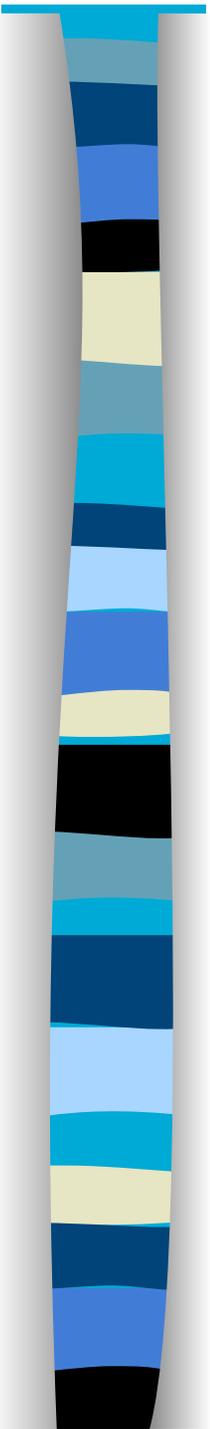
  **B**   40. What is it about red blood cells that allows them to fit through tight capillary passages?

A. Iron content

**B. Biconcave shape**

C. Property deformity

D. Hemoglobin



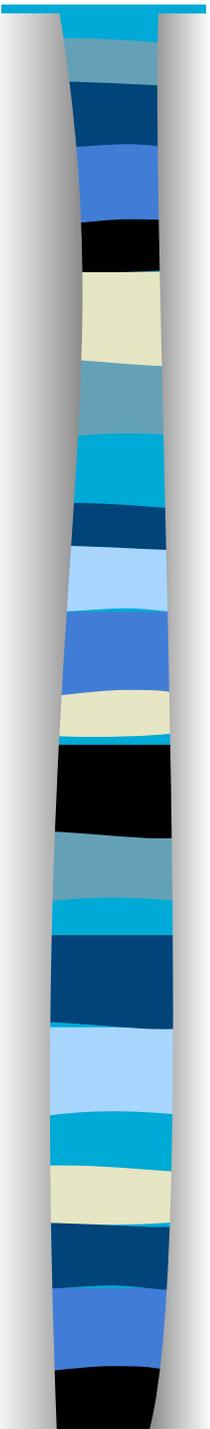
  C   41. What type of tissue forms serous membranes?

A. Adipose

B. Dense fibrous

**C. Epithelial**

D. Muscle



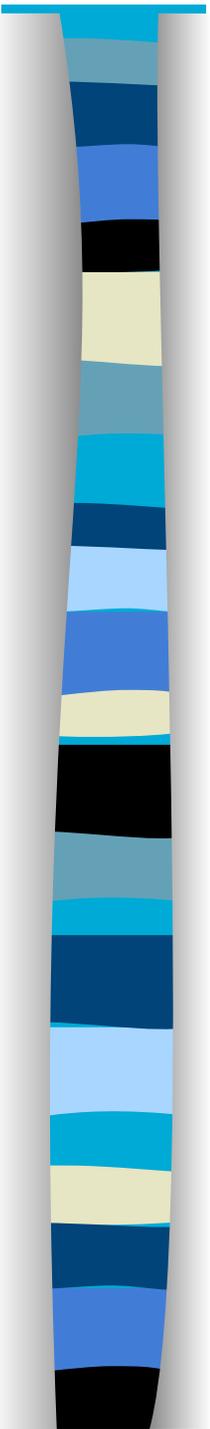
  A   42. According to historical records, who was one of the first to specifically describe the medical benefits of anointing and massage?

**A. Hippocrates**

B. Dr. Johann Mezger

C. Per Henrik Ling

D. John Harvey Kellogg



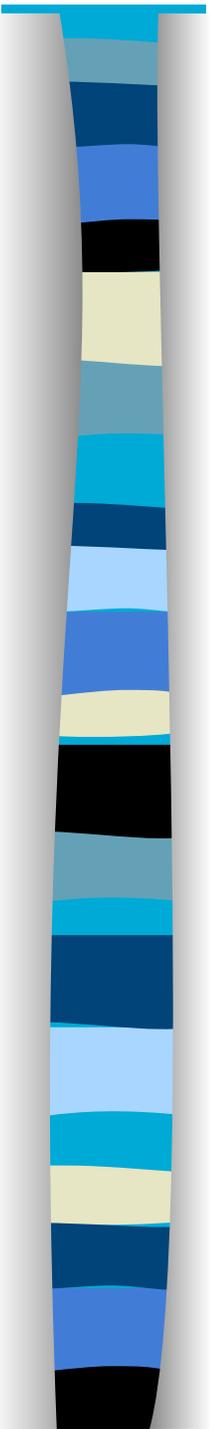
    A     43. Which of the following effects does massage have on the digestive system?

**A. Relieves constipation**

B. Decreased the digestive process

C. Increases constipation

D. Exacerbates diarrhea



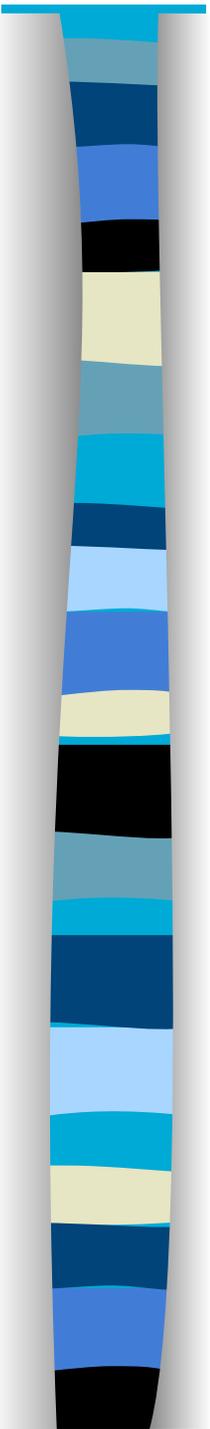
     **B** 44. Which touch modality was developed by Dr. Randolph Stone and is a synthesis of western medicine and eastern wisdom practices that is based upon attraction, repulsion and neutrality, the 3 universal principles of energy?

A. Shiatsu

**B. Tui na**

C. Reiki

D. Polarity therapy



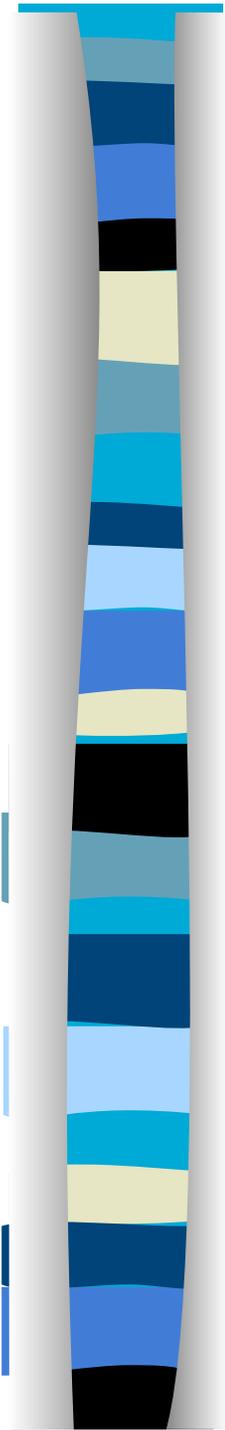
  D   45. Ultimately, energy for ATP synthesis comes from where?

A. Exercise

B. Breathing

C. Proper rest

**D. Break down of foods**



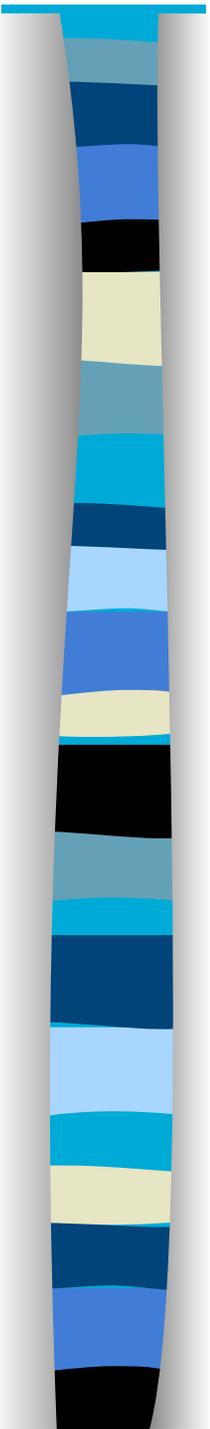
  C   46. What percentage of blood is made up of plasma?

A. 25%

B. 45%

**C. 55%**

D. 0%



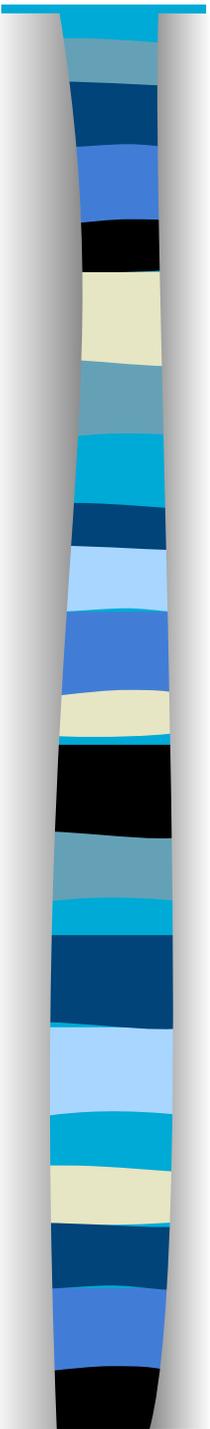
  B   47. Which of the following is used to determine a client's chief complaint?

A. The session length

**B. Exacerbating factors and duration**

C. Diagnosis

D. The client's profession



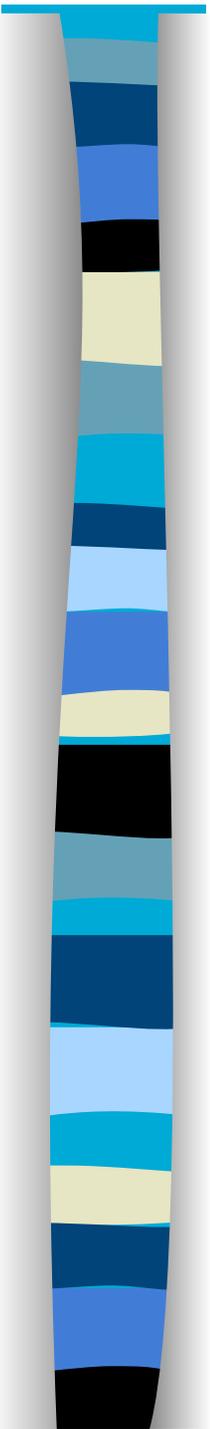
  D   48. What nutrient is needed in the contraction of muscle?

A. Amino acids

B. Cholesterol

C. Fatty acids

**D. Glucose**



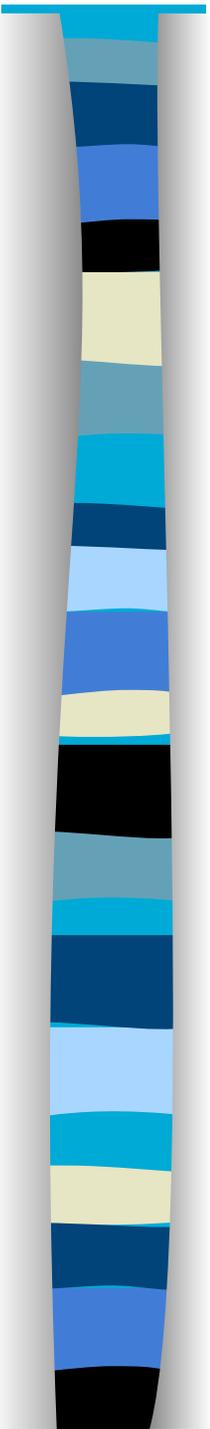
  D   49. Which would not be important for the massage therapist to develop draping skills?

A. It is more professional and less invasive to undrape an area to be massaged than to slide hands under the draping materials

B. Skillful draping provides privacy and a sense of security for the client

C. It provides warmth given that body temperature tends to drop during a massage treatment

**D. Color of a sheet**



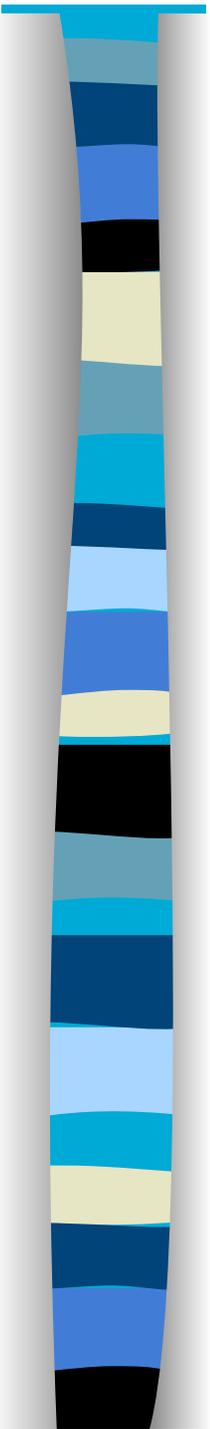
  D   50. Which body structure produces and secretes adrenaline?

A. Adrenal cortex

B. Medulla oblongata

C. Adrenal cornea

**D. Adrenal medulla**



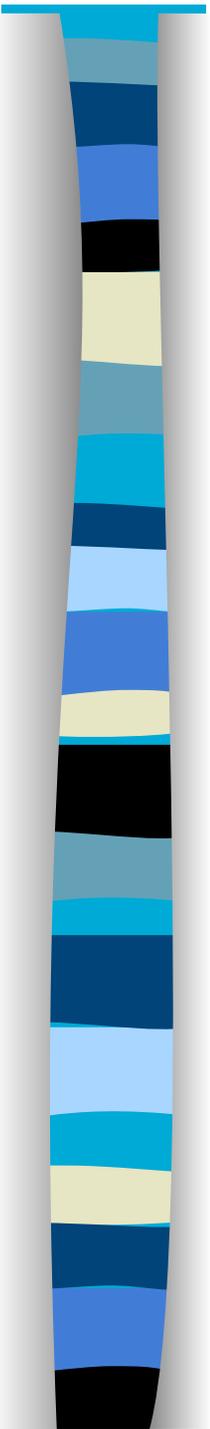
     **B** 51. A massage therapist has been working with a client for several sessions. After reevaluation the therapist concludes that the client has not displayed significant change or benefit from treatment. Which action should the massage therapist take?

A. Continue scheduling as usual

**B. Refer to another practitioner**

C. Tell the client “what is wrong with you is all in your head”

D. Increase the number and change the course of treatments



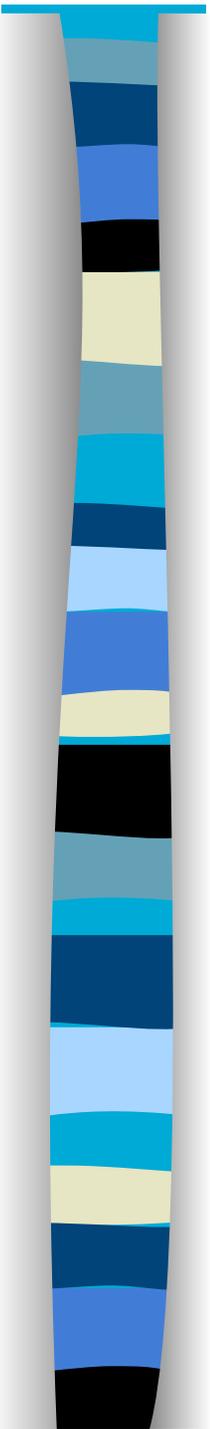
  **B**   52. The abdomen is divided into nine areas. What is the location of the hypogastric area?

A. Central area

**B. Central area just above pubis**

C. Central area just below ribs

D. Top left area



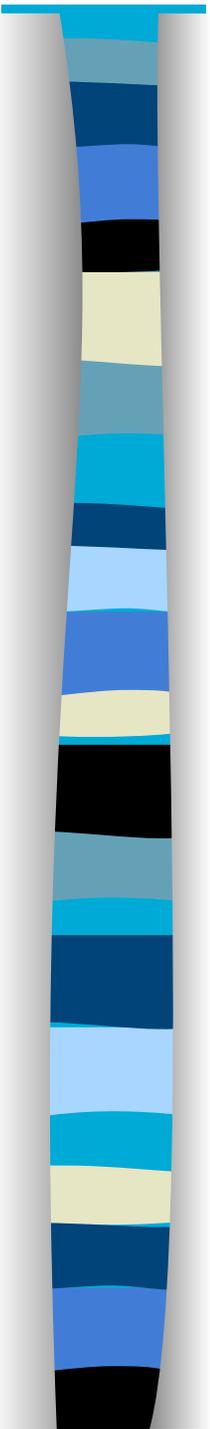
    **B**    53. Which of the following are physiological responses to hydrotherapy?

A. Lymphatic drainage

**B. Vasodilation and vasoconstriction**

C. Thickening of blood

D. Thinning of blood



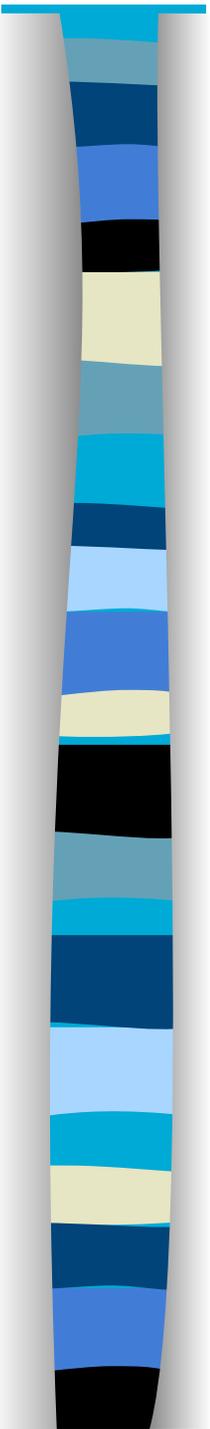
  **B**   54. What defines an arrector pili muscles?

A. Associated with every sweat gland

**B. Causes hair to stand up straight**

C. Enables hair to be stretched when wet

D. Provides new cells for hair growth



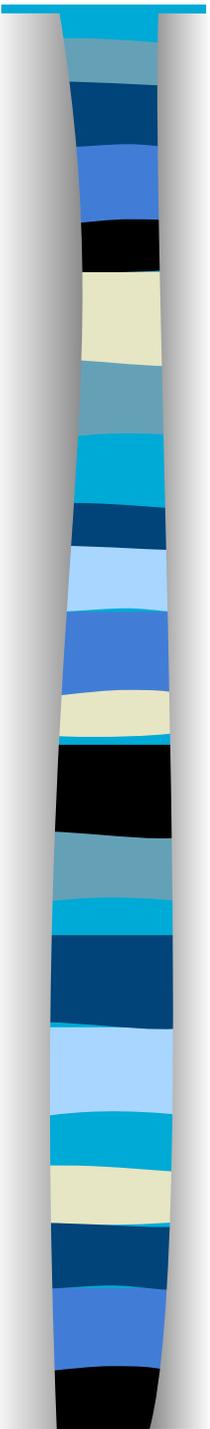
  **B**   55. Which of the following body parts drain lymph into the inguinal nodes?

A. Arms

**B. Legs**

C. Shoulders

D. Chest



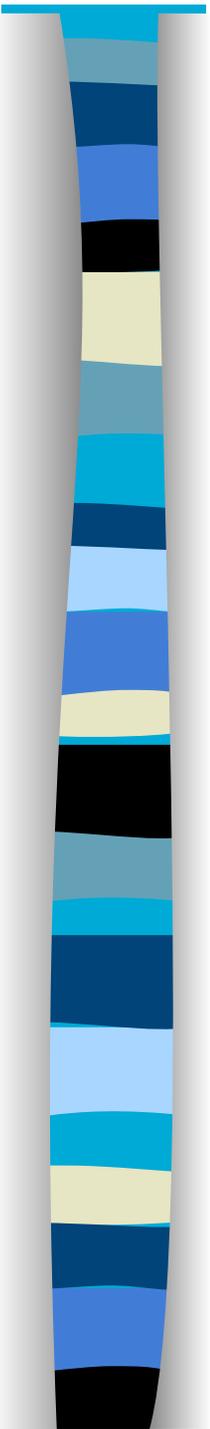
  **B**   56. What is the name for an unavoidable and undesirable reaction to a drug?

A. Physiologic effect

**B. Side effect**

C. Therapeutic effect

D. Anatomic effect



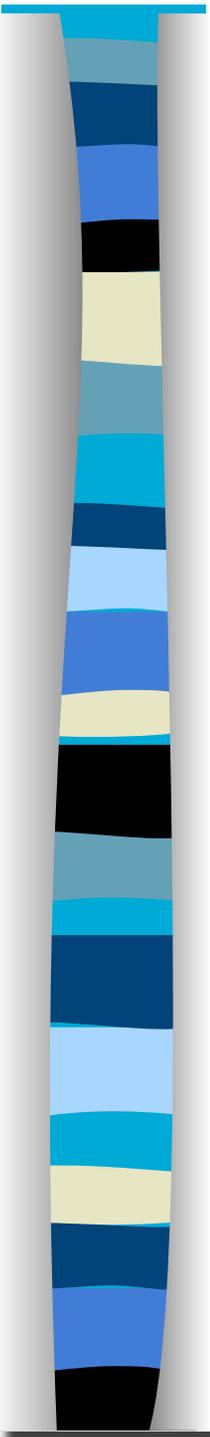
    **B**     57. When is it OK for a therapist who is suffering through a difficult personal situation to share his or her situation with a client?

A. If the client asks how he or she is doing

**B. Never**

C. Only if the client is a long-term one

D. If the client is a mental health professional

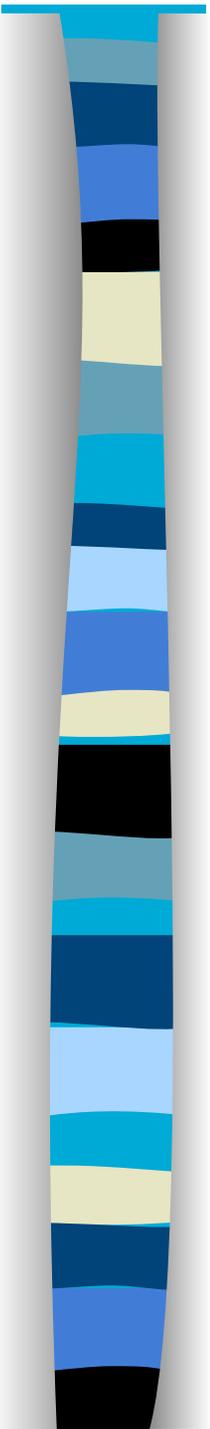


  A   58. What is the best procedure for choosing music during a massage treatment?

**A. Ask the client for his or her preference including no music at all**

B. Play soft, relaxing music to stimulate the parasympathetic nervous system

C. Play music that will stimulate the therapist to stay energized and focused



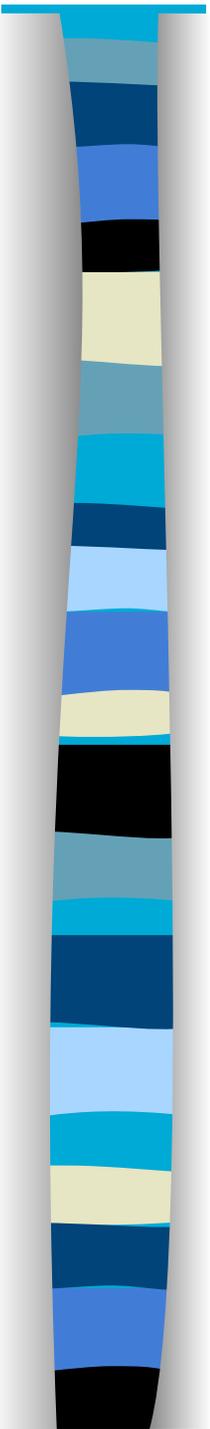
    C     59. Which muscle is attached at the lateral supracondylar ridge of the humerus?

A. Brachialis

B. Biceps brachii

**C. Brachioradialis**

D. Pronator teres



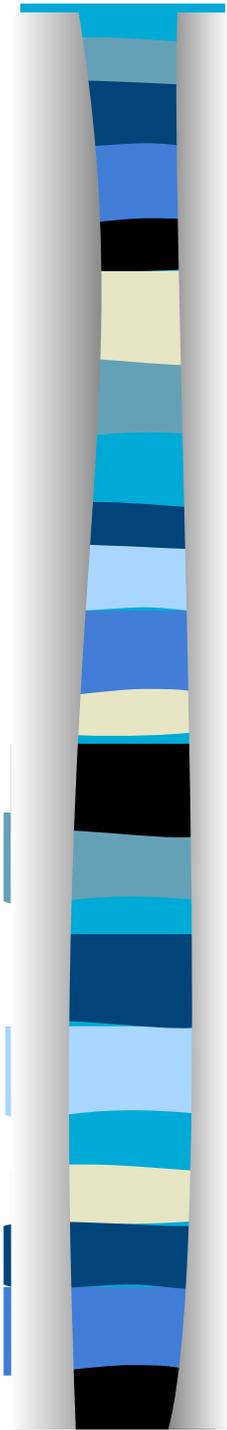
     **A** 60. The primary pronators (pronator teres and pronator quadratus) are innervated by which nerve?

**A. Median**

B. Sciatic

C. Common fibular

D. Obturator



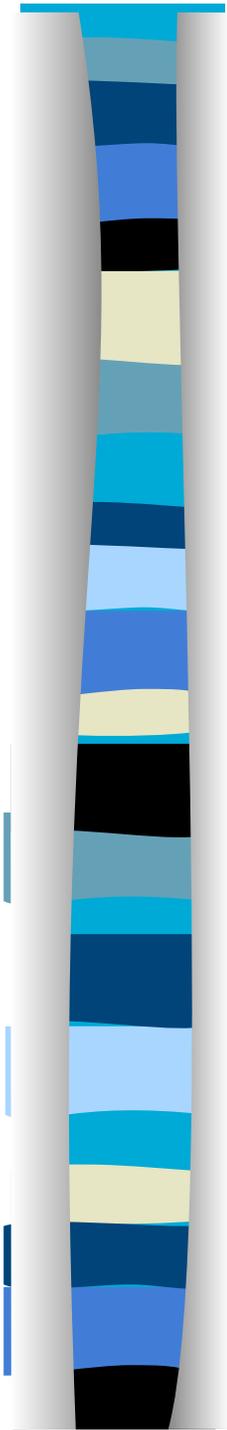
  C   61. What kind of tissue is most common in the body?

A. Nervous

B. Muscle

**C. Connective**

D. Epithelial



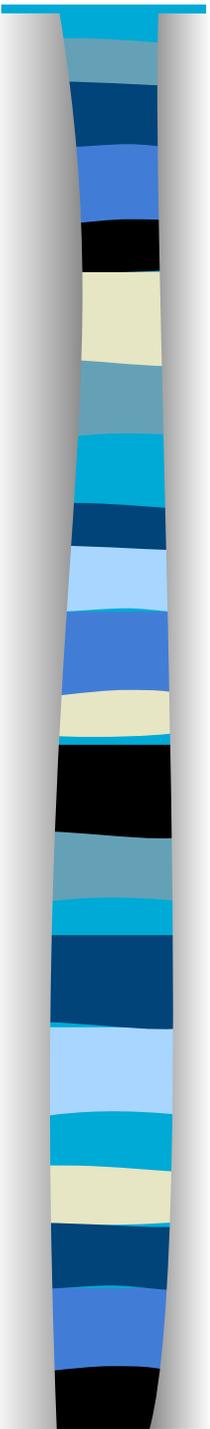
  **B**   62. In what part of the spinal cord are myelinated axons located?

A. Gray matter

**B. White matter**

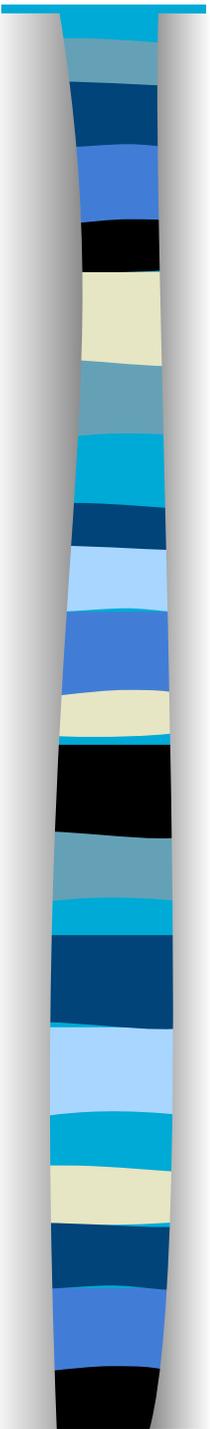
C. Pia mater

D. Arachnoid



  C   63. What should the massage therapist do if a client comes in for a massage and states the (s)he is not feeling well?

- A. Massage the client
- B. Diagnose the condition
- C. Suggest the client call his/her physician**
- D. Give the client a pillow and a place to lie down



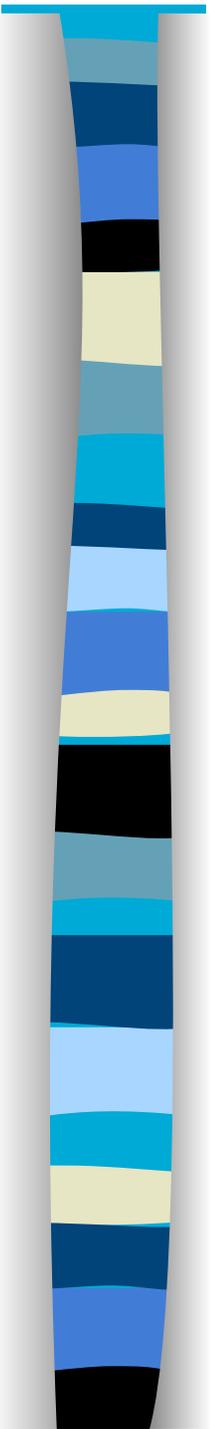
  **B**   64. What can cause swelling of inter-phalangeal joints?

A. Osteoporosis

**B. Rheumatoid arthritis and osteoarthritis**

C. Shingles

D. Ankylosing spondylitis



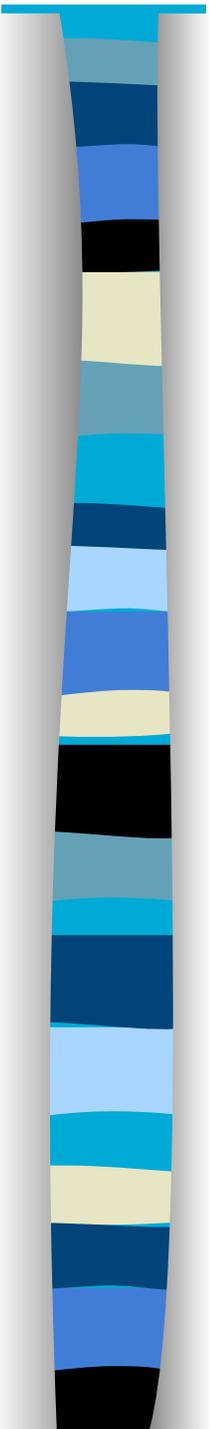
  **B**   65. Which of the following cell types would you expect to find in the fallopian tube shortly after sperm penetration?

A. Oogonium

**B. Ovum**

C. Primary oocyte

D. Secondary oocyte



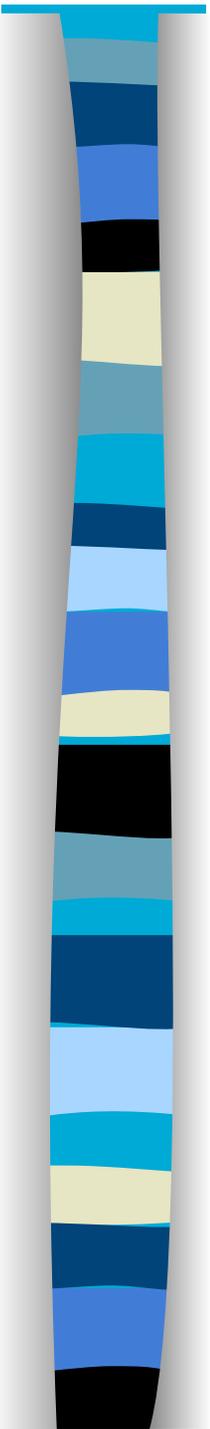
  A   66. What respiratory activity takes place at the respiratory membrane?

**A. Oxygen diffuses from the alveolar sacs into the capillary blood while carbon dioxide diffuses from the pulmonary blood into the alveoli**

B. Oxygen diffuses from the pulmonary blood into the alveolar sacs while carbon dioxide diffuses from the alveoli into the pulmonary blood

C. Respiratory bronchioles move air into the alveolar duct

D. Inhaled air passes from the trachea to the left bronchus and right bronchus



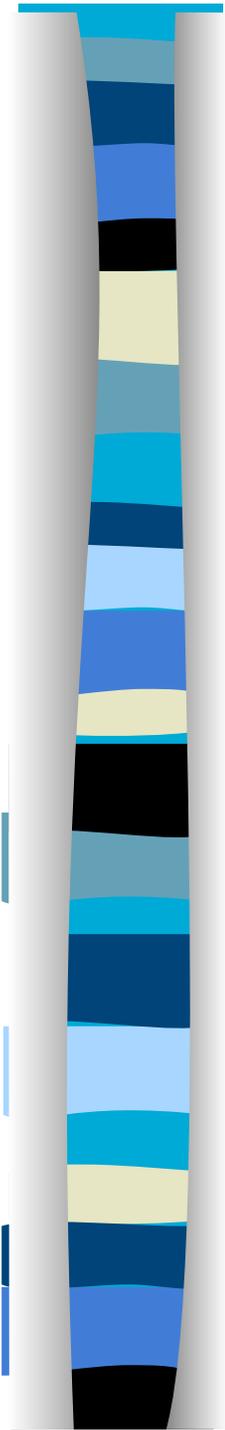
  C   67. What are synarthroses joints?

A. Cartilaginous – slightly moveable

B. Synovial – Freely moveable

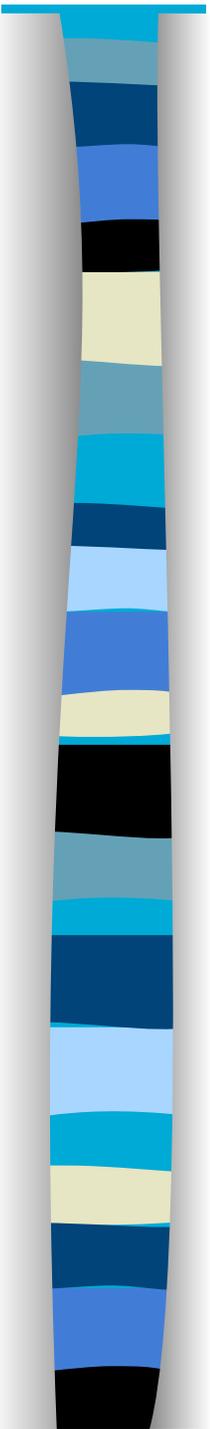
**C. Fibrous - immoveable**

D. Intervertebral – slightly



  A   68. Where is the glomerulus located?

- A. Nephron
- B. Major calyx
- C. Renal artery
- D. Renal cortex



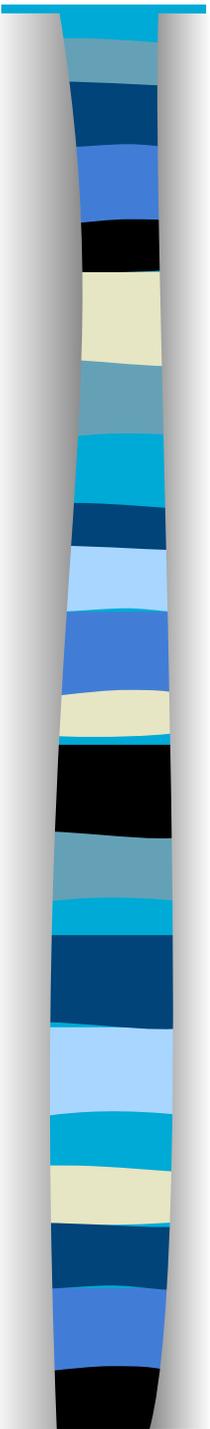
  **B**   69. How can massage aid in strengthening the immune system?

A. Decreasing flow through the lymphatic system

**B. Increasing flow through the lymphatic system**

C. By using massage cream instead of oil

D. By stretching muscle tissue



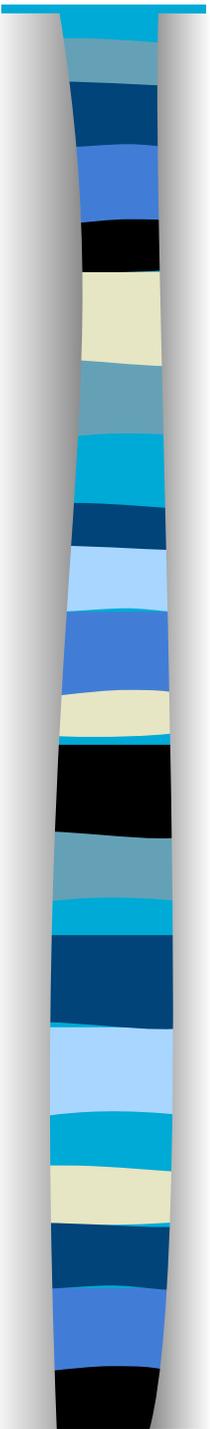
    C    70. Which modality uses rhythmic compression along energy channels of the body along with a variety of techniques that manipulate and lubricate the joints?

A. Shiatsu

B. Jin Shin do

**C. Tui na**

D. Swedish massage



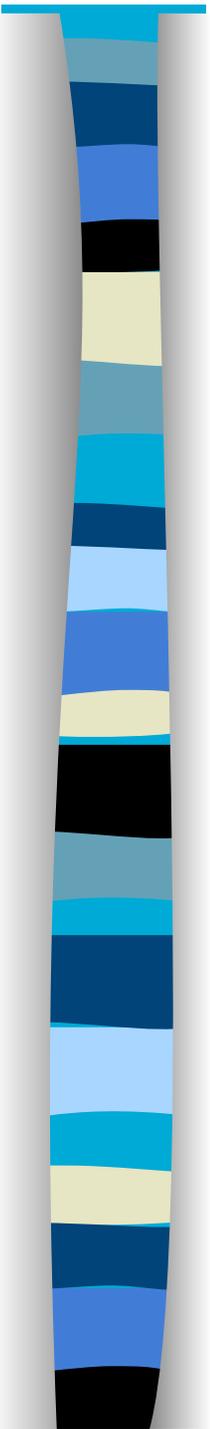
  A   71. What transports deoxygenated blood from the right ventricle into the lungs for oxygenation?

**A. Pulmonary arteries**

B. Pulmonary veins

C. Right coronary veins

D. Right coronary arteries



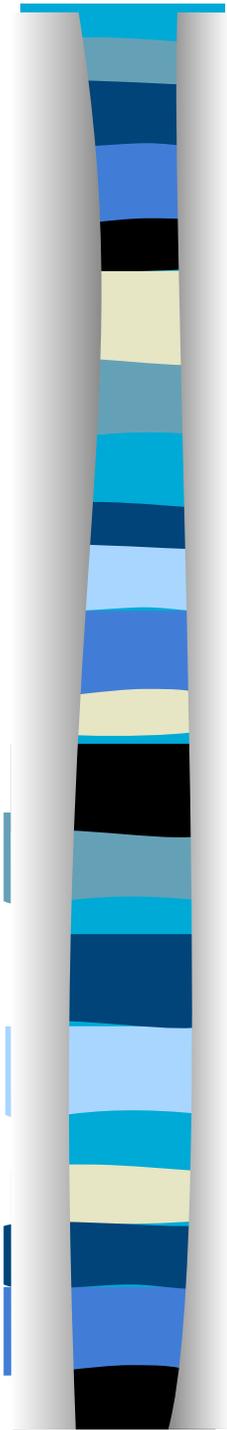
  D  72. Which is true about passive range of motion tests?

A. Pain with movement indicates a problem in contractile tissues

B. They involve both contractile and inert muscle tissues

C. They primarily focus on contractile tissues whose concentric action is the same as the motion being performed

**D. They focus primarily on inert tissues because contractile tissues are not employed**



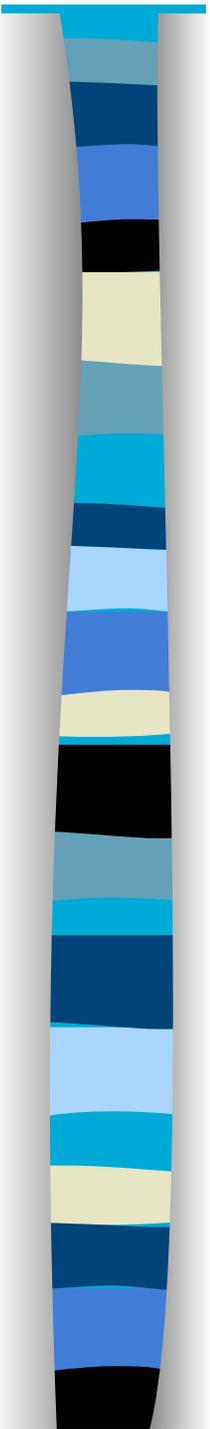
C 73. What is the innermost layer of the digestive tract wall called?

A. Serous

B. Plicae

**C. Mucosa**

D. Muscularis



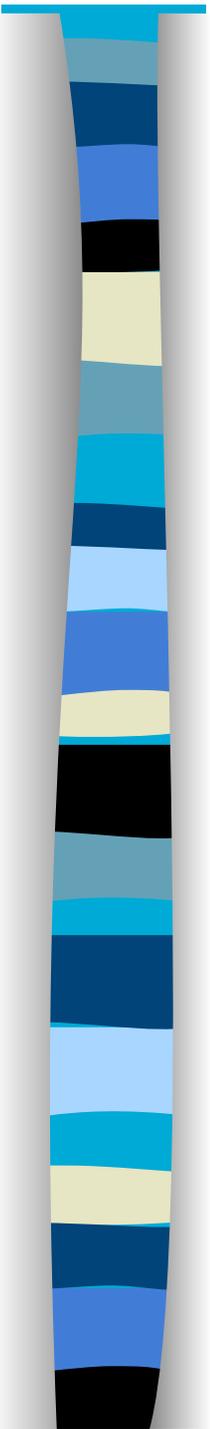
  **B**  74. Which hormone stimulates powerful contraction of the uterus during labor?

A. Prolactin (PRL)

**B. Oxytocin**

C. Antidiuretic hormone (ADH)

D. Luteinizing hormone (LH)



  C   75. What defines the practice parameters of a particular profession?

A. Code of ethics

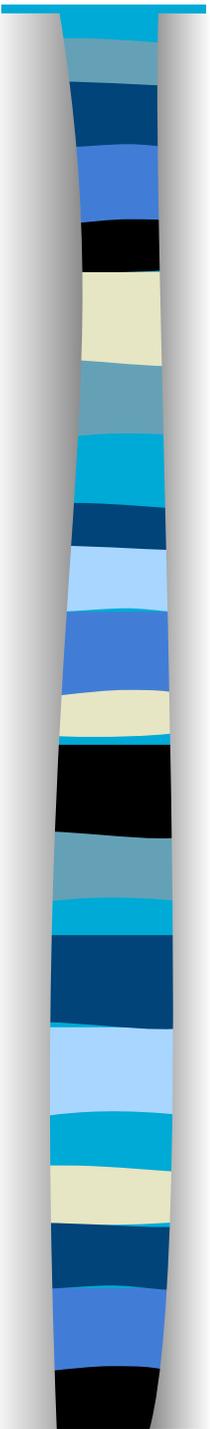
B. Standards of practice

**C. Scope of practice**

D. Informed consent

Ethics, Laws, Regulations

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



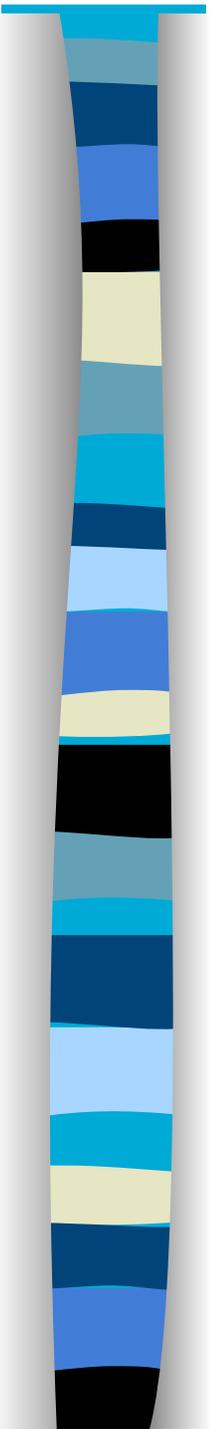
  A   76. What does gastro- refer to?

**A. Stomach**

B. Lung

C. Bone

D. Kidney

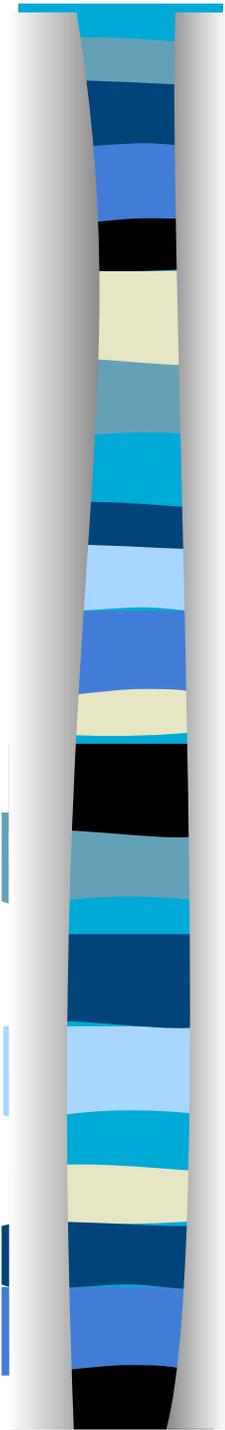


    D    77. Why are heat treatments generally not contraindicated for long term diabetic patients?

- A. The patient may have a cardiovascular condition as well
- B. The patient may show signs of decreased nervous function
- C. The patient may show signs of a circulatory condition

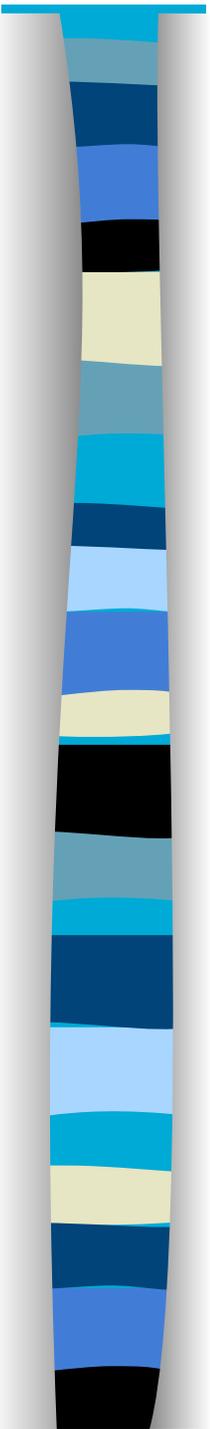
**D. Headaches**

Note: This question would be better if it said “Which of the following is **not** a reason heat treatments **are** generally contraindicated...”



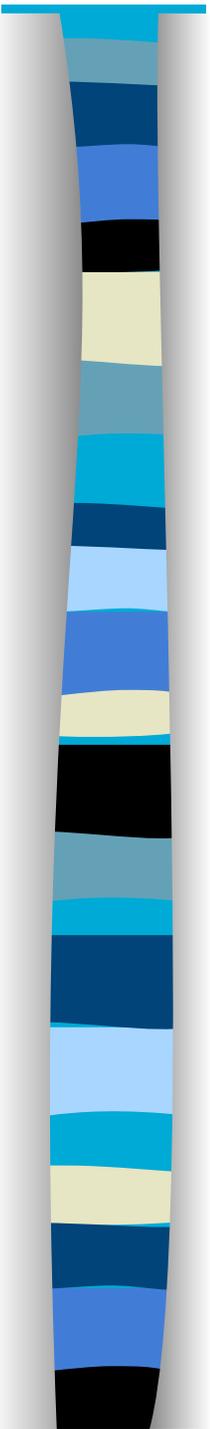
  D  78. What are eccrine glands?

- A. Sudoriferous glands
- B. Glands found all over the body
- C. Sweat producing glands
- D. All of the options**



    D     79. 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**



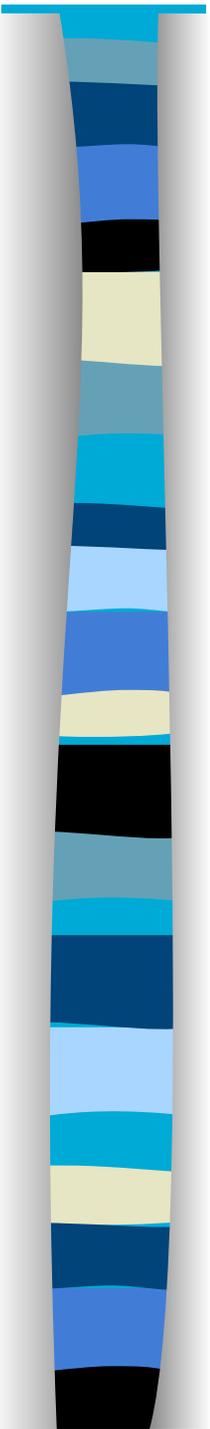
    **B**     80. Which massage technique uses long strokes, both superficial and deep, made with the palm of the hand?

A. Vibration

**B. Effleurage**

C. Skin rolling

D. Kneading



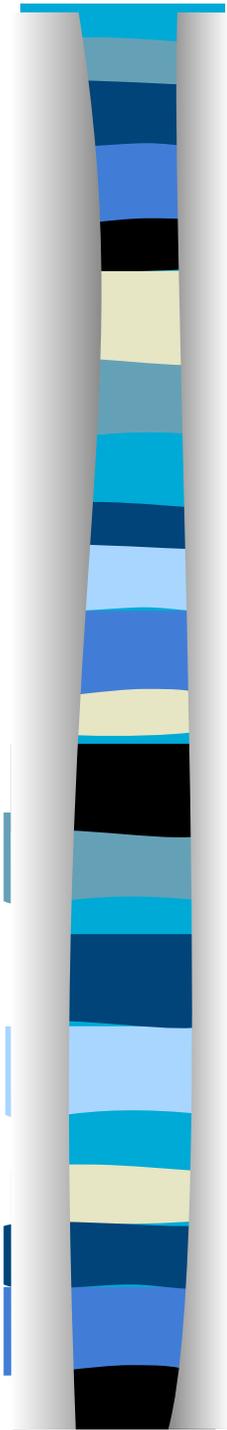
  **B**   81. Which muscles lift the ribs to assist with inhalation?

A. Internal intercostals

**B. External intercostals**

C. Diaphragm

D. Levator scapula



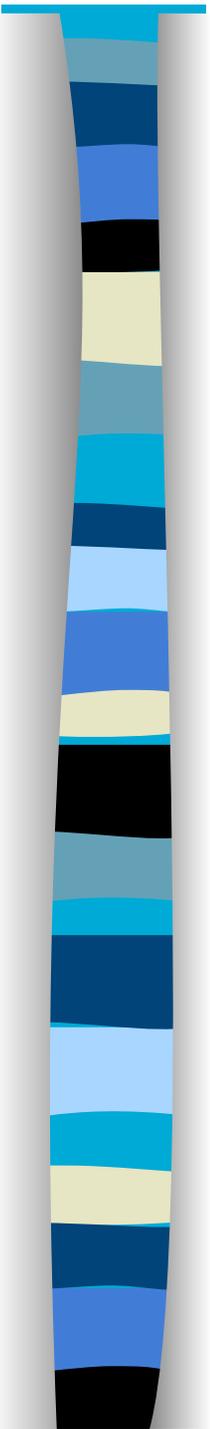
  **B**   82. What are the thick myofilaments in the sarcomere made of?

A. Actin

**B. Myosin**

C. Calcium

D. Sarcoplasm



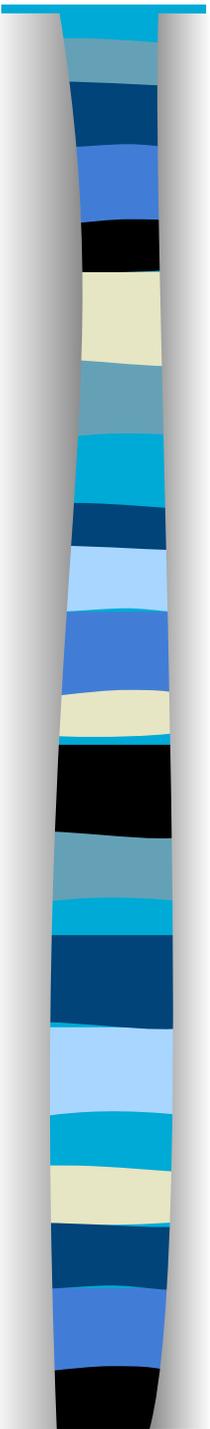
  A   84. Which cleanses but does not kill all pathogens?

A. Disinfectant

B. Asepsis

C. Fumigant

D. Antiseptic



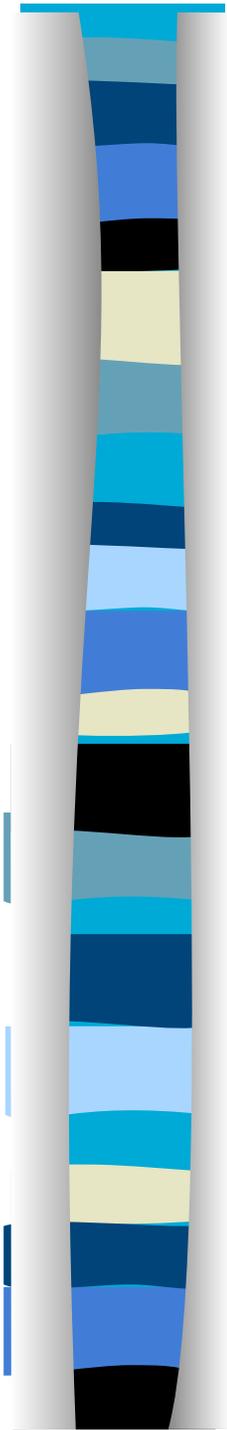
  **B**   85. Which is not an indication of hyperthyroidism?

A. Irritability

**B. Weight gain**

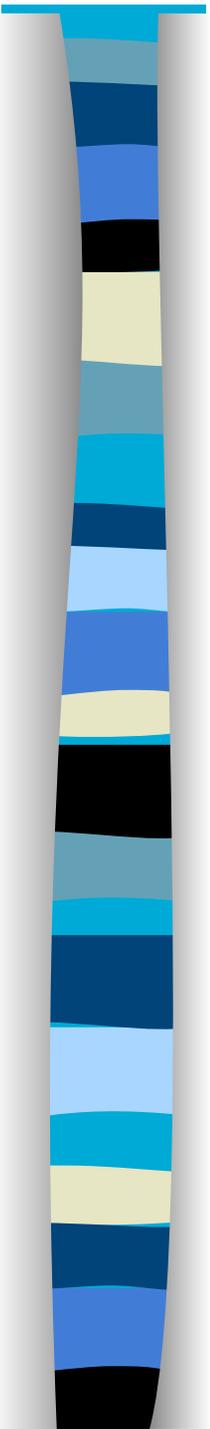
C. Weight loss

D. Tremor



  C   86. Where is the cervix located?

- A. Top part of the uterus
- B. Middle part of the uterus
- C. Lower part of the uterus**
- D. Next to the ovaries



  C   87. What is the function of graafian follicles?

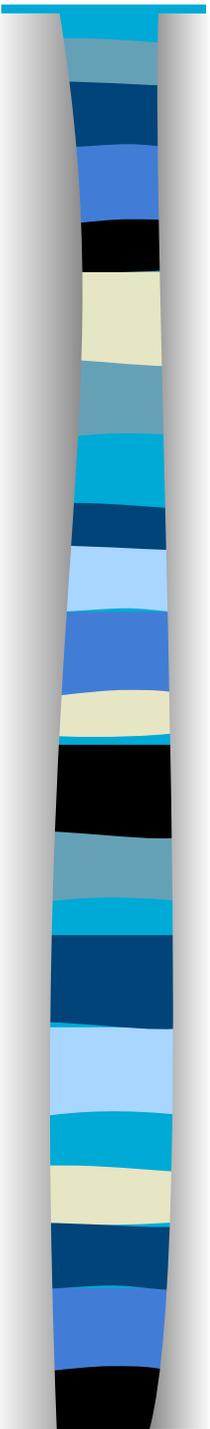
A. Release a sperm-attracting hormone

B. Release an egg producing hormone

**C. House ovum**

D. Transport ovum to uterus

Note: Answer C may be better if it were, "House and release ovum"



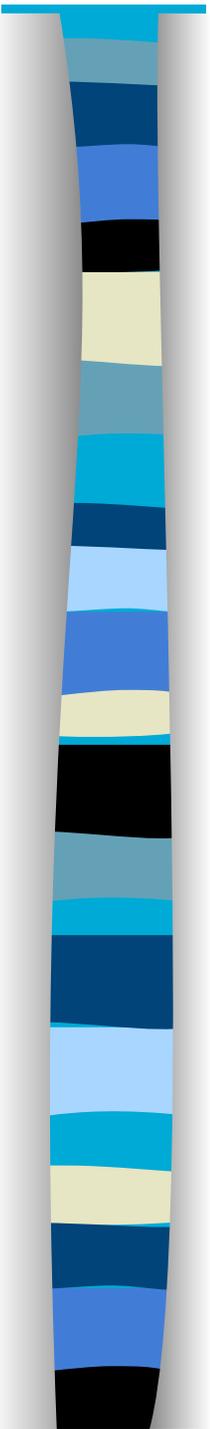
  A   88. Which is the list of four basic types of tissues?

**A. Connective, epithelial, muscle and nervous**

B. Epithelial, embryonic, striated, and smooth

C. Membranous, embryonic epithelial, and connective

D. Blood, bone, muscle and visceral



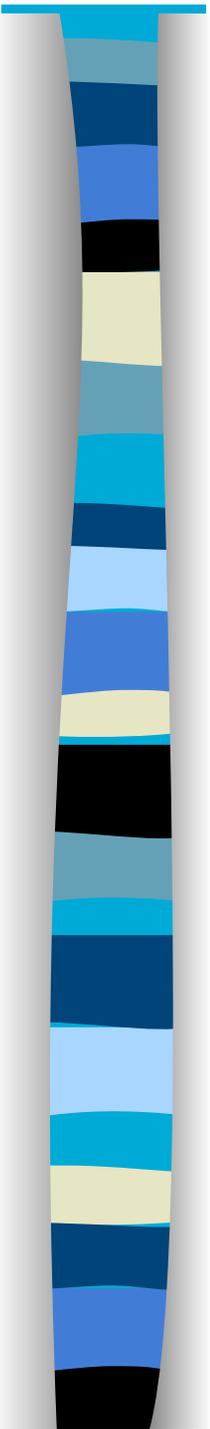
  A   89. What is the meaning of the prefix nephro-?

**A. Kidney**

B. Lung

C. Stomach

D. Liver



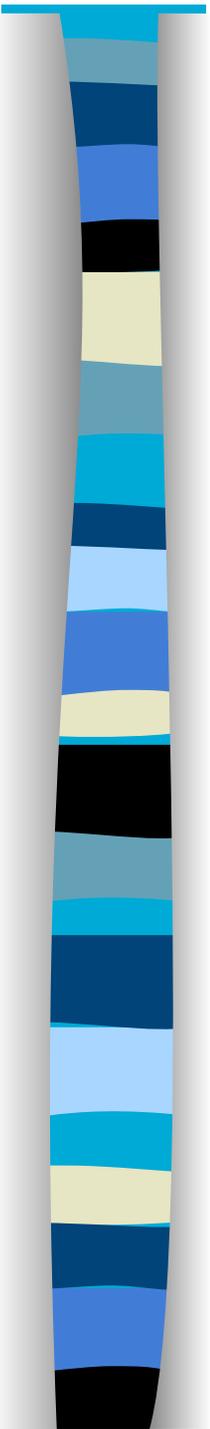
C 90. If a client would like to reduce edema in an area, which technique would be the best choice to help reduce the edema?

A. Friction

B. Stretching

**C. Light effleurage**

D. Tapotement



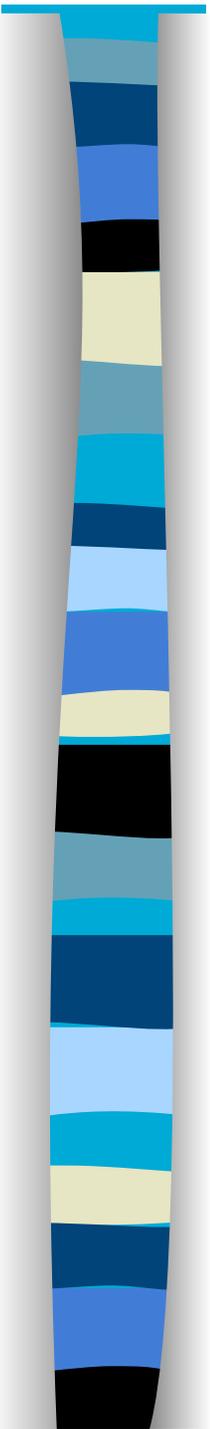
  **B**  91. Which of the following muscles attach to the sternum?

A. Pectoralis minor

**B. Pectoralis major**

C. Anterior scalenes

D. Subclavius



    D    92. Which of the following muscles does not adduct, medially rotate, and extend the shoulder?

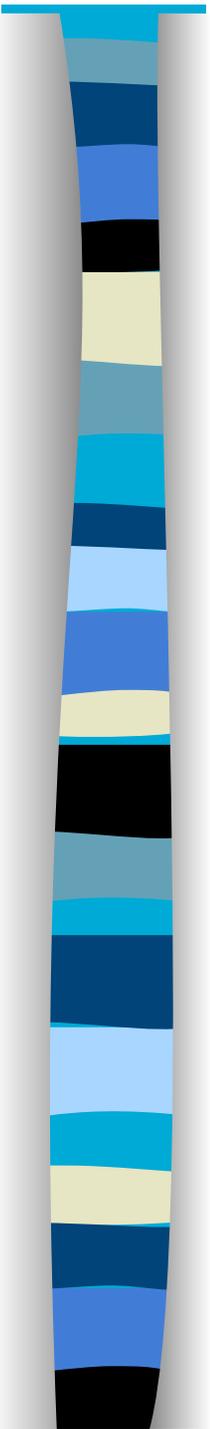
A. Pectoralis major

B. Latissimus dorsi

C. Teres major

**D. Pectoralis minor**





  C  94. Which organ produces the least amount of heat?

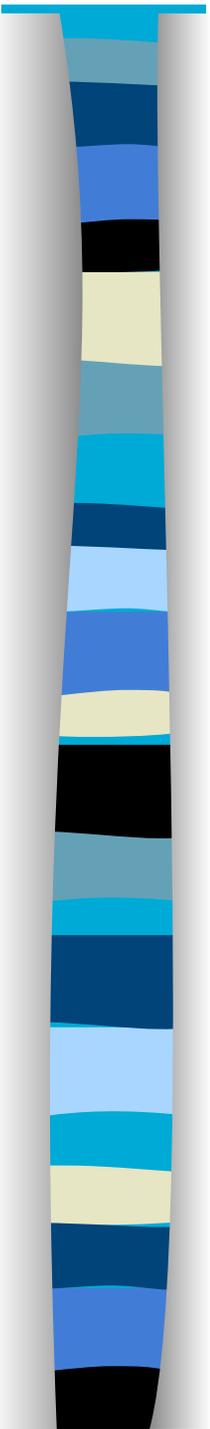
A. Kidney

B. Spleen

**C. Brain**

D. Liver

Note: We are not sure why this is important or where you would learn this.



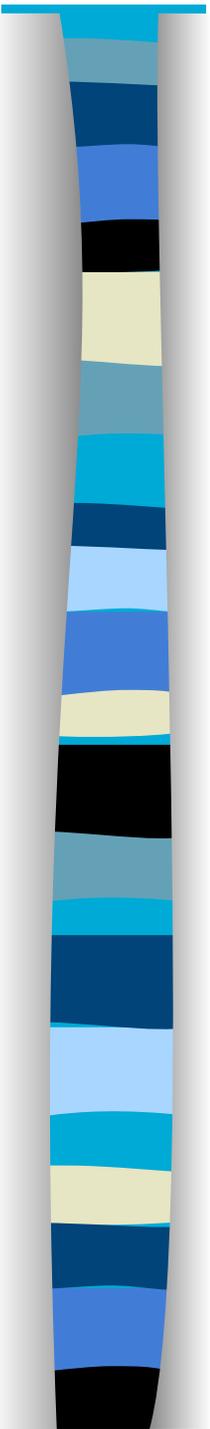
  **B**  95. Which is a sound principal to follow regarding massage contraindications?

A. Always check with the client's physician first

**B. When in doubt, do not massage**

C. Require a written prescription prior to massage

D. Require proof of insurance coverage



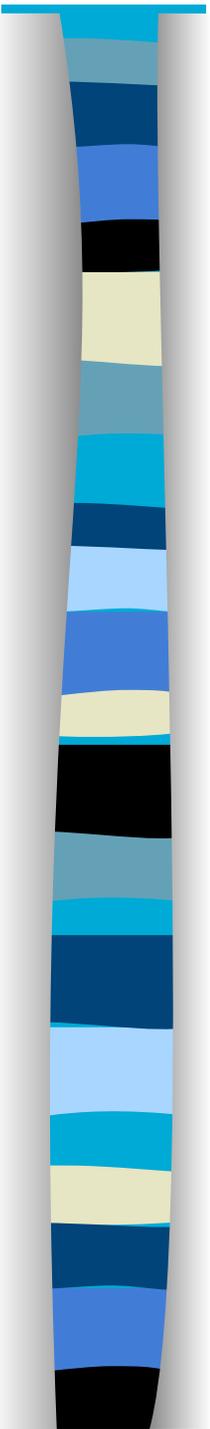
    A     96. All of the following are joints of the lower extremities except one. Which one?

**A. Metacarpophalangeal**

B. Talocrural

C. Coxal

D. Tibiofemoral



D 97. Which nerve innervates the anterior compartment of the forearm and, when compressed at the wrist, can result in carpal tunnel syndrome?

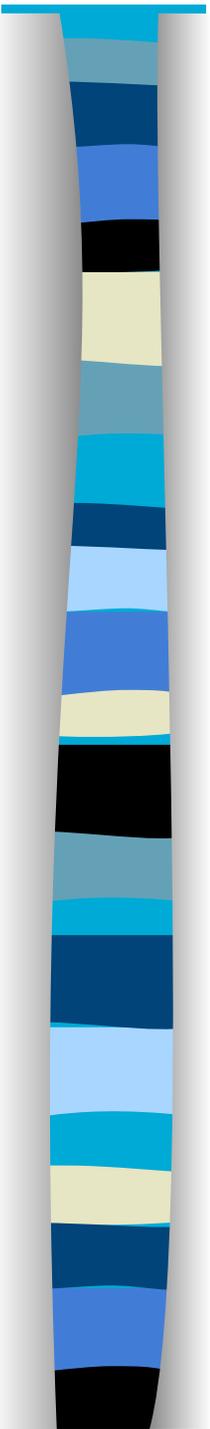
A. Radial

B. Ulnar

C. Axillary

**D. Median**

Pathology



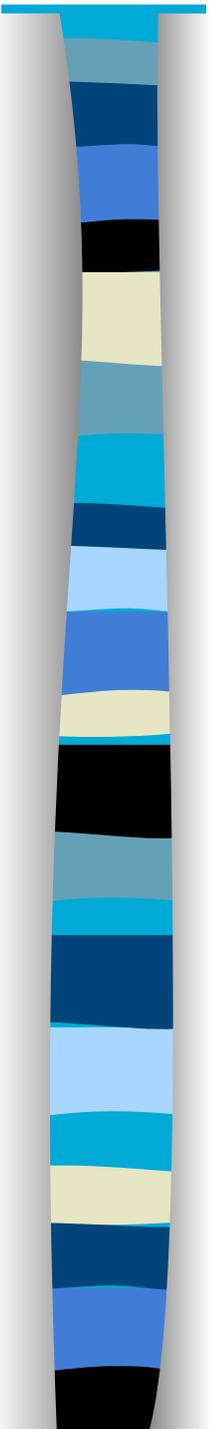
  **B**  98. Which is considered to the desired outcome from a drug therapy?

A. Side effect

**B. Therapeutic effect**

C. Unpredictable effect

D. Adverse effect



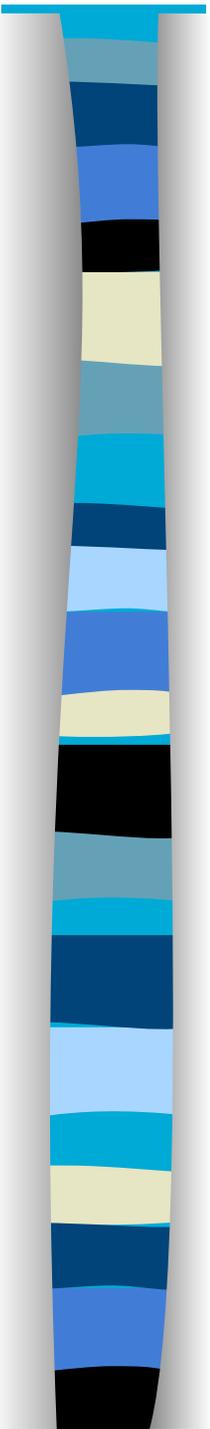
    C     99. Eric has a client for whom accommodations for massage include side-laying or semi reclining position to assist ease of breathing. In addition, it is suggested that abdominal massage be avoided because of intestinal involvement of the disease. Which disease has the client been diagnosed with?

A. Myasthenia Gravis

B. Huntington's Disease

**C. Cystic Fibrosis**

D. Yes, but the client requires a side-lying position for comfort



     **B** 100. Provided there is sufficient resistance and severe strain, active range of motion in which direction is likely to produce pain?

A. In the direction of the muscle's primary concentric action

**B. In the direction of the muscle's primary eccentric action**

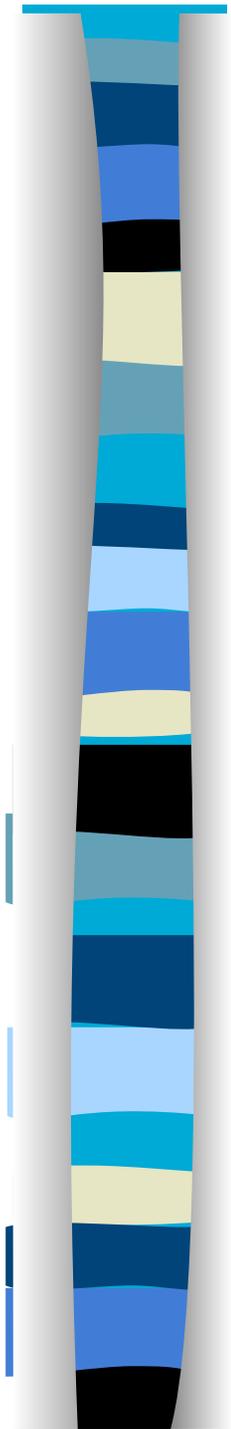
C. When the muscle is hyperextended

D. When the muscle is hyper abducted

Note: This question is too ambiguous to be helpful.

Repeated eccentric contraction causes more muscle damage and muscle soreness than concentric contraction (Salvo: Page 442-443).

Use resisted isometric contractions to assess muscle/tendon injuries.



# 75a MBLEx Prep



Anatomy and Physiology

Kinesiology

Pathology

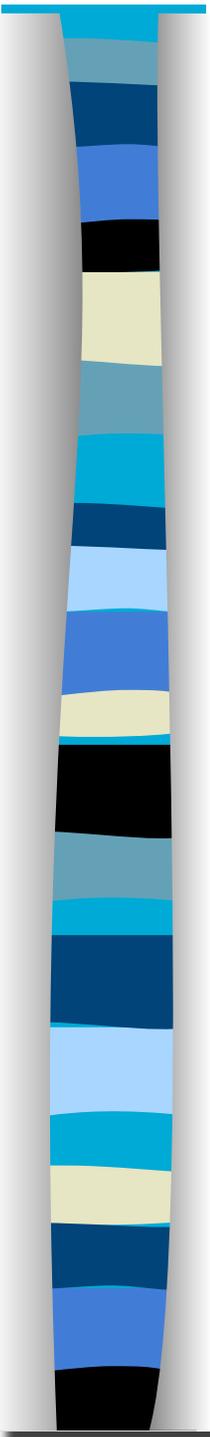
Benefits and Effects of Massage Therapy, Types of Strokes, Hydrotherapy

Treatment Planning and Assessment

Modalities and History

Ethics, Laws, Regulations

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

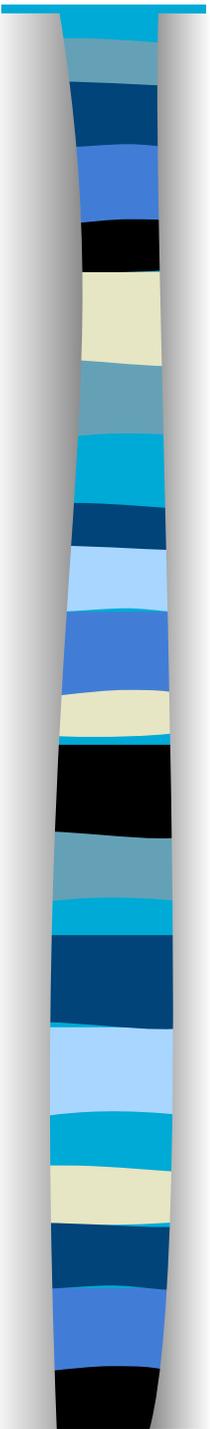


Exam 3

Question 1

Which part of the cell is studded with ribosomes and provides vesicles to transport synthesized protein?

- Lysosome
- Rough endoplasmic reticulum
- Smooth endoplasmic reticulum
- Mitochondria

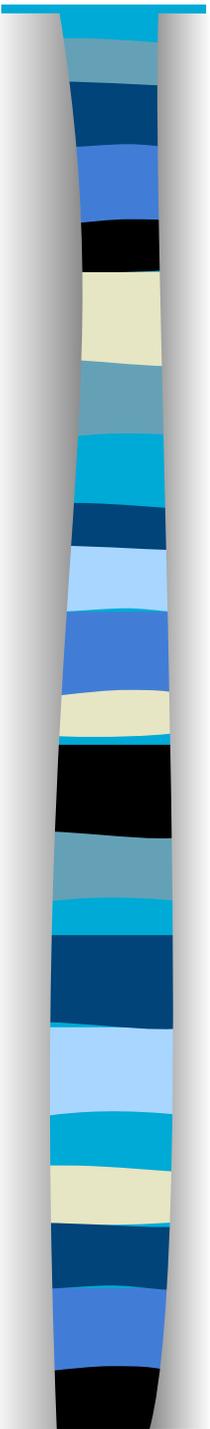


Exam 3

Question 1: BAD QUESTION!!!

Which part of the cell functions to metabolize lipids as well as provide detoxification of a variety of harmful substances?

- o **Lysosome** Engulf and digest pathogens, cellular debris, and other organelles
- o **Golgi complex or Golgi apparatus** “Packing and shipping of proteins and lipids”
- o **Smooth endoplasmic reticulum** Synthesize proteins and lipids
- o **Mitochondria** “Power plant” provides the cell’s ATP

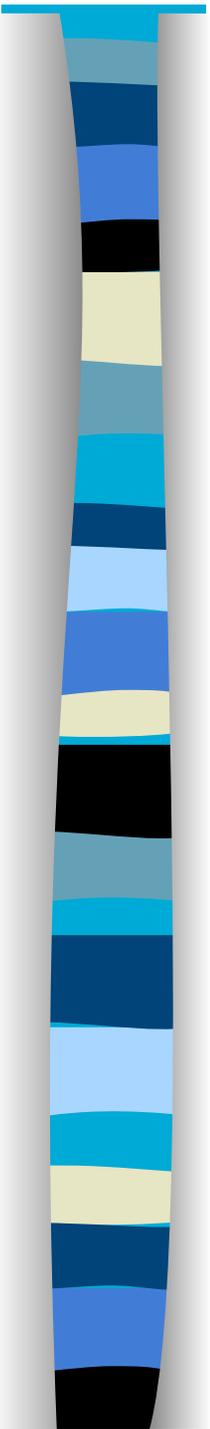


Exam 3

Question 5: I NEVER HEARD OF THAT!!!

Which of these statements about bacteria in the large intestines is true?

- o **Killing certain bacteria in the large intestines prevents the production of essential vitamins**
- o There are no negative health effects by killing bacteria in the large intestines
- o Preventing the growth of any bacteria in the large intestines is essential to health
- o None of the options

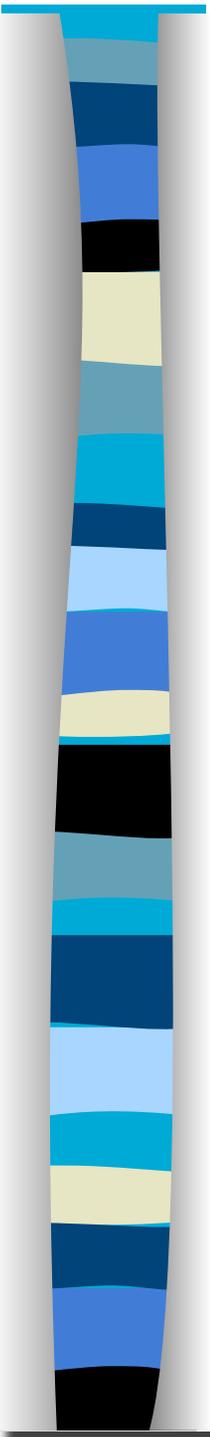


Exam 3

Question 11: I NEVER HEARD OF THAT!!!

What is the outermost layer of gastrointestinal tract wall called?

- Mucosa
- Muscularis
- Serosa**
- Sub mucosa

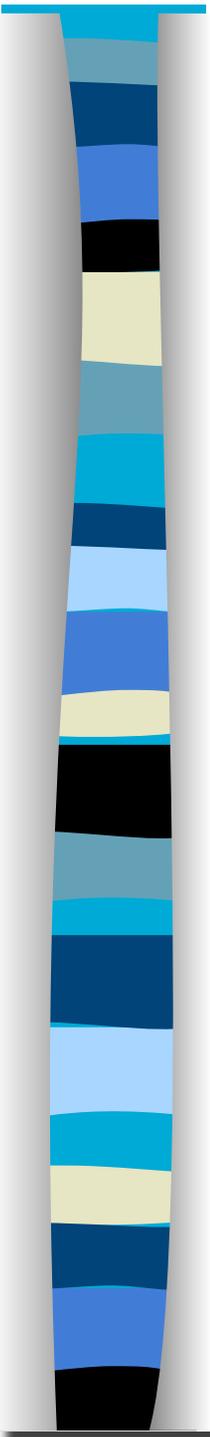


Exam 3

Question 15: I NEVER HEARD OF THAT!!!

During which treatment can a patient exercise?

- Sitz bath
- Paraffin bath
- Hubbard tank**
- Whirlpool

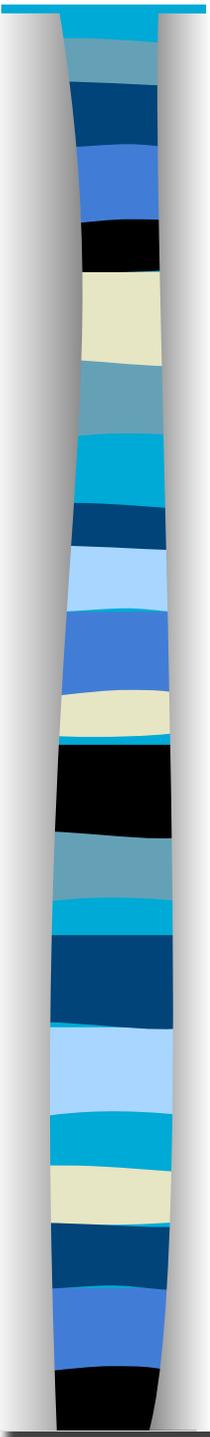


Exam 3

Question 16:

What is the general benefit of Peyer's patches and mucosa-associated lymphatic tissue (MALT)?

- o **They provide the digestive and respiratory tracts with protection against constant exposure and attack from foreign matter**
- o They aid in the flow of lymph back to the blood
- o They provide structural support to the lymph node capsule
- o They provide repair mechanisms to failing lymph nodes

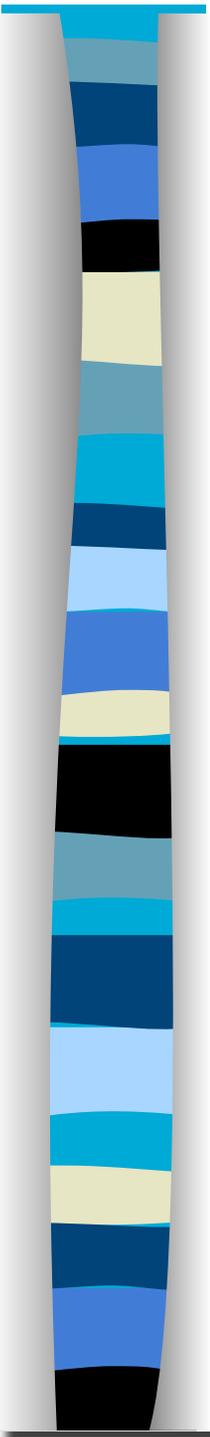


Exam 3

Question 17: BAD ANSWER SELECTION

When giving rescue breaths, how should you breathe in the person?

- Slow and gently, more accurately: SLOWLY AND FIRMLY**
- As hard as you can
- As fast as you can
- As firm as possible

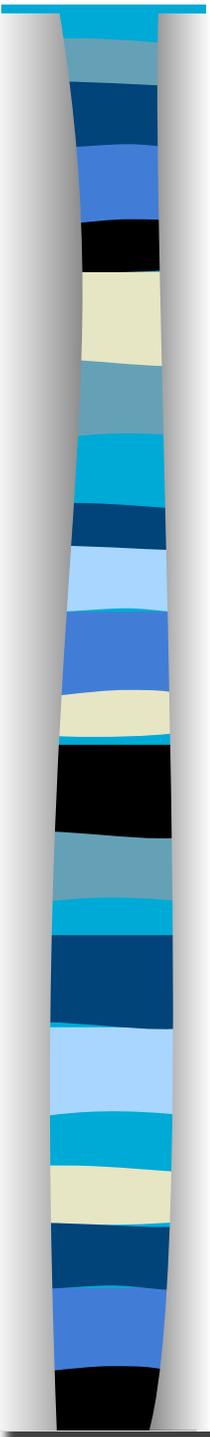


Exam 3

Question 18

What is a body landmark for the brachial plexus?

- Proximal to the tibia in the popliteal crease
- Between the anterior and middle scalene**
- Distal to the xiphoid process
- None of the options

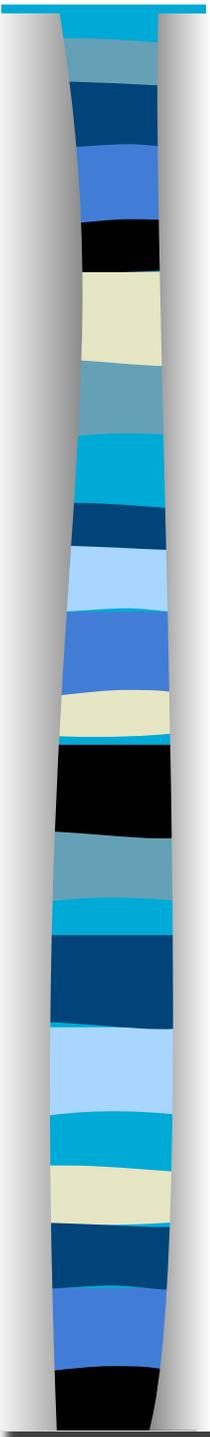


Exam 3

Question 21: DETAILS!!!

What part of blood plasma is involved in fighting disease?

- Globulin**
- Prothrombin
- Albumin
- Fibrinogen

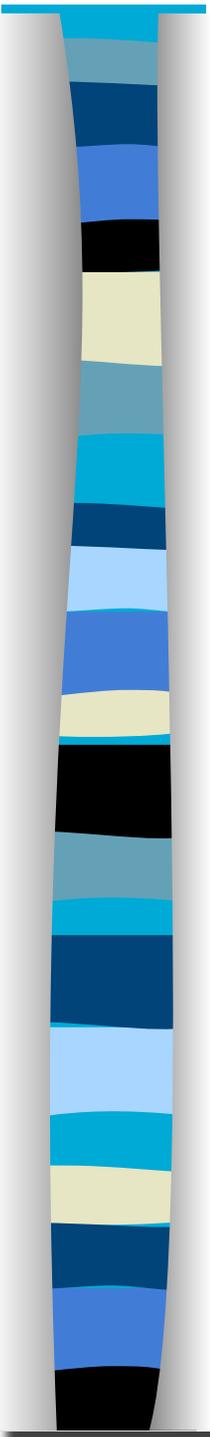


Exam 3

Question 24: WRONG ANSWER!!!

Which hormone raises blood glucose levels?

- Insulin
  - 7 letters, fewer than glucagon, so it decreases blood glucose levels
- Glucagon**
  - 8 letters, more than insulin, so it increases blood glucose levels
- Glycogen
- Corticoid

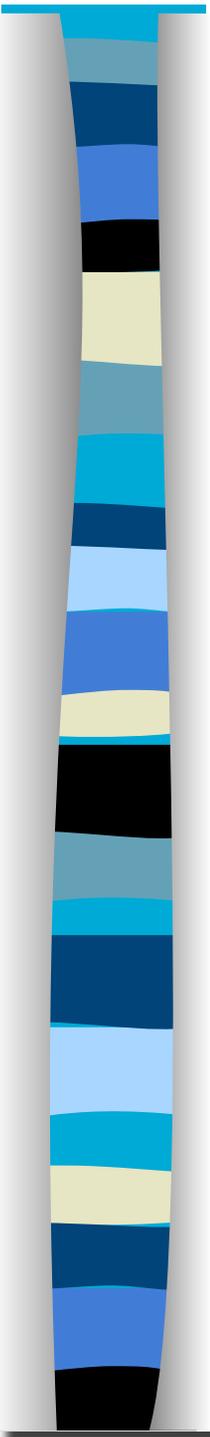


Exam 3

Question 26: WEIRD QUESTION!!!

Which joint helps to stabilize the scapula?

- Scapulothoracic joint (false joint)**
- Humeroulnar joint
- Acromioclavicular joint
- None of the options

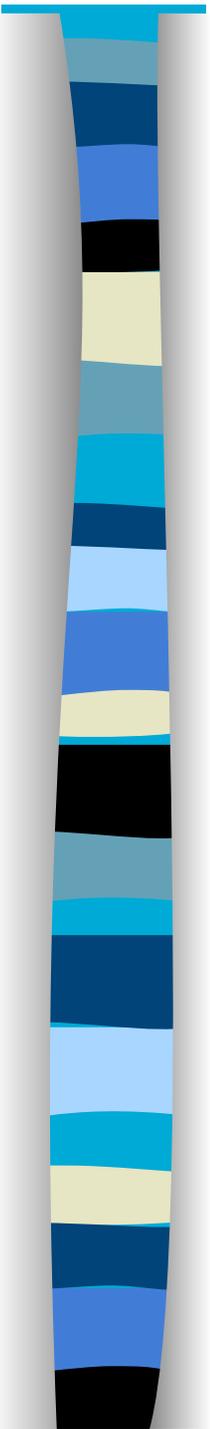


Exam 3

Question 27: NEVER HEARD OF THAT!!!

Which technique do you use for postural drainage?

- Friction and tapotement to back
- Effleurage and tapotement to back
- Vibration and tapotement to back**
- Percussion and effleurage



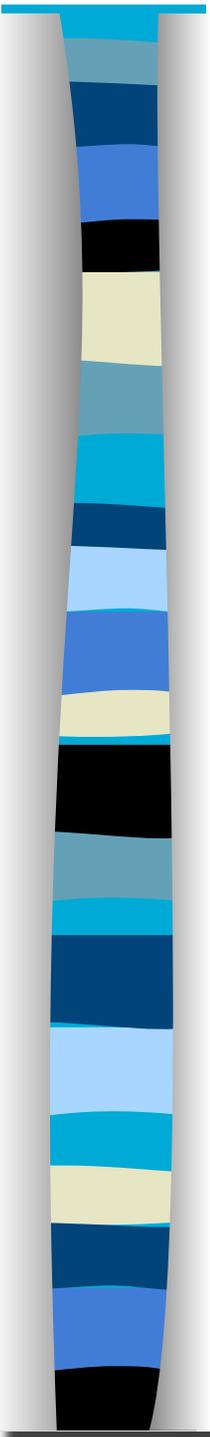
Exam 3

Question 34: DETAILS!!!

Which of the following are characteristics of a fever that make it an effective body defense?

- o Fever intensifies the effects of interferons
- o Fever interferes with pathogen metabolism and inhibits pathogen growth
- o Fever increases the metabolic rate of tissue cells in general, speeding up repair processes
- o **All of the options**



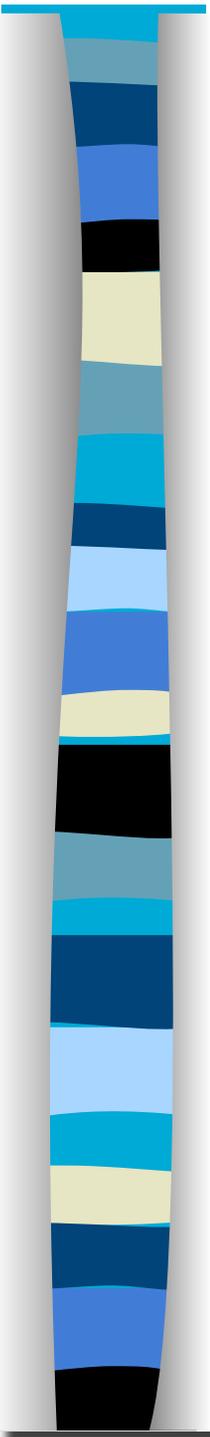


Exam 3

Question 40: TRICKY MUSCLE NAMES!!!

Which muscle dorsiflexes and everts the foot?

- o **Peroneus tertius** Dorsiflex and evert
- o Tibialis posterior Plantarflex and invert
- o Tibialis anterior Dorsiflex and invert
- o Gastrocnemius Plantarflex

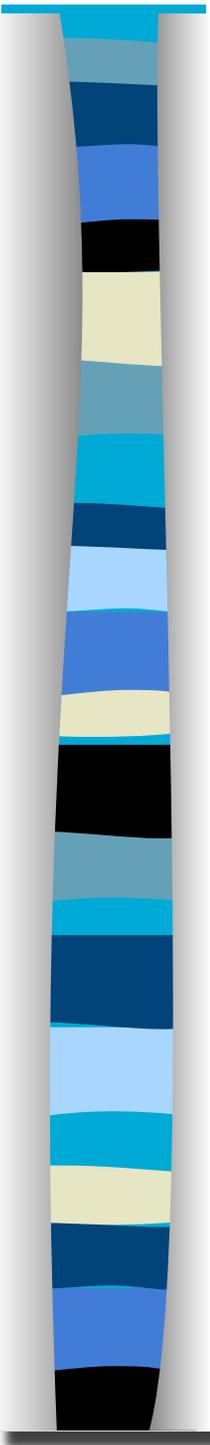


Exam 3

Question 41: TRICKY!!!

Which of the following causes sweating?

- Parasympathetic nerves
- Sympathetic nerve impulses**
- Autonomic nervous system
- Sweat glands

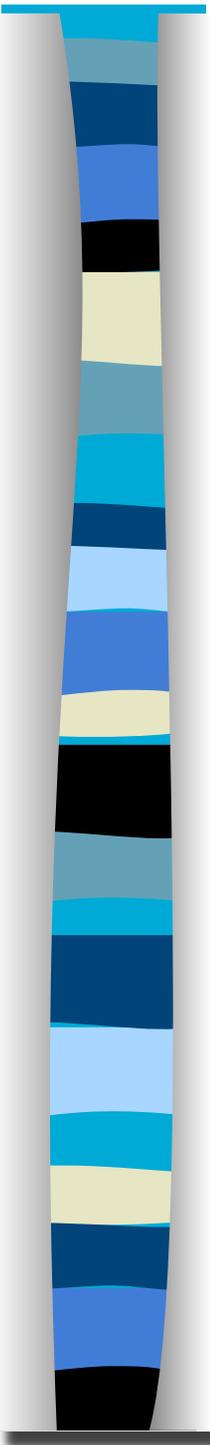


Exam 3

Question 45: TRICKY!!!

What method cleanses but does not kill all pathogens?

- Disinfectant**
- Asepsis
- Fumigant
- Antiseptic

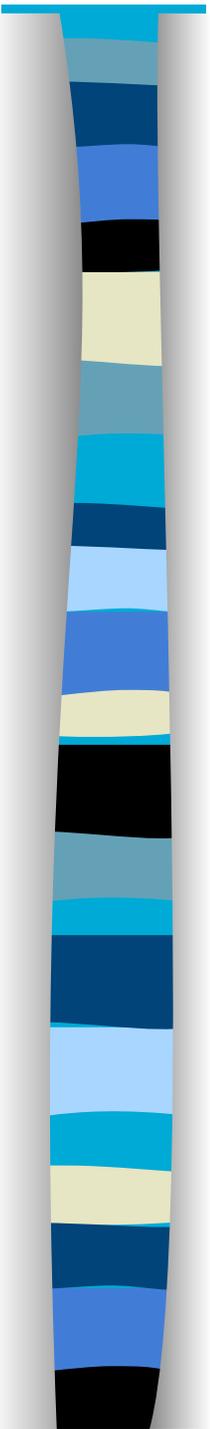


Exam 3

Question 49: WHATS THAT???

When should you not use a mechanical vibrator?

- On anyone wearing contacts
- On the elderly
- Without doctor's permission
- On a client who wears a pacemaker**

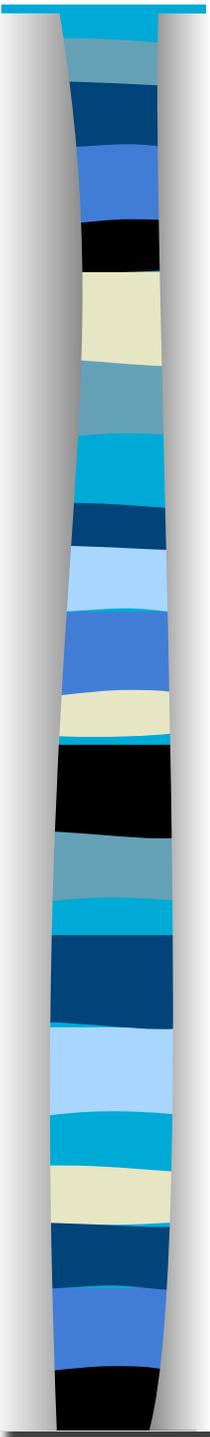


Exam 3

Question 53: TRICKY ANSWERS!!!

When should you not use a mechanical vibrator?

- C1-C7
- T1-T12
- S1-S5 (sacrum)**
- L1-L5

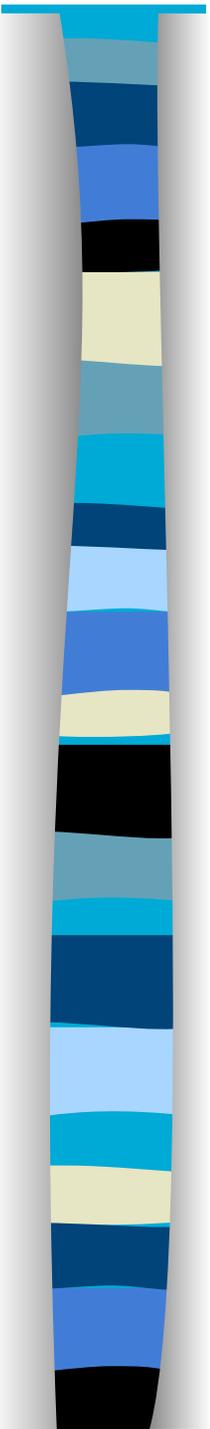


Exam 3

Question 57: DETAILS!!!

Which condition is highly contagious and characterized by pustules which become crusted and rupture?

- Eczema Non-contagious.
- Psoriasis Non-contagious.
- Adipose
- Impetigo**



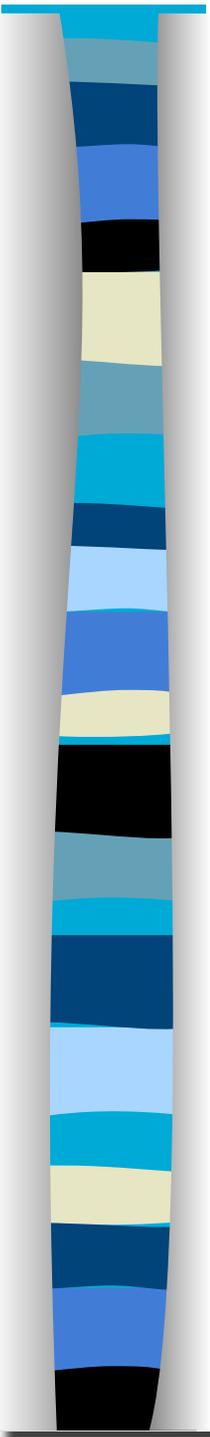
Exam 3

Question 64: BAD ANSWER SELECTION!!!

What percentage of the body is water?

- 30%
- 45%
- 70%**
- 55%

Sources say 55-70%, so these choices don't seem good.

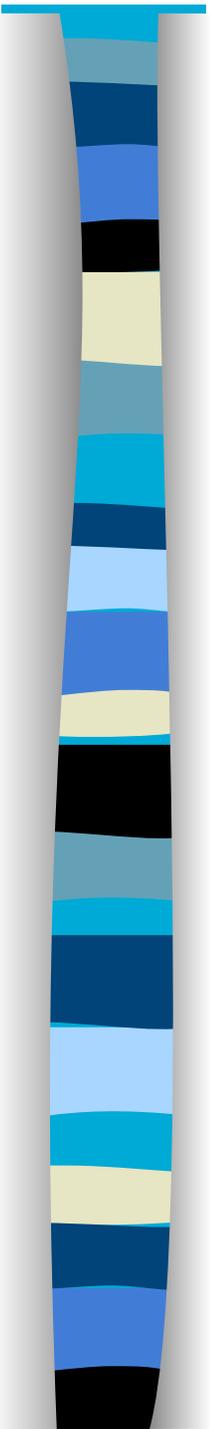


Exam 3

Question 68: BAD ANSWER SELECTION!!!

What is the function of lymph nodes?

- o To filter lymph fluid
- o This definitely happens in lymph nodes
- o Phagocytosis of pathogens
  - o This happens inside and outside of the lymph nodes
- o Direct attack of cancer cells
  - o This is strangely worded
- o **All of the options**

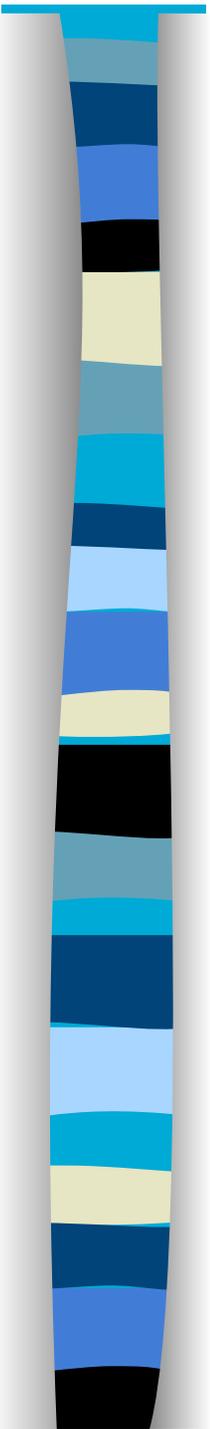


Exam 3

Question 78: I'VE NEVER HEARD OF THAT!!!

What are the two layers of the serous pericardium?

- o Epicardium and endocardium
- o Parietal pericardium and myocardium
- o **Parietal pericardium and visceral pericardium (or epicardium)**
- o None of the options

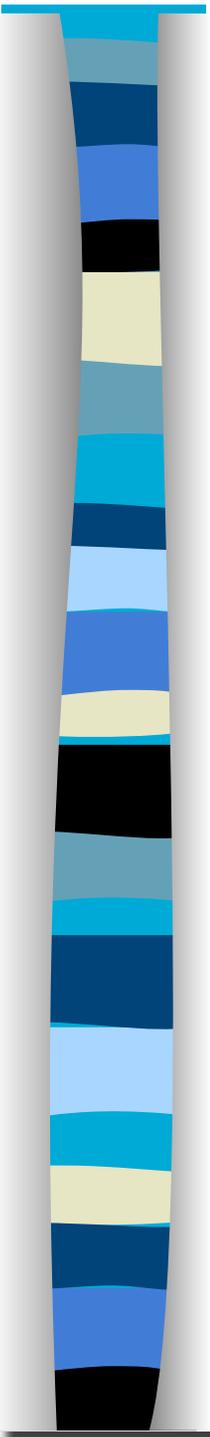


Exam 3

Question 80: I'VE NEVER HEARD OF THAT!!!

Which of the following develops from the mesoderm germ layer?

- Epithelial lining of gastrointestinal tract
- Epidermis
- Nervous system
- Most muscles**

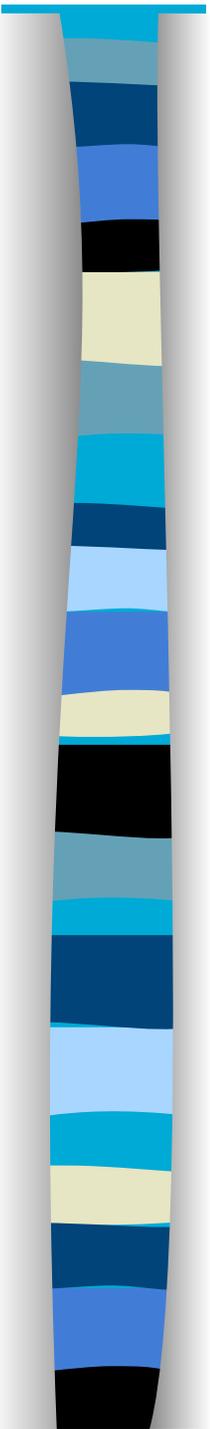


Exam 3

Question 87: DETAILS!!!

What is the function of the liver?

- o Digestion of carbohydrates
- o **Removal of toxins, also:**
  - o **Synthesis of amino acids, glucose, proteins, lipids, and coagulation factors**
  - o **Break down of insulin, other hormones, toxins, drugs, and ammonia**
  - o **Storage of vitamins (A, D, B12, K), minerals (iron and copper), and blood**
  - o **Production of albumin (plasma protein, AKA: molecular taxi)**
- o None of the options
- o Absorption of water

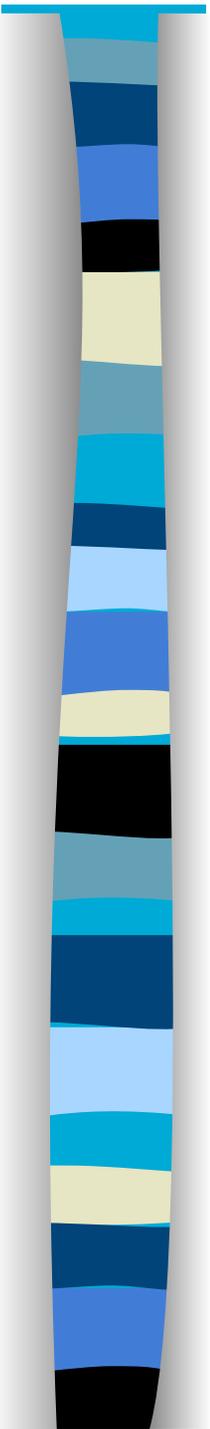


Exam 3

Question 106: I'VE NEVER HEARD OF THAT!!!

What is an ascending tract?

- Motor
- Efferent
- Associative
- Afferent**
- Descending tracts are also referred to as Efferent

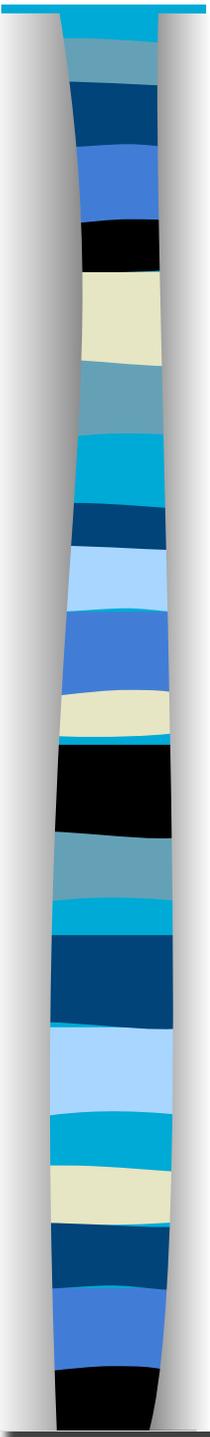


Exam 3

Question 113: I'VE NEVER HEARD OF THAT!!!

What is the protein that is most common in blood plasma?

- o Adenine (nitrogenous base found in DNA (cytosine, guanine, thymine))
- o Globulin (blood protein, transport other substances)
- o **Albumin (blood protein, AKA: molecular taxi)**
- o Bile pigment (such as bilirubin and biliverdin)



Exam 3

Question 117: DETAILS!!!

How much blood does the spleen normally contain on average?

- 1 quart
- 125 mL (0.132086 quarts)
- 1 pint (0.5 quarts)**
- 5-6 quarts