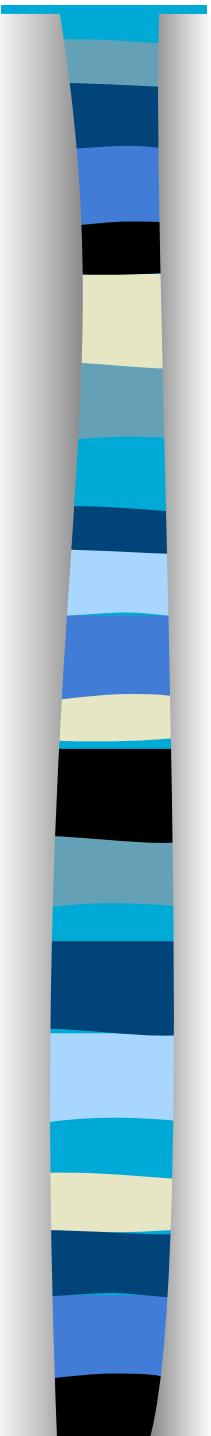


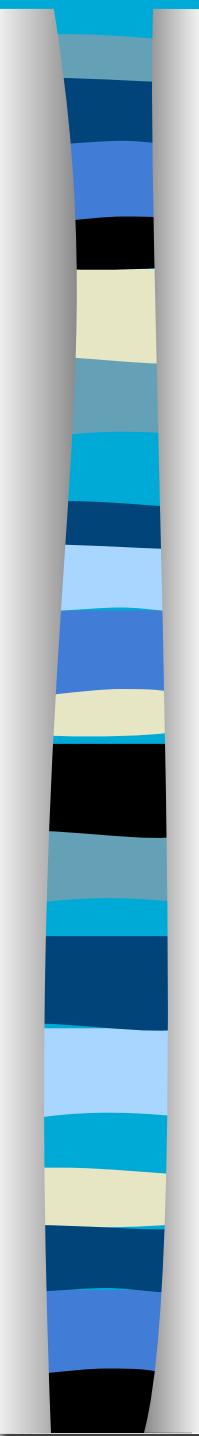
# 86a MBLEx Prep



# 86a 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



# 86a MBLEx Prep

## Class Outline

### Quizzes:

- 87a Kinesiology Quiz (semispinalis, splenius capitis, and splenius cervicis)
- 90b Kinesiology Quiz (erectors, multifidi, rotatores, quadratus lumborum, levator scapula, trapezius, splenius capitis, splenius cervicis, semispinalis capitis)

### Spot Checks:

- 87b Orthopedic Massage: Touch Assessment

### Exams:

- 89a Practice MBLEx (100 questions in 2 hours)

### Preparation for upcoming classes:

- 87a MBLEx Prep
  - Final Simulation MBLEx Exam Part 10.
  - Bring 5 questions.
- 87b Orthopedic Massage: Touch Assessment
  - Packet J: 81-81 and 87-88.

# Classroom Rules

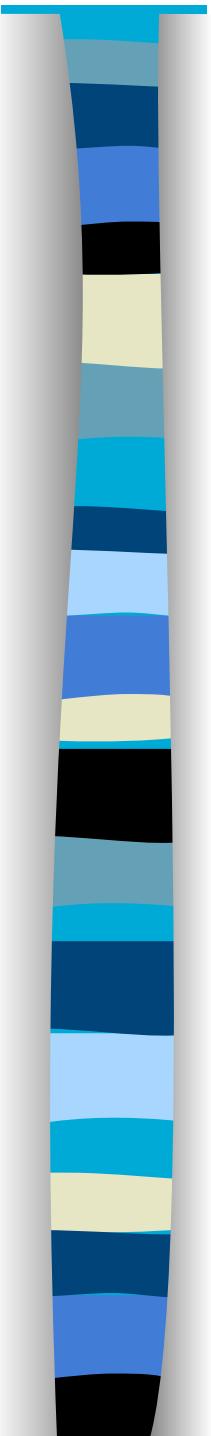
**Punctuality** - everybody's time is precious

- 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

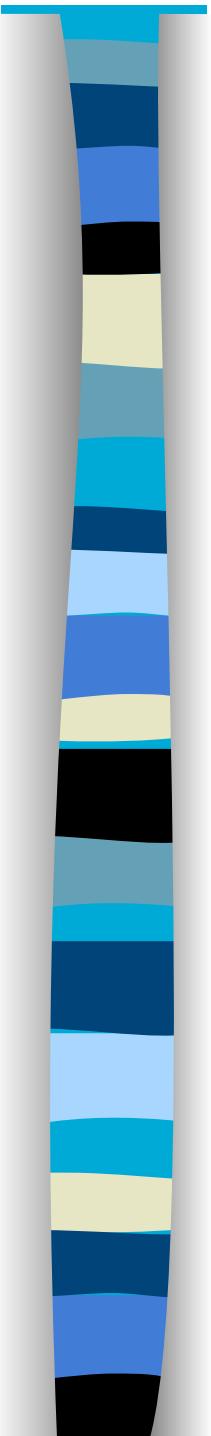
**The following are not allowed:**

- 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.*



# 86a MBLEx Prep



# Final Simulation MBLEx

## Exam Part 9

**A** 1. What constitutes the foundation for the benefits of massage and therapeutic bodywork?

- A. Understanding the nature of the effects on elimination, nervous system control, and circulation**
- B. Understanding the proper application sequence for massage manipulations
- C. Understanding that what NOT to do is as important as what to do
- D. Understanding the effects of touch therapy on the nervous and endocrine systems

A 2. What is the common name for the bulbourethral gland?

A. Cowper's gland

B. Urethra

C. Prostate

D. Thyroid

**D** 3. Where does a sprain usually occur?

- A. Muscle belly
- B. Musculotendinous insertion
- C. Bony prominence at a joint
- D. Ligaments**

- B** 4. If a client presents with chronic shoulder pain that has gotten worse over time and now includes tingling in the arm and hand, what should the massage therapist do?
- A. Massage and recommend range of motion and hydrotherapy
  - B. Massage and refer to a primary health care professional**
  - C. Massage using heat
  - D. Massage and recommend OTC pain killers

Pathology  
Ethics, Laws, Regulations  
Business, Professionalism, Hygiene, Self-Care, Draping, Healthcare Terminology

**A** 5. Which type of neuron is found in the dorsal (posterior) root ganglion?

- A. Afferent**
- B. Efferent
- C. Both afferent and efferent
- D. Association (interneurons)

A 6. What does the strength of a muscle contraction depend on?

- A. Number of motor units stimulated**
- B. Number of motor end plates
- C. Exercise
- D. Muscle size

A 7. Which muscle is a synergist for Piriformis?

- A. Gluteus maximus
- B. Adductor longus
- C. Tensor fasciae latae
- D. Pectineus

A 8. Which muscle dorsiflexes the ankle and everts the foot?

- A. Peroneus tertius**
- B. Tibialis posterior
- C. Tibialis anterior
- D. Gastrocnemius

**A** 9. What is the purpose of slowing down movement of lymph as it passes through the node?

- A. It allows for greater recognition of pathogens**
- B. It has no effect at all
- C. It allows for the addition of red blood cells
- D. It allows for lesser recognition of pathogens

- B** 10. Which of the following is not a function of the skin?
- A. Protection
  - B. Removing solid wastes**
  - C. Stabilizing body temperature
  - D. Vitamin D syntheses

**B** 11. Effects of heat in hydrotherapy include:

- A. Decreased circulation
- B. Decreased pain and muscle spasm**
- C. Increased muscle tone
- D. Decreased muscle size

A 12. What is the main effect from using a whirlpool?

- A. Stimulation of general circulation**
- B. Decreased circulation
- C. Increased localized circulation
- D. Decreased general circulation

**A** 13. Why might a therapist feel uncomfortable if a client offers a hug after a massage?

- A. It may be considered a violation of personal boundaries**
- B. It is unethical
- C. It is sexual misconduct
- D. It is against the law

**A** 14. Completion of the initial session should result in what, with both therapist and client input?

- A. Short – and long-term goal setting, along with treatment strategies for future sessions**
- B. A plan for the next three to five sessions, with an agreement that adjustments may be necessary
- C. Short-term goal setting with a plan to revisit after three sessions
- D. Planning for subsequent sessions is independent of an overall treatment plan

**D** 15. Which chamber of the heart pumps blood out to the extremities?

- A. Right atrium
- B. Right ventricle
- C. Left atrium
- D. Left ventricle**

**A** 16. Which of the following describes the structure of the plasma membrane of a cell?

- A. Two lipid layers arranged tail to tail in which protein molecules float**
- B. Two protein layers arranged with space between them to allow for maximum permeability
- C. A net-like structure of proteins and carbohydrates that serve as receivers of nutrients
- D. Randomly arranged microtubules held together by positively charged sodium ions

**A** 17. Which technique should be used for stimulation on athletic clients?

**A. Tapotement**

B. Vibration

C. Effleurage

D. Friction

**C** 18. The urinary bladder is lined with which of the following epithelial tissue types?

- A. Simple squamous
- B. Urinary bladder
- C. **Transitional epithelium**
- D. Pseudostratified columnar

C 19. What are osteoclasts?

- A. Bone-building cells
- B. Cells that make up the periosteum
- C. Bone-destroying cells**
- D. To make red blood cells

- A 20. Which structure is not part of the upper respiratory tract?
- A. Trachea
  - B. Pharynx**
  - C. Larynx
  - D. Nose

**B** 21. What is spermatogenesis?

- A. The process of sperm cell maturation
- B. The production of sperm cells**
- C. Ejaculation
- D. Lack of sperm production

**B** 22. What is the responsible bacterium that causes individual boils (furuncles) or clusters of boils (carbuncles)?

- A. Streptococcus
- B. Staphylococcus**
- C. Pneumococcus
- D. Meningococcus

**B** 23. During assessment the massage therapist notices that the client is breathing with rapid, shallow breaths. Which emotional state might the client be experiencing?

A. Contentment

**B. Anxiety**

C. Boredom

D. Joy

Pathology

**C** 24. What type of neuroglia helps to form the blood-brain barrier?

- A. Oligodendroglia
- B. Microglia
- C. Astrocyte**
- D. Ependymal

**C** 25. Which of the following is/ are not involved in the Sliding Filament Theory?

- A. Sacromeres
- B. Cross-bridges
- C. Fibroblast**
- D. Actin and myosin

**A** 26. To what is quadratus lumborum attached that makes it able to lift the hip?

- A. Posterior iliac crest**
- B. Anterior superior iliac spine (ASIS)
- C. Lesser trochanter
- D. Sacrum

**A** 27. Which of the following attach to the ischial tuberosity?

- A. Hamstrings**
- B. Gastrocnemius
- C. Quadriceps
- D. Soleus

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** 28. Which massage technique is described as milking a muscle?
- A. Friction
  - B. Petrissage**
  - C. Effleurage
  - D. Tapotement

**A** 29. If a massage professional notices that a client exhibits signs of sexual arousal while sleeping, what would be the best course of action?

- A. Recognize the physiology of the response and change their approach**
- B. Run out of the massage room screaming
- C. Accuse the client of inappropriate behavior
- D. Continue without changing the approach

**B** 30. Which is not a possible side effect of a muscle relaxer?

- A. Dizziness
- B. Alertness**
- C. Drowsiness
- D. Constipation

A 31. What is the substance that causes the immune system to respond?

- A. Antigen
- B. Phagocyte
- C. Anaphylactic substance
- D. Red blood cells

**B** 32. What are ceruminous glands responsible for producing?

- A. Sweat
- B. Earwax**
- C. Oil for the hair follicle
- D. Lipids

**B** 33. Which of the following statements is not true regarding the usage of a whirlpool?

- A. Physiological effects are both mechanical and thermal
- B. Physiological effects are both mechanical and chemical**
- C. It is used to treat burn victims
- D. It is a partial immersion bath in which water is agitated

**A** 34. The sciatic nerve passes through the greater sciatic notch between which two landmarks?

- A. Greater trochanter and ischial tuberosity**
- B. Greater trochanter and frontalis
- C. Greater trochanter and patella
- D. Greater trochanter and iliac crest

**D** 35. Which insurance provides coverage if a person is injured in a fall at a place of business?

- A. Disability insurance
- B. Products liability insurance
- C. Professional liability insurance
- D. Premise liability insurance**

**C** 36. Which of the following glands secretes sebum (oil)?

A. Sudoriferous

B. Apocrine

**C. Sebaceous**

D. Eccrine

- D** 37. Why should standard precautions be adhered to?
- A. Should not be used by unlicensed massage therapist
  - B. Have no application to massage
  - C. Currently recommend the use of gloves for all massages
  - D. Prevent the spread of pathogens**

**B** 38. What is the major function of the gallbladder?

- A. Recycle iron from old red blood cells
- B. Concentrate and store bile**
- C. Remove toxins from the blood
- D. Store fat

**C** 39. Which four types of information are acquired during palpation assessment?

- A. Temperature, tenderness, tightness, test of range of motion
- B. Temperature, tightness, tonicity, texture
- C. Temperature, tone, texture, tenderness**
- D. Temperature, texture, tone, time

A 40. The right ventricle pumps blood to which body structure?

- A. Lungs
- B. Aorta
- C. Inferior vena cava
- D. Left atrium

C 41. Where can chondrocytes be found?

- A. Epidermis
- B. Osseous tissue
- C. Cartilage
- D. Blood

**A** 42. Who is considered to be the father of osteopathic medicine and osteopathy?

**A. Andrew Taylor Still**

B. John Upledger

C. Ida Rolf

D. Hugh Milne

**D** 43. In what way could massage help with a client diagnosed with diabetes?

- A. Increase glucagon production
- B. Decrease insulin excretion from the pancreas
- C. Increase insulin excretion from the pancreas
- D. Relieves symptoms of diabetic neuropathy**

**A** 44. Which touch modality involves rocking, bouncing, cradling, shaking, and moving body parts through natural range of motion to release deep-seated physical and mental patterns and facilitate relaxation and increased mental clarity and physical mobility?

- A. Trager approach**
- B. Reiki
- C. Shiatsu
- D. Myofascial release

## Modalities and History

**A** 45. Which of the following best describes a progression of the levels of organization of the human body from simple to complex?

- A. Cells, tissues, organs, systems, and organism**
- B. Tissues, organism, organs, and systems
- C. Cells, organism, system, organs, and tissues
- D. System, organs, tissues, cells and organism

**B** 46. What is another name for platelets?

- A. Astrocytes
- B. Thrombocytes**
- C. Leukocytes
- D. Erythrocytes

**D** 47. Which of the following would not be necessary component of an informed consent document?

- A. Permission to receive massage therapy
- B. Right to refuse or suspend treatment
- C. Understanding that the massage therapist does not prescribe or diagnose
- D. Range of motion throughout the body**

**C** 48. In what way does the liver not function to regulate blood sugar levels?

- A. By glycogenolysis—the conversion of glycogen to glucose
- B. By glucogenesis—converting glucose to glycogen
- C. All of the options**
- D. Reduce insulin

Note: Should be “In what way does the liver function to regulate sugar levels.

**D** 49. Which of the following is not a common aseptic technique for preventing the spread of pathogens?

- A. Sterilization
- B. Disinfection
- C. Isolation
- D. Use of diffuser**

**B** 50. What hormone is secreted by the pineal gland?

- A. Thyroxine
- B. Melatonin**
- C. Epinephrine
- D. ACTH

**A** 51. Which of the following violates the code of ethics for massage therapists?

- A. Dating a client**
- B. Accepting tips
- C. Political activism
- D. Working at several massage therapy establishments at the same time

**B** 52. Which is a description of prone?

- A. Lying face up
- B. Lying face down**
- C. Side-lying
- D. Same as fetal position

**B** 53. What category of water temperature is 94-97 degrees Fahrenheit?

- A. Very hot
- B. Neutral**
- C. Warm
- D. Cold

- D** 54. Which of the following detect different aspects of touch?
- A. Keratinocytes
  - B. Melanocytes
  - C. Langerhans cells
  - D. Merkel cells**

**A** 55. Approximately 85% of lymphatic fluid drains from the breast tissue into which lymphatic nodes?

- A. Axillary**
- B. Maxillary
- C. Inguinal
- D. Popliteal

**D** 56. Which drug class is not used to treat hypertension (high blood pressure)?

- A. Beta-blockers
- B. ACE inhibitors
- C. Diuretics
- D. Antineoplastic**

**B** 57. In which ways can the client have the right to informed and voluntary consent for services?

- A. Only written and never verbal
- B. Verbal or written**
- C. Only verbal and never written
- D. The massage professional doesn't need to have informed consent

Note: Written consent is required Texas.

**C** 58. Care plan development is based on the information obtained during the needs assessment. It includes applicable benefits of bodywork, a general description of methodologies to be used, time frame, and what else?

- A. Text book protocol
- B. Informed consent
- C. Client goals**
- D. Narrative reporting

C 59. Which of the following does/do not attach to the clavicle?

- A. Deltoid
- B. SCM (Sternocleidomastoid)
- C. Serratus anterior and rhomboid major and minor**
- D. Pectoralis major

**D** 60. Which muscle does not abduct?

- A. Gluteus medius
- B. Deltoid
- C. Sartorius
- D. Pectoralis major**

A 61. What is the definition of mastication?

- A. Chewing
- B. Closing lips
- C. Smiling
- D. Opening mouth

**B** 62. In general, what is the function of the cerebellum?

- A. Sensory awareness
- B. Motor function**
- C. Speech
- D. Regulation of body temperature

**B** 63. What should the massage therapist do if a client presents with high blood pressure that has not been treated by a physician and controlled?

- A. Schedule the client for a series of massages to lower blood pressure
- B. Refer the client to a physician prior to massaging**
- C. Refer to another therapist
- D. Advise the client to use a sauna for the hydrotherapy benefits

C 64. What does poliomyelitis destroy?

- A. Cerebrum
- B. Pia mater
- C. Motor neurons that trigger skeletal muscles**
- D. Sensory neurons

**B** 65. Which kind of cell division occurs only in the gonads?

A. Mitosis

**B. Meiosis**

**D** 66. Which part(s) of the pharynx is / are involved with both the digestive and respiratory systems?

- A. Laryngopharynx
- B. Oropharynx
- C. Nasopharynx and oropharynx
- D. Oropharynx and laryngopharynx**

A 67. How do you define diarthroses joints?

- A. A synovial joint – freely movable
- B. Slightly movable
- C. Immoveable
- D. Rigid

**A** 68. Which of the following is the correct order for the flow of blood through the kidneys?

- A. Renal artery to afferent arterioles to efferent arteriole to loop of Henle to renal vein**
- B. Renal vein to afferent arterioles to efferent arteriole to loop of Henle to renal artery
- C. Renal vein to efferent arterioles to loop of henle to afferent arterioles to renal vein
- D. Renal artery to efferent arterioles to loop of Henle to afferent arterioles to renal vein

A 69. Which are effects of cold and / or ice?

- A. Decreased circulation; decreased pain; increased muscle tone**
- B. Decreased muscle spasm; decreased circulation; increased tissue stiffness
- C. Increased circulation; increased stiffness; decreased pain
- D. Increased respiration; decreased tissue stiffness; decreased white blood cell production

- D** 70. Who is known as the “Mother of Reflexology”?
- A. Ida P. Rolf
  - B. Janet Travell
  - C. Sister Theresa
  - D. Eunice Ingham**

C 71. What is the pacemaker of the heart called?

- A. Semilunar valve
- B. Mitral valve
- C. **Sinoatrial node**
- D. Edema

- D 72. What is the name for inflammation of the gallbladder?
- A. Cystitis
  - B. Cholesterolosis
  - C. Bulbitis
  - D. Cholecystitis**

**D** 73. What two hormones, secreted by the pancreas, regulates the levels of blood glucose?

- A. Cortisol and insulin
- B. Calcitonin and PTH
- C. Thymosin and calcitonon
- D. Insulin and glucagon**

**A** 74. Which of the following is a general definition of professional ethics?

- A. Principles and distinctions that clarify right and wrong as well as moral obligations**
- B. The ability to work with other colleagues
- C. The ability to work comfortably with a variety of client personalities
- D. Do not have any regards to any ethical laws

A 75. What is the meaning of the suffix –poiesis?

- A. Formation
- B. Study of
- C. Inflammation
- D. Lack of

**A** 76. How are frostbitten feet treated?

- A. Immersion in warm water**
- B. Massage using deep effleurage
- C. Immersion in hot water
- D. Massage using vibration

**D** 77. How does most of the body's heat leave?

- A. Through the respiratory system
- B. Via the urinary system
- C. Through defecation
- D. Through the skin**

**B** 78. Which situation should a massage professional end a massage session?

- A. If a client asks the massage professional a personal question
- B. If a client wants to engage in sexual behavior with the therapist during the session**
- C. If a client asks the massage professional for more pressure
- D. If a client would like the massage professional to massage another area

**D** 79. When indicated, how and / or where should deep friction be performed?

- A. Proximal to the affected area
- B. Lightly
- C. Using a lot of pressure, near the affected area
- D. Directly on the affected area**

**A** 80. Which muscle might be a source of sciatic pain by entrapping the sciatic nerve?

- A. Piriformis**
- B. Gluteus maximus
- C. Tensor fasciae latae
- D. Adductor longus

**D** 81. Which muscle(s) extend(s) the hip?

- A. Vastus lateralis and vastus medialis
- B. Psoas iliacus
- C. Rectus femoris and gastrocnemius
- D. Gluteus maximus and gluteus medius**

**A** 82. Which of the following statements is true of cardiac muscle?

- A. Fast contracting and fatigue resistant**
- B. Fast contracting and smooth
- C. Slow contracting and striated
- D. Slow contracting and fatigue resistant

**B** 83. Which cells cover the choroid plexuses, produce cerebral spinal fluid (CSF), and line the ventricles of the brain?

- A. Schwann cells
- B. Ependymal cells**
- C. Aaron cells
- D. Serous cells

D 84. What is not an action of testosterone?

- A. Primary male sex characteristics
- B. Increase muscle bulk
- C. Hair growth
- D. Milk production**

A 85. Anaerobic means without oxygen whereas aerobic means with oxygen.

**A. True**

B. False

A 86. Another name for the anaerobic respiration of glucose is glycolysis.

**A. True**

B. False

**A** 87. Which organ is protected by the sternum and the vertebral column?

**A. Heart**

B. Spleen

C. Thyroid

D. Kidney

**D** 88. Which is not a function of the liver?

- A. Storage of vitamins
- B. Production of plasma proteins
- C. Metabolism of nutrients
- D. Production of white blood cells**

**C** 89. Jonathan's friend, Anabeth called him to say that she fell yesterday and landed on her backside. Her low back and buttocks are very sore, and she wants a one-hour massage to relieve the pain. Should Jonathan perform the massage and why or why not?

- A. Yes, he's a healer after all.
- B. No, not until she has seen a healthcare professional and has been given the OK to receive therapeutic massage
- C. No, not until she has been pain and/or symptom free for 10 days**
- D. Yes, massage of undiagnosed friends falls within his scope of practice

Note: Answer B seems like a good answer too.

**D** 90. The body is composed of how many major systems?

- A. Eight
- B. Seven
- C. Nine
- D. Eleven**

**B** 91. Which technique pushes one tissue against another with a small back and forth movement to reduce fibrotic tissue?

- A. Tapotement
- B. Friction**
- C. Joint movement
- D. Shaking

**B** 92. The posterior, middle and anterior fibers of the deltoid muscle all insert at the deltoid tuberosity. Where is the origin of the posterior fibers of the deltoid?

- A. Superior angle of the scapula
- B. Spine of the scapula**
- C. Acromion process of the scapula
- D. Lateral one-third of the clavicle

C 93. Which of the following flexes the elbow?

- A. Biceps femoris
- B. Teres major
- C. Brachioradialis**
- D. Triceps

A 94. What part of the brain regulates temperature?

A. Hypothalamus

B. Medulla

C. Thalamus

D. Pons

- D** 95. What is the outermost protective layer of the brain?
- A. Dura matter
  - B. Arachnoid matter
  - C. Pia mater
  - D. Bone**

**A** 96. When presented with most acute conditions, which is the best course of action for a massage therapist to take?

- A. Consider them contraindications for massage**
- B. Massage one time and then assess the results
- C. Request a physician's release prior to massage
- D. Discuss a long-term body treatment plan with the client

Note: A surprising change from the knee-jerk "physician's release" reaction. This answer seems to imply that we know what the condition is.

**B** 97. Which of the following is true of endochondral ossification?

- A. New bone replaces old bone
- B. Bone replaces cartilage**
- C. New cartilage replaces old cartilage
- D. Cartilage replaces bone

**A** 98. The muscles affected by tennis elbow attach to this bony landmark.

- A. Lateral epicondyle**
- B. Coracoid process
- C. Medial epicondyle
- D. Olecranon process

**C** 99. What is it called when there is inflammation in the connective tissues?

- A. Bursitis
- B. Myositis
- C. Fibrosis**
- D. Meningitis

**A** 100. What is the motor unit of a muscle composed of?

- A. A single motor neuron and the muscle cells it stimulates**
- B. A single motor neuron only
- C. The attachment of tendon to the periosteum and the muscle
- D. A single sensory neuron only

# 86a 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