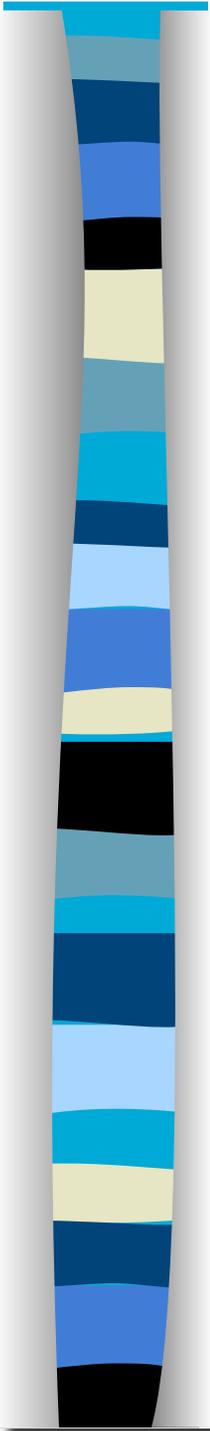
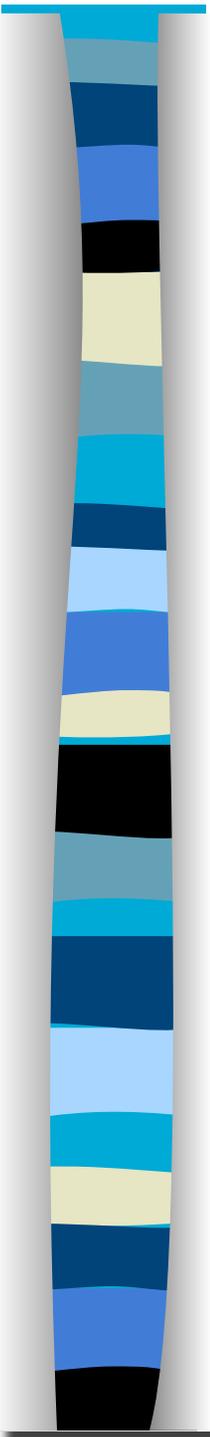


84a MBLEx Prep



84a MBLEx Prep

Class Outline



5 minutes

Attendance, Breath of Arrival, and Reminders

10 minutes

Lecture:

25 minutes

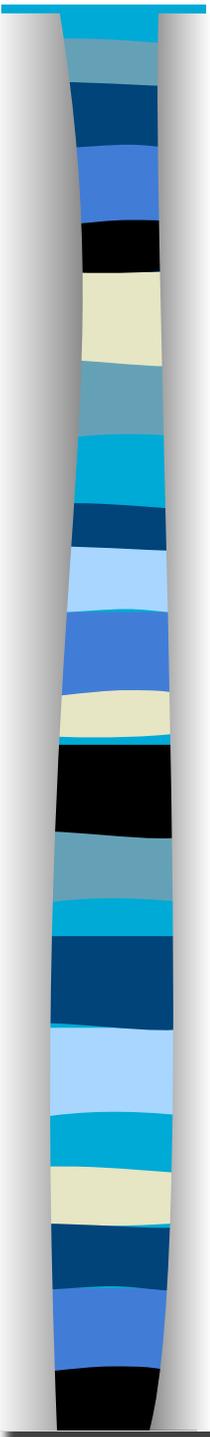
Lecture:

15 minutes

Active study skills:

60 minutes

Total



84a MBLEx Prep

Class Outline

Quizzes:

- 84a Kinesiology Quiz (pectoralis major, pectoralis minor, coracobrachialis, biceps brachii, sternocleidomastoid, and scalenes) **NOW!!!**
- 87a Kinesiology Quiz (semispinalis, splenius capitis, and splenius cervicis)

Spot Checks:

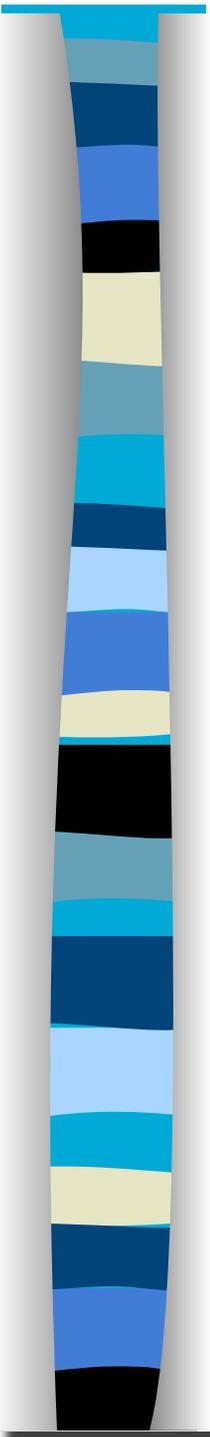
- 84b Orthopedic Massage: Spot Check – Thoracic Outlet
- 87b Orthopedic Massage: Touch Assessment

Assignments:

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

Preparation for upcoming classes:

- 85a Orthopedic Massage: Introduction – Neck Pain
 - Trail Guide: semispinalis capitis, splenius capitis, and splenius cervicis.
 - Packet J: 109-112.
- 85b Orthopedic Massage: Technique Demo and Practice - Neck Pain
 - Packet J: 113-116.



Classroom Rules

Punctuality - everybody's time is precious

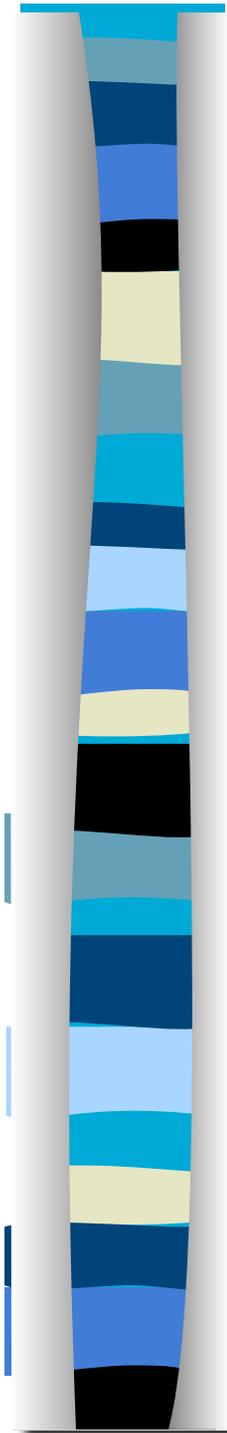
- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

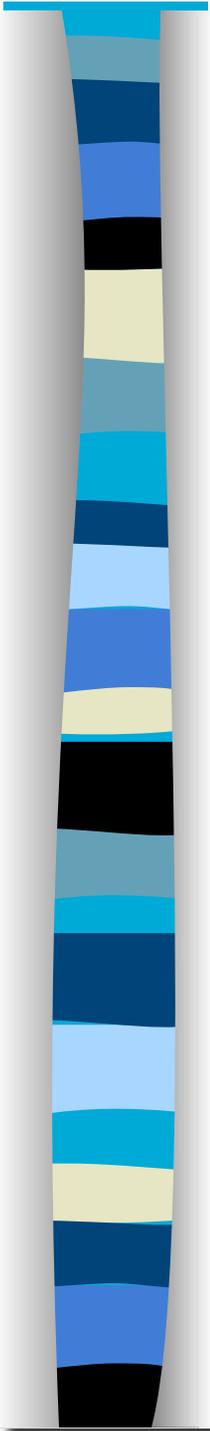
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

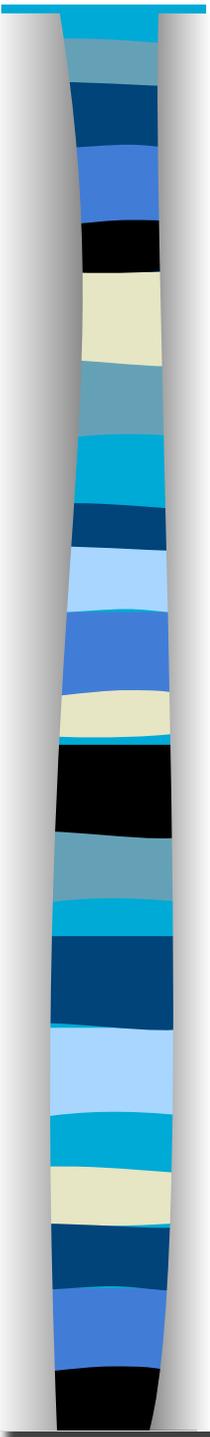
You will receive one verbal warning, then you'll have to leave the room.

84a MBLEx Prep



Final Simulation MBLEx Exam Part 7





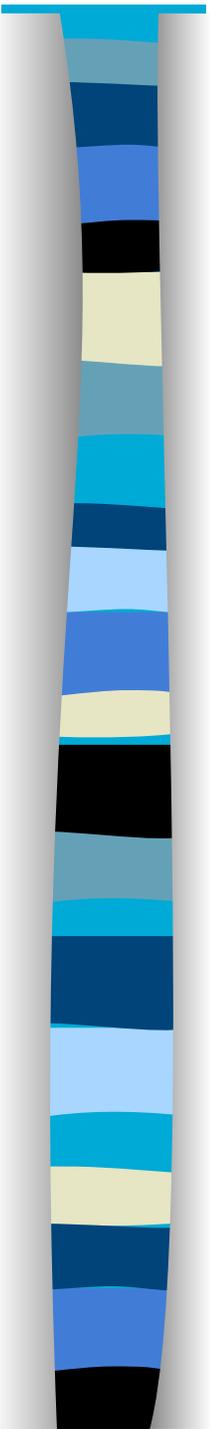
 C 1. What are indications for massage based upon?

A. The desires of the client

B. The data compiled by the massage practitioner

C. The objective and subjective health-enhancing benefits of massage on an individual body

D. The best guess of the therapist as to what the client needs



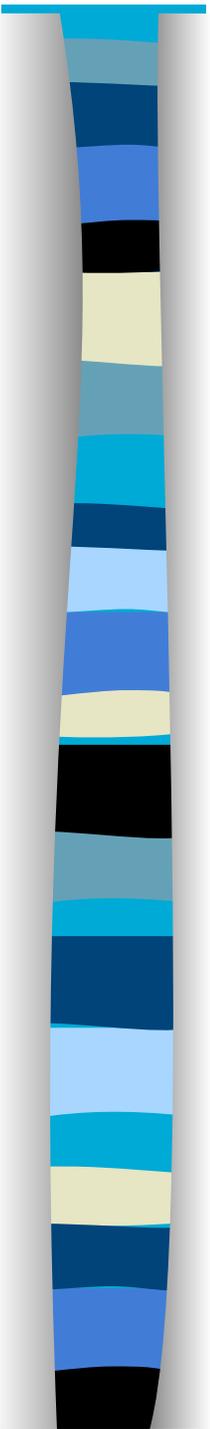
 A 2. From which structure or structures does semen obtain its fluid?

A. Epididymus, prostate gland, seminal vesicle and vas deferens

B. Seminal vesicle and vas deferens

C. Epididymus

D. Vas deferens



 B 3. What is the name for inflammation of a tendon that is caused by trauma, overuse, or inflammatory disease?

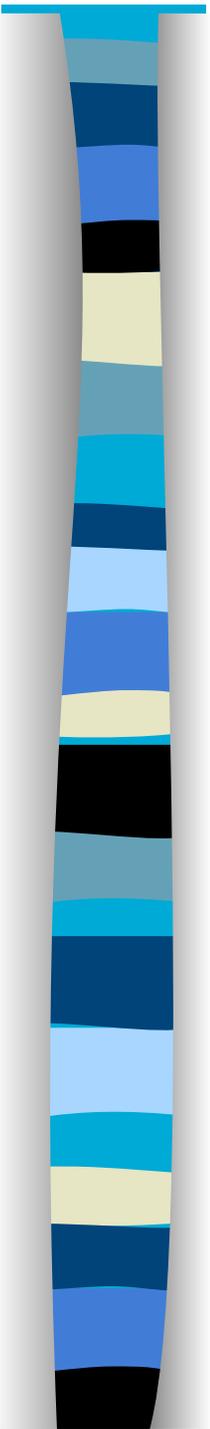
A. Tenosynovitis

B. Tendonitis

C. Bursitis

D. Torticollis

Pathology



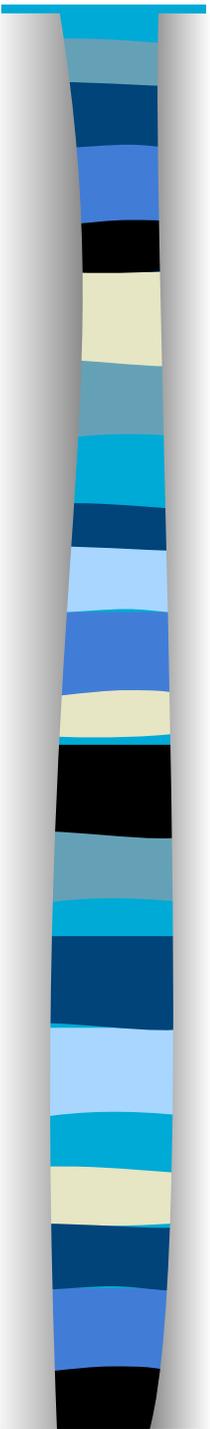
 A 4. After obtaining a detailed history about an edematous knee, which is the best stroke to use if the massage therapist determines that massage is indicated?

A. Light effleurage in the direction of lymph flow

B. Friction around the joint

C. Light effleurage in the opposite direction of lymph flow

D. Vibration and tapotement around the joint



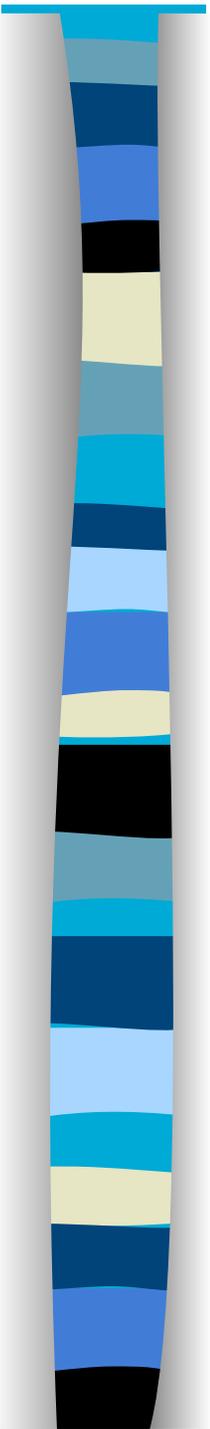
 D 5. Which category of neurons connects the motor and sensory neurons in the neural pathway?

A. Afferent

B. Efferent

C. Both afferent and efferent

D. Association (interneurons)



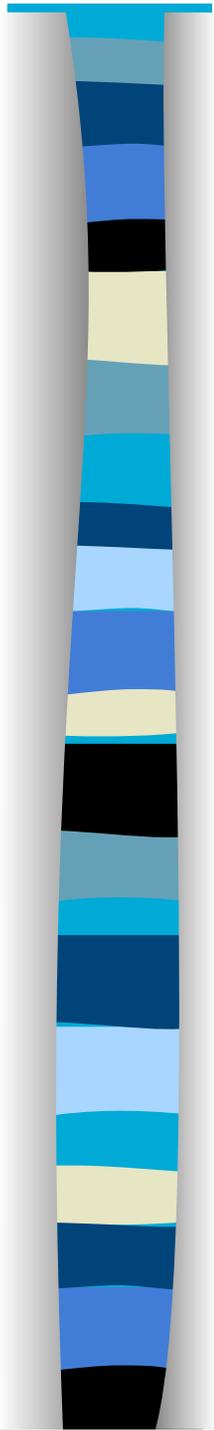
 C 7. Which is an action of tibialis anterior?

A. Flexes the toes

B. Extends the toes

C. Inverts the foot

D. Everts the foot



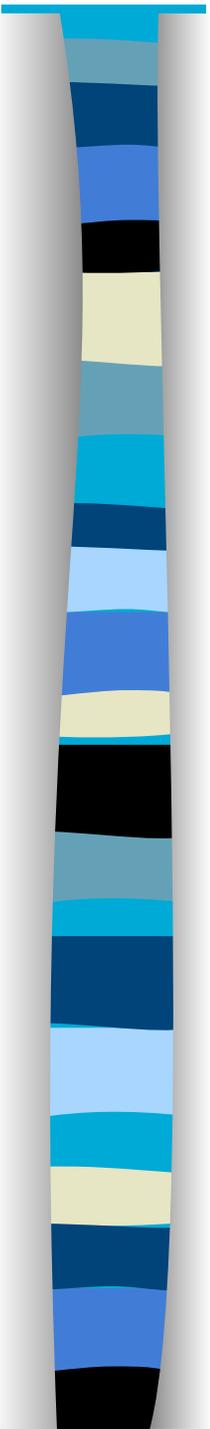
 A 8. Which muscle is innervated by the axillary nerve?

A. Deltoid

B. Erector spinae

C. Peroneus Longus

D. Biceps femoris



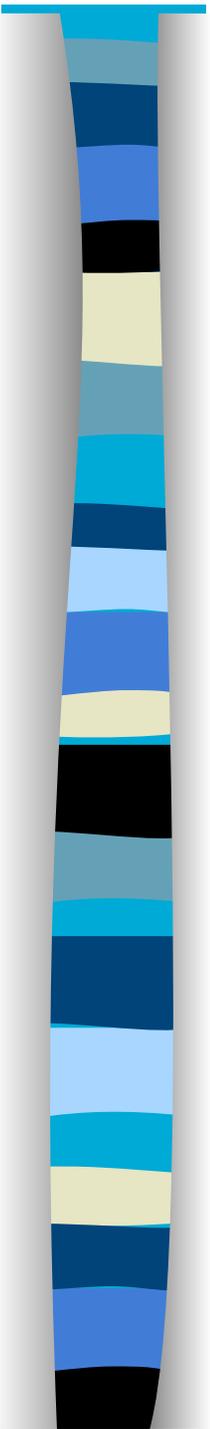
 C 9. Which of the following best gives a description of lymph flow?

A. Lymph moves through the system in the same way as arterial blood

B. Lymph flow is regulated by blood pressure

C. Lymph flow, like venous blood, is aided by the skeletal muscle pump and the respiratory pump

D. Lymph always flow superiorly



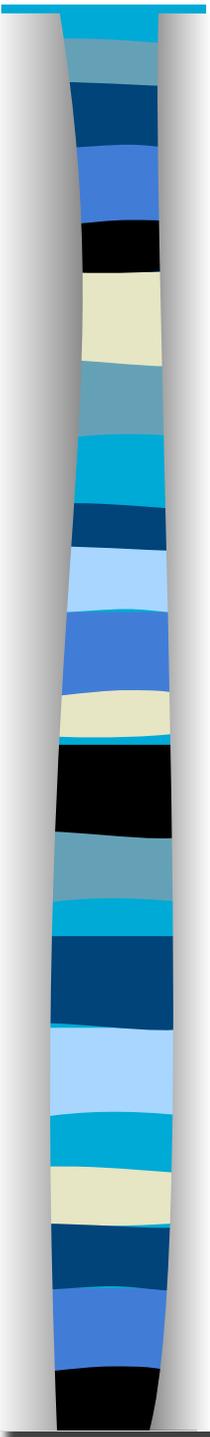
 B 10. Paula uses the application of hot and cold hydrotherapy to increase blood flow in a body part. What is this effect called?

A. Cryotherapy

B. Revulsive

C. Derivative

D. An anomaly



 A 11. The study of physiology can be divided into which three approaches?

A. Organizational, Pathophysiological, and Systemic

B. Organizational, Functional, and Pathophysiological

C. Anatomical, Functional, and Systematic

D. Organizational, Developmental, and Functional

Note: ?

Anatomy and Physiology

Kinesiology

Pathology

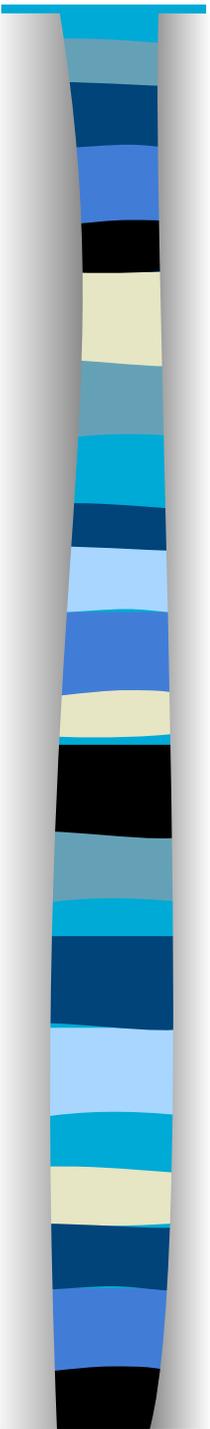
Benefits and Effects of Massage Therapy, Types of Strokes, Hydrotherapy

Treatment Planning and Assessment

Modalities and History

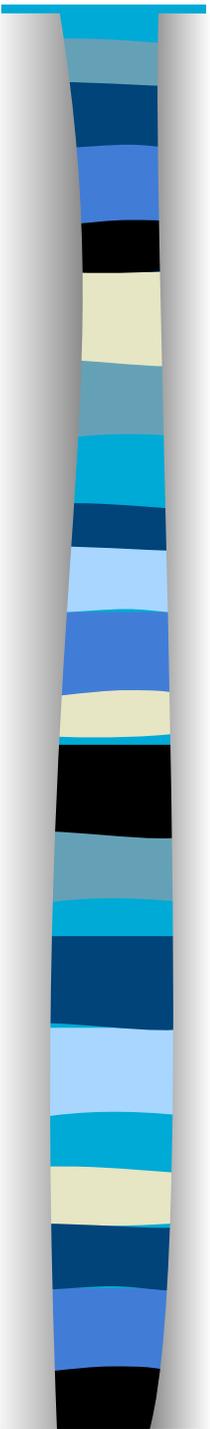
Ethics, Laws, Regulations

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



 B 12. What is the definition of Massage?

- A. The manipulation of joints in the body
- B. Massage is the working of superficial and deeper layers of muscle and connective tissue using various techniques, to enhance function, aid in the healing process, and promote relaxation and well-being**
- C. The practice of body movements and stretching techniques
- D. The manipulation of the skeletal and muscular systems



 C 13. The term primary and secondary refer to problems in the target gland versus problems in other organs and glands that have an effect on the target gland. In primary hyperthyroidism, the pathology is in the thyroid gland itself. If the problem is secondary hyperthyroidism, which gland is causing the problem?

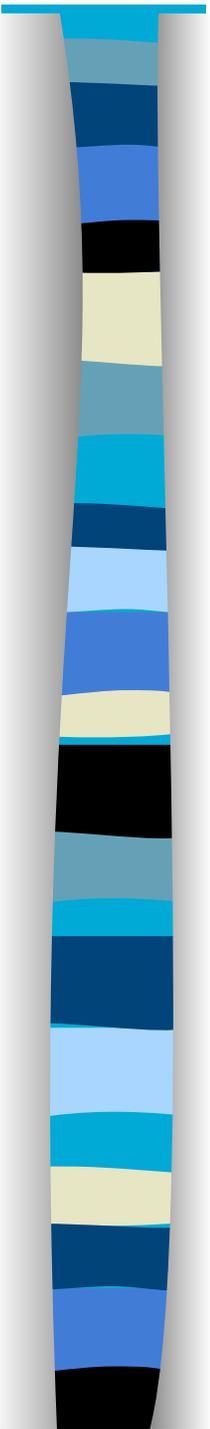
A. Liver

B. Pineal

C. Pituitary

D. Pineal

Pathology



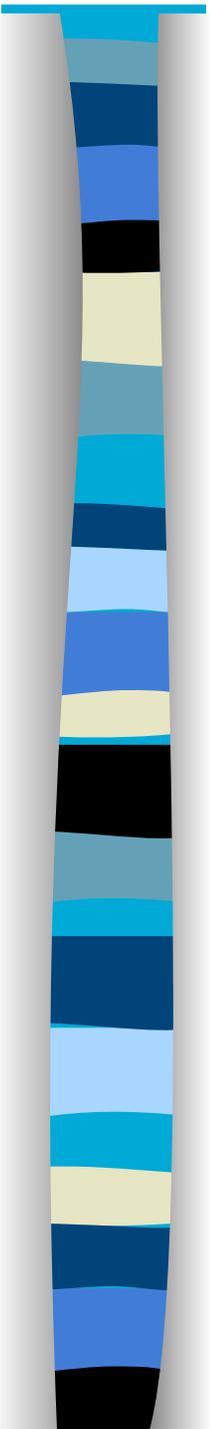
 C 14. Which of the following methods destroys most or all pathogens, but not necessarily all microbes?

A. Sterilization

B. General Precautions

C. Disinfection

D. Isolation



 C 15. The ability to identify contraindications is an integral part of an effective assessment. Which of the following conditions is an absolute contraindication to massage?

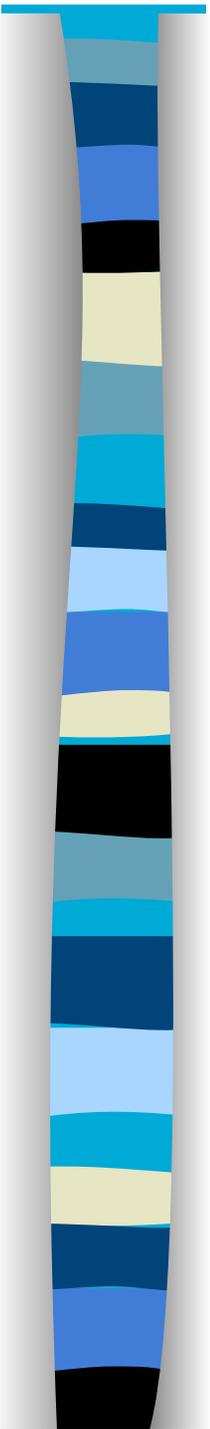
A. Pregnancy

B. HIV / AIDS

C. Fever

D. Cancer

Pathology



 B 16. What is it called when there is a localized abnormal dilation of a blood vessel, usually and artery, which creates a weakness in the wall of the vessel?

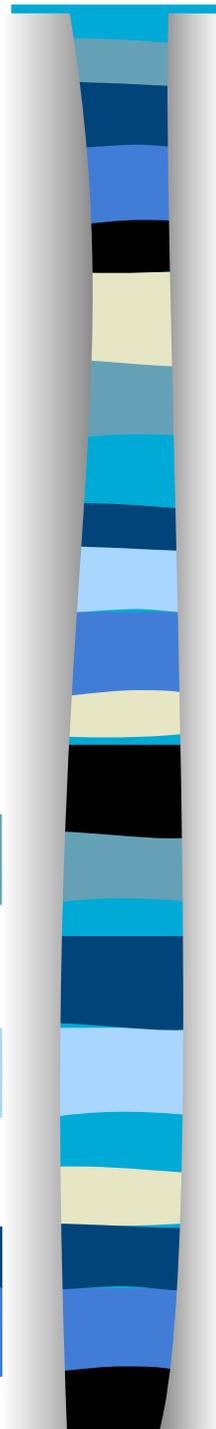
A. Cerebrovascular accident (CVA)

B. Aneurysm

C. Edema

D. Infarction

Pathology



 D 17. What is the most vascular tissue in the body?

A. Sphincter

B. Viscera

C. Smooth muscle

D. Skeletal

Note: Was not able to verify this.

Anatomy and Physiology

Kinesiology

Pathology

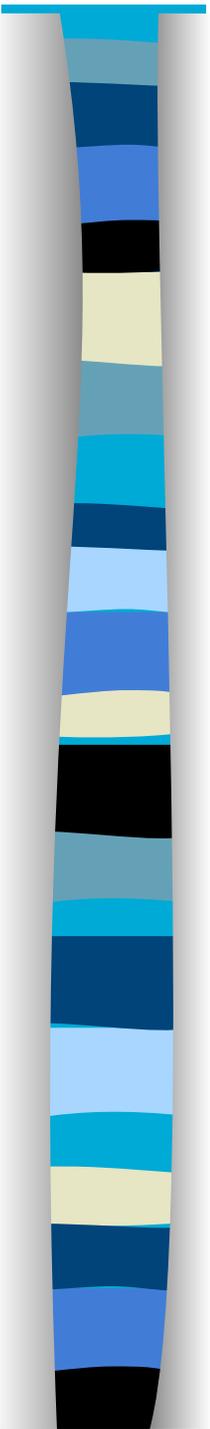
Benefits and Effects of Massage Therapy, Types of Strokes, Hydrotherapy

Treatment Planning and Assessment

Modalities and History

Ethics, Laws, Regulations

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



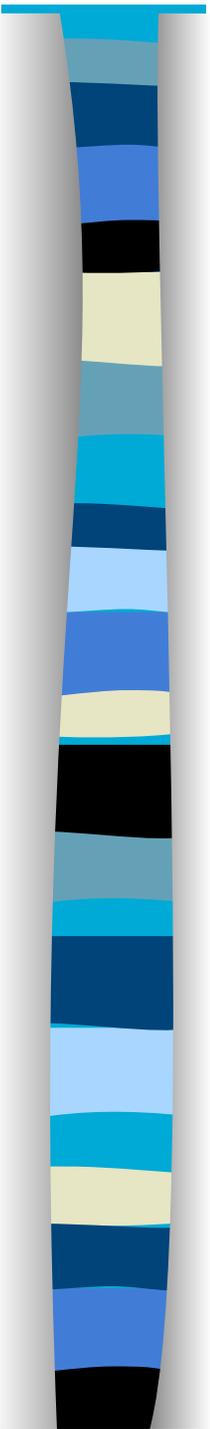
 D 18. In what way could massage therapy help the joints of the body?

A. Increase fibrotic tissue around the joint

B. Decrease blood flow to the joint

C. Decrease synovial fluid movement

D. Increase synovial fluid movement



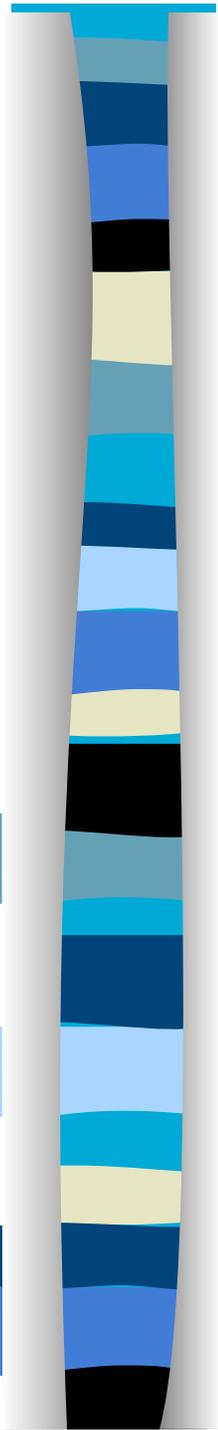
 A 19. What is the process called whereby water dissolved substances are removed from the blood by the kidneys?

A. Filtration

B. Secretion

C. Absorption

D. Re-absorption



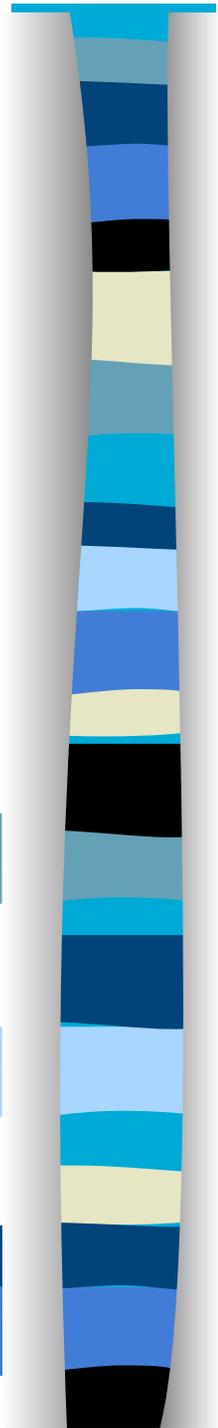
 C 20. What is another name for an amphiarthrosis joint?

A. Synovial

B. Fibrous

C. Cartilaginous

D. Suture



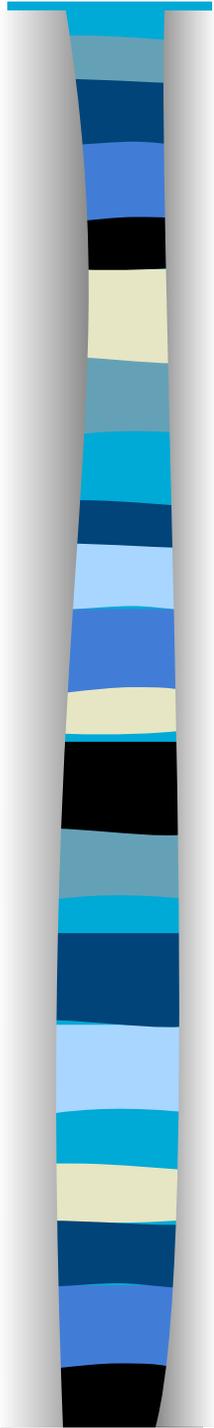
 A 22. What is the main function of the vas deferens?

A. To carry ejaculatory sperm from the epididymis to the urethra

B. To produce testosterone

C. To provide an environment for sperm cells to mature

D. All of the options



 C 23. What causes claw hands?

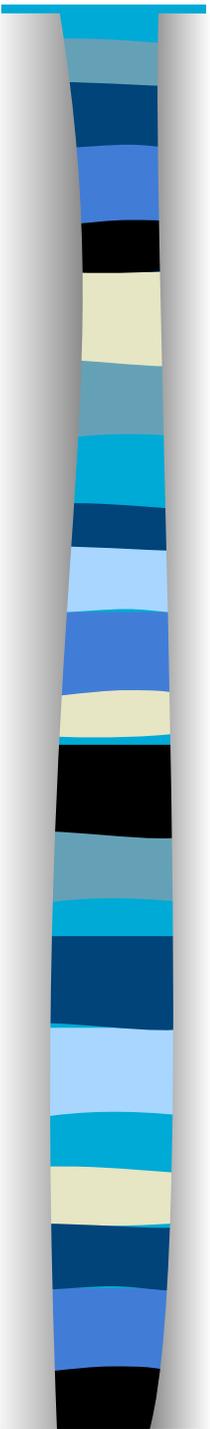
A. Flaccid paralysis

B. Rigidity

C. Spastic paralysis

D. Over-extension

Pathology



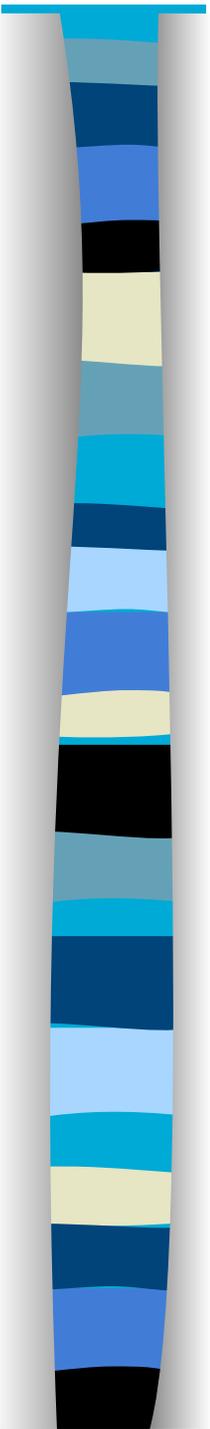
 B 24. What should the massage therapist avoid when testing range of motion on the lower extremity of a supine client?

A. Lateral hip rotation with hip flexion

B. Hyperextending the knee

C. Medial hip rotation

D. Simultaneous knee extension and hip flexion



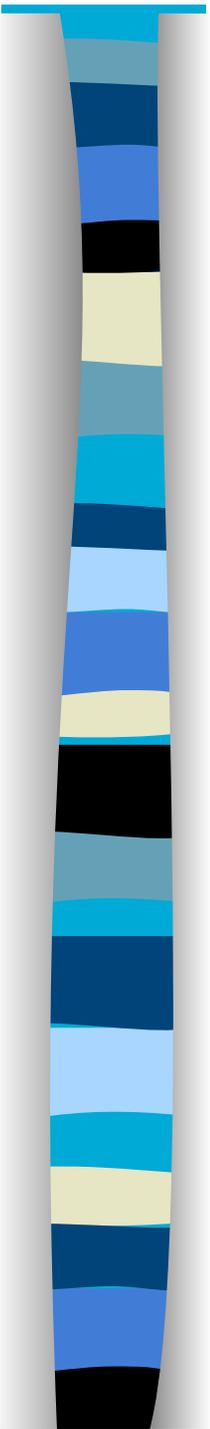
 C 25. What part of the brain has control of respiration as one of its functions?

A. Cerebellum

B. Cerebrum

C. Medulla oblongata

D. Thalamus



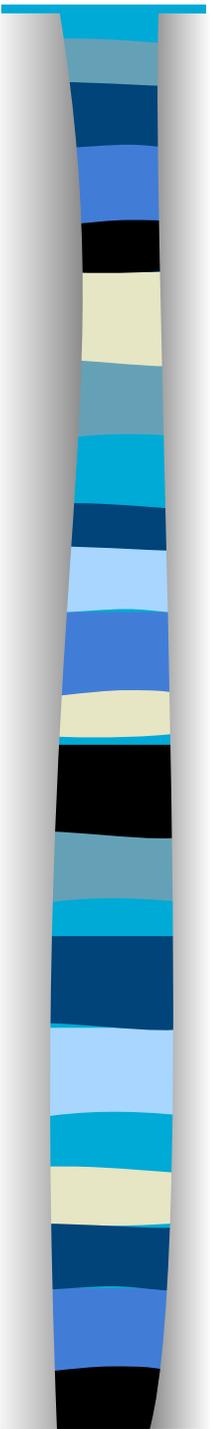
 B 27. Which muscle is used when flexing the knee and plantar flexing the ankle?

A. Quadriceps femoris

B. Gastrocnemius

C. Rectus femoris

D. Vastus lateralis



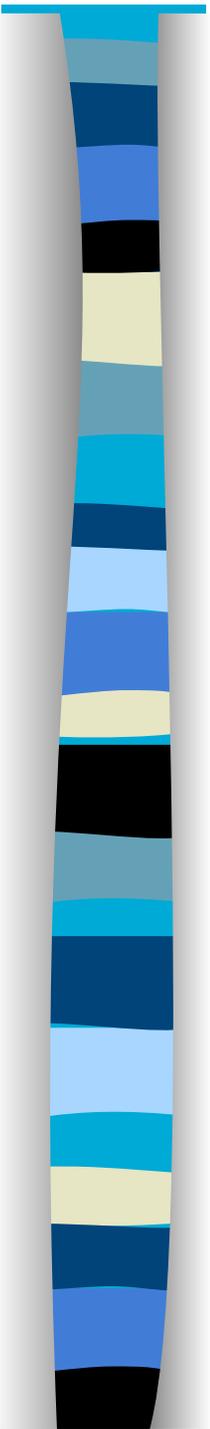
 B 28. Which is the largest muscle in the body?

A. Vastus lateralis

B. Gluteus maximus

C. Adductor longus

D. Peroneus longus



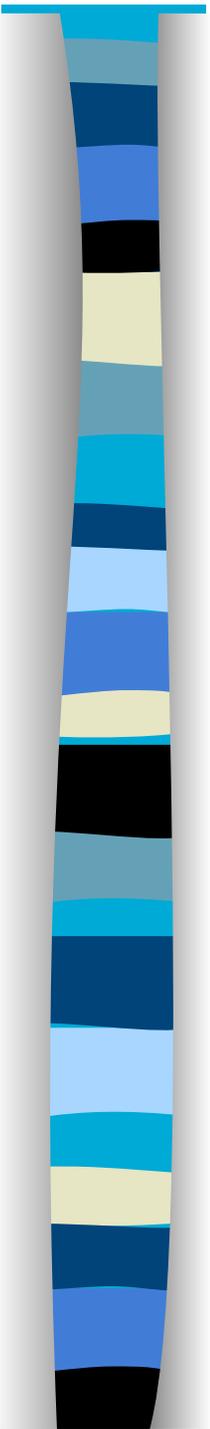
 C 29. What is the main purpose of deep transverse friction?

A. To relax the muscle

B. To reduce weight

C. To separate adhesions between muscle fibers

D. To remove lactic acid



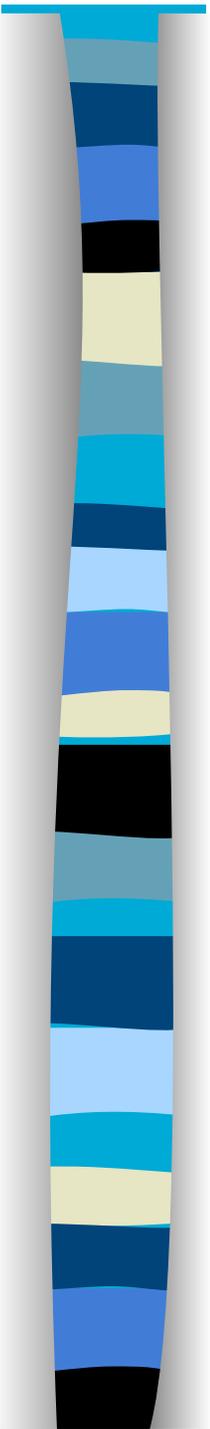
 C 30. A massage therapist who has been prescribed a new medication notices that the required dosage makes him feel a little woozy. He has a full day of clients scheduled and needs the income. What should he do?

A. Call the first client to reschedule and wait to see how he feels before calling the rest

B. Work anyway-it will wear off eventually

C. Reschedule all clients until he is certain he can work unimpaired

D. Reschedule only the morning clients



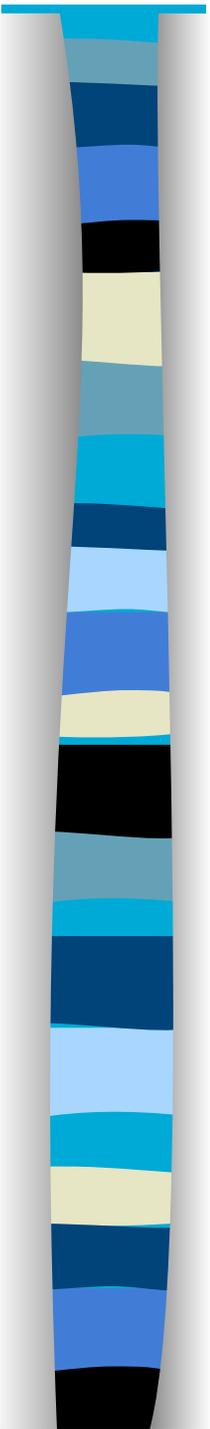
 C 31. When talking about drugs what does the acronym OTC mean?

A. Over the cashier

B. Over the cap

C. Over the counter

D. Over the country



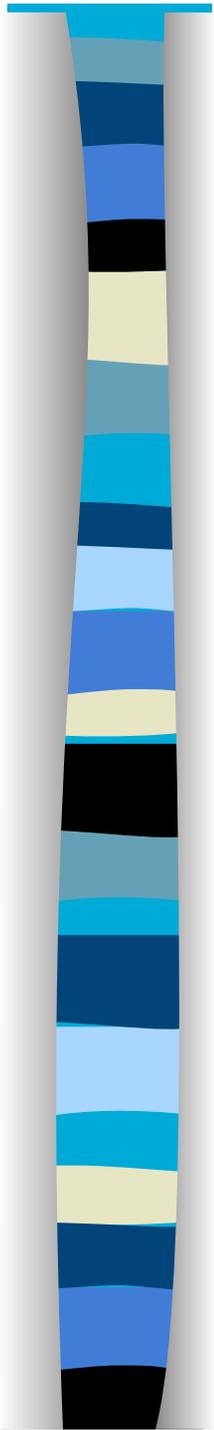
 C 32. Which lymphoid tissues are located on the sides and roof of the pharynx?

A. Cervical nodes

B. Plexuses

C. Tonsils

D. Parotid nodes



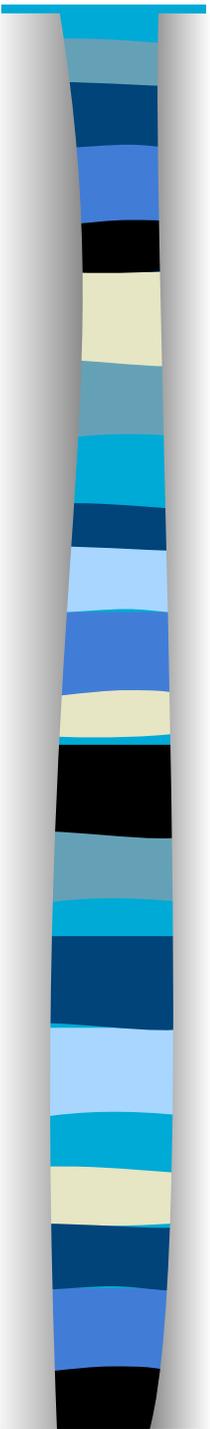
 A 33. In what type of tissue are pseudostratified cells found?

A. Epithelial

B. Nervous

C. Cartilage

D. Dense fibrous



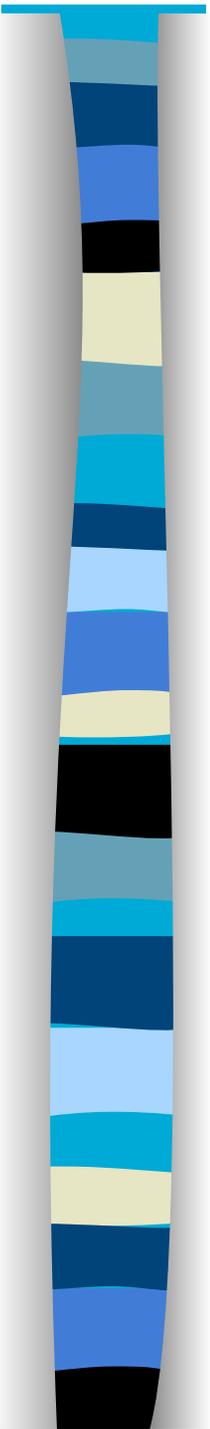
 C 34. Which modality will produce immediate relaxation of muscles?

A. Tepid application

B. Cold application

C. Heat application

D. Moist application



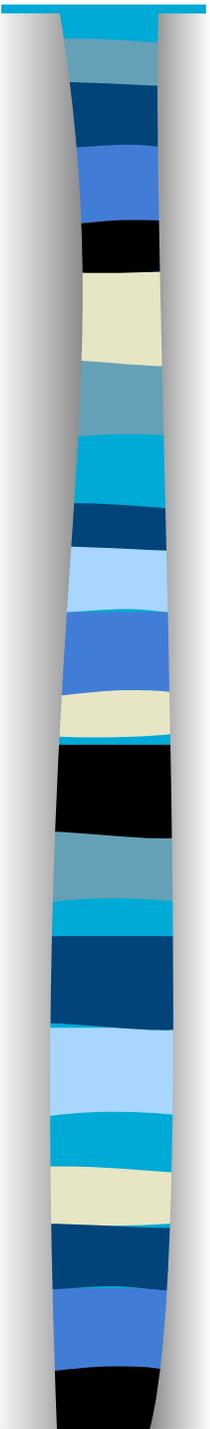
 D 35. Which muscle divides the thoracic cavity from the abdominal cavity?

A. Rectus abdominus

B. Trapezius

C. Obliques

D. Diaphragm



 A 36. What percentage of bartered income must be reported to the IRS?

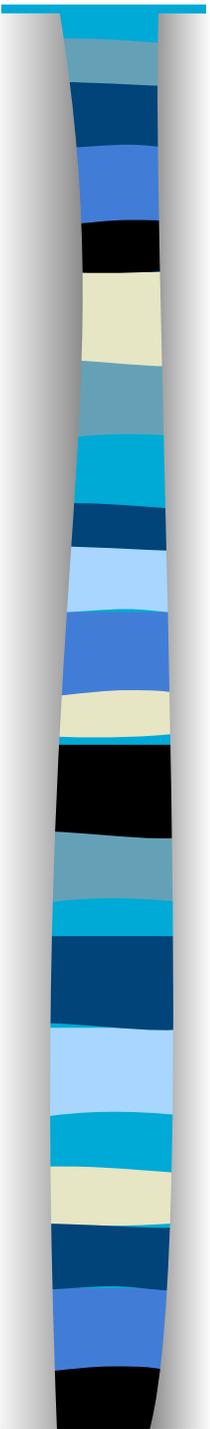
A. 100%

B. 90%

C. 80%

D. 50%

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



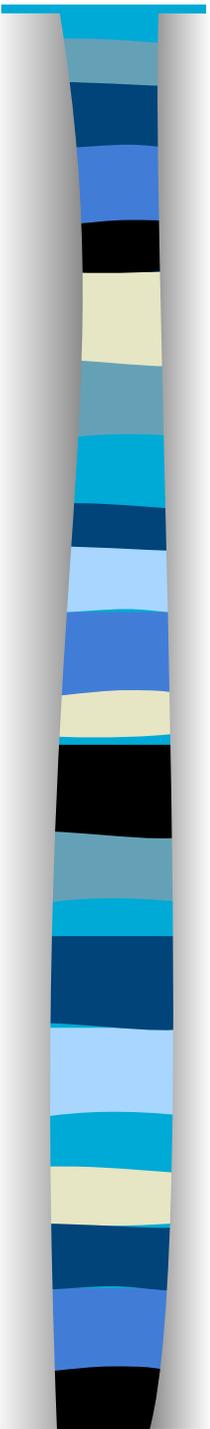
 B 38. A client is nervous about getting her first massage. While interviewing the client prior to the massage, the therapist discerns that the client is worried about taking off her underwear. Which of the following statements is the most appropriate for the massage professional to make to her?

A. "I prefer that you remove your underwear, but if you are that uncomfortable, I can certainly adjust my procedures."

B. "Undress to your comfort level. I would like to assure you as well that I am very careful with my draping."

C. "Feel free to leave your underwear on. It makes my job easier, because I'm able to relax a bit with my draping."

D. "Undress to your comfort level. If I need to adjust your underwear to properly massage, I can do that."



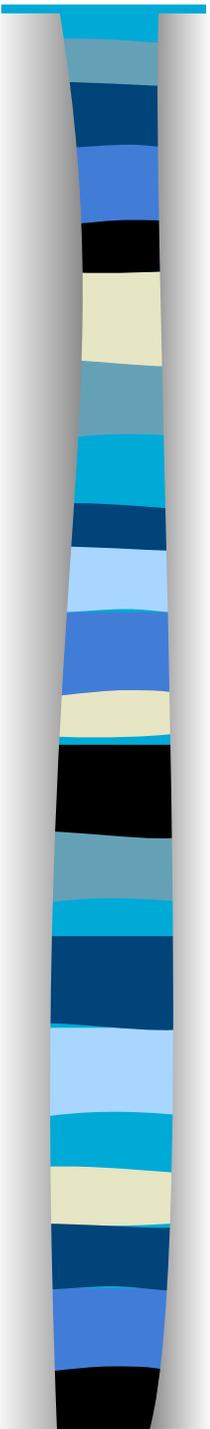
 B 39. Name, in order, the parts of the small intestine that digestible substances would follow

A. Jejunum, ileum, and iliacus

B. Duodenum, jejunum, and ileum

C. Duodenum, ileum, and jejunum

D. Ascending, transverse, and descending



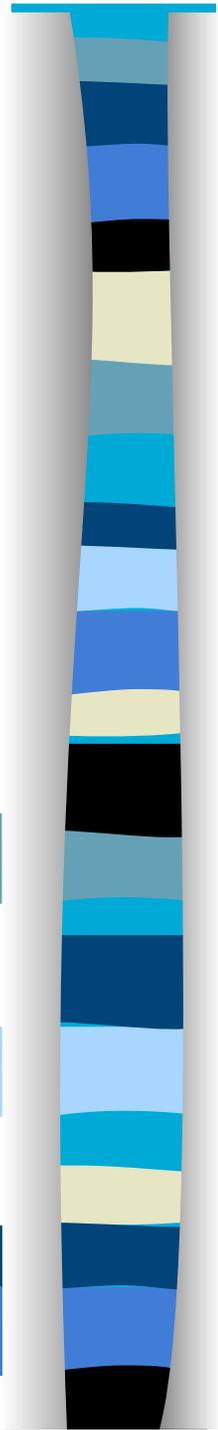
 D 40. If a client presents with a lateral pelvic tilt, which muscle is most likely to be short/tight?

A. Hamstrings

B. Rectus abdominus

C. Quadriceps

D. Quadratus lumborum



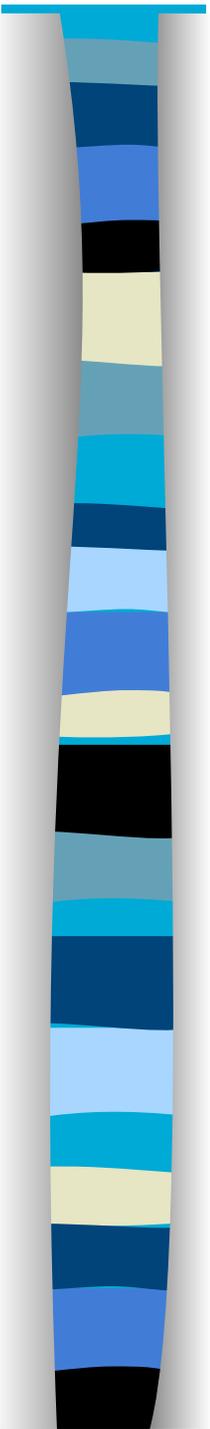
 D 42. What is not the function of epithelial tissue?

A. Protection

B. Secretion

C. Absorption

D. Movement



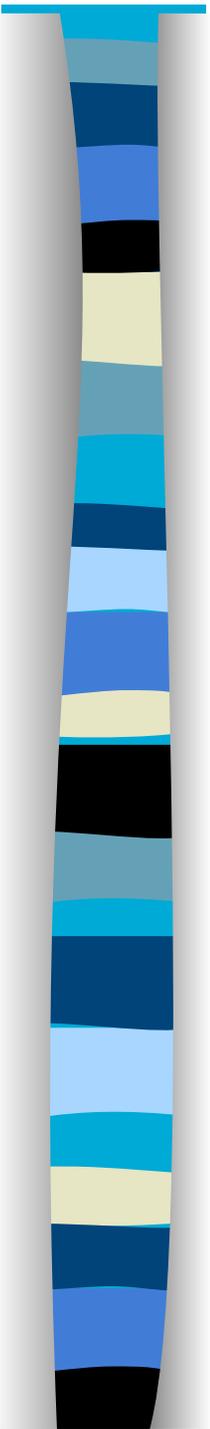
 B 43. Who, in the early twentieth century, was the first to observe the craniosacral mechanism?

A. Per Henrik Ling

B. William Sutherland

C. Ida Rolf

D. Moshe Feldenkrais



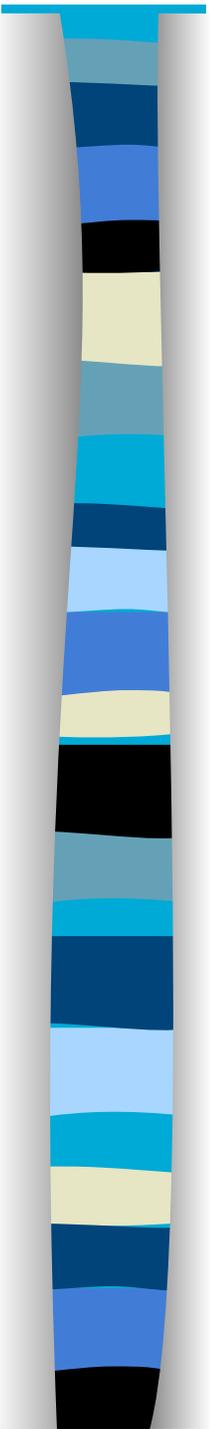
 D 44. Some of the physiological benefit/s of massage does/do not include:

A. Increased circulation

B. Enhanced immune system

C. Promote nervous system functioning

D. Decreased circulation



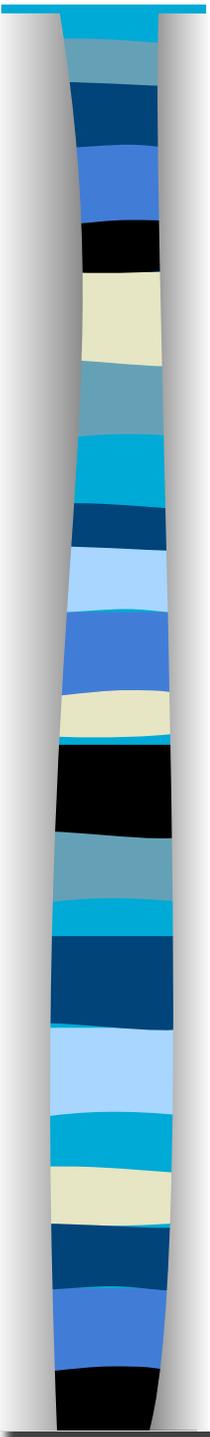
 C 45. Which touch modality is a Japanese technique for stress reduction and relaxation that focuses on the attunement of Chakras and also promotes healing by a gentle laying on of hands?

A. Shiatsu

B. Tui na

C. Reiki

D. Lomi lomi



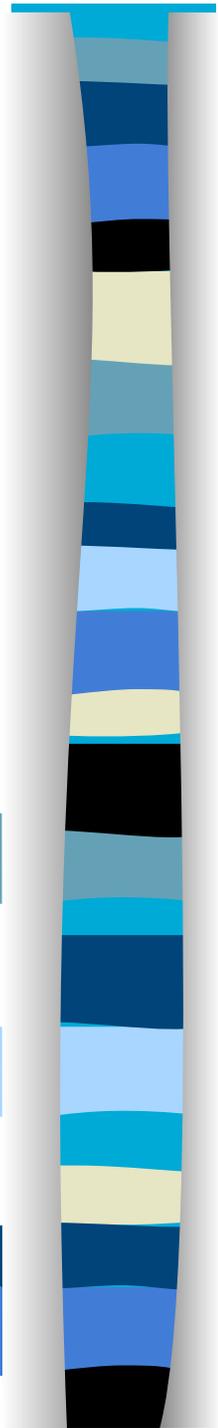
 D 46. Which of the following is not part of a cell?

A. Centrosome

B. Mitochondria

C. Ribosome

D. Hyaline cartilage



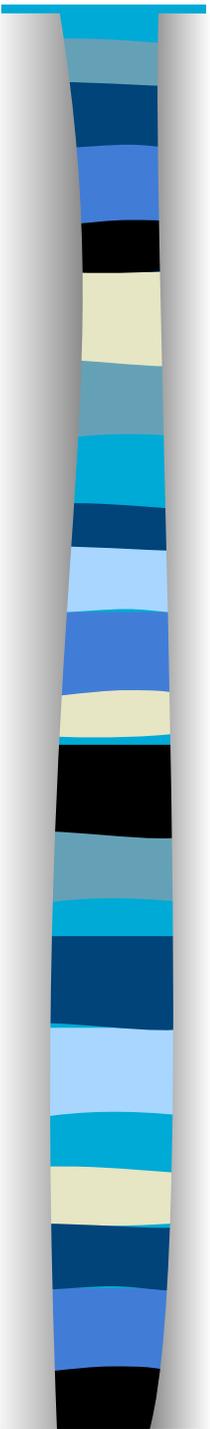
 A 47. What percentage of plasma is made up of water?

A. 91.5%

B. 55%

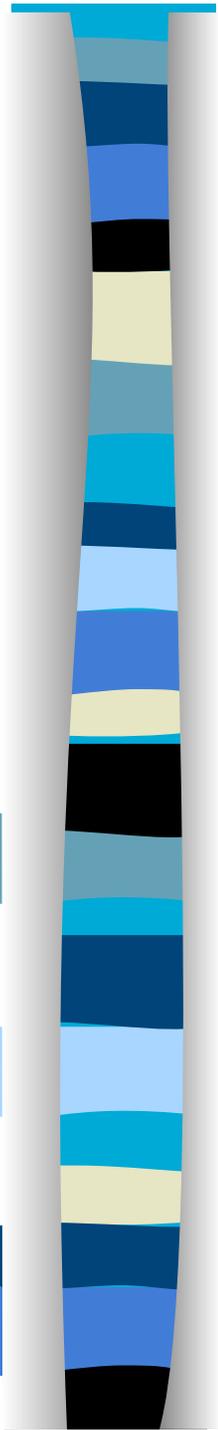
C. 10%

D. 0%



 A 48. The initial intake primarily consists of two parts. What are they?

- A. Written health history, verbal interview**
- B. Written health history, postural assessment
- C. Written health history, palpation assessment
- D. Verbal interview, range of motion assessment



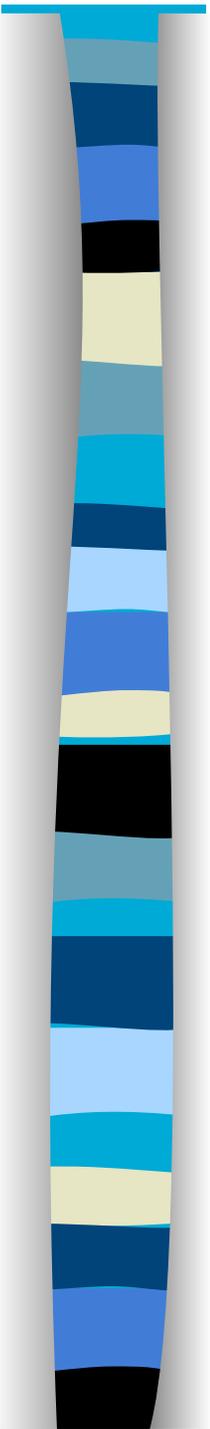
 C 49. What starch-digesting enzyme is found in saliva?

A. Lipase

B. Pepsin

C. Amylase

D. Lactase



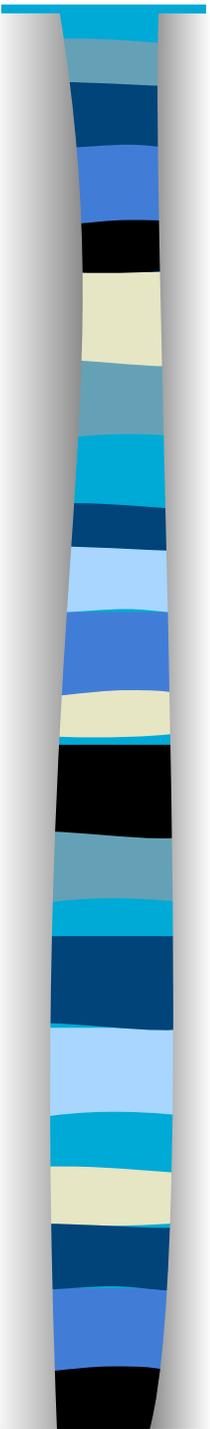
 B 50. Which of the following does not apply to the practice of standard precautions?

A. Blood

B. Sweat

C. Skin that is not intact

D. Mucous membranes



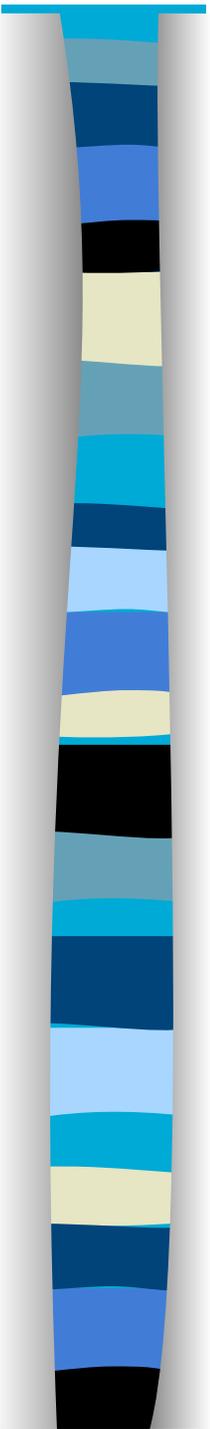
 A 51. Which gland is associated with lymphatic system?

A. Thymus

B. Pineal

C. Adrenal

D. Pancreas



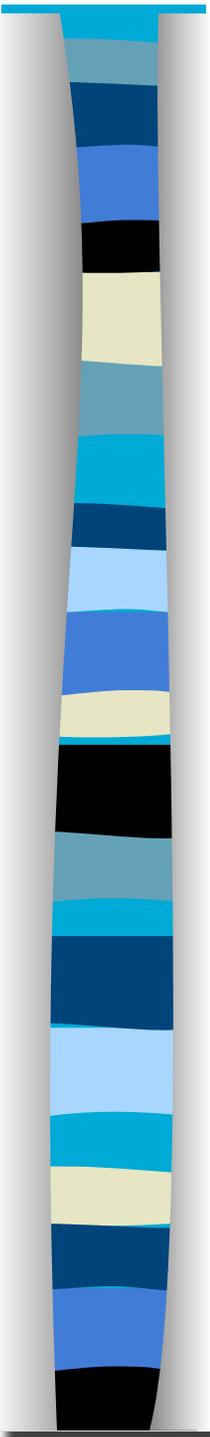
 C 52. What is the appropriate course of action to take when a female client who prefers massage from a female therapist comes to a massage therapy business at a time when only male therapists are available?

A. Help her to understand that the male therapists are sensitive to gender issues, and that they are effective therapists for both male and female clients

B. Talk with her to determine the reason for her preference

C. Schedule an appointment for a time when a female therapist is available

D. Attempt to convince to see a male therapist



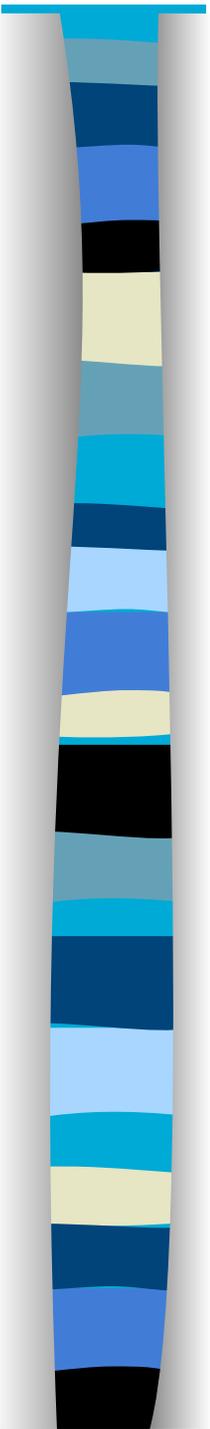
 A 53. What is the meaning of the prefix supra-?

A. Above and over

B. Under

C. Across

D. In excess



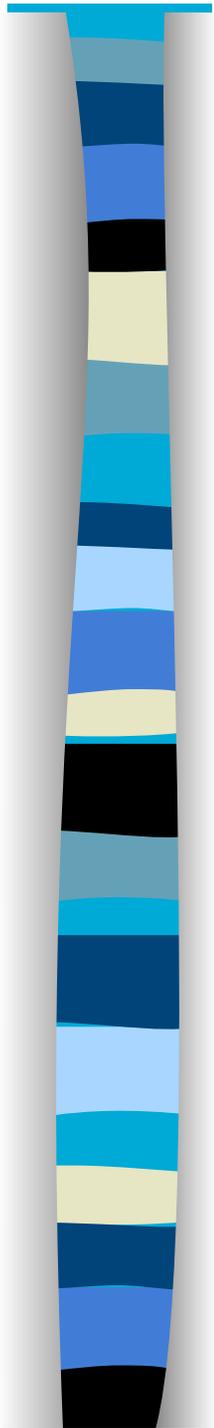
 D 54. When is analgesia not an effect?

A. Application of cold to a local area

B. Application of heat to a local area

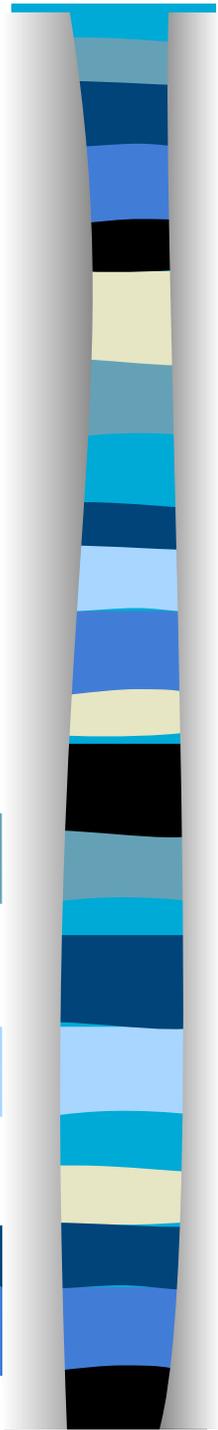
C. Immersion in cold water

D. Immersion in tepid water



 A 55. Which of the following is not located in the epidermis?

- A. Adipocytes
- B. Keratinocytes
- C. Melanocytes
- D. Langerhans cells



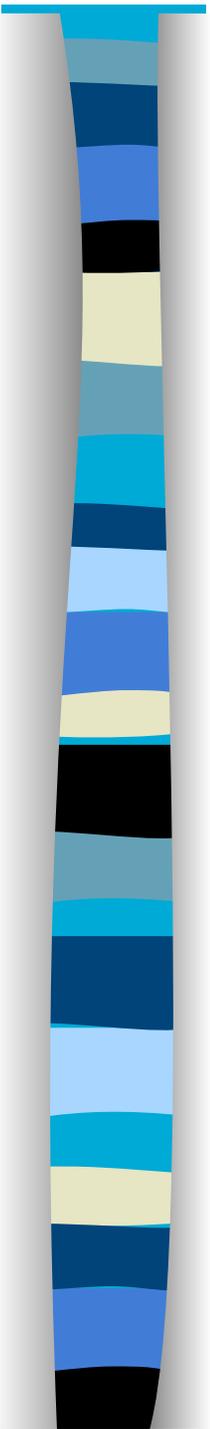
 B 56. Where is the spleen located?

A. Low in the upper left quadrant of the abdomen lateral to the stomach

B. High in the upper left quadrant of the abdomen lateral to the stomach

C. High in the lower quadrant of the abdomen lateral to the stomach

D. High in the upper right quadrant of the abdomen lateral to the stomach



 B 57. Selective serotonin reuptake inhibitors (SSRIs) are generally prescribed for which condition?

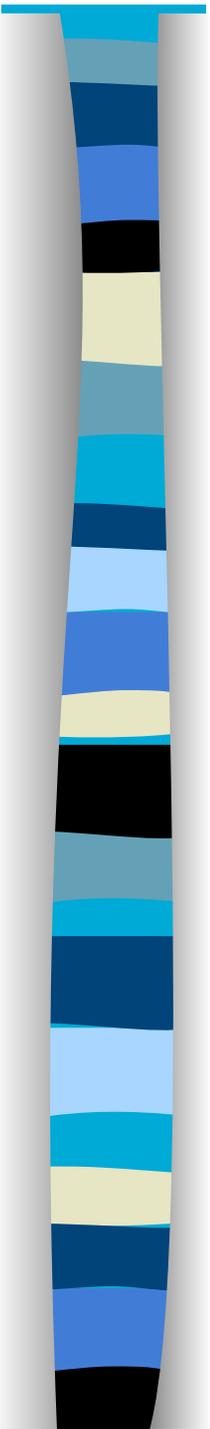
A. Diabetes

B. Depression

C. Acne

D. Hypertension

Pathology



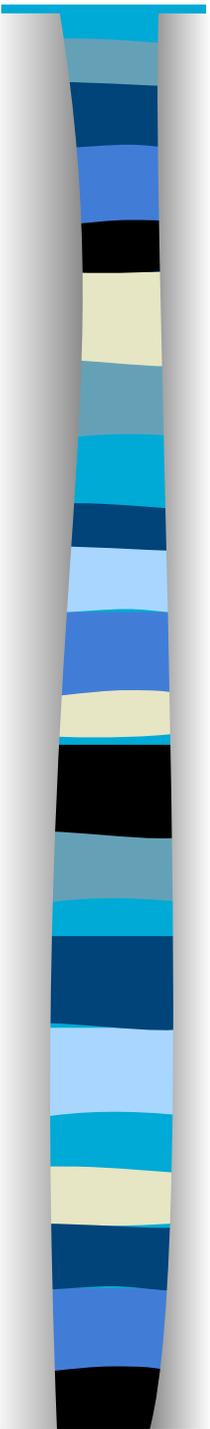
 A 58. What is countertransference?

A. The personalization of the professional relationship by the massage professional

B. The personalization of the professional relationship by the client

C. The personalization of the professional relationship by the client's doctor

D. The personalization of the professional relationship by the client's family



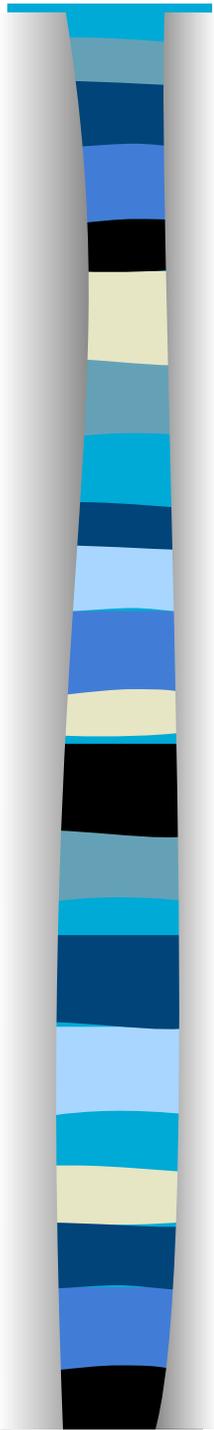
 B 59. A therapist identifies that a client exhibits pain when the left lumbar area is palpated. Where is this information recorded in the S.O.A.P. chart?

A. Subjective section - S

B. Objective section - O

C. Assessment section - A

D. Plan section - P



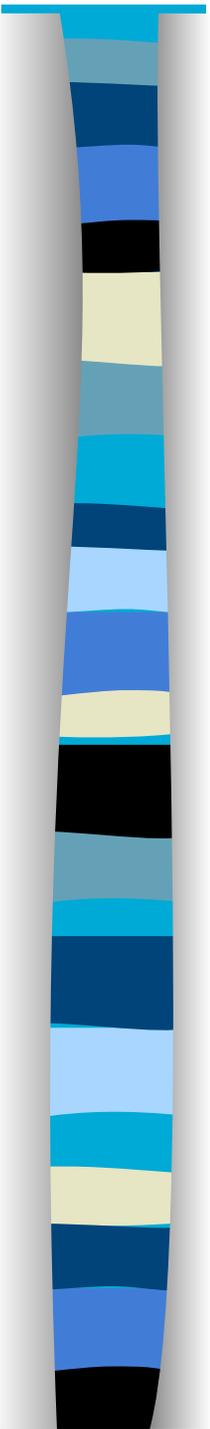
 C 60. Which muscle attached to the medial border of the scapula?

A. Infraspinatus

B. Trapezius

C. Rhomboid major and minor

D. Deltoids



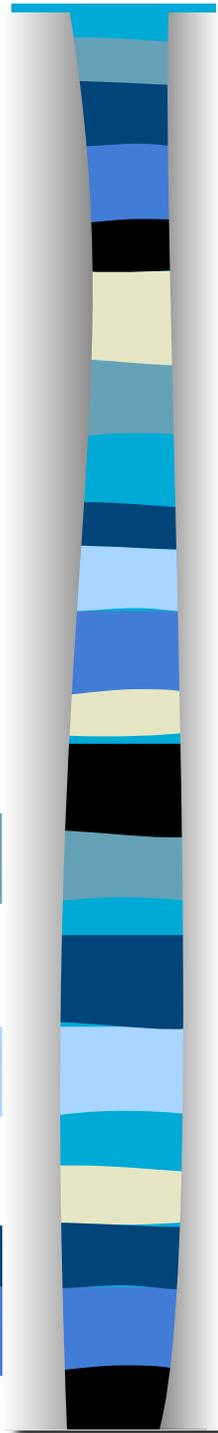
 A 61. Which of the following is true?

A. Piriformis abducts and laterally rotates

B. Piriformis adducts and laterally rotates

C. Piriformis adducts and medially rotates

D. Piriformis abducts and medially rotates



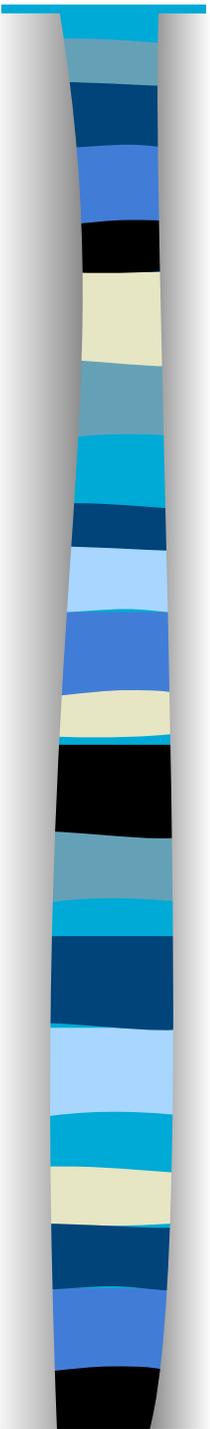
 A 62. What is the normal state of muscle at rest?

A. Tonus

B. Isometric

C. Isotonic

D. Tetanic



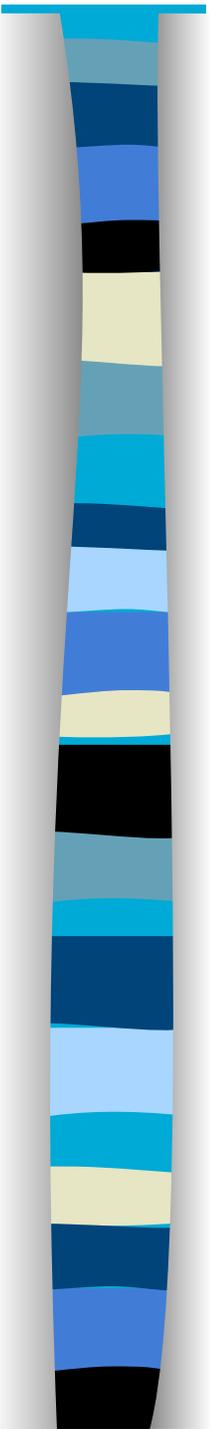
 A 64. Which condition is present when the tissue is red and hot?

A. Acute inflammation

B. Chronic inflammation

C. Sub-acute inflammation

D. Sub inflammation



D 65. Which disorder is characterized as a chronic pain syndrome that involves a complicated combination of related sleep disorders, diffuse soft tissue pain, finding of multiple tender points, and elevated levels of a specific neuroreceptor and neuromodulator associated and pain transmission?

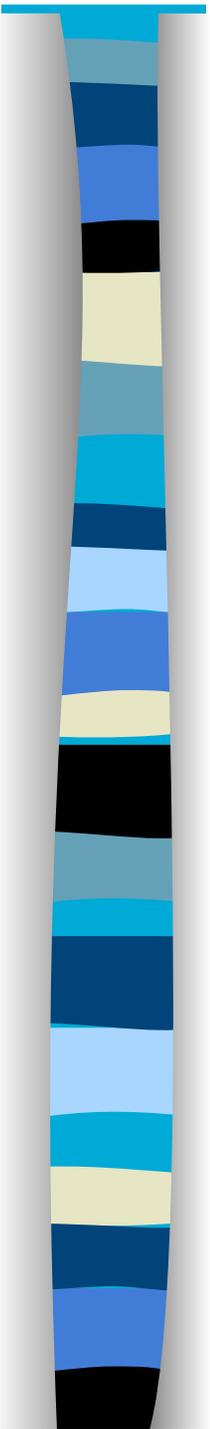
A. Muscular dystrophy

B. Tenosynovitis

C. Torticollis

D. Fibromyalgia

Pathology



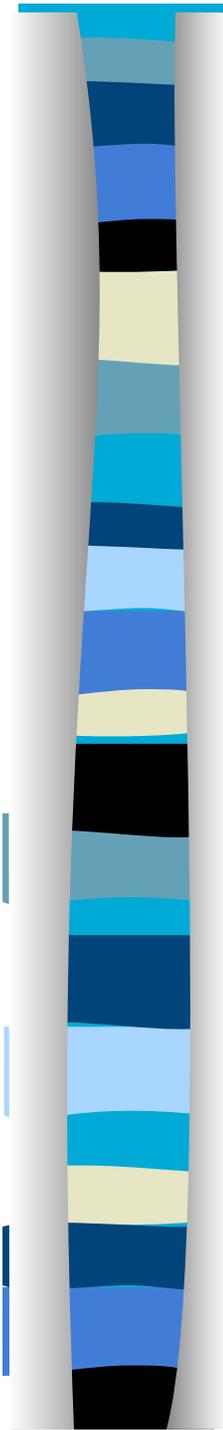
 B 66. Which layer of the wall of the uterus plays an active role in contraction during delivery of the baby?

A. Endometrium

B. Myometrium

C. Perimetrium

D. Periosteum



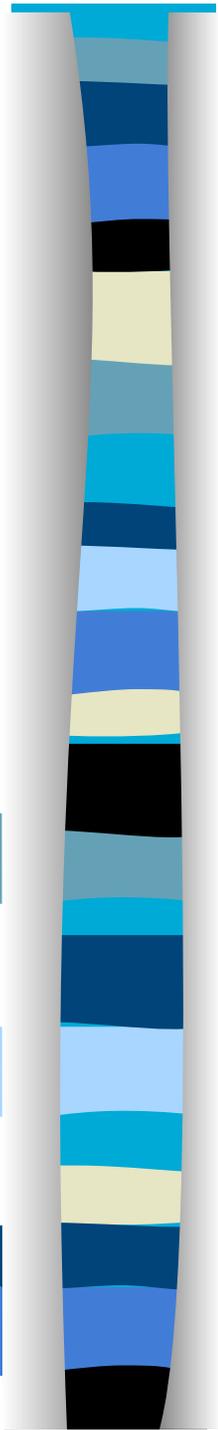
 B 67. During aerobic exercise, what happens to the bronchioles?

A. Constriction

B. Dilation

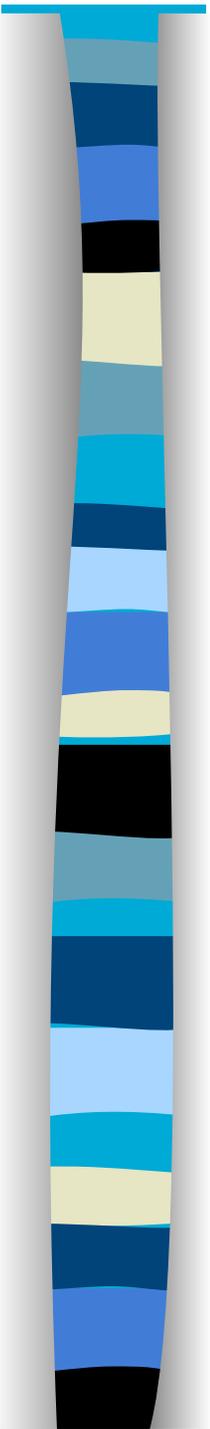
C. Move distally

D. Move inferior



 C 68. How do you define amphiarthroses joints?

- A. Immovable
- B. Freely movable
- C. Slightly movable**
- D. Highly moveable



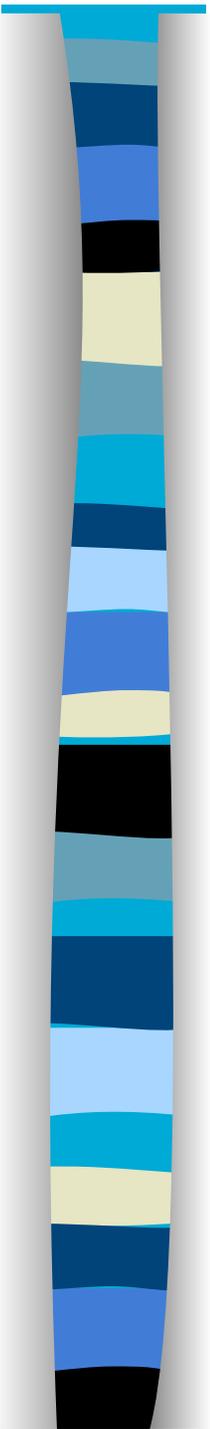
 B 69. Which of the following is not a function of the kidneys?

A. Maintaining blood pressure

B. Regulating digestion of carbohydrates and proteins

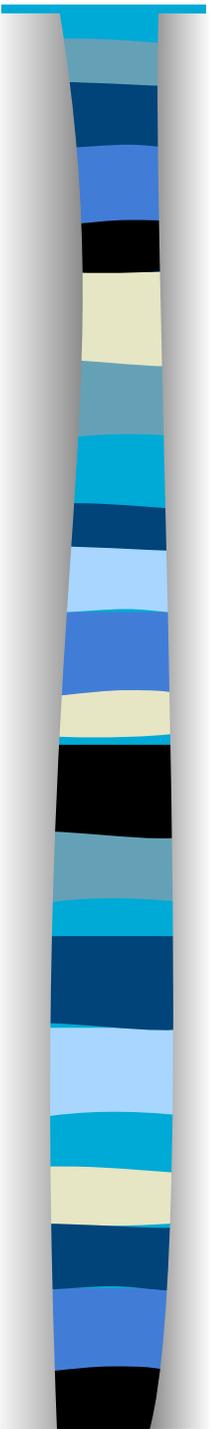
C. Removal of waste products from the blood

D. Regulating concentration of sodium and potassium ions in plasma



 C 70. Which are effects of heat application?

- A. Increased circulation, decreased muscle spasm, decreased respiration
- B. Decreased circulation, decreased inflammation, decreased respiration
- C. Increased circulation, decreased muscle spasm, increased respiration**
- D. Decreased circulation, increased inflammation, decreased respiration



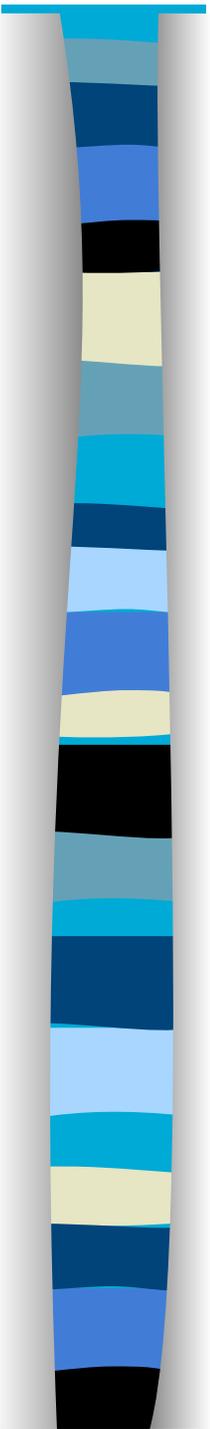
 B 71. Which are the dual energies that are believed to flow along the meridians of the body?

A. Jin and Shin

B. Yin and Yang

C. Fric and Frac

D. Qi and Ki



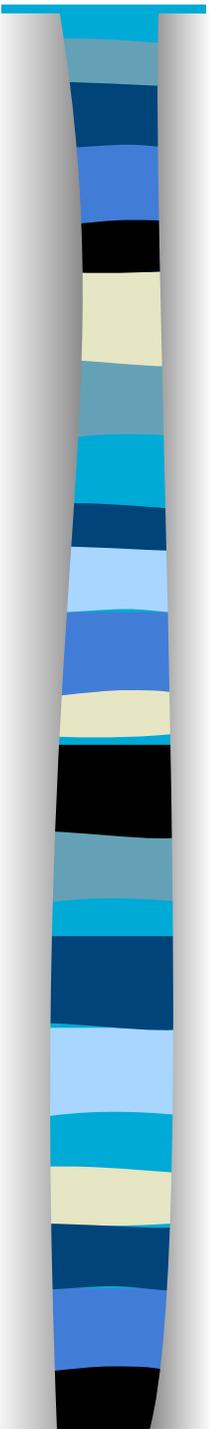
 C 72. Which arteries should you be aware of when you are working in the cervical region of the body?

A. Radial

B. Femoral

C. Carotid

D. Coronary



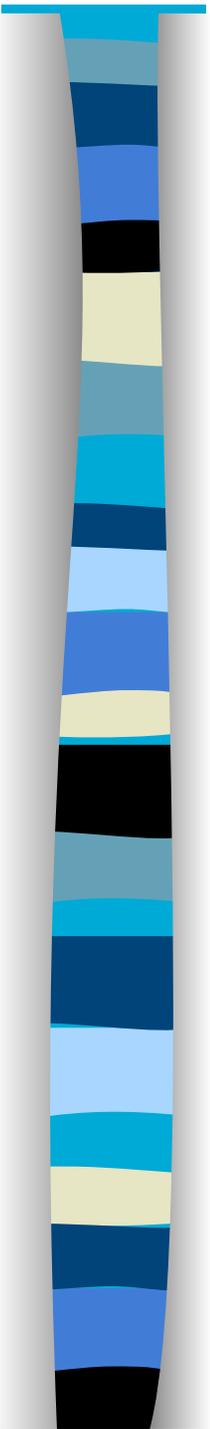
 A 73. Which of the following is included in a health history form?

A. Current and past health conditions, and prescription drug use

B. Marital status, sexual preference and income level

C. Age of parents, siblings and grandparents

D. Spouses job, type of car and favorite color



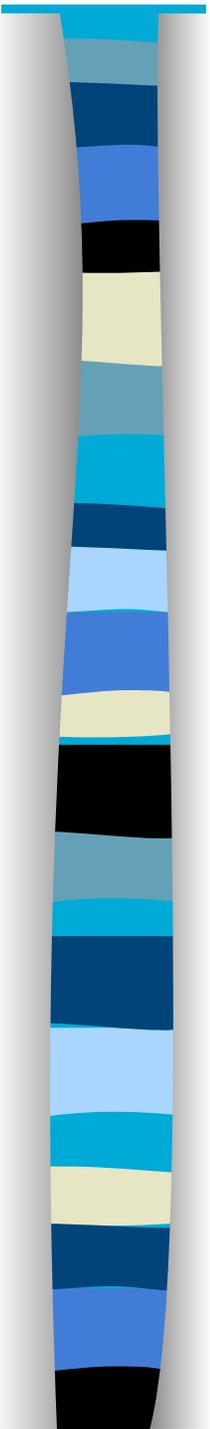
 B 74. What is another name for deglutition?

A. Peristalsis

B. Swallowing

C. Expectoring

D. Absorption



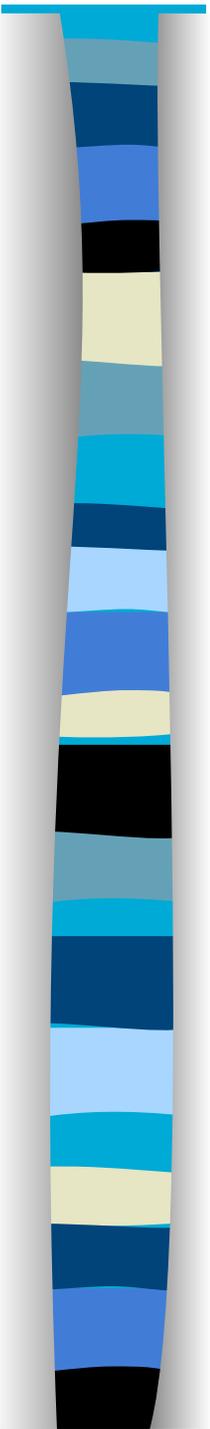
 C 75. Which one of the following best describes the regulation of blood calcium levels Parathyroid Hormone (PTH)

A. PTH has no effect on blood calcium levels

B. PTH stimulates osteoblasts to build more bone; calcium levels drop

C. PTH stimulates osteoclasts to break down bone matrix; blood calcium levels increase

D. PTH causes calcium to be absorbed and stored in the parathyroid gland



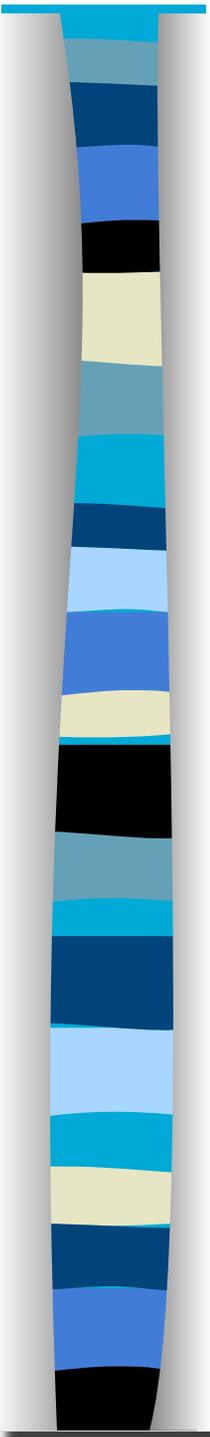
 B 76. Why is it important to maintain SOAP notes for each client session?

A. To provide diagnostic information to the client

B. To monitor the progress of the client

C. To stay within legal parameters

D. To satisfy liability insurance requirements



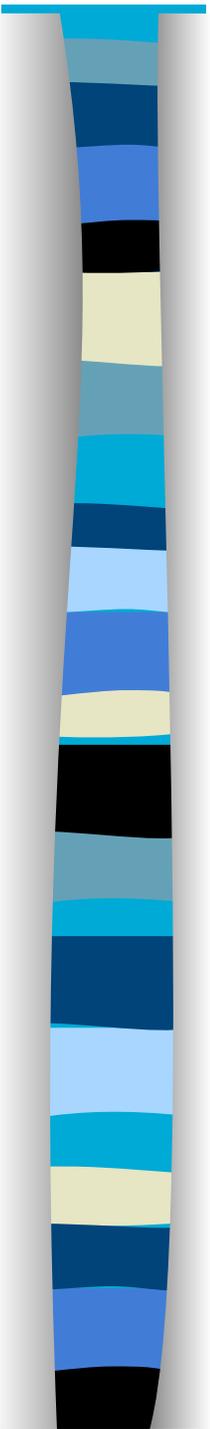
 D 77. Which of the following prefixes means joint?

A. Cardio-

B. Glosso-

C. Hepa-

D. Arthro-



 C 78. For which condition is the application of ice contraindicated in the first 24 hours?

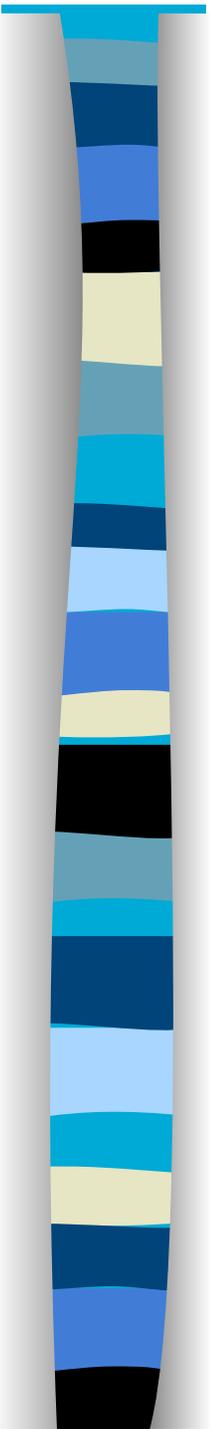
A. Headaches

B. Ankle sprain

C. Neuralgia

D. Muscle strain

Pathology



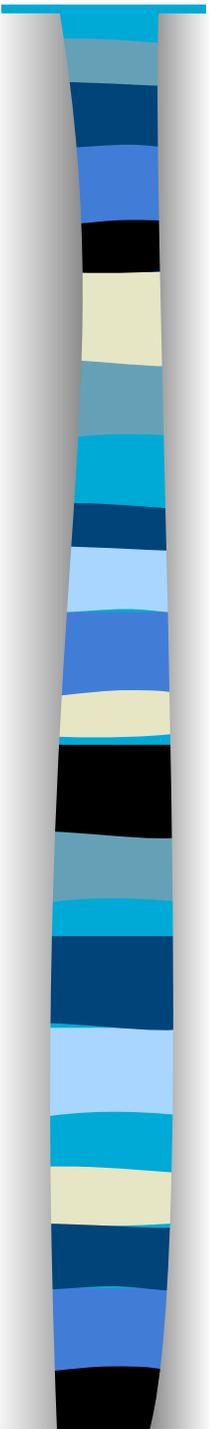
 A 79. How do the blood vessels in the skin react to cold?

A. Vasoconstriction

B. Vasodilatation

C. Release of adrenaline

D. Muscle relaxation



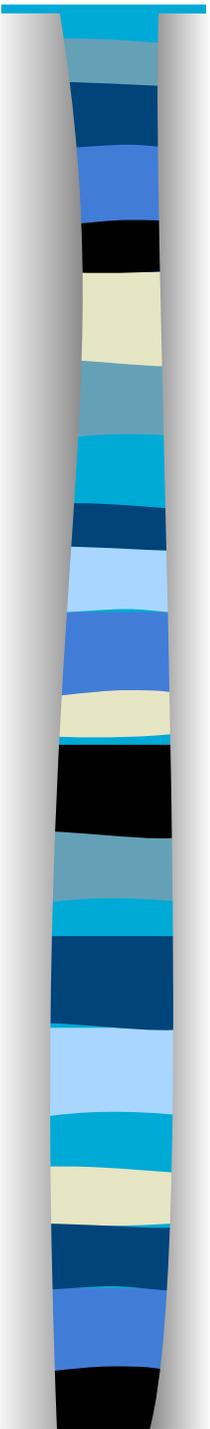
 D 80. The lymphatic system plays an important role in the production of lymphocytes, a type of white blood cell. What is the name of this process?

A. Osmosis

B. Diabetes

C. Hemopoiesis

D. Lymphopoiesis



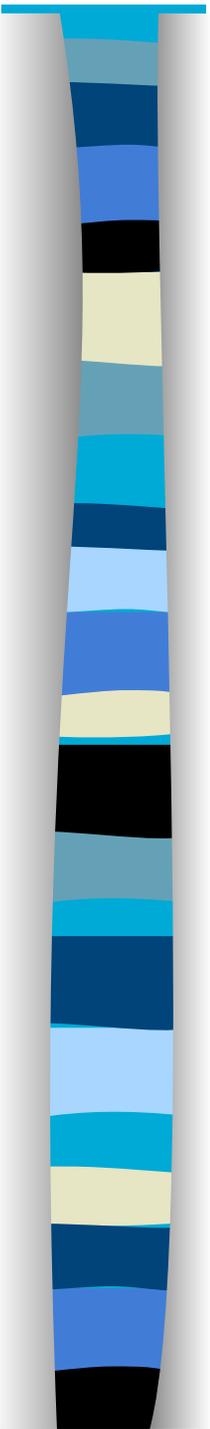
 B 81. It is acceptable to practice outside one's scope of practice if:

A. The professional has sought advice from another professional and asked for a demonstration on an effective technique

B. It is never acceptable to practice outside ones scope of practice

C. The client signs a waiver agreeing to hold the professional harmless

D. The therapist reads a book of prescribing a medication



 B 82. What should be done when massaging an edematous leg?

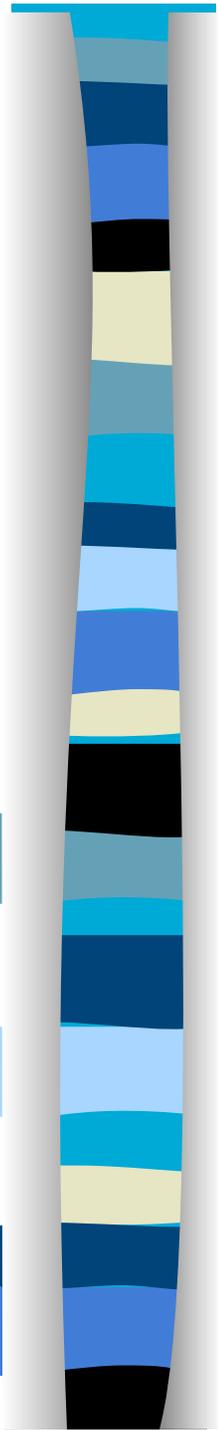
A. Stand the client up

B. Elevate the leg and perform passive movements

C. Use deep friction

D. Tapotement

Pathology



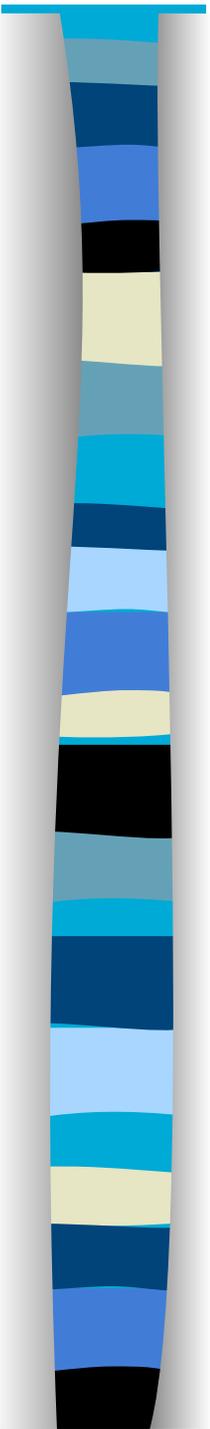
 B 83. Which muscle(s) is/are used to supinate the forearm?

A. Pronator teres

B. Supinator and biceps brachii

C. Coracobrachialis and supinator

D. Pronator quadratus



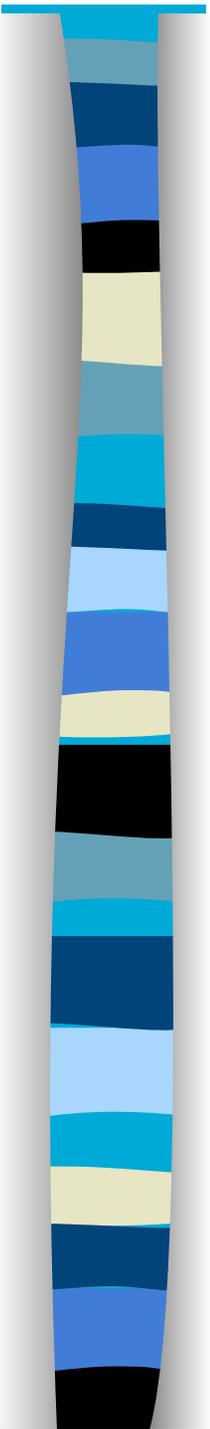
 B 84. What is the point of contact between the nerve ending and the muscle cell membrane called?

A. Neurotransmitter

B. Neuromuscular junction

C. Sensory unit

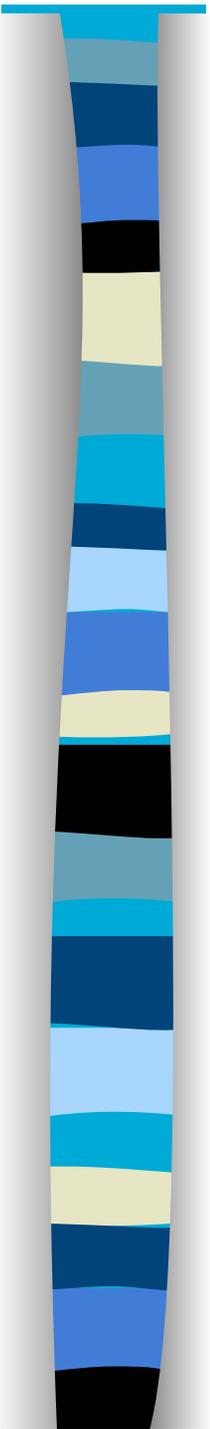
D. Spinal cord



 B 85. Which efferent division of the nervous system is involved with energy conserving restorative functions?

A. Sympathetic

B. Parasympathetic



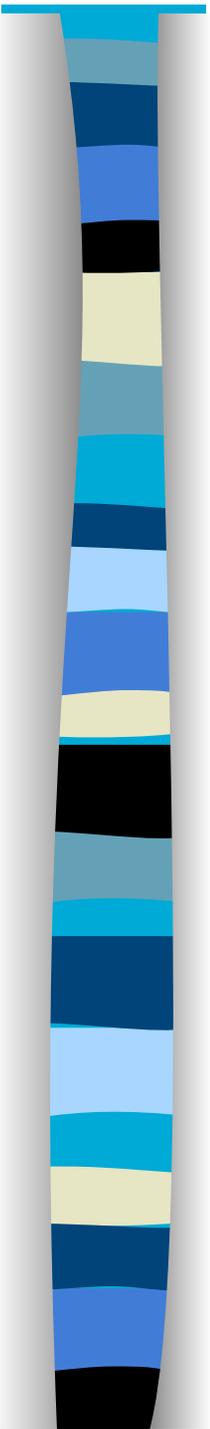
 A 86. When massaging a client, what should the therapist do when encountering an area with ecchymosis?

A. Avoid it and advise the client to consult a physician

B. Use light effleurage

C. Massage every other day

D. Use vibration



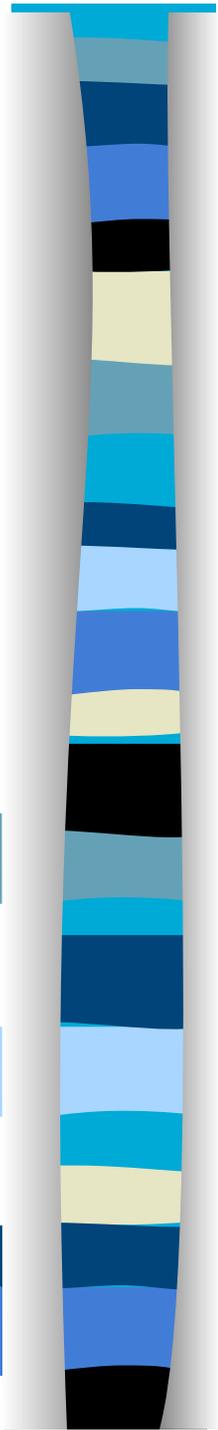
 C 87. The main estrogen is estradiol. What are two of its functions?

A. Female secondary sex characteristics and release of ovum

B. Male and female secondary sex characteristics

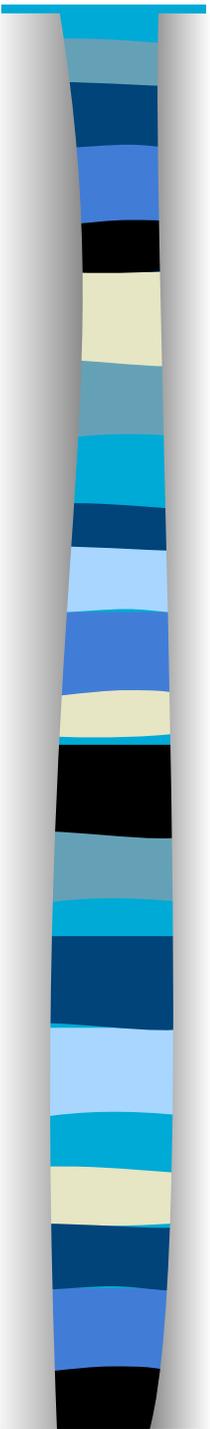
C. Female secondary sex characteristics and growth of the endometrium

D. Male and female primary sex characteristics



 D 88. Which of the following is not a function of the periosteum?

- A. Nourish bone tissue
- B. Attachment for ligaments and tendons
- C. Growth of bone diameter and thickness
- D. Growth of bone length**



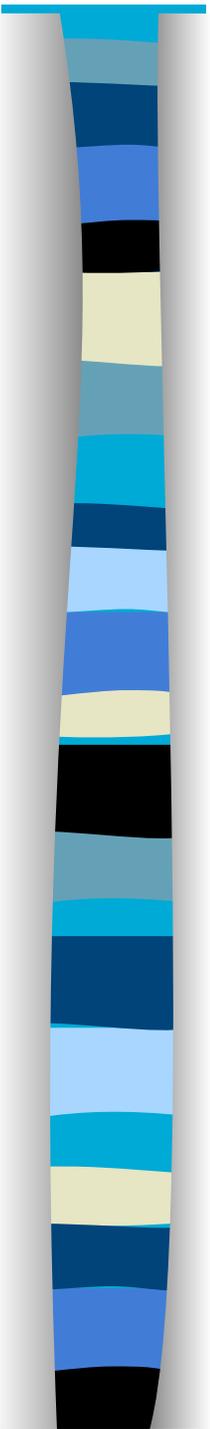
C 89. Which is the most common type of cartilage found in the body?

A. Fibrous

B. Elastic

C. Hyaline

D. Meniscus



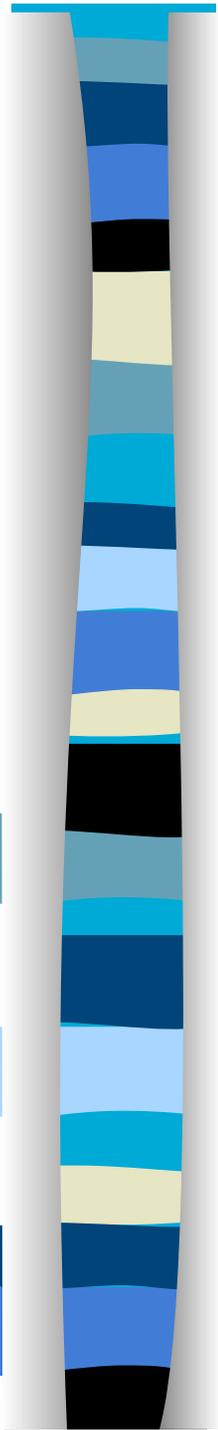
 A 90. Which of the following is the most widely distributed connective tissue in the body?

A. Areolar

B. Adipose

C. Reticular

D. Epithelium



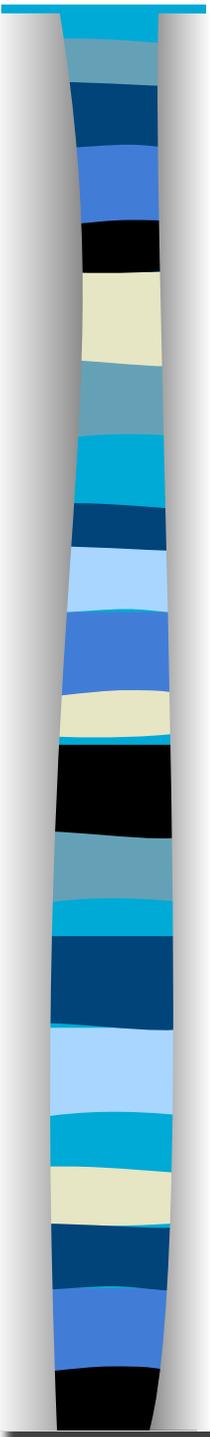
 B 91. Which one is the digestive enzyme for protein?

A. Lipase

B. Pepsin

C. Amylase

D. Ptyalin



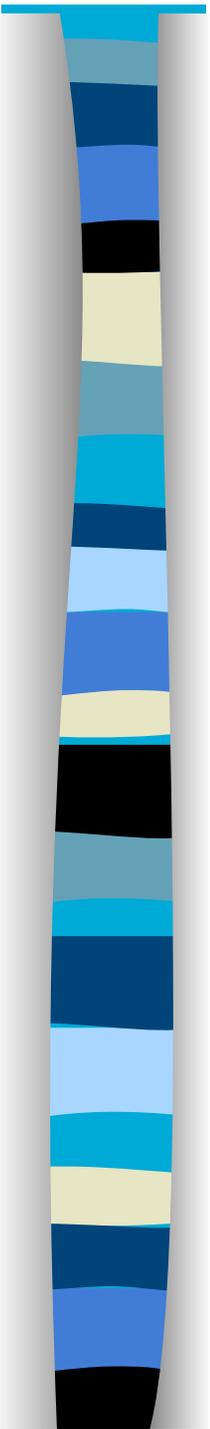
 C 92. What should a massage therapist do when working with a terminally ill client in the client's home?

A. Keep the conversation light and friendly

B. Work as usual

C. Take extra time for the session and make special accommodations

D. Counsel the client



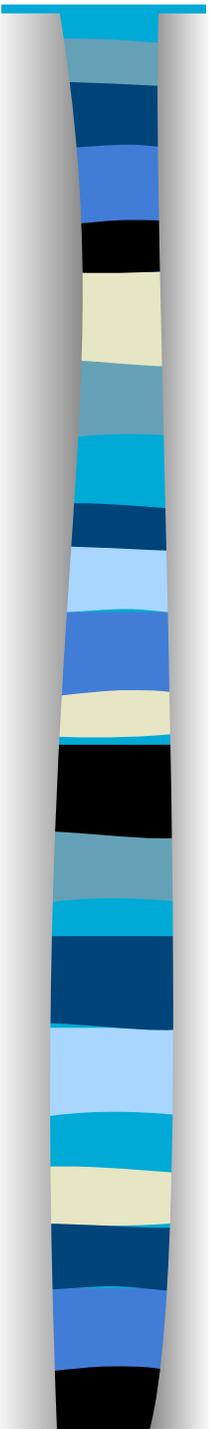
 C 93. What separates the right and left pleural cavities?

A. Linea alba

B. Diaphragm

C. Mediastinum

D. Pleura



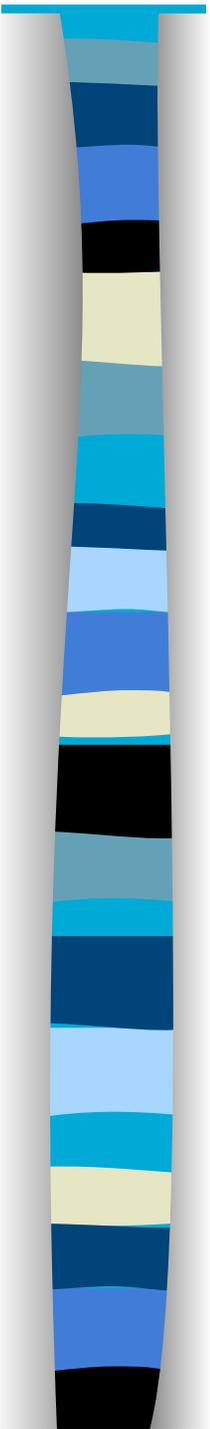
 A 94. Which massage technique could passively stretch a muscle?

A. Petrissage

B. Tapotement

C. Friction

D. Shaking



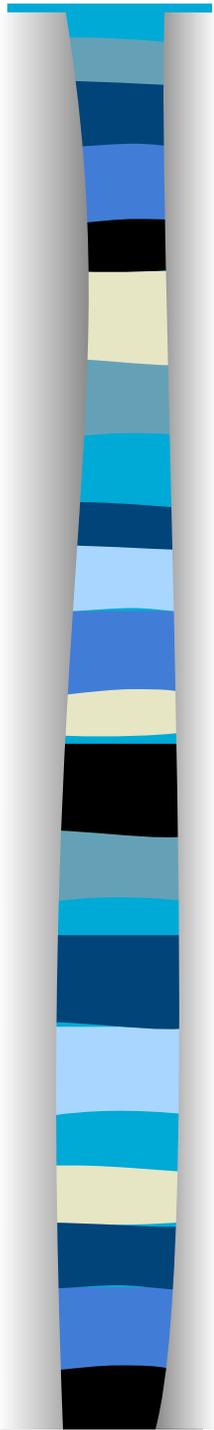
 A 95. Which muscle has attachment sites at the scapula, humerus and the ulna?

A. Triceps brachii

B. Coracobrachialis

C. Brachioradialis

D. Teres minor



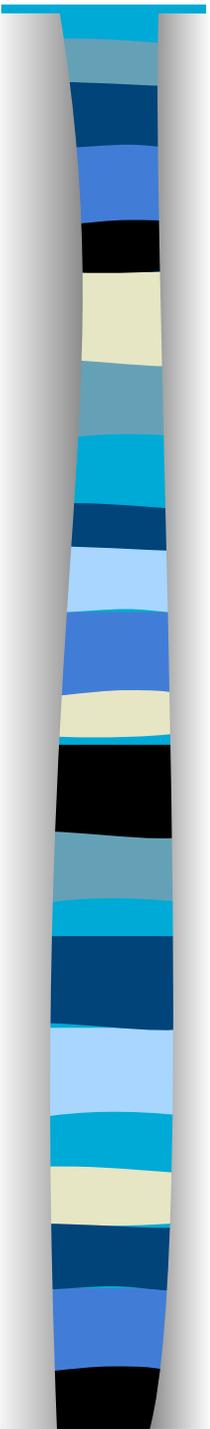
 D 96. Which muscle is NOT an adductor of the shoulder?

A. Teres major

B. Teres minor

C. Latissimus dorsi

D. Biceps brachii



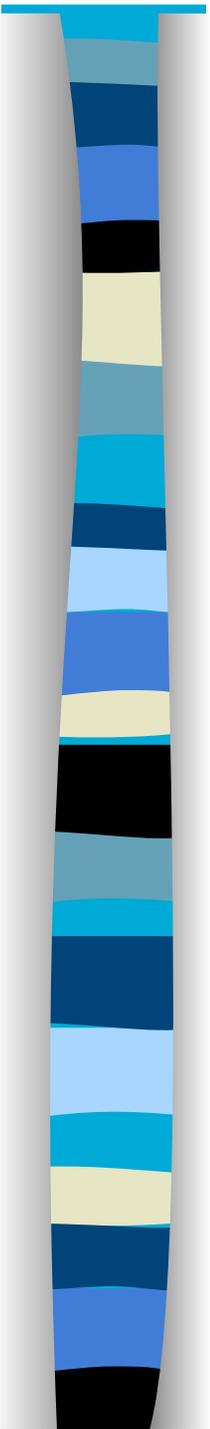
 B 97. What does the body use to store a reserve of energy in muscle tissue?

A. Glucose

B. Glycogen and ATP

C. Sugar

D. None of the above



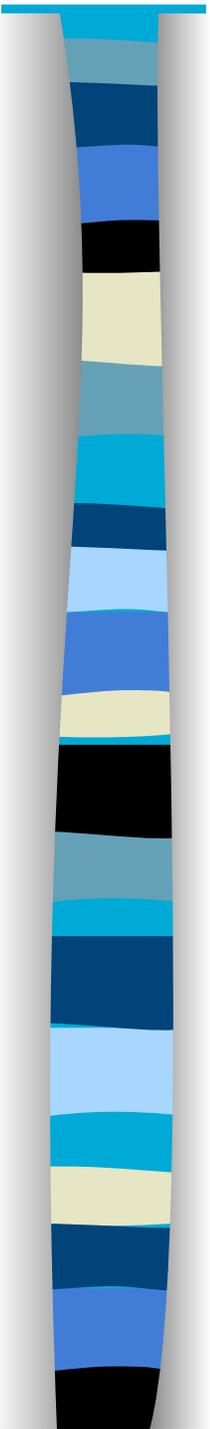
 D 98. Which nerve controls the muscles used for chewing?

A. Abducens

B. Facial

C. Oculomotor

D. Trigeminal



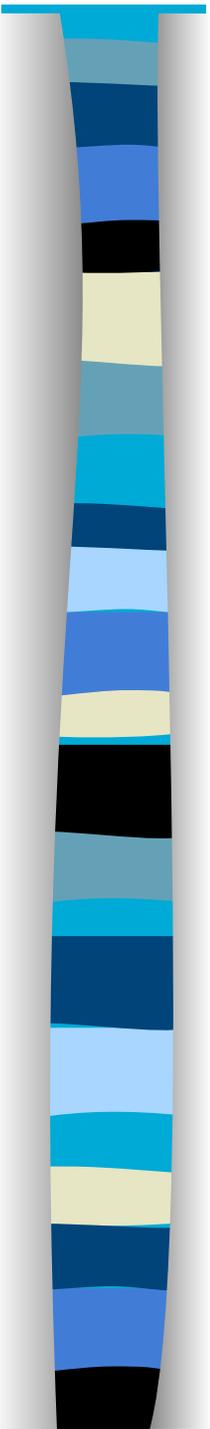
 D 98. Which nerve controls the muscles used for chewing?

A. Abducens

B. Facial

C. Oculomotor

D. Trigeminal



 B 99. Which describes a chronic condition?

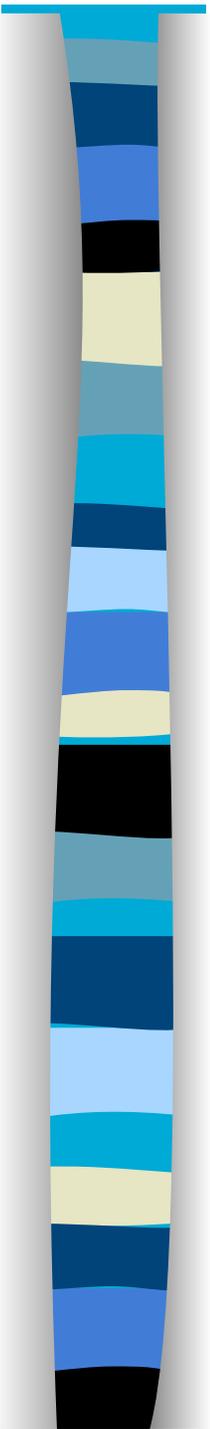
A. Short

B. Continuous

C. Acute

D. Temporary

Pathology



 D 100. All of the following are joints of the upper extremities except one. Which one?

A. Glenohumeral

B. Humeroradial

C. Proximal radioulnar

D. Coxal

Anatomy and Physiology

Kinesiology

Pathology

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

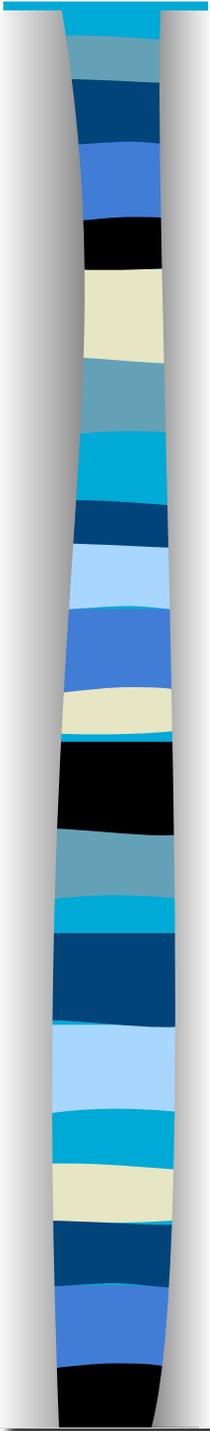
Treatment Planning and Assessment

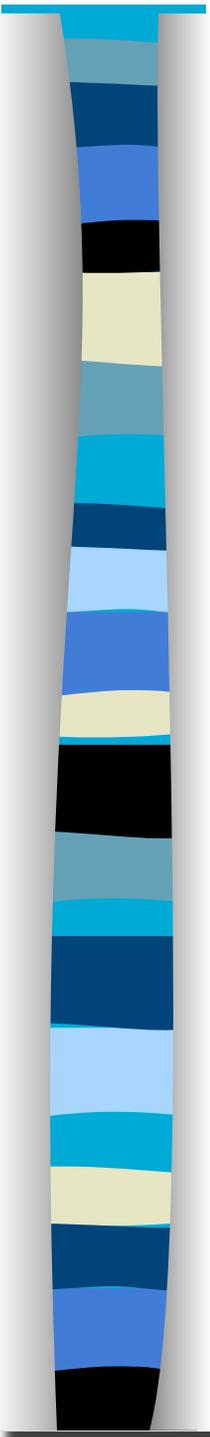
Modalities and History

Ethics, Laws, Regulations

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

Final Simulation MBLEx Exam Part 8





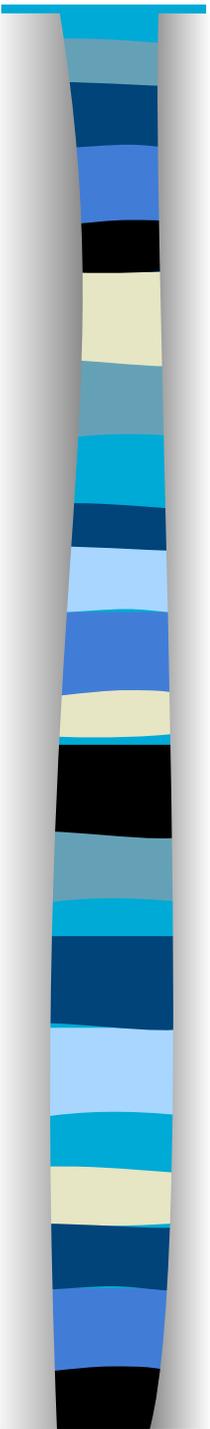
 B 1. Which is a common chemical benefit of massage?

A. Decrease in lipases

B. Secretion of endorphins

C. Secretion of melatonin

D. Decrease in red blood cell production



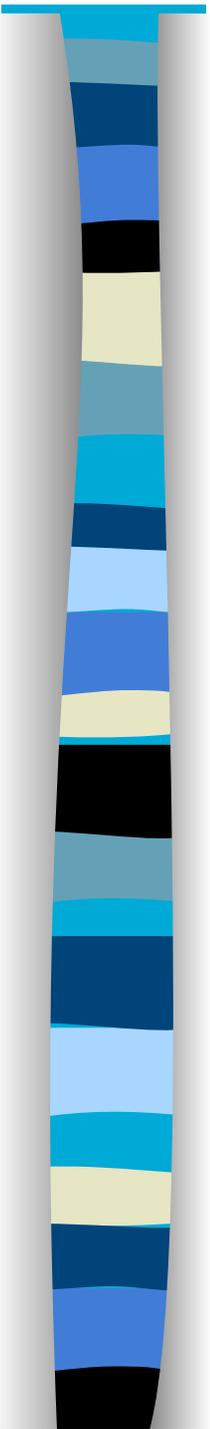
 C 2. Which hormone produced by the kidneys is the active form of vitamin D?

A. Erythropoietin

B. Calcium

C. Calcitriol

D. Calcitonin



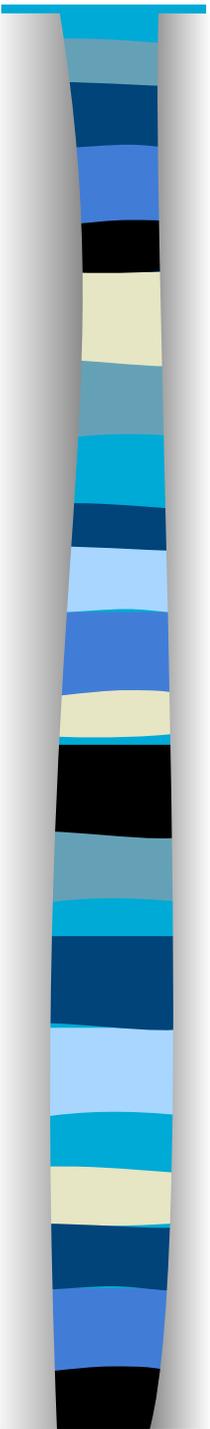
 D 3. What is not a characteristic of a sesamoid bone?

A. It is a bone that is embedded within a tendon

B. It is a bone that is typically found where a tendon passes over a joint

C. It is a bone that can be found at the knee, the hand, and the foot

D. It is a cube shaped bone



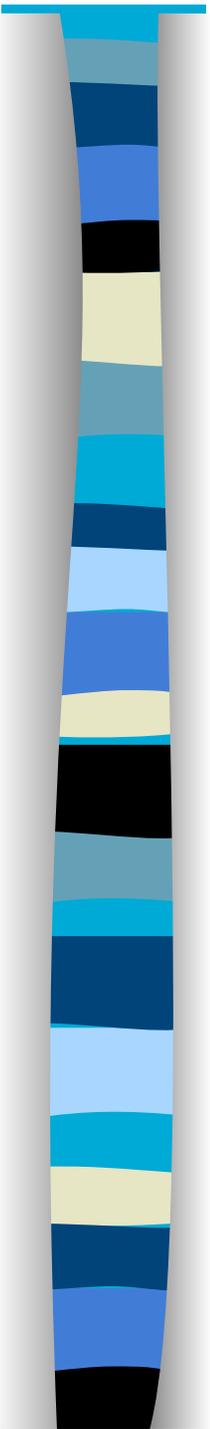
 D 4. What is the name of the structure that connects to the urethra and secretes a thick lubricating fluid, which is also a component of semen?

A. Prostate

B. Testes

C. Vas deferens

D. Cowper's gland



 B 5. What is the name for inflammation of a tendon that is caused by trauma, overuse, or inflammatory disease?

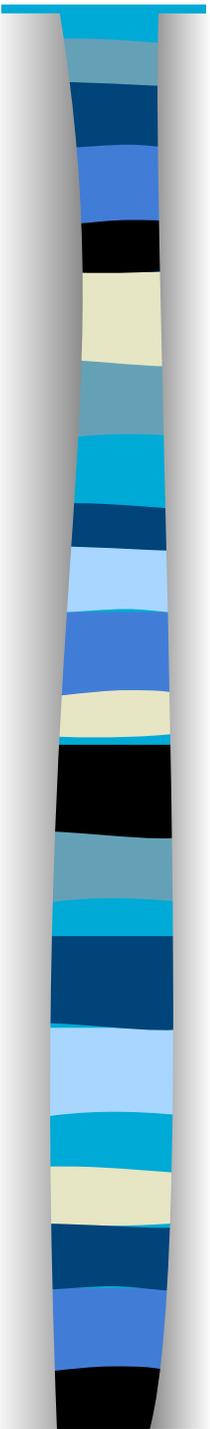
A. Tenosynovitis

B. Tendonitis

C. Bursitis

D. Torticollis

Pathology



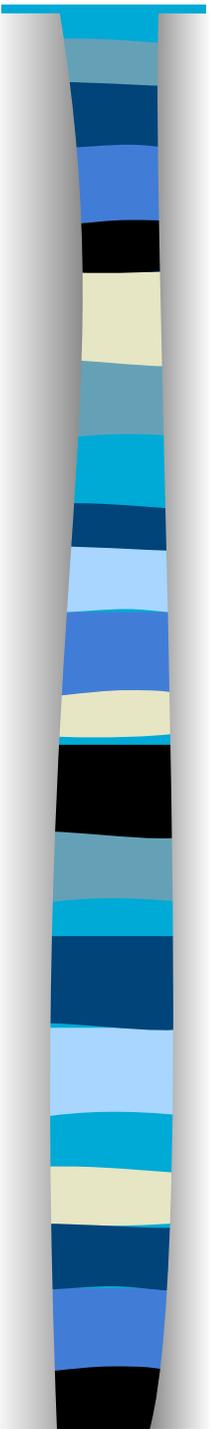
 A 6. In cases of venostasis where no obstruction is present, which is indicated?

A. Light effleurage proximal to the affected area

B. Massage is contraindicated for venostasis

C. Massage at and around the affected area at the discretion of the massage therapist

D. Deep effleurage distal to the affected area



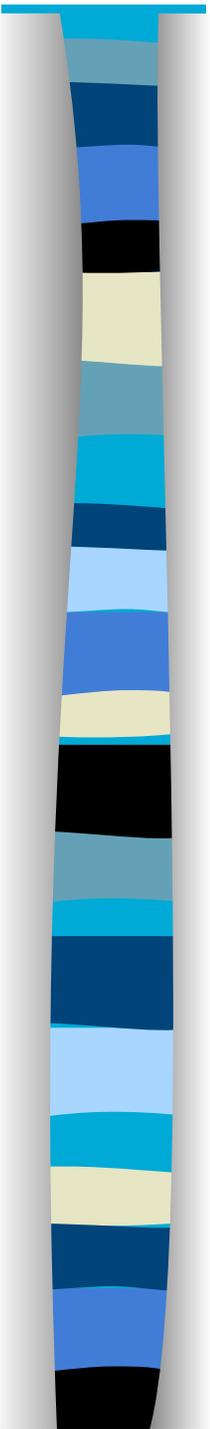
 D 7. Which category of neurons connects the motor and sensory neurons in the neural pathway?

A. Afferent

B. Efferent

C. Both afferent and efferent

D. Association (interneurons)



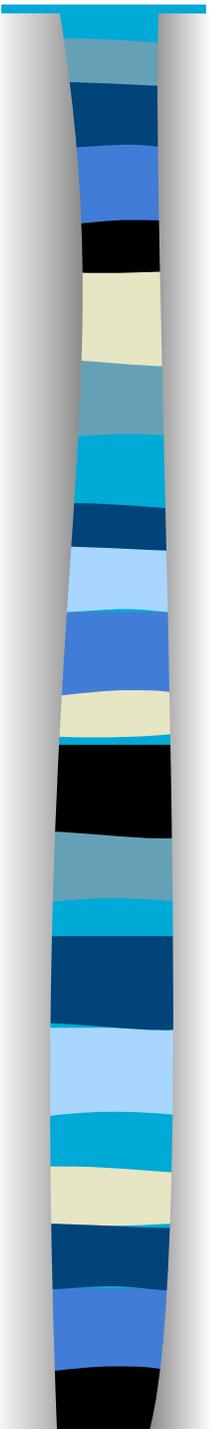
 B 8. What does the body use to store a reserve of energy in muscle tissue?

A. Glucose

B. Glycogen and ATP

C. Sugar

D. None of the above



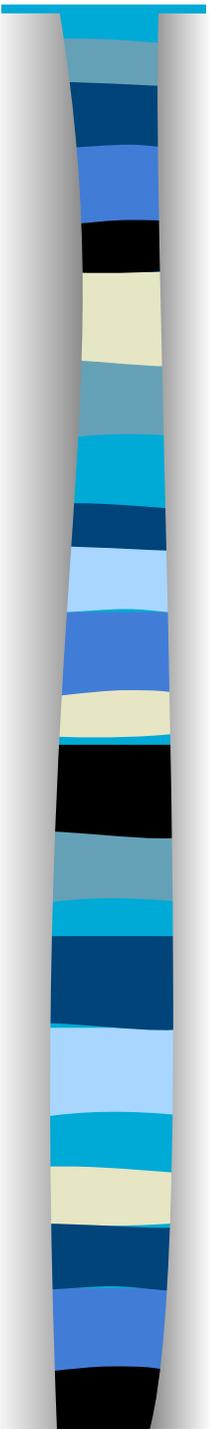
 A 9. Which muscle is a synergist for piriformis?

A. **Gluteus maximus**

B. Adductor longus

C. Tensor fasciae latae

D. Pectineus



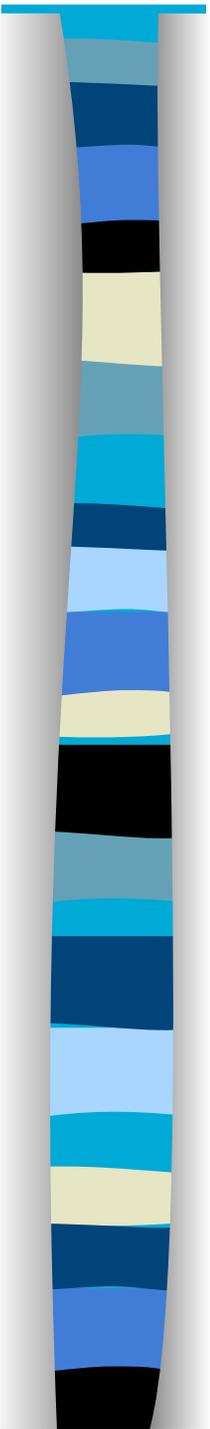
 A 10. Which muscle is innervated by the axillary nerve?

A. Deltoid

B. Erector spinae

C. Peroneus longus

D. Biceps femoris



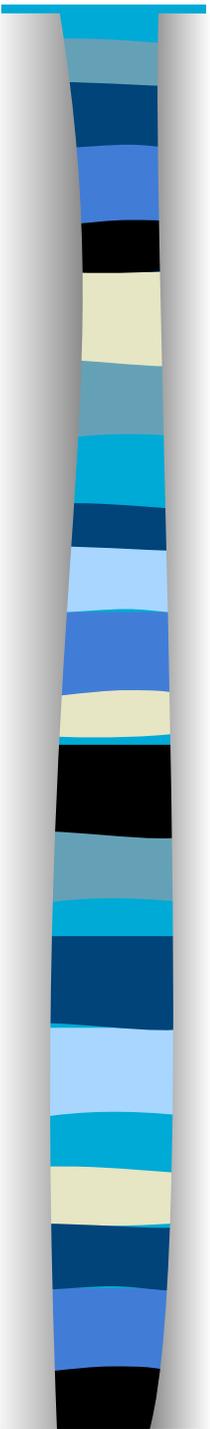
 A 11. Which technique should not be performed on the chest?

A. Heavy tapotement

B. Effleurage

C. Friction

D. Petrissage



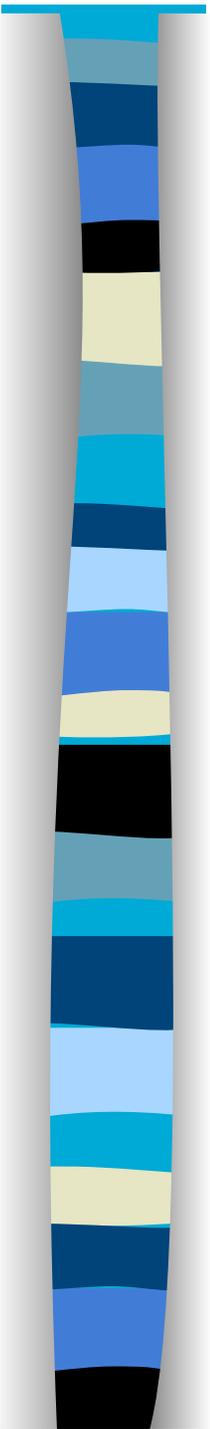
 A 12. Which would be considered the trade name of the drug?

A. Tylenol

B. Acetaminophen

C. Para-aminophenol derivatives

D. Antipyretics



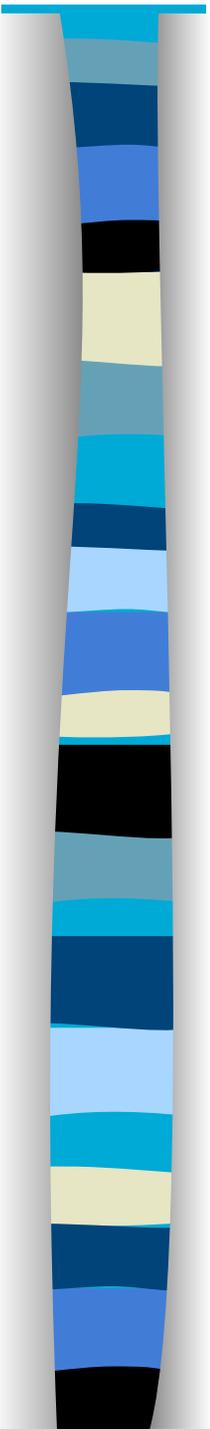
 A 13. Valves in the lymphatic vessels are similar to which of the following?

A. Veins

B. Arteries

C. Arterial

D. Capillaries



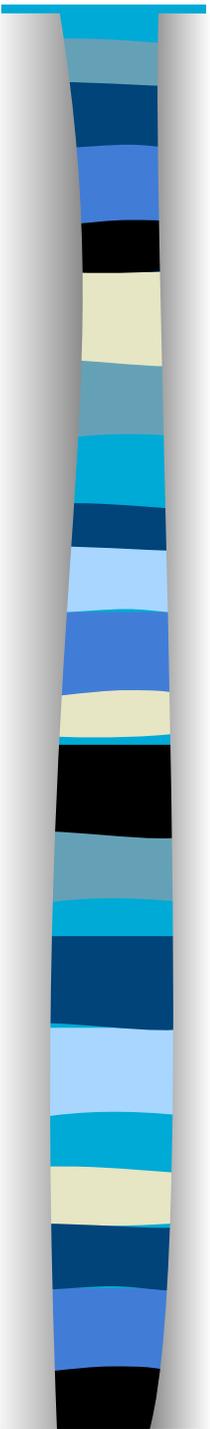
 B 14. Why is healthy skin so important to the function of the immune system?

A. Healthy skin tans

B. Skin is a protective barrier

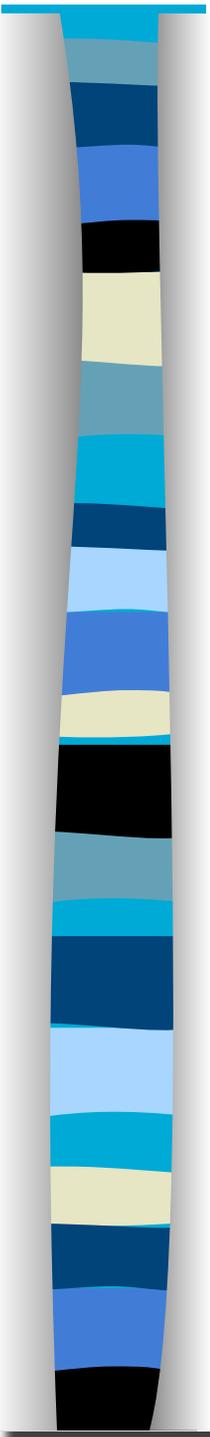
C. The temperature of skin immobilizes bacteria

D. Skin is smooth



 C 15. John's client, Aida, has come to him for treatment of lingering muscle spasms. Aida had a lingering cold accompanied by constant coughing. Her muscle spasms are due to muscle strain caused by her coughing. Which hydrotherapy treatment is most appropriate for John to administer to help Aida?

- A. Ice Pack
- B. Cold stone therapy
- C. Hot pack**
- D. Sitz bath



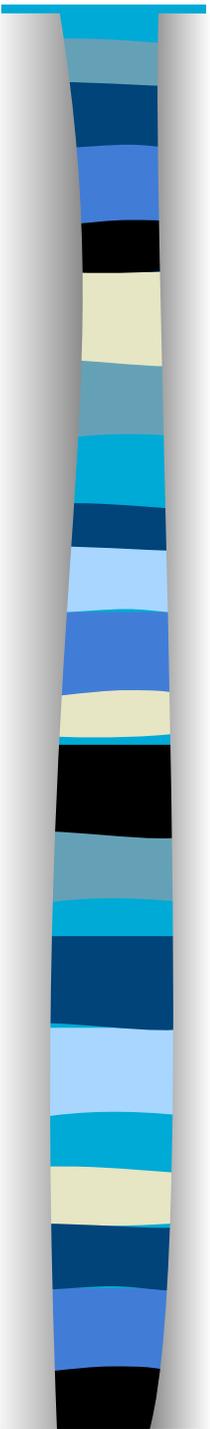
 B 16. Which is a contraindication for a hot foot bath?

A. Congestive headaches

B. Peripheral vascular disease and swollen feet

C. Pelvic congestion

D. Chest congestion



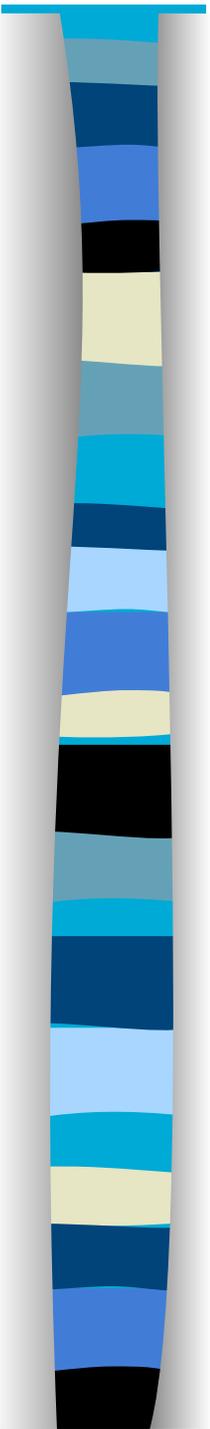
 C 17. What is the definition of a Massage Therapist?

A. Someone who is paid to perform stretching exercises with a client

B. Someone who is paid for providing massage therapy advice

C. A licensed or certified individual who provides massage therapy or other massage services to a client for compensation

D. Someone who manipulates the bones and soft tissues of a client to provide maximum relief from painful conditions



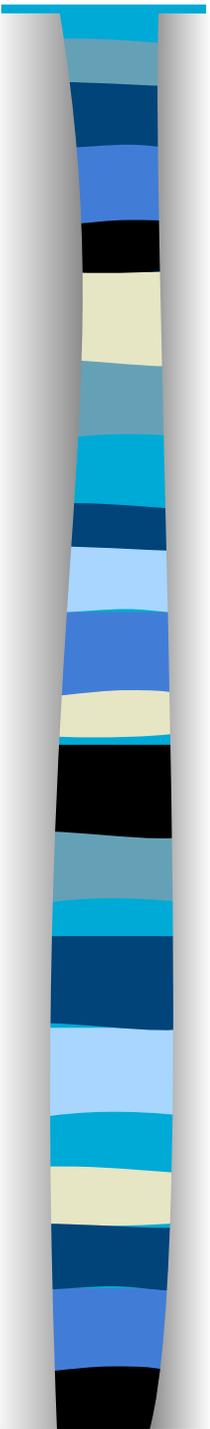
 B 18. Which is the single most effective deterrent to the spread of disease?

A. Linen sterilization

B. Proper hand washing

C. Wearing gloves and masks when clients are contagious

D. Sanitizing table and linens prior to massage



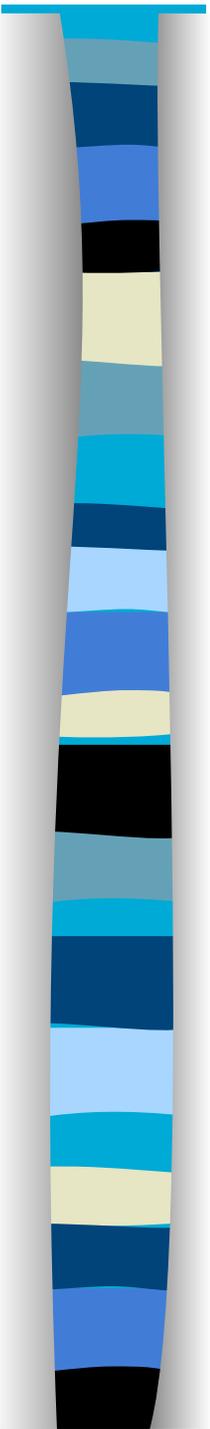
D 19. If a client presents with an anterior pelvic tilt, which muscle would most likely be the cause?

A. Quadratus lumborum

B. Piriformis

C. Hamstring

D. Psoas



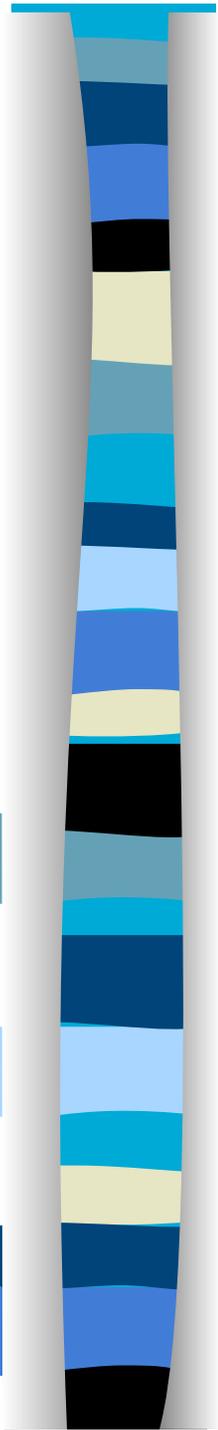
 C 20. What is it called when there is an excessive accumulation of watery fluid around cells, tissues, or serous cavities?

A. Cerebrovascular Accident (CVA)

B. Aneurysm

C. Edema

D. Infarction



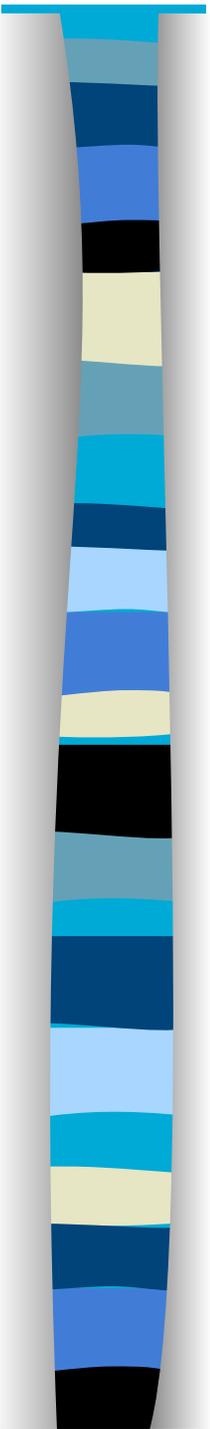
 A 21. What are the two major characteristics of nervous tissue?

A. Irritability and conductivity

B. Flexion and extension

C. Activity and contraction

D. Chemical production and contraction



 C 22. How may massage therapy affect a client suffering with anemia?

A. Increase white blood cell production

B. Increase blood cell production

C. Increase blood flow to tissues

D. Increase heart rate

Pathology

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

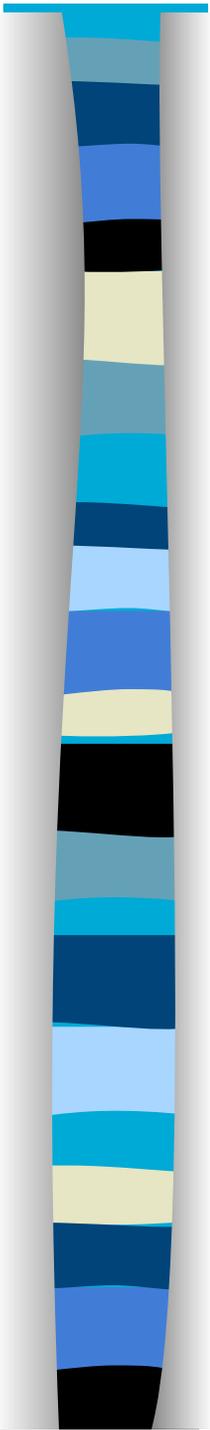
C 23. Which of the following layers of tissue are not found in the ureters?

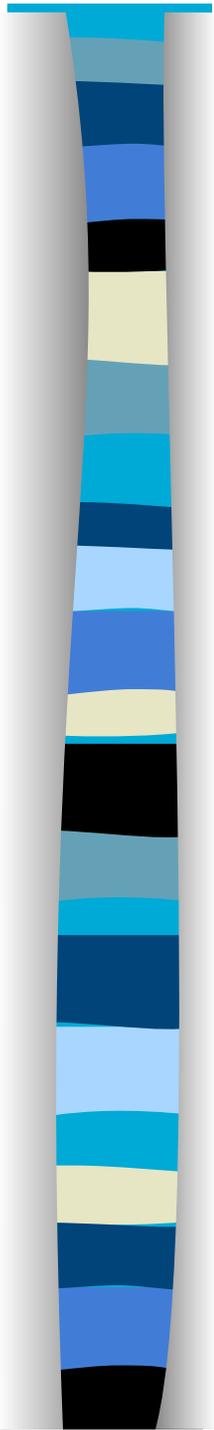
A. Mucosa

B. Serosa

C. Submucosa

D. Muscularis





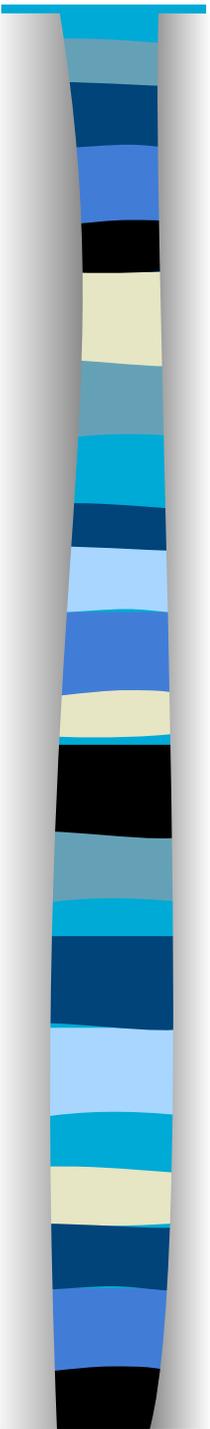
 B 24. What are the spaces in spongy bone filled with?

A. Osteocytes

B. Red bone marrow

C. Synovial fluid

D. White bone marrow



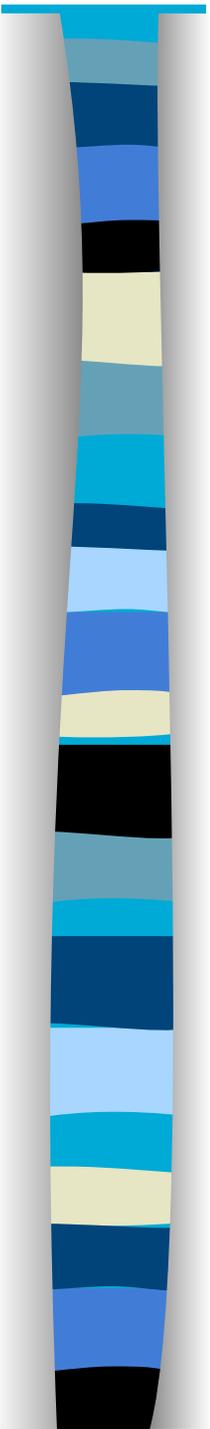
 D 25. Which of the following refers to the movement of oxygen and carbon dioxide by way of the bloodstream?

A. Pulmonary Ventilation

B. External respiration

C. Internal respiration

D. Respiratory gas transport



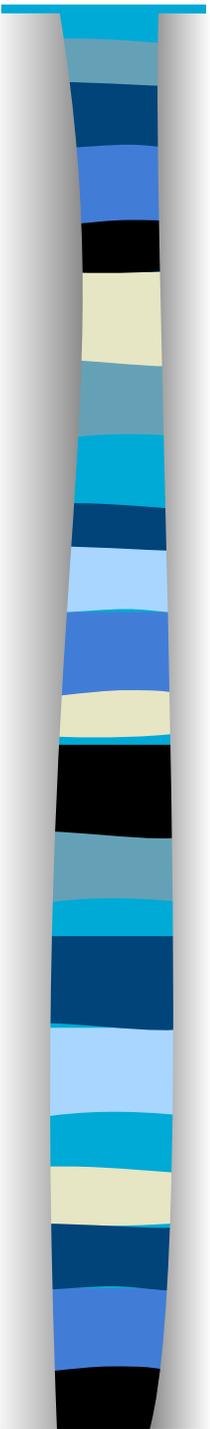
 A 26. What is the source of progesterone during pregnancy?

A. Placenta

B. Ovaries

C. Mammary glands

D. Fallopian tubes



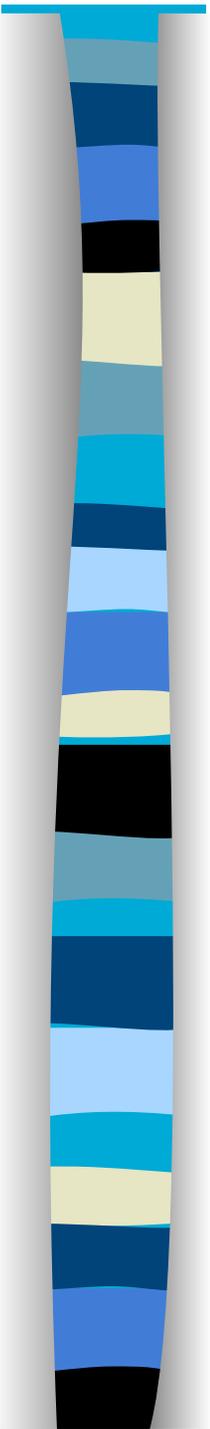
 C 27. Which is a sign of a first degree burn?

A. Blister forms on skin

B. Coagulation of skin

C. Reddening of skin

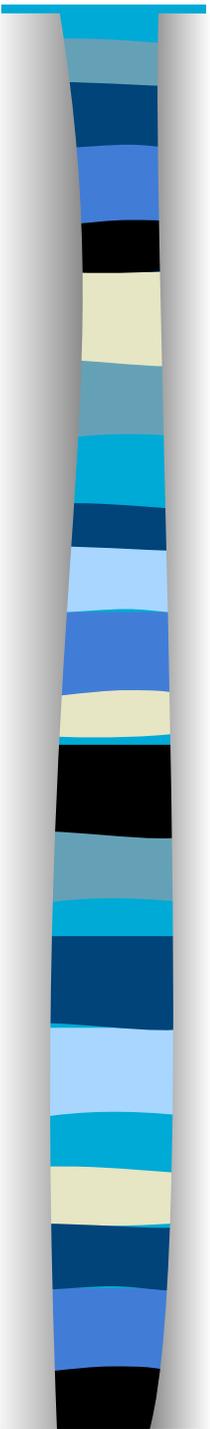
D. Destruction of RBC's



 C 28. Which is the best course of treatment for a client who presents with swollen lymph nodes in the neck and groin?

- A. Lymph drainage therapy
- B. Passive range of motion
- C. Referral to a doctor for diagnosis**
- D. Alternate hot-cold hydrotherapy

Pathology



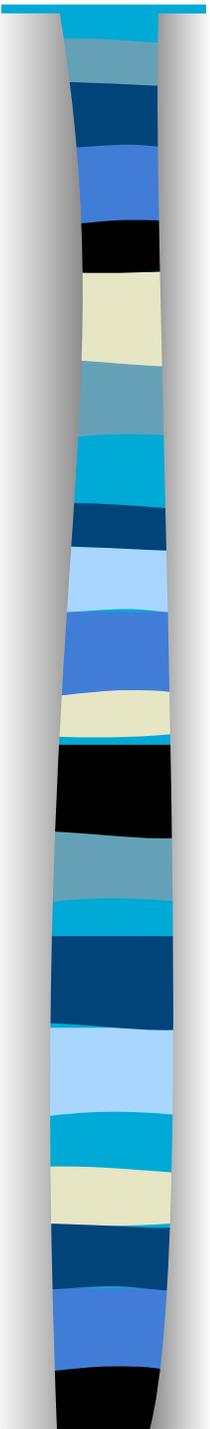
 A 29. What is it called when the action potential (nerve impulse) in myelinated axons seems to leap across the myelin sheaths?

A. Saltatory conduction

B. Redundant conduction

C. Summation

D. Continuous conduction



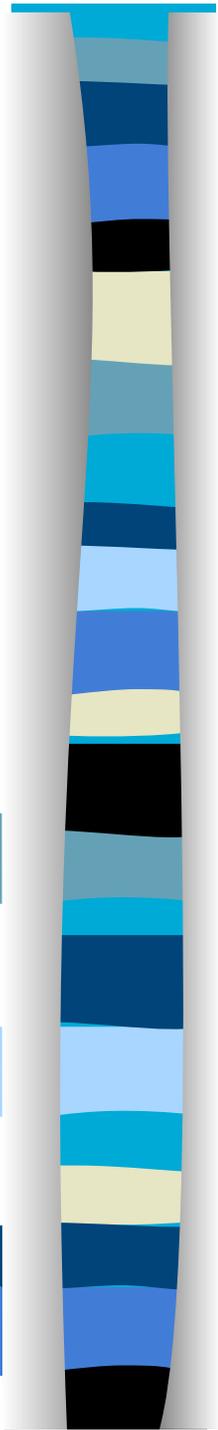
 D 30. During muscle contraction what chemical is released and broken down so that energy is available?

A. Fatty acids

B. DNA

C. CA

D. ATP



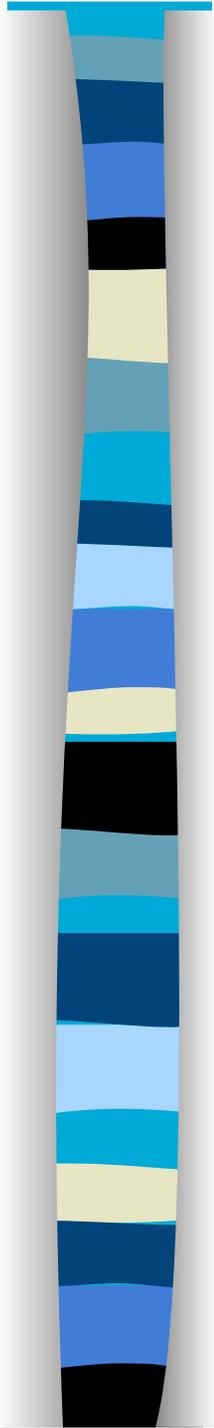
 D 31. Which of the following muscles adducts the hip?

A. Semitendinosus

B. Tensor fasciae latae

C. Vastus medialis

D. Gracilis



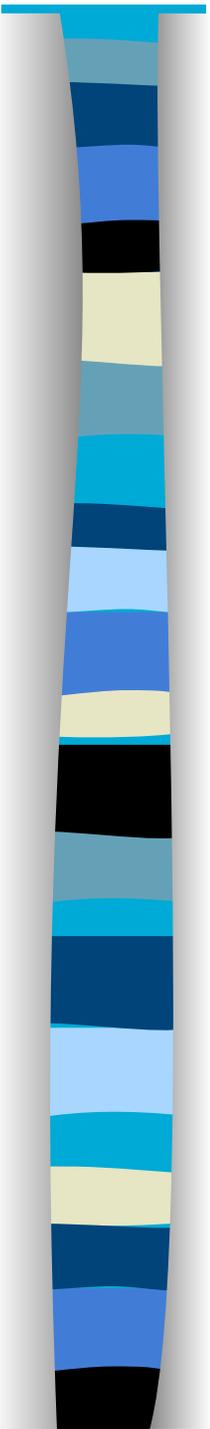
 A 32. Which muscles form the anterior, lateral abdominal wall?

A. Internal and external oblique and transverse abdominals

B. Rectus spinae and rectus abdominis

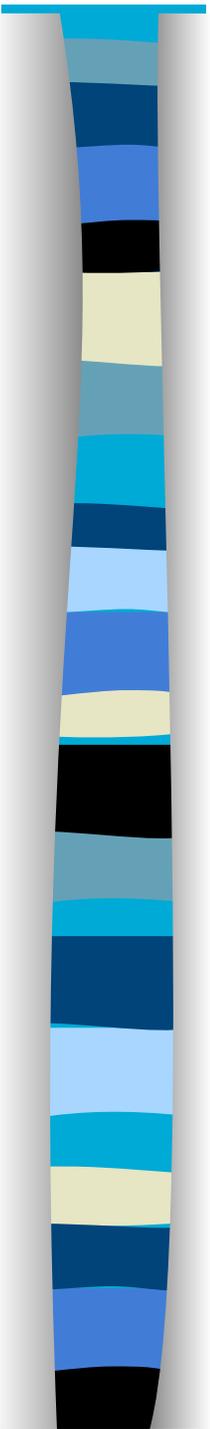
C. Latissimus dorsi and external oblique

D. Pectoralis major and latissimus dorsi



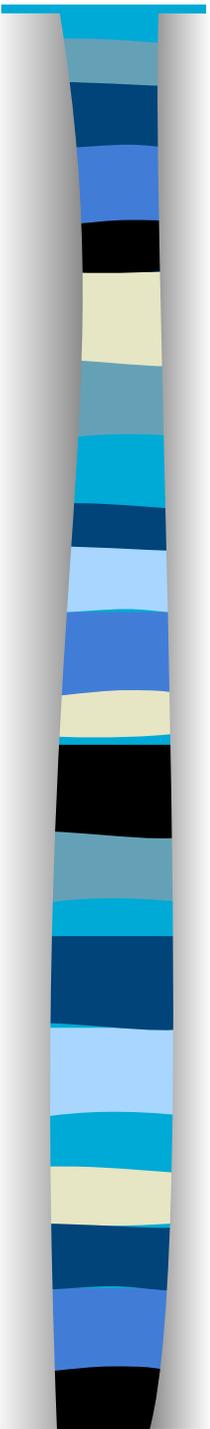
 C 33. What effect does vibration have?

- A. Excites the central nervous system
- B. Reduces fibrotic tissue
- C. Soothes the central nervous system**
- D. No effect at all



 A 34. Therapeutic breast massage:

- A. It may be performed as long as it is indicated in a plan of care and the client has given informed voluntary written consent**
- B. It is unethical
- C. It may be performed only if the massage therapist has no reservations about doing so
- D. It is illegal



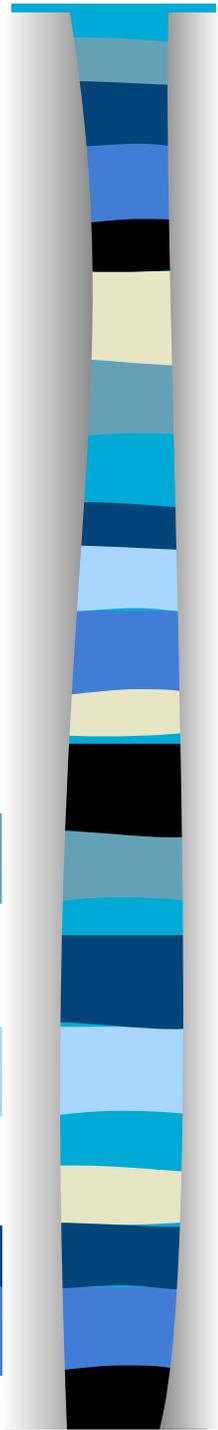
 D 35. What is the reason some medications are to be taken sublingual (under the tongue)?

A. They taste better than other medications

B. They are all chewable

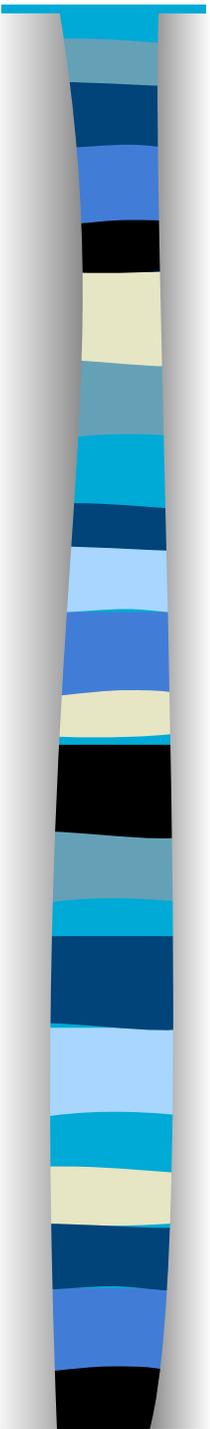
C. They are absorbed into the blood stream slower

D. They are absorbed into the blood stream quicker



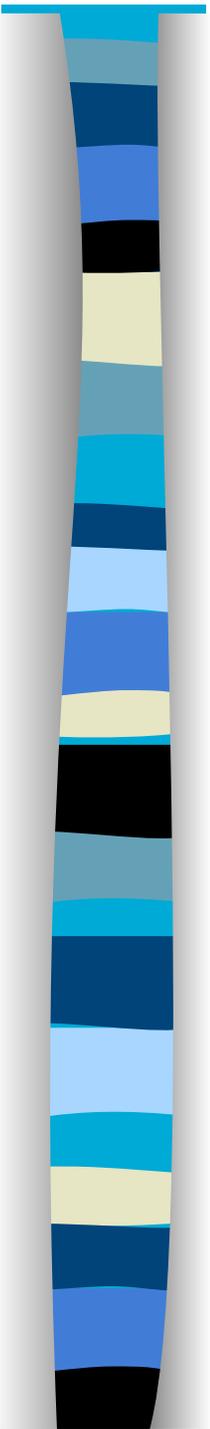
 B 36. Which fluid is affected by lymphatic drainage?

- A. Synovial
- B. Lymph and interstitial**
- C. Serous
- D. Cerebral spinal fluid



 C 37. Which of the following sense receptors is associated with pain?

- A. Ruffini corpuscles
- B. Pacinian corpuscles
- C. Free nerve ending**
- D. Karuse's end bulbs



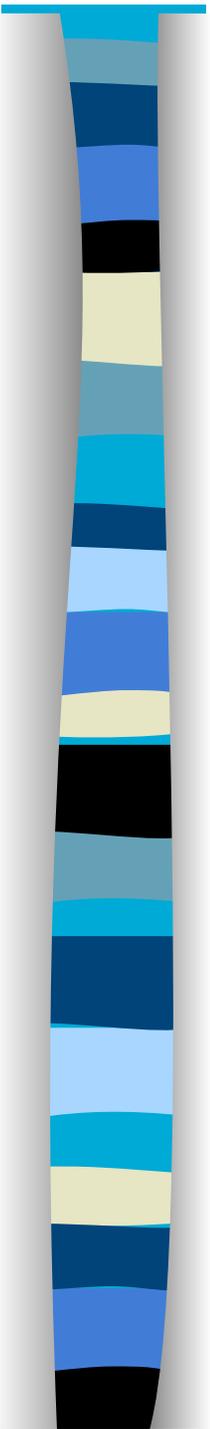
 B 38. If hot compresses are applied to an acute injury, which of the following body responses is not likely?

A. Pain relief

B. Reduced swelling

C. Increased blood flow

D. Reduced muscle spasm



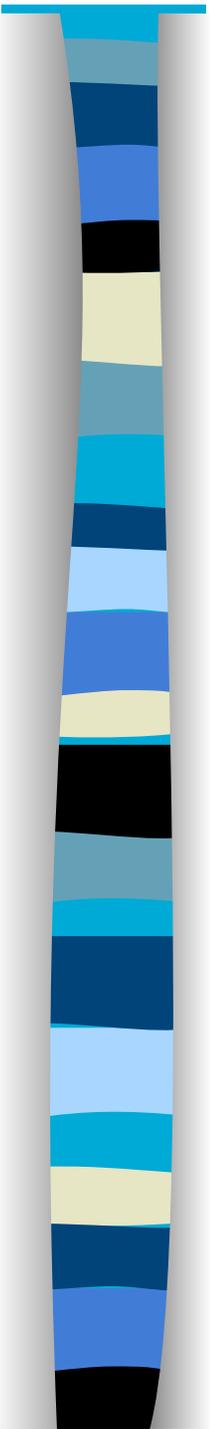
 A 40. How is a massage therapist's net income calculated?

A. Income after expenses

B. Income before expenses

C. Income less insurance

D. Greater than gross income



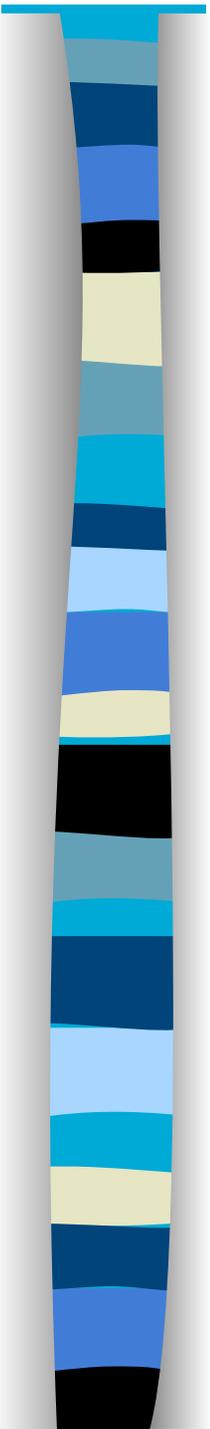
 D 41. Which endocrine gland secretes a hormone that affects sleep / wake patterns?

A. Parathyroid

B. Hypothalamus

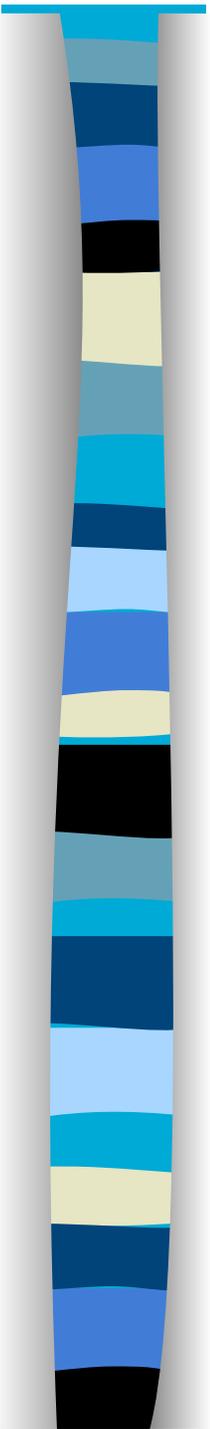
C. Pituitary

D. Pineal



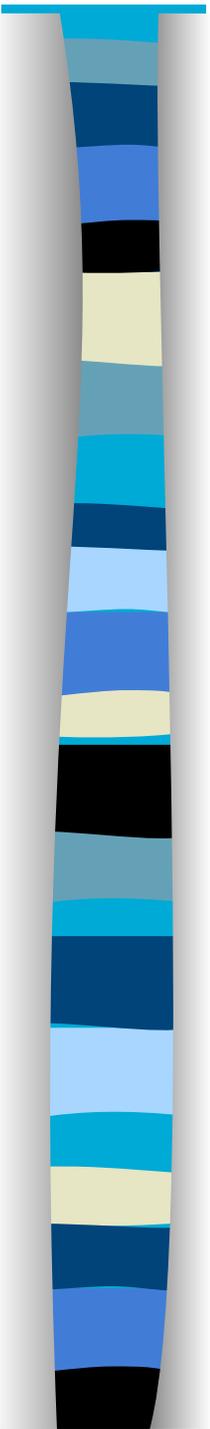
 A 42. When draping the client, which statement is true?

- A. Only the area being massaged is undraped**
- B. All draping material is to be discarded after every session
- C. Use sheets instead of towels
- D. Avoid undraping the client because this disturbs the outcome



 B 43. What is the function of the plicae circulares, villi and microvilli in the small intestine?

- A. Store vitamin K
- B. Increased the surface area**
- C. Speed peristalsis
- D. Decreased the surface area



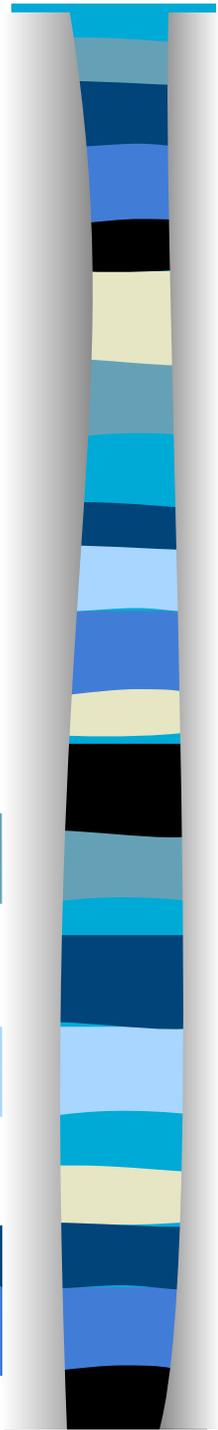
 A 44. What type of information does the therapist directly assess during a palpation assessment?

A. Temperature

B. Client's pain level

C. Referred sensation

D. Tenderness



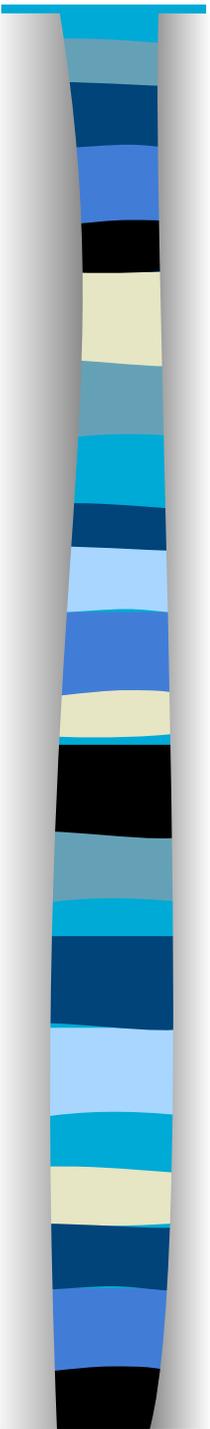
 C 45. The left atrium received blood from which body structure?

A. Left ventricle

B. Aorta

C. Pulmonary veins

D. Superior vena cava



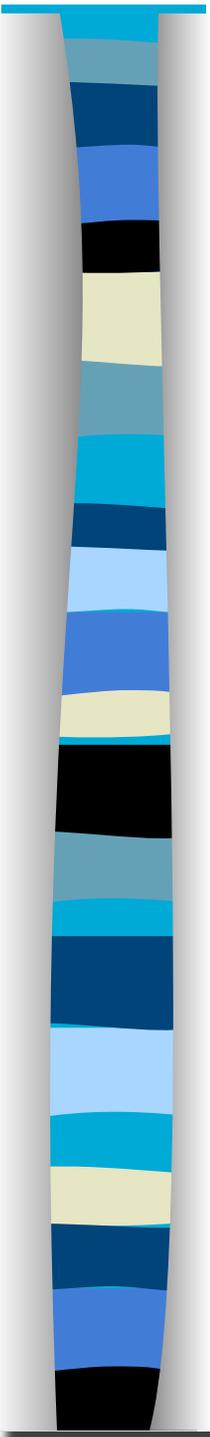
 C 46. What is another term for areolar tissue?

A. Dense irregular tissue

B. Muscular tissue

C. Loose connective tissue

D. Dense regular tissue



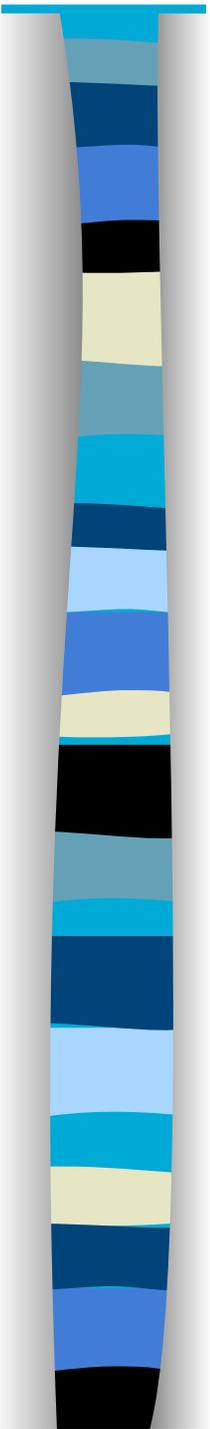
 A 47. Which touch modality was researched and systematized by John Upledger and is based on the osteopathic work of William Sutherland?

A. Craniosacral therapy

B. Hellerwork

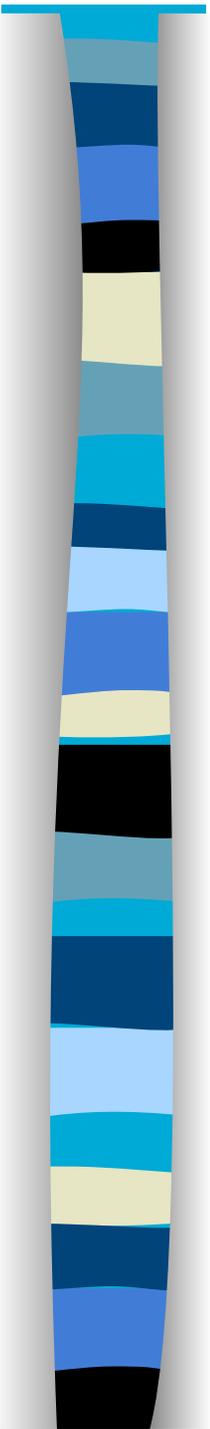
C. Trigger Point Therapy

D. Myofascial release



C 48. Which technique has been shown to alleviate primary dysmenorrhea and reduce its duration, along with excessive bleeding?

- A. Abdominal massage using almond oil
- B. Abdominal massage using with hazel
- C. Abdominal massage using aromatherapy**
- D. Abdominal massage using light effleurage



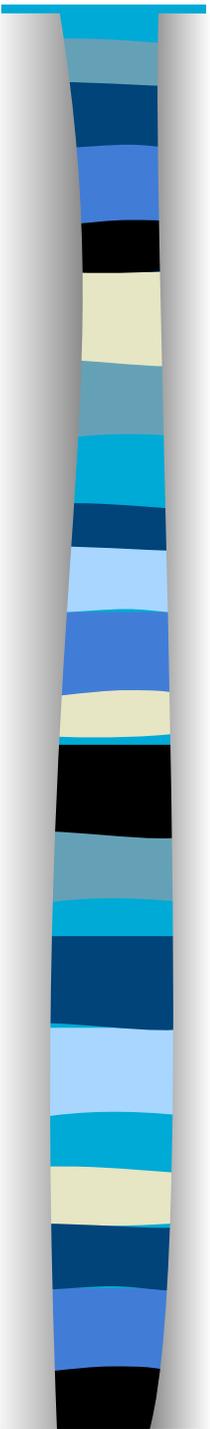
 A 49. Which touch modality focuses on integrating the body and mind through awareness of the body during body movement patterns?

A. Feldenkrais Method

B. Hellerwork

C. Jin Shin Do

D. Tui na



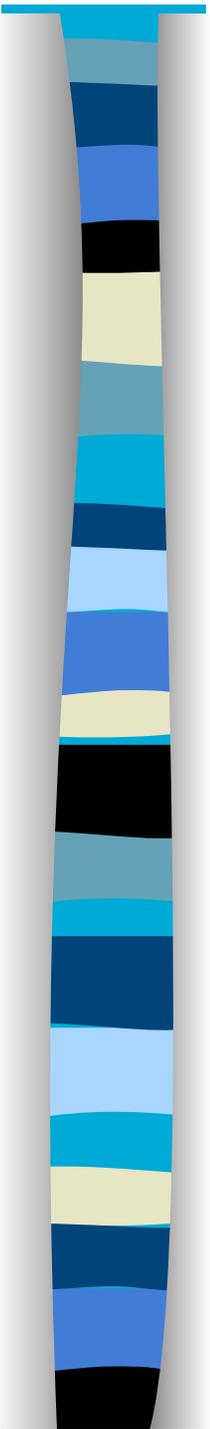
 A 50. Which is the name for the process of cell eating by which solid particles are engulfed by the cell?

A. Phagocytosis

B. Exocytosis

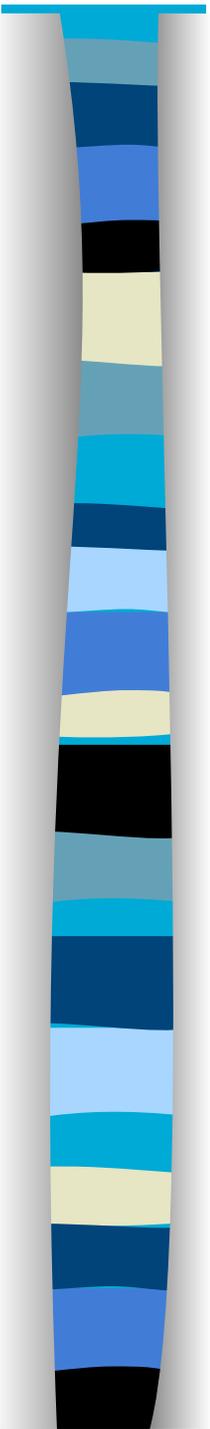
C. Pinocytosis

D. Plutocytosis



C 52. Informed consent as part of the initial intake is the client's authorization for professional service by attending therapist. It must be:

- A. Only written and never verbal
- B. Only verbal and never written
- C. Either written or verbal**
- D. It is not necessary as part of the initial intake



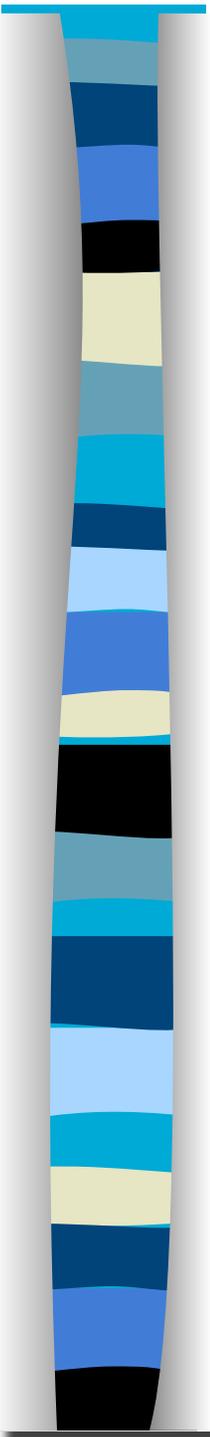
 C 53. What is it called when inflammation is present in pouches that have protruded from the walls of the colon?

A. Colostomy

B. Cirrhosis

C. Diverticulitis

D. Hepatitis



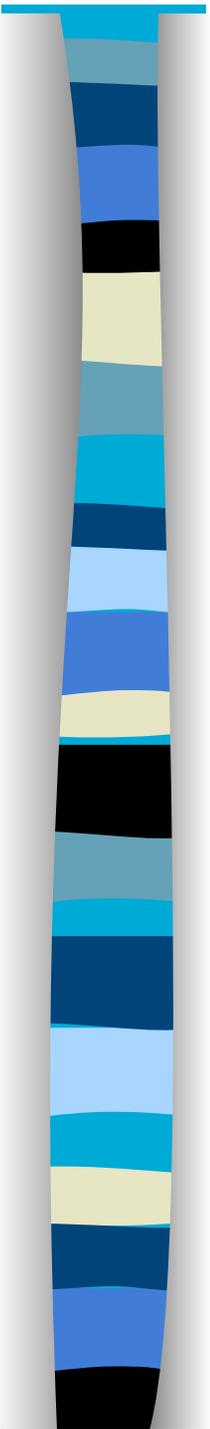
 D 54. Which of the following is considered low-level sanitation?

A. Use of sterilants or disinfectants

B. 10% bleach solution

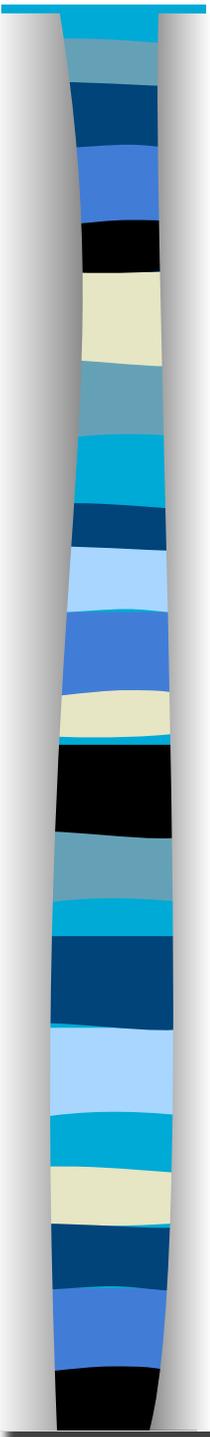
C. Tuberculocidal

D. Hot soapy water or surgical soap



 D 55. In the second messenger system with regard to hormone action, which of the following acts as first messenger?

- A. Calcium ion
- B. Hydrophobic
- C. Hydrophilic ion
- D. Protein hormone**



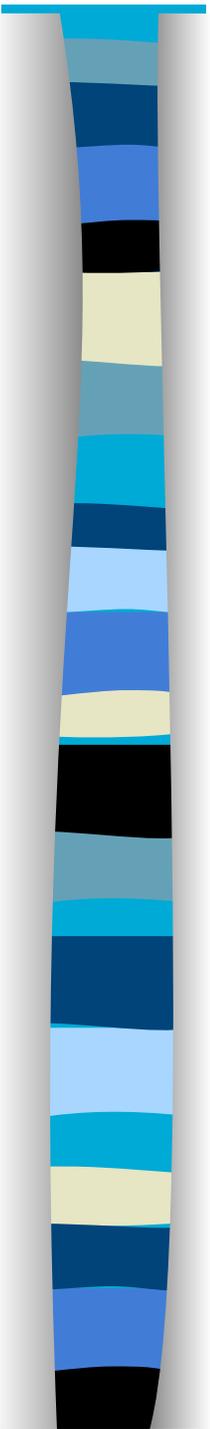
 A 56. When is it appropriate or necessary to share confidential client information when a release from the client has NOT been obtained?

A. When ordered to do so by a Judge and/or if the healthcare provider feels that the patient/client is a danger to himself/herself or another party

B. Never, without the client's release

C. When the request comes from the client's doctor

D. When the request comes from the client's insurance company

A vertical stack of colored segments representing anatomical planes or directions. The segments are arranged from top to bottom: light blue, dark blue, medium blue, black, yellow, light blue, cyan, dark blue, light blue, medium blue, yellow, black, light blue, cyan, dark blue, light blue, cyan, yellow, dark blue, medium blue, and black.

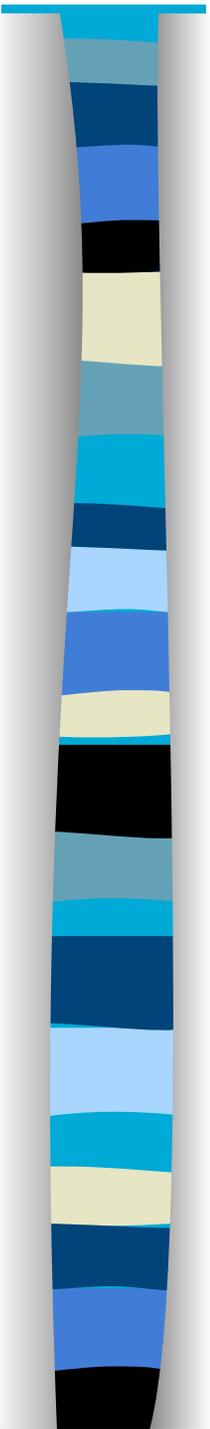
 A 57. When identifying the location of a body part, what does superior indicate?

A. Above

B. Below

C. Towards the side

D. Towards the midline



 A 58. When is a moist heat pack contraindicated?

A. Edema

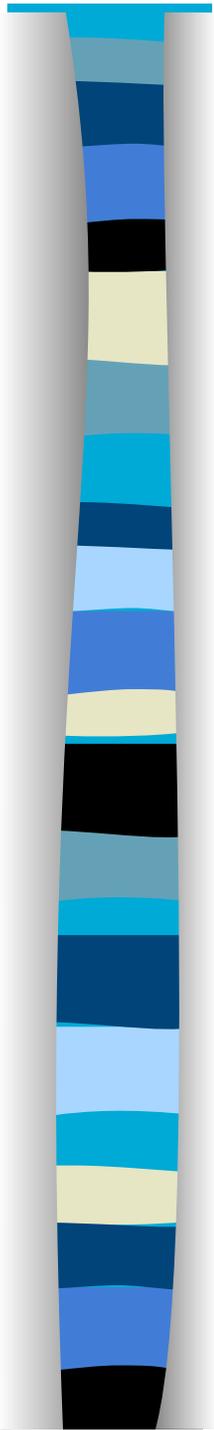
B. Osteoarthritis

C. Osteoporosis

D. Chronic muscle spasm

Pathology

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



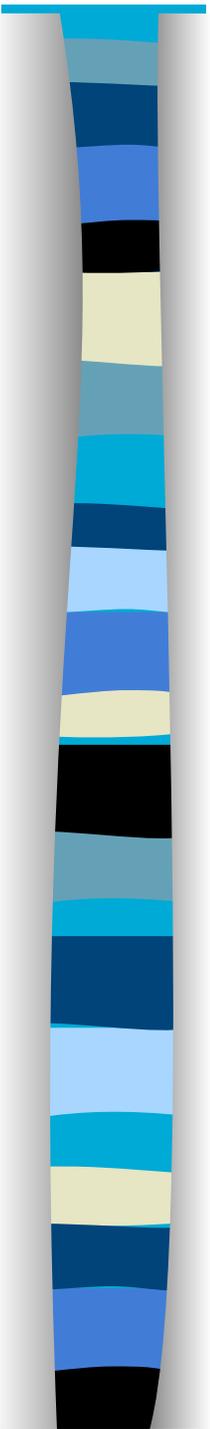
 C 59. Which of the following participate in the immune response against microbes?

A. Keratinocytes

B. Melanocytes

C. Langerhans cells

D. Merkel cells



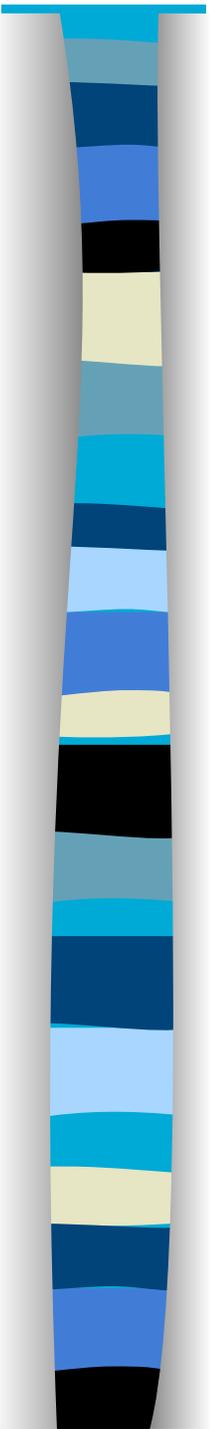
 A 60. Which of the choices below is the largest lymphoid organ?

A. Spleen

B. Kidney

C. Liver

D. Thymus



 C 61. If a client is taking a narcotic pain medication, (codeine, Vicodin, or Darvocet) which type of massage should be avoided?

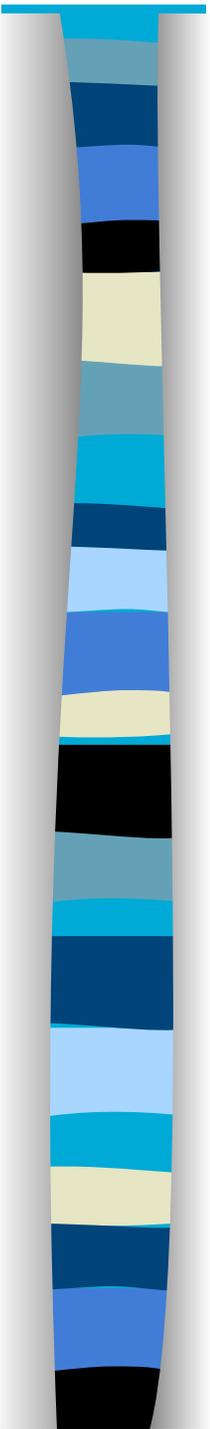
A. Relaxation massage

B. Energy work

C. Deep tissue massage

D. Reflexology

Pathology



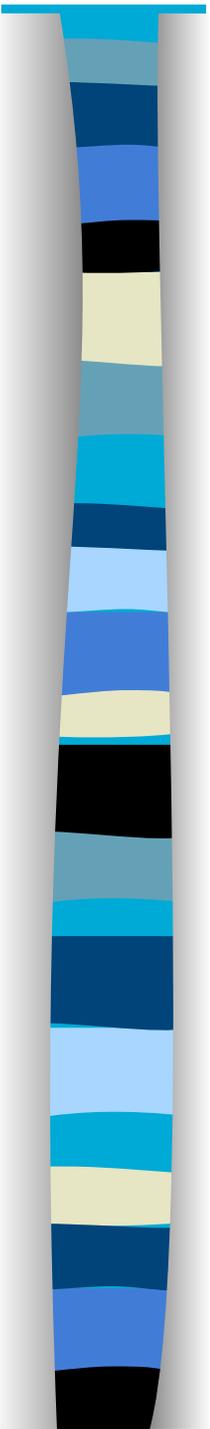
 A 62. A massage professional cancels a client at the last minute to attend to some necessary but non-urgent personal business. What is this an example of?

A. Inadequate professional boundaries

B. Gross misconduct

C. Scheduling conflict

D. Violation of massage practice law



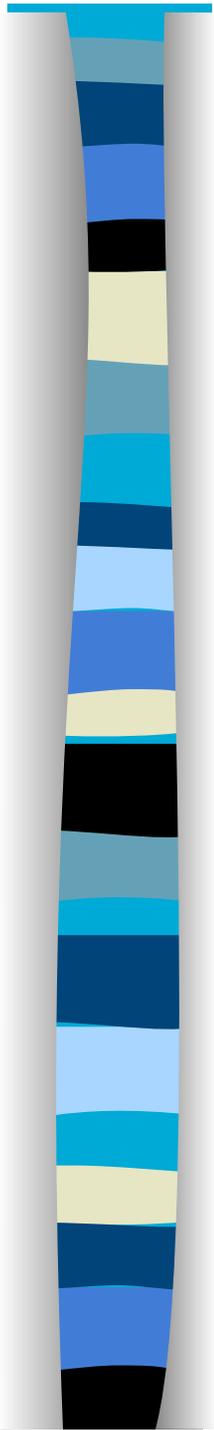
 A 63. A massage therapist takes the history of a patient, performs a physical assessment to identify benefits of the treatment, and provides information for developing a care plan. What is all this called?

A. Needs assessment

B. SOAP charting

C. Informed consent

D. Objective assessment



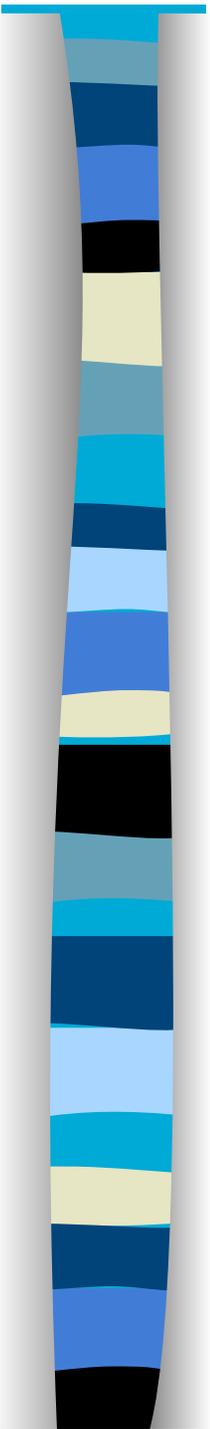
 A 64. Where are the anterior scalenes found?

A. Neck

B. Foot

C. Hand

D. Back



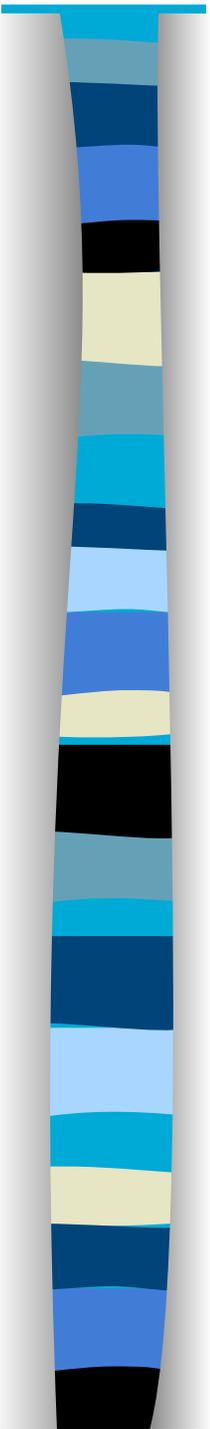
 A 65. Which of the following is true?

A. Quadratus femoris laterally rotates

B. Quadratus femoris extends

C. Quadratus femoris medially rotates

D. Quadratus femoris flexes



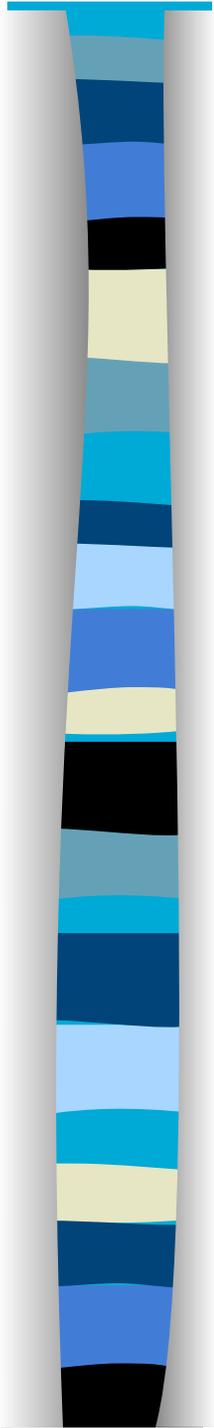
 B 66. When does lactic acid levels in the muscles increase?

A. When there is an increase of oxygen in blood

B. When oxygen and glycogen levels in blood are inadequate

C. When muscle heat is produced during activity

D. When there is a loss of sodium through sweat



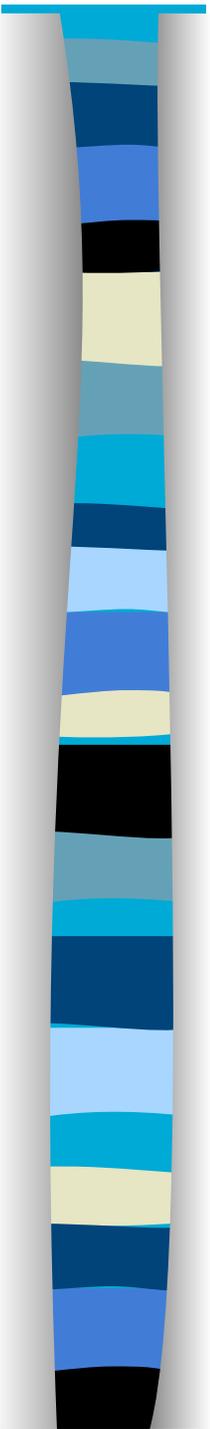
 A 67. Where does the spinal cord end in an adult?

A. L2

B. Coccyx

C. L4

D. L5



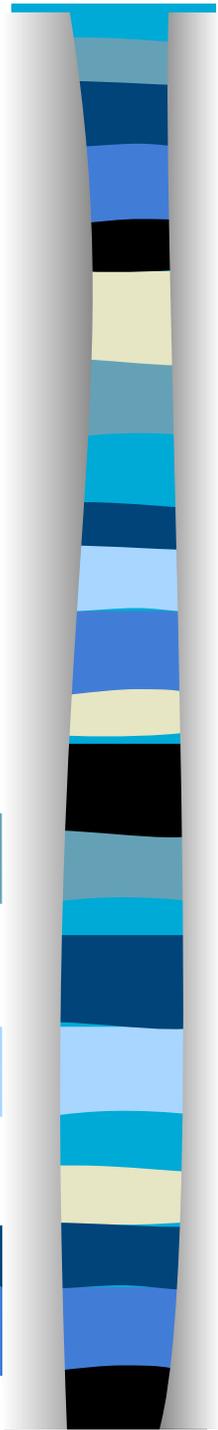
 C 68. How should the massage therapist process if the massage produces hematoma?

A. Deep effleurage

B. Light effleurage

C. Stop massaging in the affected area

D. Light petrissage



 B 69. What pathological condition is also known as wryneck?

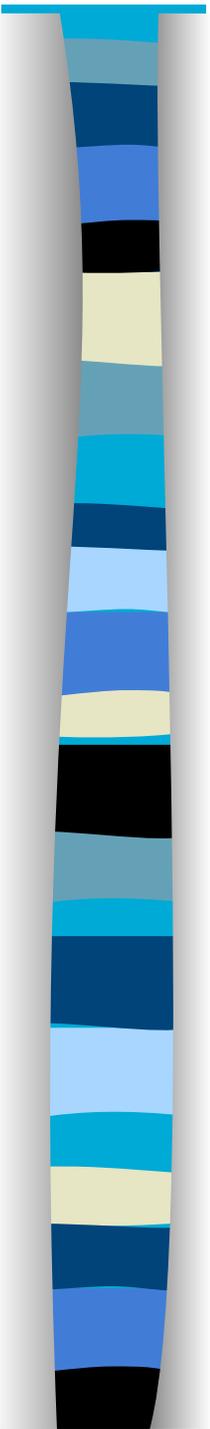
A. Fibromyalgia

B. Torticollis

C. Whiplash

D. Tenosynovitis

Pathology



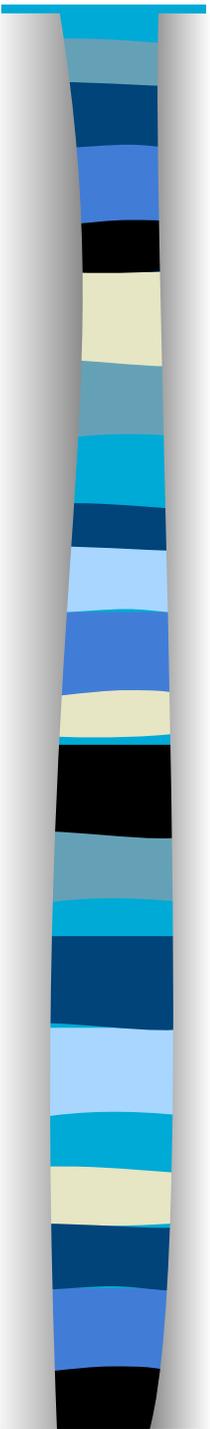
 B 70. In which structure is approximately 60% of the fluid volume of semen produced?

A. Testes

B. Seminal vesicle

C. Epididymis

D. Prostate gland



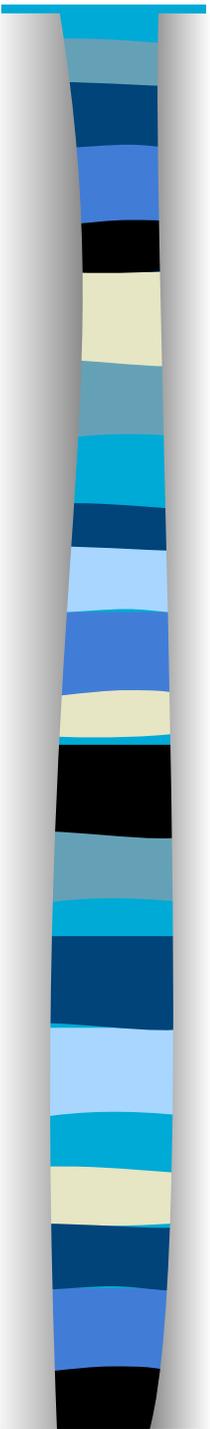
 B 72. Give an example of synarthrosis joint?

A. Knee joint

B. Sutures in the skull

C. Sternoclavicular articulation

D. Ankle joint



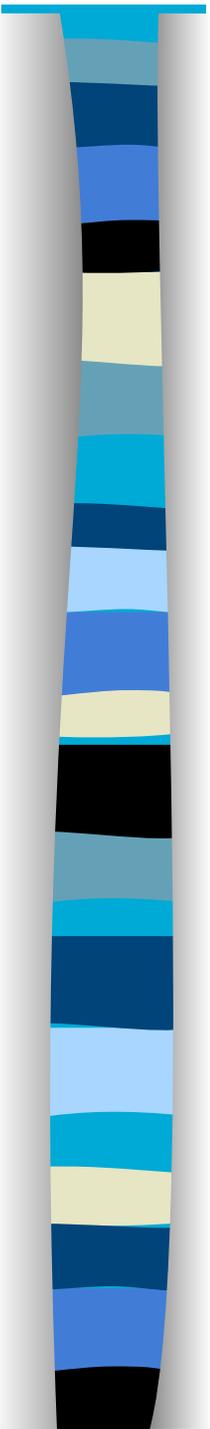
 A 73. What is the meaning of micturition?

A. The act of emptying the bladder, another name for urination

B. Another name for the filtration of blood in the nephron

C. Another name for the flow of blood through the kidneys

D. The act of filing the bladder, another name for urination



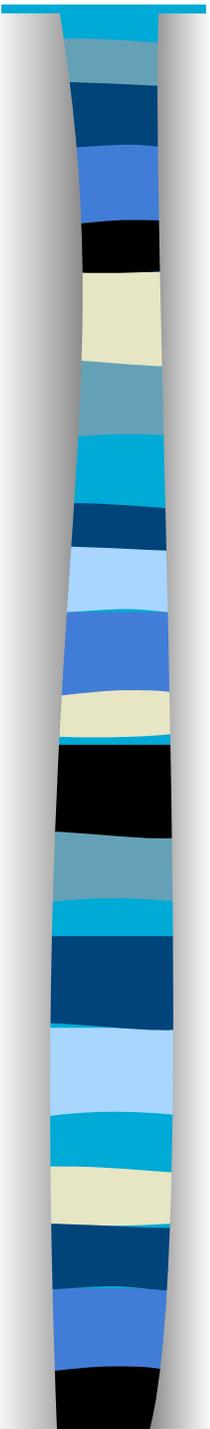
 A 74. Which hydrotherapy treatments are useful for treating clients with amputations?

A. Contrast partial shower; whirlpool bath

B. Whirlpool bath; cool mitten friction

C. Cool mitten friction; paraffin bath

D. Contrast partial shower; steam bath



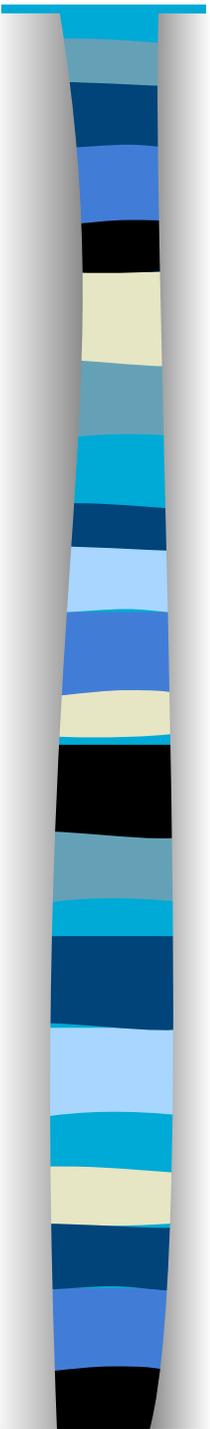
 A 75. Which discipline uses the flow of Yin and Yang along the meridians to determine diagnosis and treatment?

A. Acupuncture

B. Reflexology

C. Ayurveda

D. Rolfing



 A 76. What is inflammation of a vein known as?

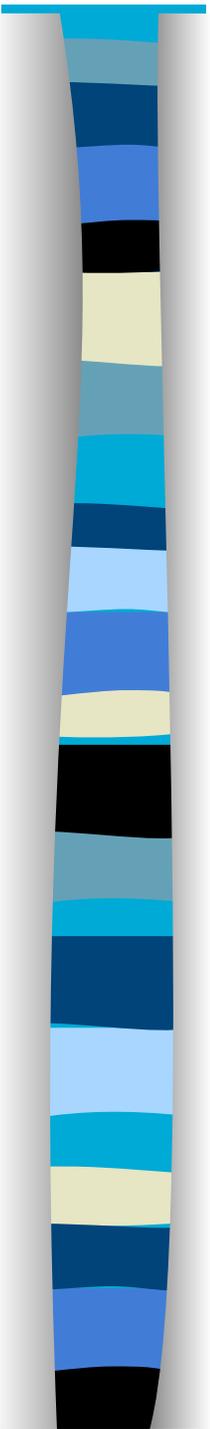
A. Phlebitis

B. Varicose veins

C. Vasodilatation

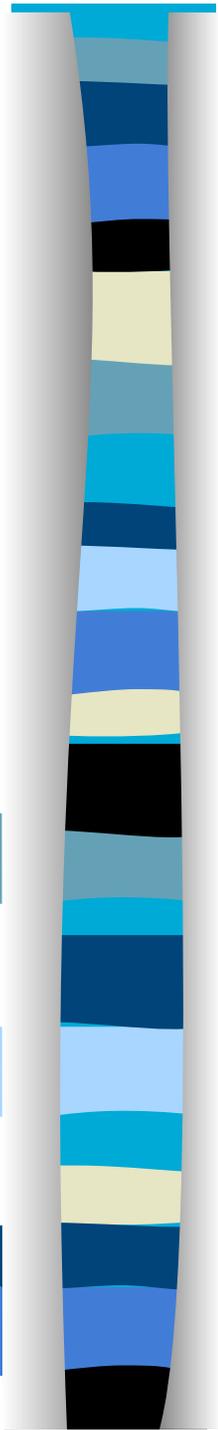
D. Purkinje fibers

Pathology



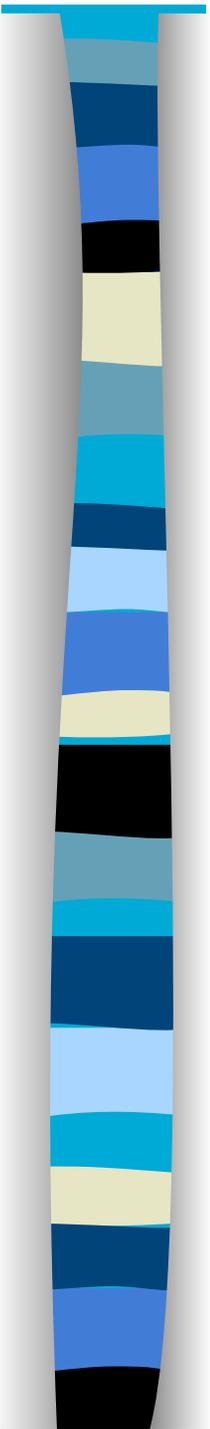
 A 77. Which of the following is the most important skill for a practitioner to use during the assessment phase of a session?

- A. Active listening**
- B. Passive listening
- C. Active range of motion
- D. Initial palpation



 D 78. How is an ulcer defined?

- A. A protrusion of the stomach into the diaphragm
- B. An area of mucous membrane
- C. A closed sore or lesion
- D. An area of destroyed mucous membrane and an open sore or lesion**



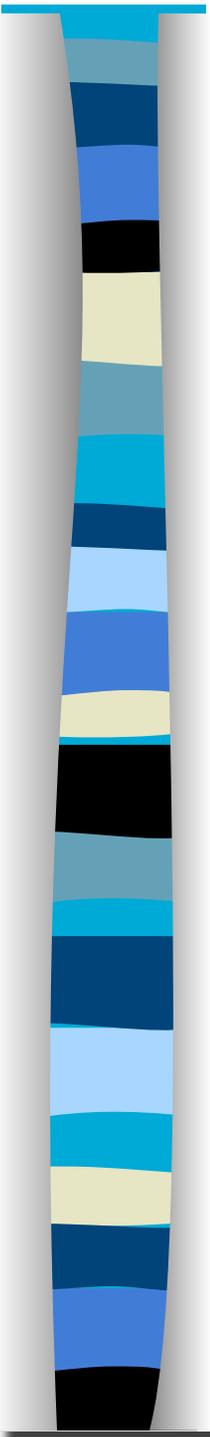
 A 79. The pancreas is part of which two body systems?

A. Endocrine and digestive

B. Digestive and respiratory

C. Endocrine and cardiovascular

D. Endocrine and nervous



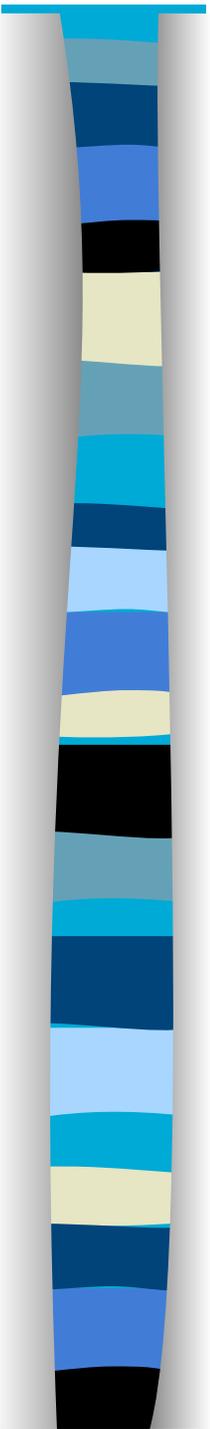
 A 80. What is the purpose of the 1099 tax form?

A. To notify the IRS of independent contractor wages

B. To notify the IRS of estimated quarterly taxes

C. To notify the IRS of partnership taxes

D. To notify the IRS of employee wages



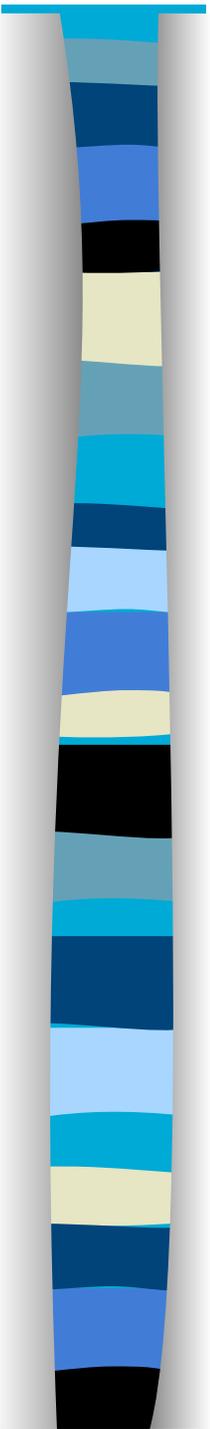
 B 81. Which of the following prefixes means false?

A. Hypo-

B. Pseudo-

C. Multi-

D. Infra-



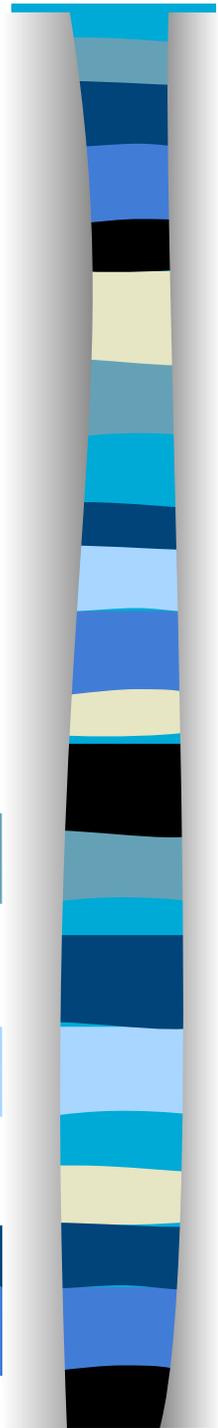
 C 82. What is the body's initial reaction to cold?

A. Release of adrenaline

B. Vasodilatation

C. Vasoconstriction

D. Relaxation



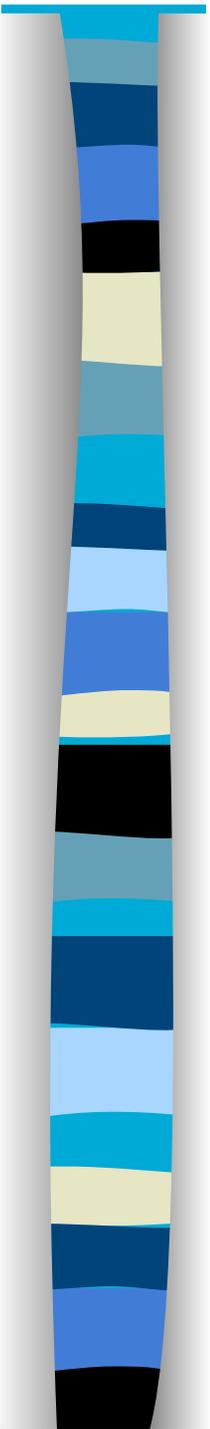
 A 83. Which of the following is not found in the dermis?

A. Striated muscle fibers

B. Nerve endings

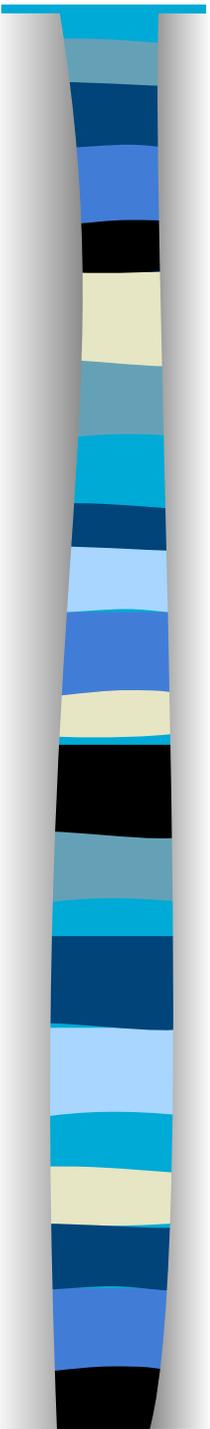
C. Blood vessels

D. Smooth muscle fibers



 D 84. Inflammation as a nonspecific defense is not characterized by which of the following?

- A. An increase of capillary permeability
- B. Edema
- C. Attraction of phagocytes to infected area
- D. Control blood pressure**



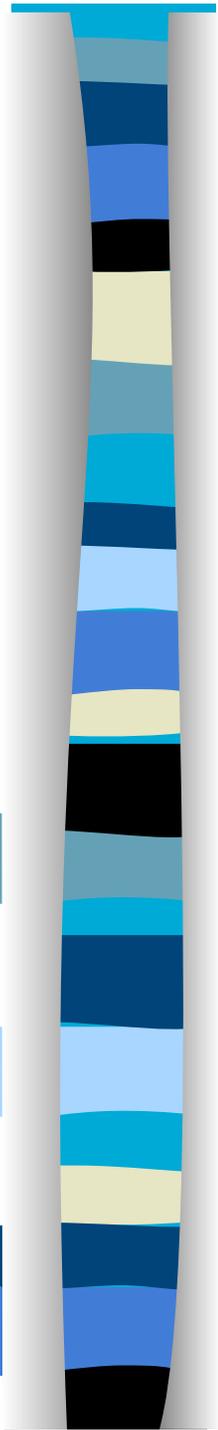
 C 85. The purpose of draping is to:

A. For the modesty

B. No real purpose to draping

C. Provide physical and emotional protection for the client and to keep the client warm

D. Provide physical and emotional protection for the client and the professional



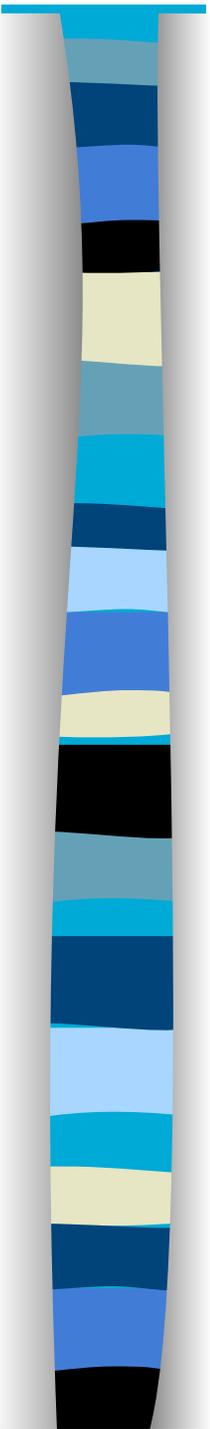
 C 86. Which is the term that means massage toward the heart?

A. Lymphatic

B. Centrifugal

C. Centripetal

D. Swedish



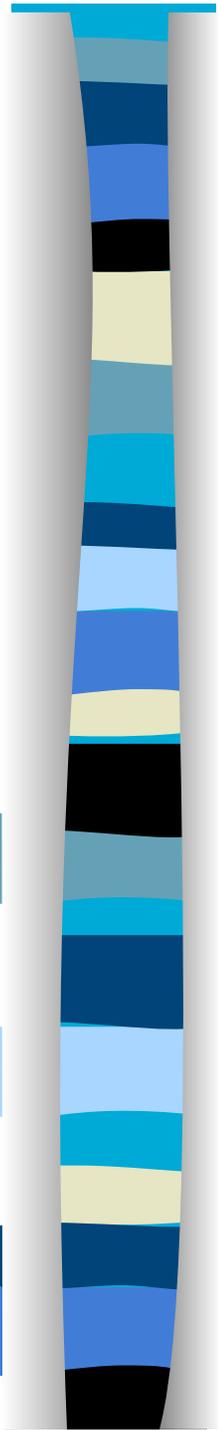
 C 87. Which muscle(s) has its origin at the posterior sacrum, coccyx, and iliac crest and insertion at the gluteal tuberosity of the Femur and the iliotibial band?

A. Gluteus minimus

B. Hamstring

C. Gluteus maximus

D. Piriformis



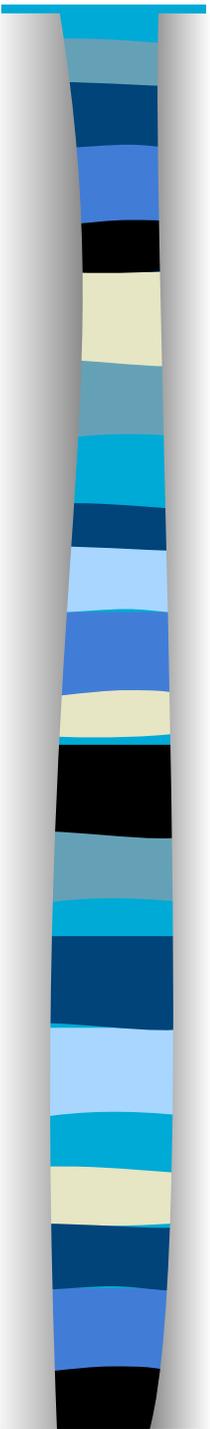
 B 88. Which muscle adducts the shoulder?

A. Pectoralis minor

B. Latissimus dorsi

C. Posterior deltoid

D. Biceps brachii



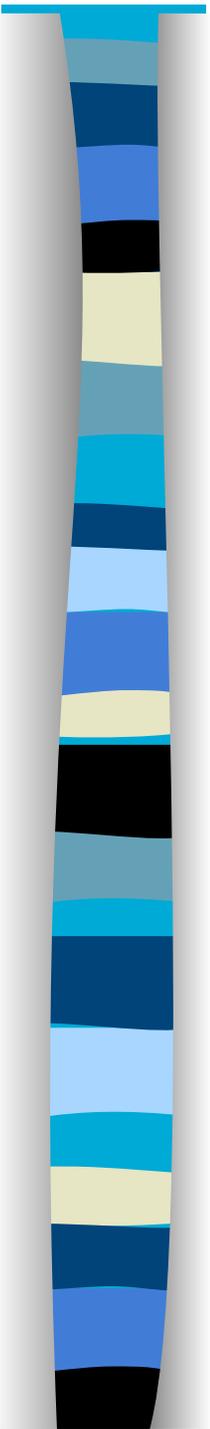
 A 89. Which special chemicals when released cause a muscle to contract, or can inhibit contraction?

A. Neurotransmitters

B. Motor units

C. Synovial fluid

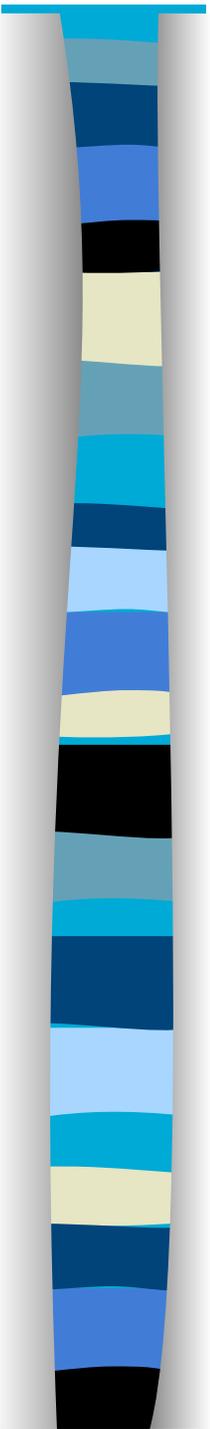
D. Plasma



 A 90. Which part of the autonomic nervous system stimulates the release of hormones from the adrenal medulla?

A. Sympathetic

B. Parasympathetic



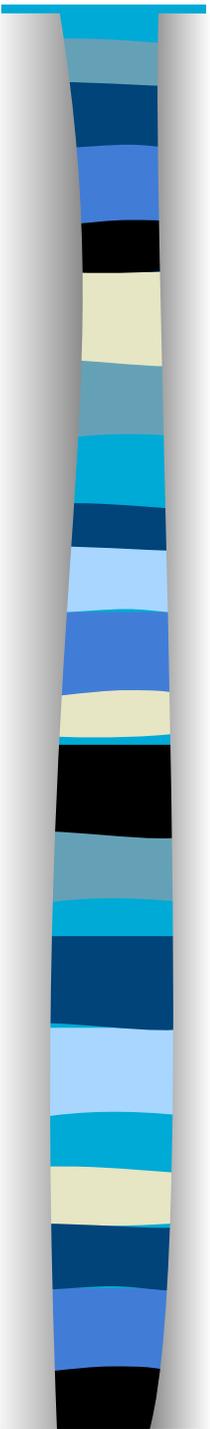
 A 91. Which is the organelle that that controls all cellular activity?

A. Nucleus

B. Mitochondria

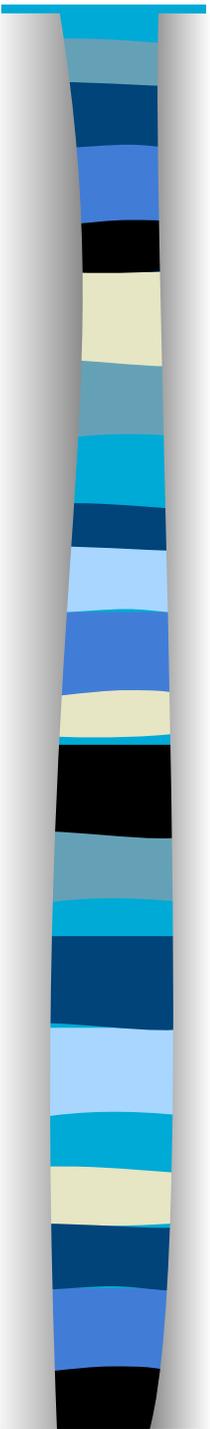
C. Lysosome

D. Endoplasmic reticulum



 D 92. Which of the following is true of serous membranes?

- A. They line the inside of blood vessels
- B. They are found inside the digestive tract
- C. They cover the central nervous system
- D. They surround internal organs and body cavities**



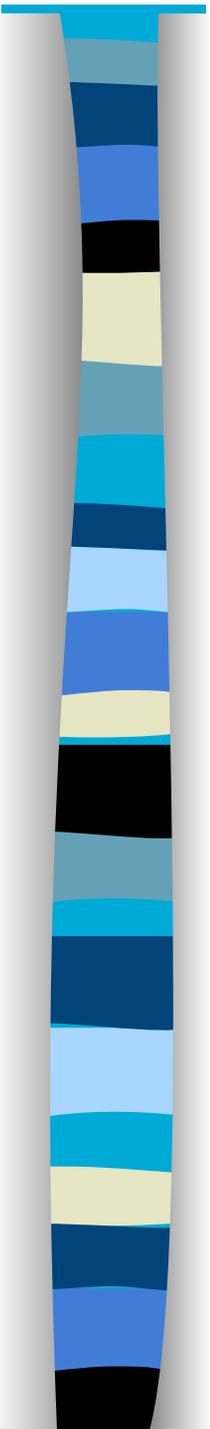
 C 93. In what vessel does the exchange of oxygen, nutrients and metabolic waste take place?

A. Venules

B. Vena Cava

C. Capillaries

D. Arterioles



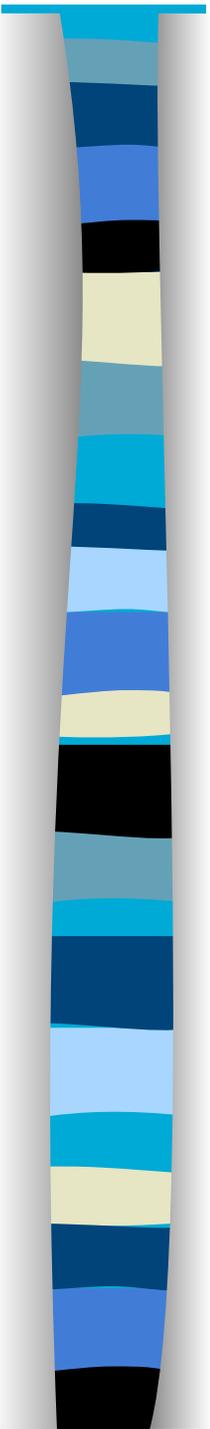
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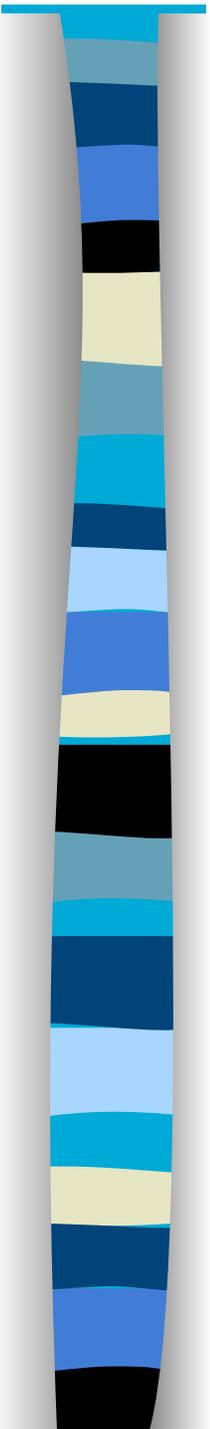
 C 95. Which organ metabolizes carbohydrates, proteins and lipids?

A. Spleen

B. Gallbladder

C. Liver

D. Pancreas



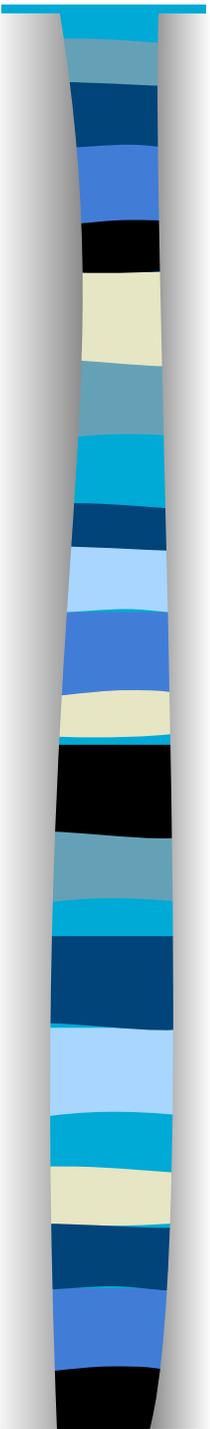
 A 96. In which cavity is the spleen located?

A. Abdominal

B. Hypogastric

C. Thoracic

D. Dorsal



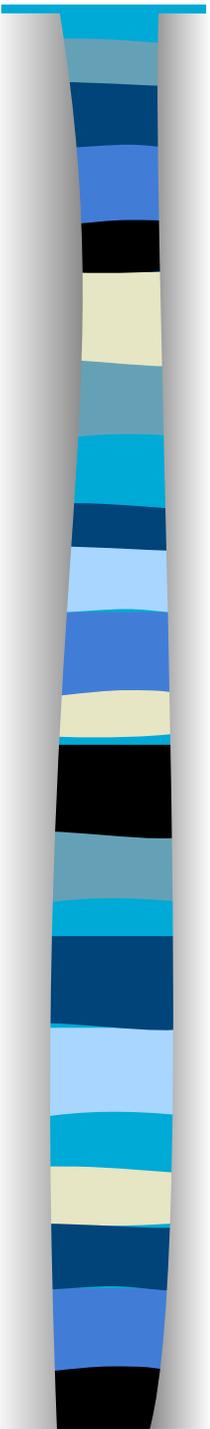
 D 97. Larry is massaging his client's leg and the foot begins to spasm, which technique would he not want to use to relieve the spasm?

A. Compression

B. Deep effleurage

C. Petrissage

D. Tapotement



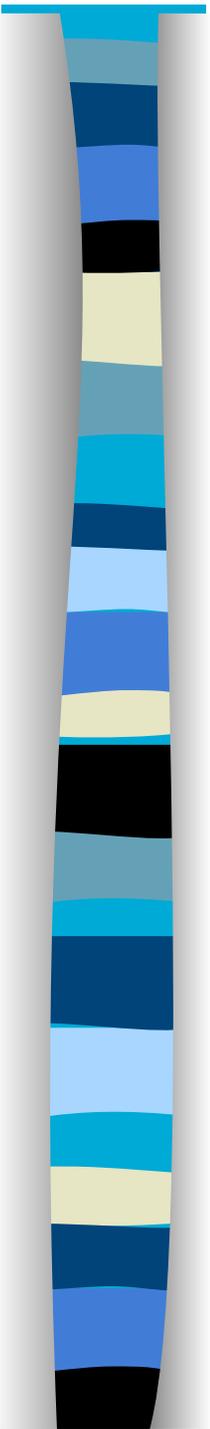
 A 98. Which adductor muscle inserts at the adductor tubercle of the femur?

A. Adductor magnus

B. Adductor brevis

C. Gracilis

D. Pectineus



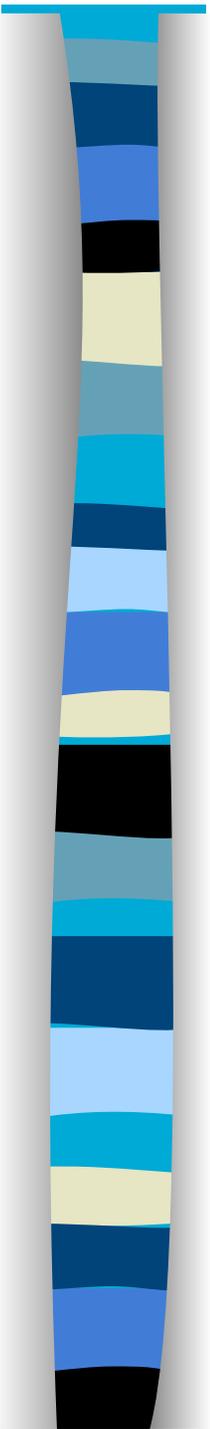
C 99. Which muscle lengthens as the triceps brachii shortens during elbow extension?

A. Teres major

B. Biceps femoris

C. Biceps brachii

D. Latissimus dorsi



 B 100. There is a type of muscle contraction that is present in healthy muscles even when they are at rest. Which is the correct term for this type of contraction?

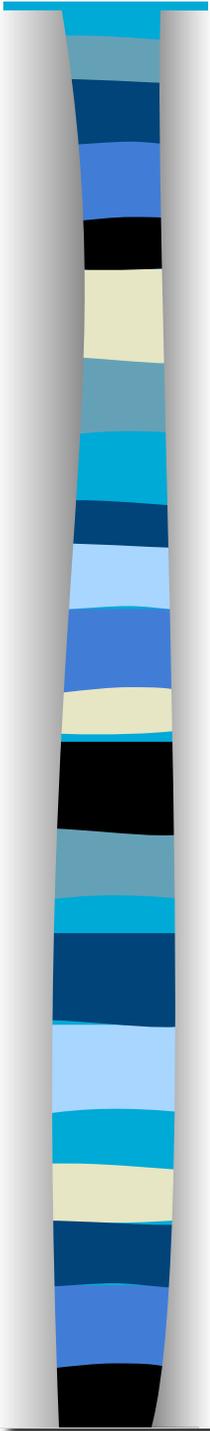
A. Isometric

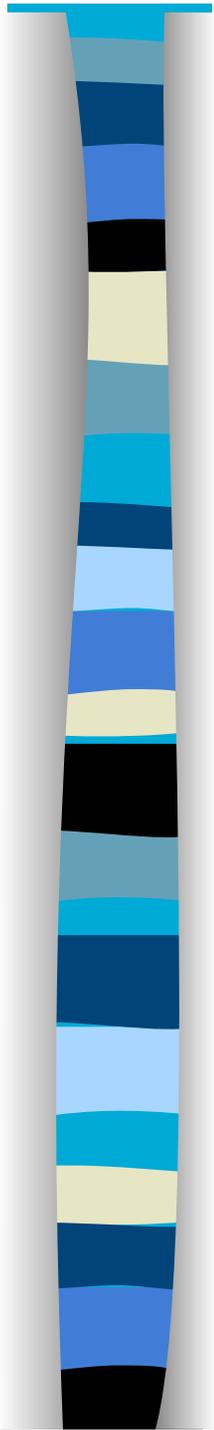
B. Tonus

C. Hypertonic

D. Hypotonic

81a 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