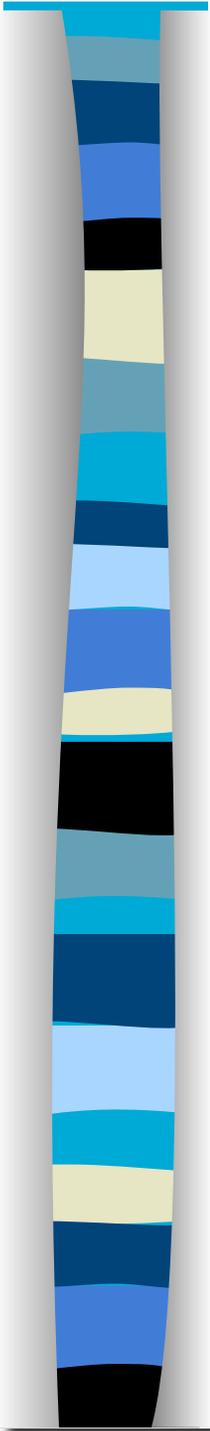
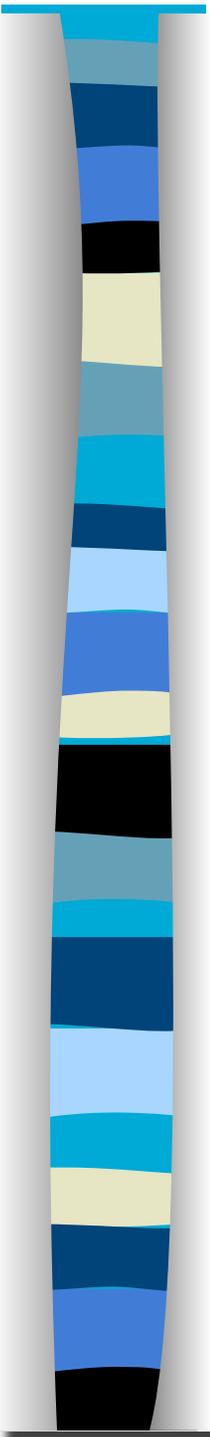


80a MBLEx Prep



80a MBLEx Prep

Class Outline



5 minutes

Attendance, Breath of Arrival, and Reminders

10 minutes

Lecture:

25 minutes

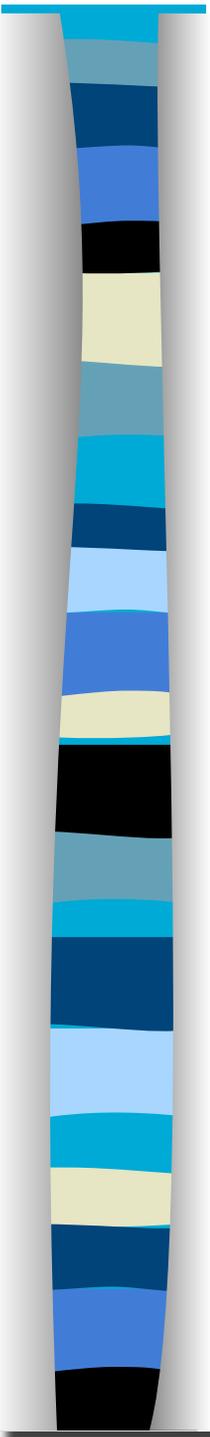
Lecture:

15 minutes

Active study skills:

60 minutes

Total



80a MBLEx Prep

Class Outline

Quizzes:

- 81a Kinesiology Quiz (supraspinatus, infraspinatus, teres minor, subscapularis, flexor digitorum superficialis, extensor digitorum, flexor pollicis longus, flexor digitorum profundus)
- 84a Kinesiology Quiz (pectoralis major, pectoralis minor, coracobrachialis, biceps brachii, sternocleidomastoid, and scalenes)

Spot Checks:

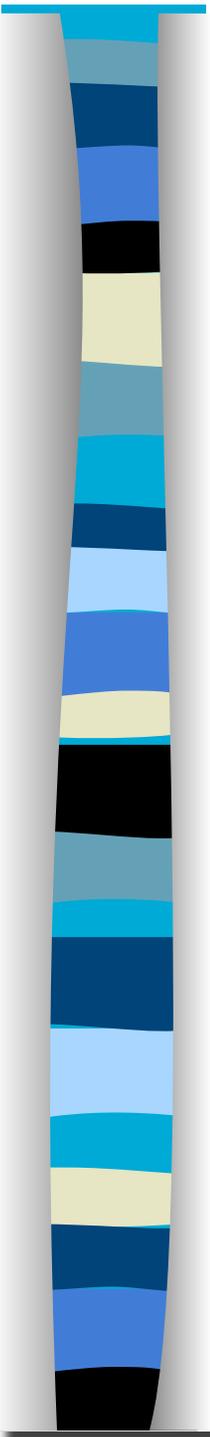
- 81b Orthopedic Massage: Spot Check – Rotator Cuff & Carpal Tunnel
- 84b Orthopedic Massage: Spot Check – Thoracic Outlet

Assignments:

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

Preparation for upcoming classes:

- 81a Final Simulation MBLEx Exam Part 6.
 - Bring 5 questions.
- 81b Orthopedic Massage: Spot Check - Rotator Cuff & Carpal Tunnel
 - Packet J: 95-96.
 - Packet F - 58.



Classroom Rules

Punctuality - everybody's time is precious

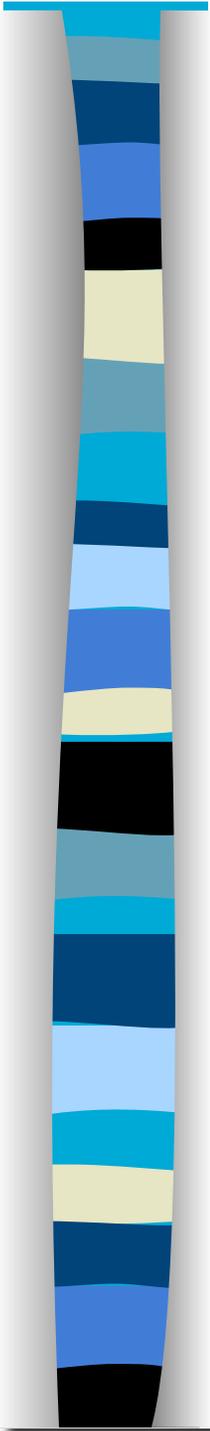
- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

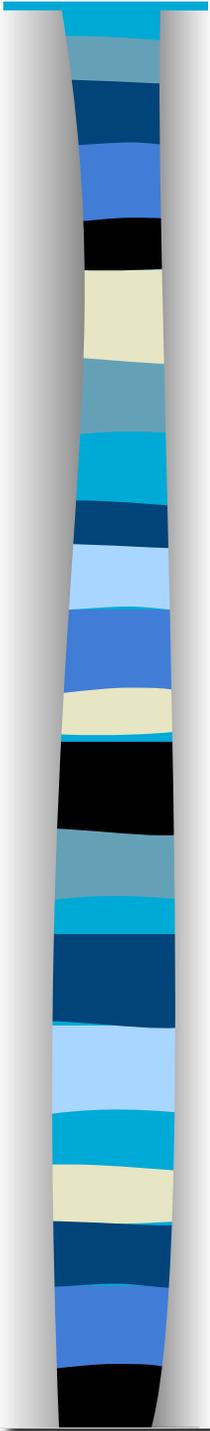
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

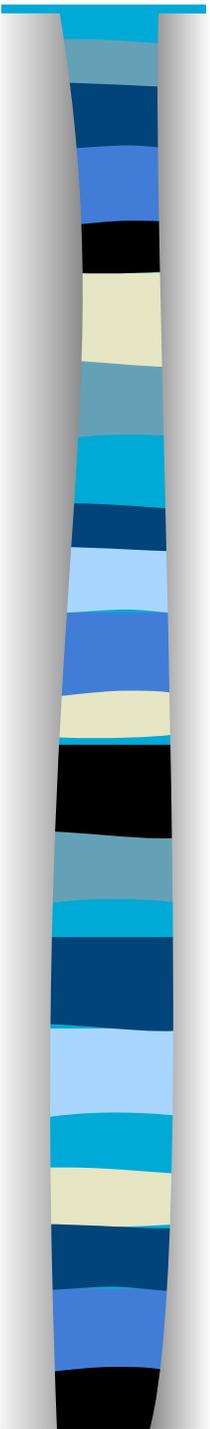
You will receive one verbal warning, then you'll have to leave the room.

80a MBLEx Prep



Final Simulation MBLEx Exam Part 4





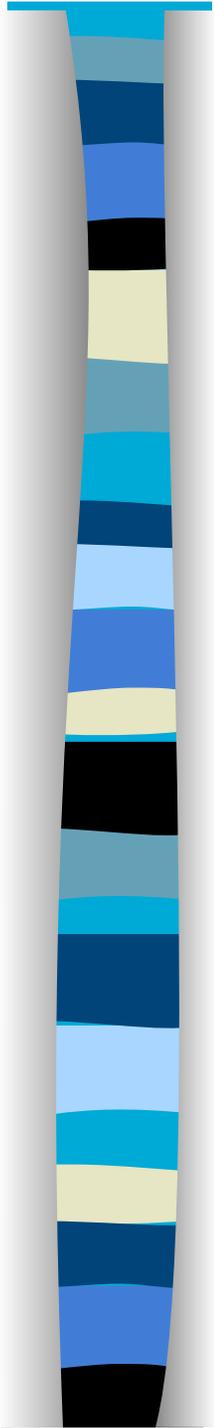
 B 1. Massage therapy could help the health of the skin in which way?

A. Decreasing blood flow to the skin

B. Increasing blood flow to the skin

C. Decreasing skin temperature

D. Creating scar tissue in the skin



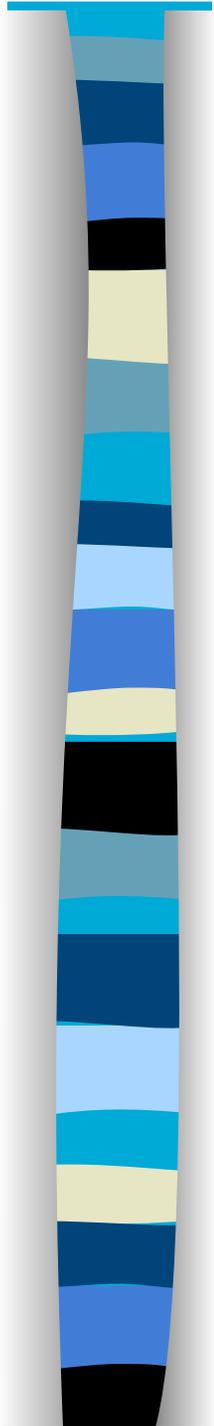
 C 2. What type of bone is the axis?

A. Carpal bone

B. Tarsal bone

C. Cervical vertebra

D. Lumbar vertebra



 C 3. What muscle is directly affected by TMJ dysfunction?

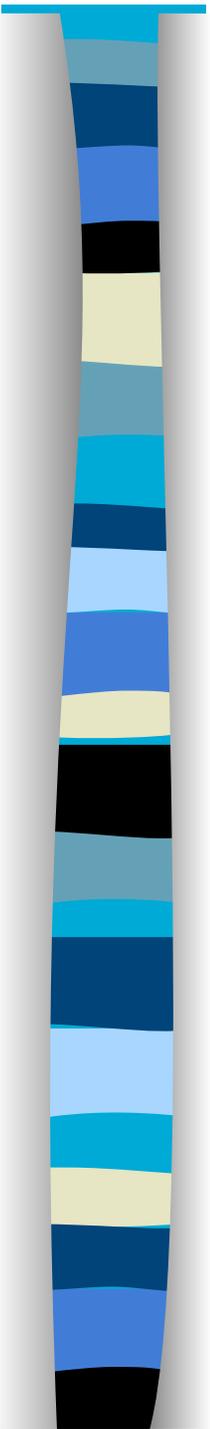
A. Sternocleidomastoid

B. Trapezius

C. Masseter

D. Frontalis

Pathology

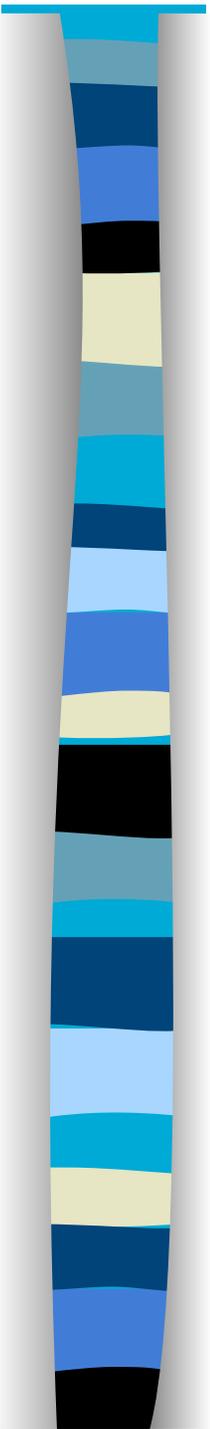


 A 4. Is massage for constipation indicated or contraindicated?

A. Indicated

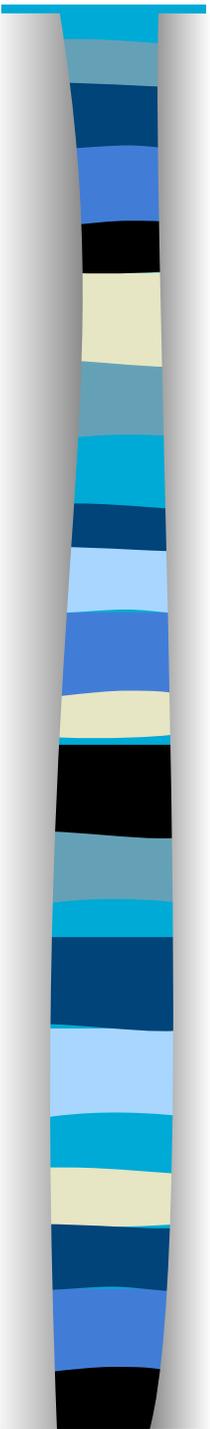
B. Contraindicated

Pathology



 A 5. Which of the following is subdivision of the PNS that regulates involuntary activity?

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



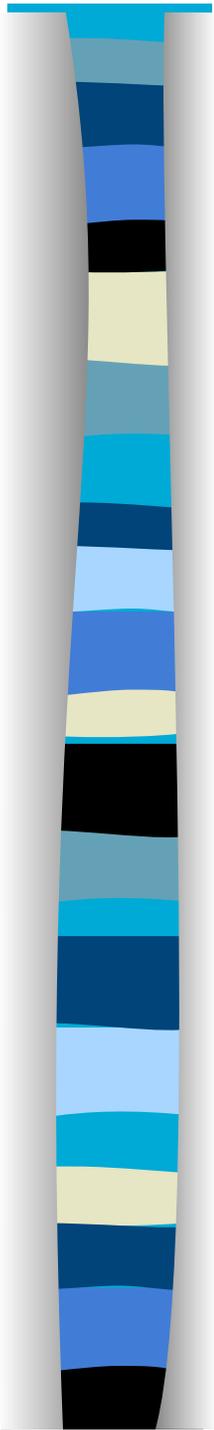
 B 7. Which muscle or group of muscles is used in crossing one leg over the other, resting the ankle on the opposite knee?

A. Tibialis anterior

B. Sartorius

C. Gracilis

D. Hamstrings



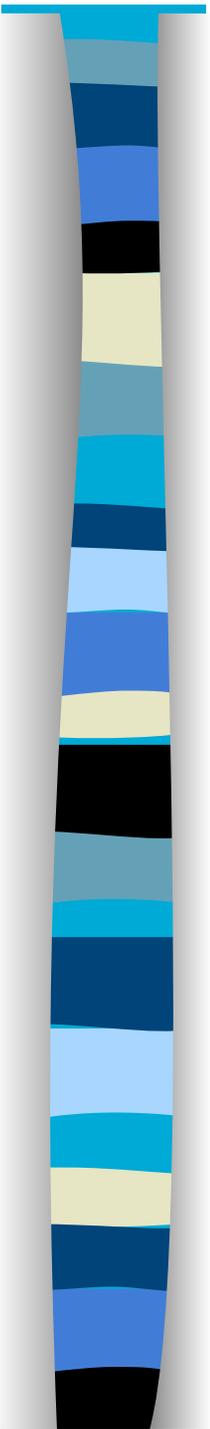
 C 8. Which muscle is part of the rotator cuff of the shoulder?

A. Rhomboid minor

B. Trapezius

C. Teres minor

D. Levator scapula



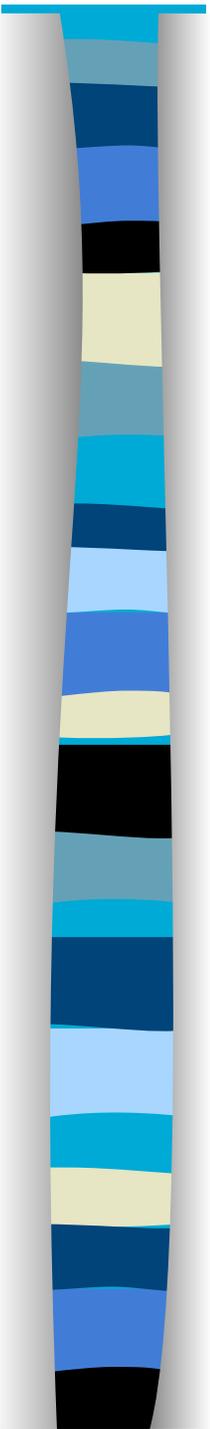
 A 10. Which hydrotherapy method assists in relaxing and warming soft tissues, thereby making deeper work easier?

A. Moist hot packs and paraffin

B. Ice bath

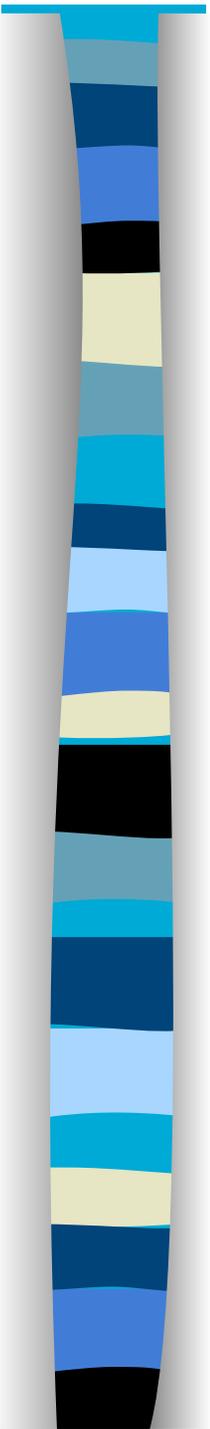
C. Ice Packs

D. Cold whirlpool



 C 11. Which is the correct order of the body's cavities from superior to inferior?

- A. Cranial, Abdominopelvic, and thoracic
- B. Thoracic, Abdominopelvic, and cranial
- C. Cranial, Thoracic, and abdominopelvic**
- D. Abdominopelvic, thoracic, and cranial



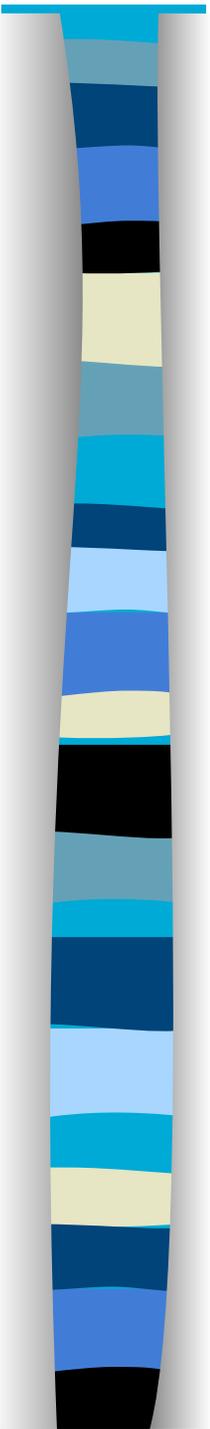
 C 12. Working on which of the following is considered unethical in massage?

A. Thigh

B. Breast

C. Genitalia

D. Stomach



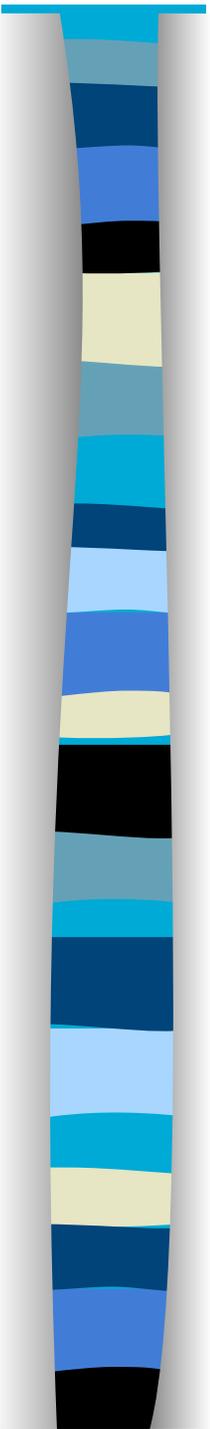
 C 13. Endocrine functions are typically regulated by:

A. Positive feedback systems

B. Hormone regulation

C. Negative feedback systems

D. Messages from the adrenal medulla



 C 14. As Jennifer is getting draping material out of the dryer for her next massage, part of the bottom sheet contacts the floor. What should she do?

A. Shake it off and use it anyway

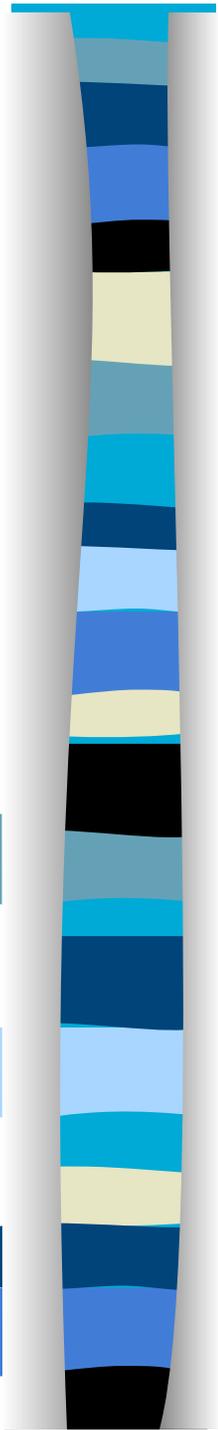
B. Run it through the rinse cycle on hot and dry before using

C. Put it back in the dirty laundry hamper and follow standard precautions for laundering

D. Spray disinfectant on the sheet

Ethics, Laws, Regulations

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



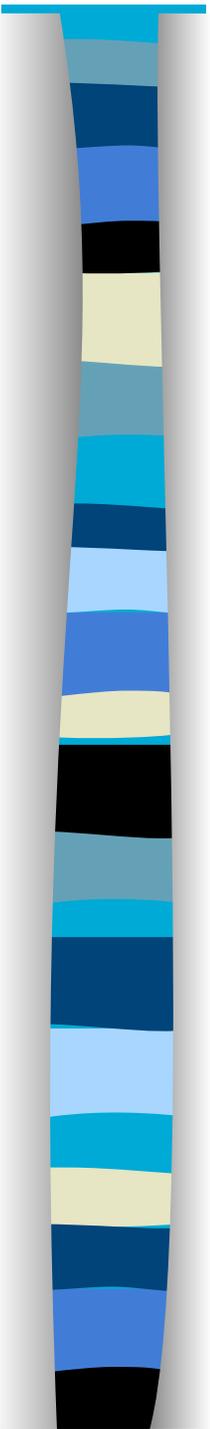
 C 15. What is the function of semilunar valves?

A. To push blood through the circulatory system

B. To speed up the flow of blood

C. To prevent back flow

D. None of the options



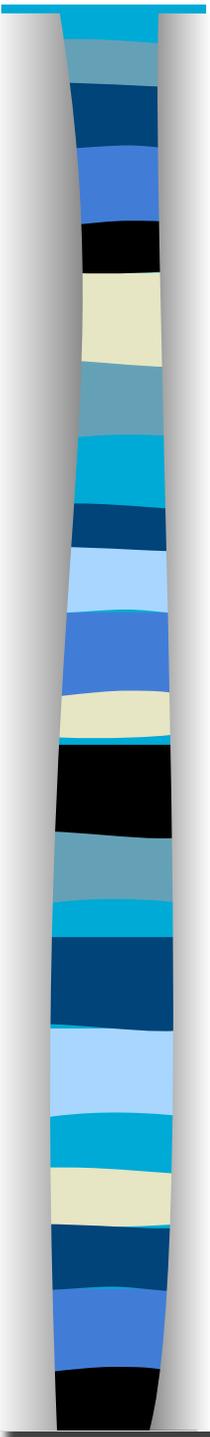
 D 16. Which of the following tissues has the ability to stretch in all directions as its primary characteristic?

A. Skeletal

B. Bone

C. Ligaments

D. Epithelial



 D 17. Which is the most important challenge for a massage professional to understand and master when offering therapeutic work in a health care environment?

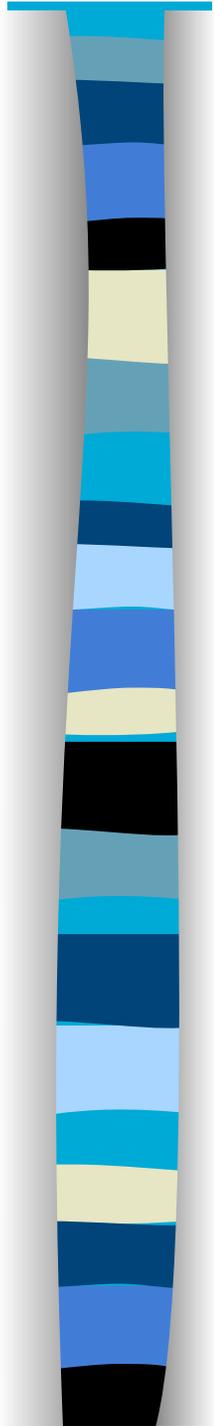
A. Gearing the intensity of the massage session to the clients daily condition

B. Knowing how to identify the symptoms and contraindications for each condition

C. When to offer therapeutic massage and when not to

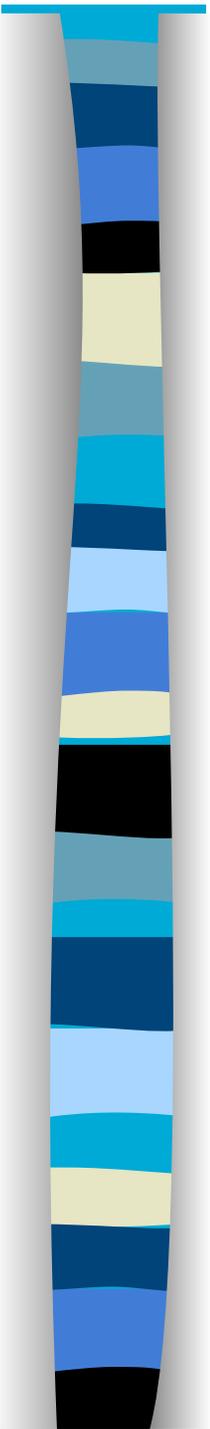
D. How to work effectively with the health care professionals providing treatment to the client

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



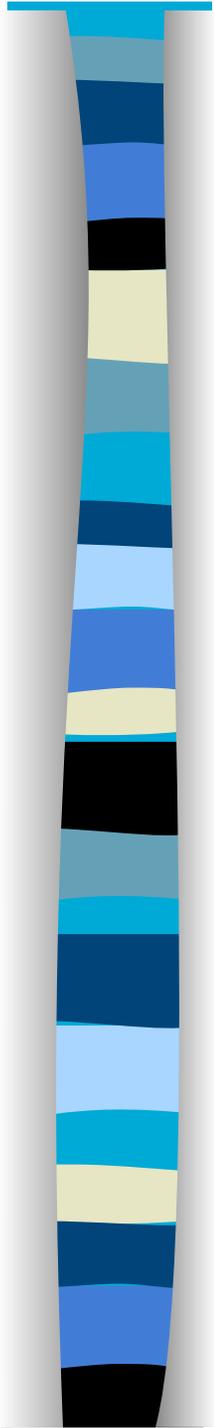
C 18. Which of the following is a common site for renal calculi (kidney stones)?

- A. Bladder
- B. Urethra
- C. Ureter**
- D. Gallbladder



 C 20. What is the pathway for a molecule of oxygen that is inhaled?

- A. Nares, Larynx, pharynx, trachea, bronchioles, bronchi, and alveoli
- B. Pharynx, larynx, nares, trachea, bronchi, alveoli, and bronchioles
- C. Nares, pharynx, larynx, trachea, bronchi, bronchioles, and alveoli**
- D. Nares, pharynx, larynx, trachea, bronchi, alveoli, and bronchioles

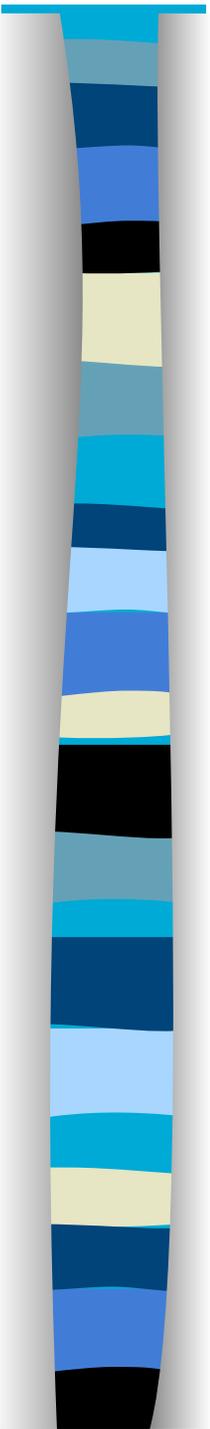


 B 21. Which part of the sperm contains mitochondria to provide energy for movement?

A. Head

B. Body

C. Tail



 C 22. Thoracic outlet syndrome is a compression of a nerve or blood vessel in what area?

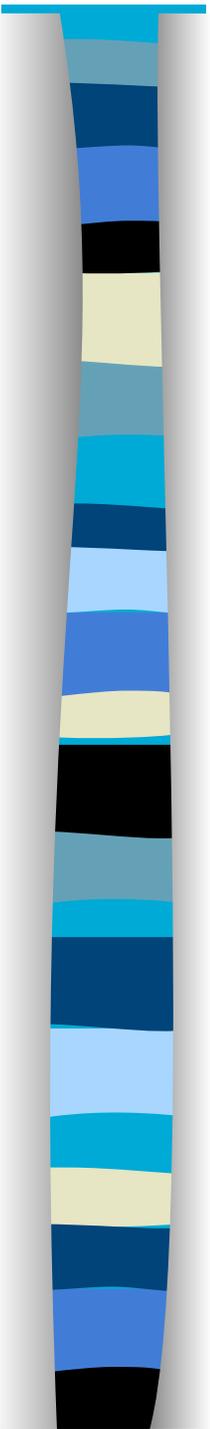
A. Posterior knee

B. Wrist

C. Neck and shoulder

D. Lumbar spine

Pathology



 A 23. Massage is contraindicated in which of the following conditions?

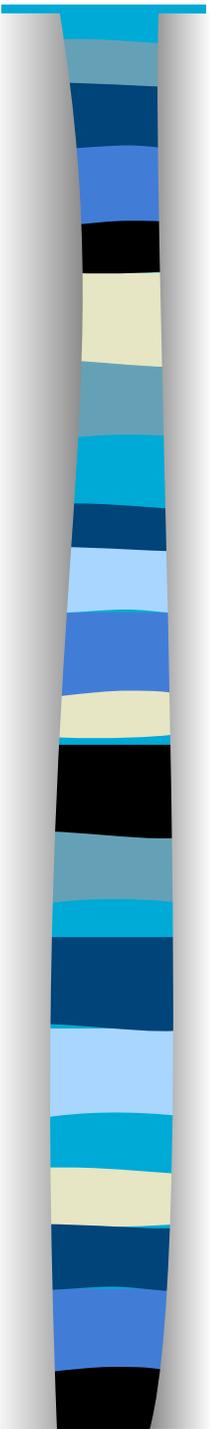
A. Herpes simplex

B. Psoriasis

C. Eczema

D. Dandruff

Pathology



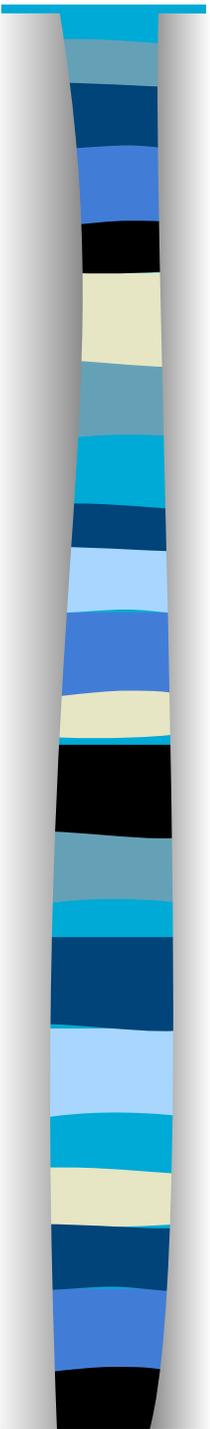
 D 24. What is it called when there is a brief contraction of all muscle fibers in a motor unit in response to a single action potential in its motor neuron?

A. Spasm

B. Tonic

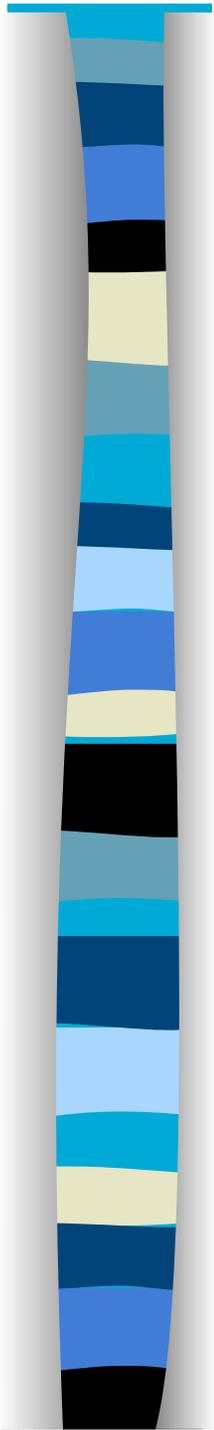
C. Tonus

D. Twitch



 D 25. Can exercise increase the number of muscle fibers of a muscle?

- A. Yes, if the activity is sustained for long periods of time
- B. Yes, if the muscle is given adequate time to rest during activity
- C. Yes, as long as an adequate blood sodium level is maintained
- D. No, all of the muscle fibers a person will have are present at birth**



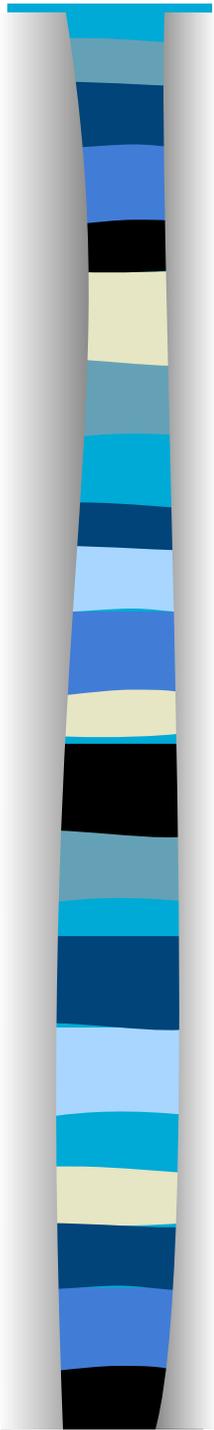
 D 26. Which muscle flexes the wrist toward the anterior forearm?

A. Extensor carpi radialis brevis

B. Extensor carpi radialis longus

C. Flexor Hallucis longus

D. Flexor carpi radialis



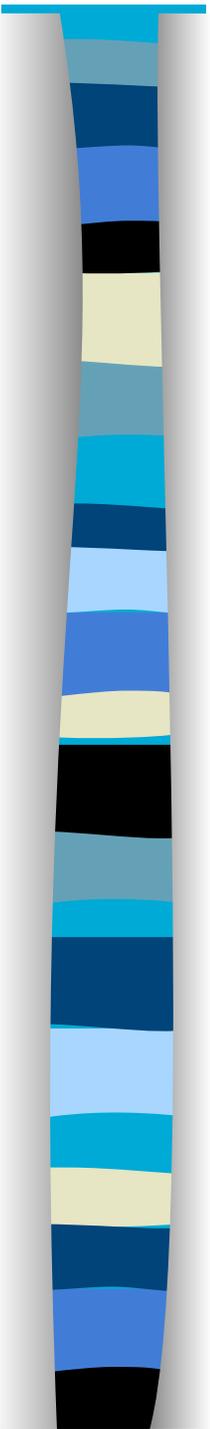
 C 27. Where is the mentalis located?

A. Cranium

B. Eyelids

C. Chin

D. Forehead



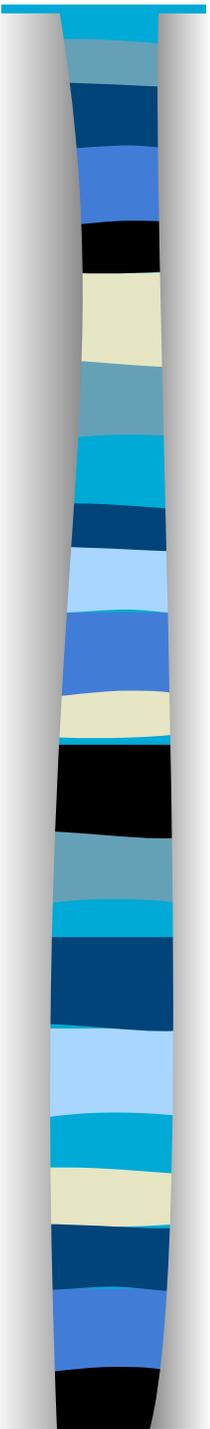
 B 28. In which massage technique does the therapist grasp, pick up and compress a muscle?

A. Friction

B. Petrissage

C. Percussion

D. Manipulation



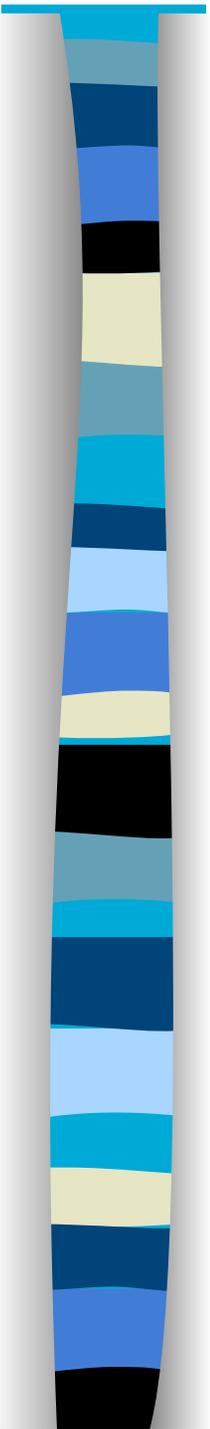
 B 29. Which of the following is an example of unethical behavior?

A. Failing to return a client's phone call immediately

B. Discussing a client's therapeutic information with another client

C. Discussing a client's therapeutic information with the client

D. Accidentally burping during a massage session



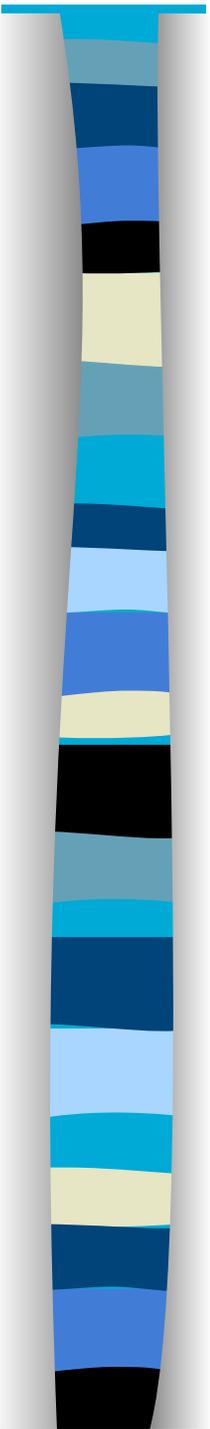
 D 30. Which is not a potential side effect of long-term corticosteroid (prednisone, hydrocortisone) use?

A. Infection susceptibility

B. Weight gain

C. Osteoporosis

D. Decreased inflammation



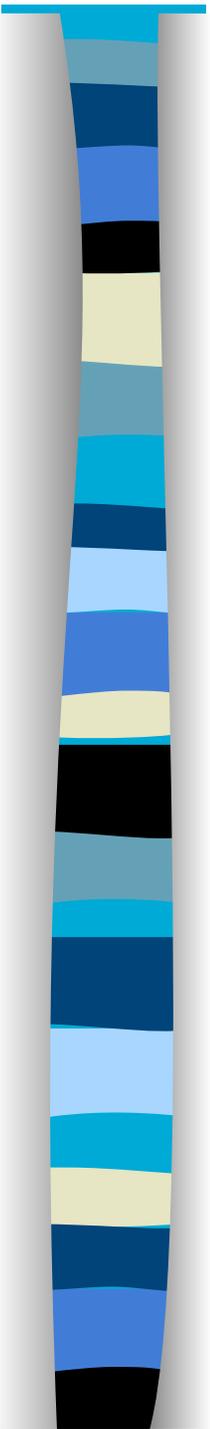
 B 31. During which activity would lymphatic flow be at its lowest?

A. Walking

B. Resting

C. Deep breathing

D. Jogging



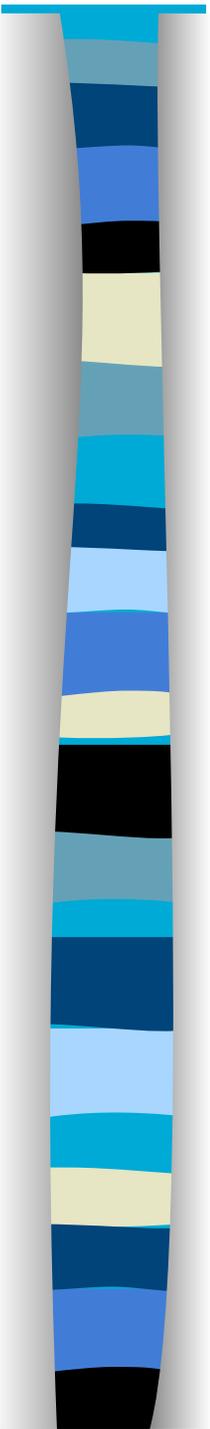
 B 32. Which of the following sense receptors is associated with light touch?

A. Free nerve endings

B. Meissner's corpuscles

C. Ruffini endings

D. Pacinian corpuscles



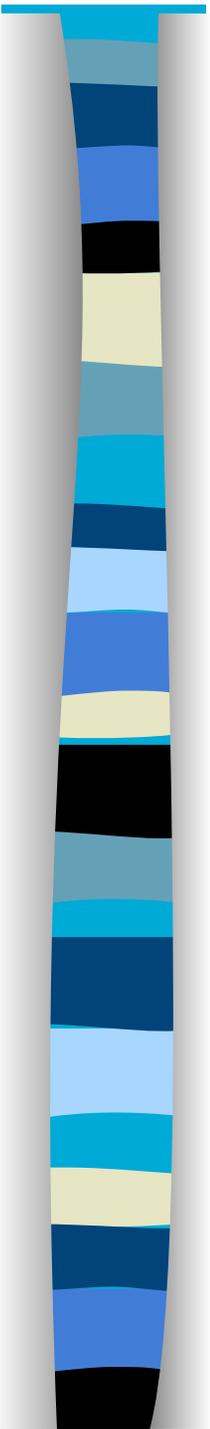
 D 33. With respect to hydrotherapy applications, for which of the following conditions do hydrostatic effects not apply?

A. Pulmonary congestion

B. Congestive headaches

C. Sinus Congestion

D. Osteoporosis



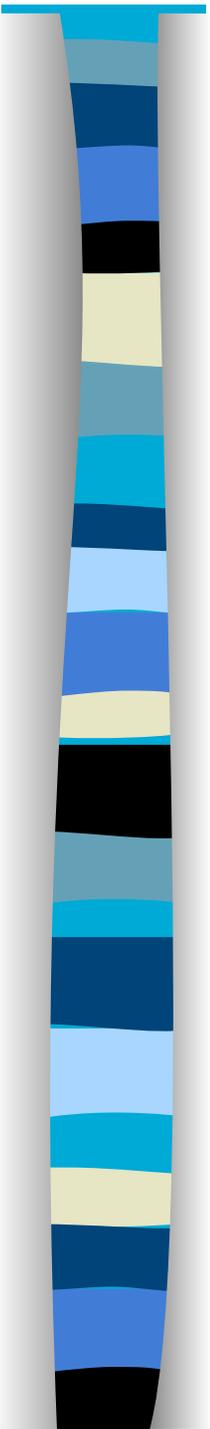
 B 34. Which of the following is the most accurate relationship between anatomy and physiology?

A. Anatomy is the function of the body parts and physiology is the structure of the body

B. Anatomy describes the body's structure while physiology describes its function

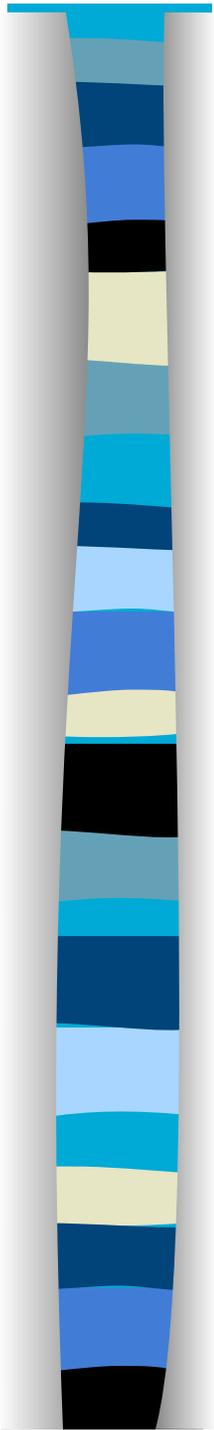
C. Physiological functions are best studied during dissection and anatomy is best studied by observation

D. Physiology includes the study of cells, and Anatomy does not included the study of cells



D 35. When in private practice, how much of the money that a massage therapist receives must be declared to the IRS?

- A. As much as conscience dictates
- B. As much as the therapist feels would be appropriate
- C. As much as the norm for the profession in a given geographic area
- D. All the money received in the practice**



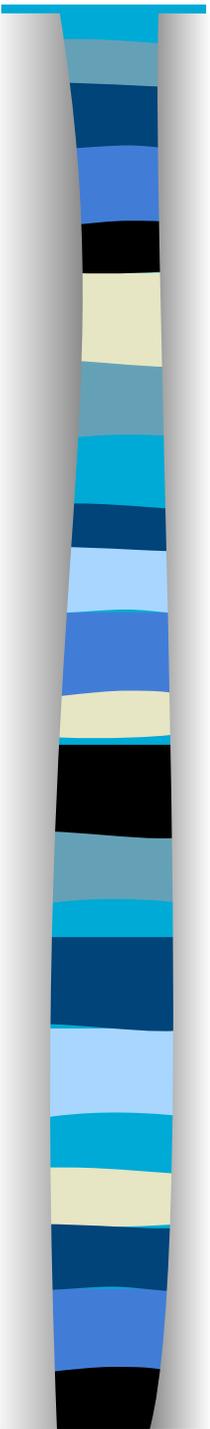
 D 36. Above which body part are the adrenal glands located?

A. Heart

B. Stomach

C. Hypothalamus

D. Kidney



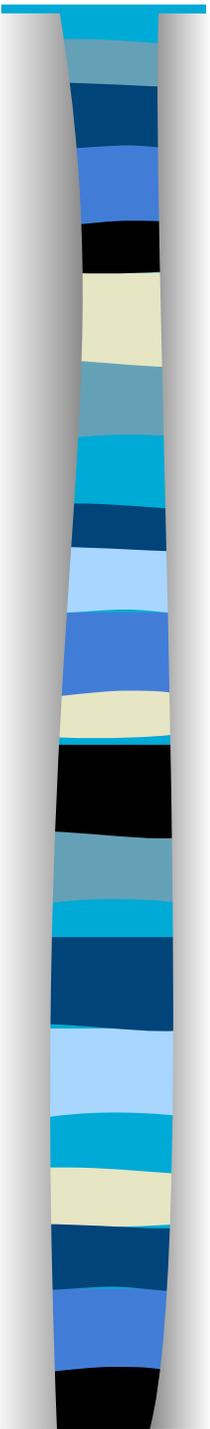
 A 37. If a client is uncomfortable with undressing, what should you do?

A. Work through the clothes

B. Tell the client undressing is necessary

C. Convince the client of the benefits

D. Refuse to massage



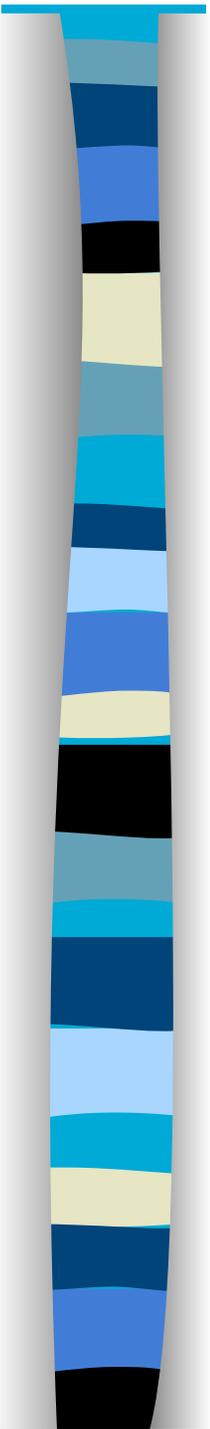
 C 38. What enzyme is secreted by the pancreas for carbohydrate digestion?

A. Trypsin

B. Protease

C. Amylase

D. Lipase



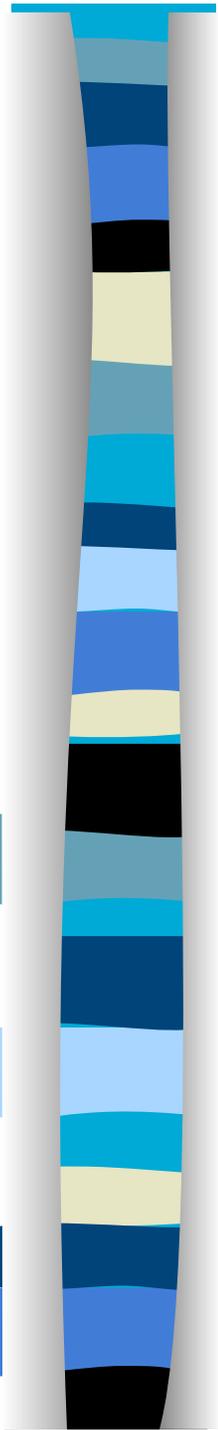
 B 39. If a client presents with a medially rotated shoulder, which muscle is most likely to be short/tight?

A. Pectoralis minor

B. Pectoralis major

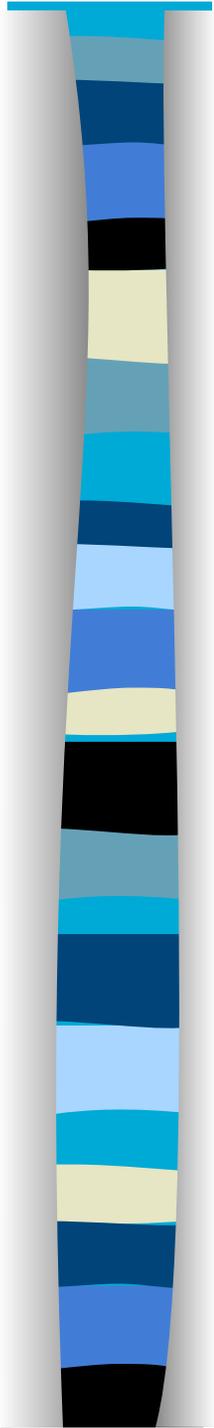
C. Rhomboids

D. Infraspinatus



 A 40. What is the major function of thrombocytes?

- A. Clotting process
- B. Blood formation
- C. Antibody formation
- D. Heparin production



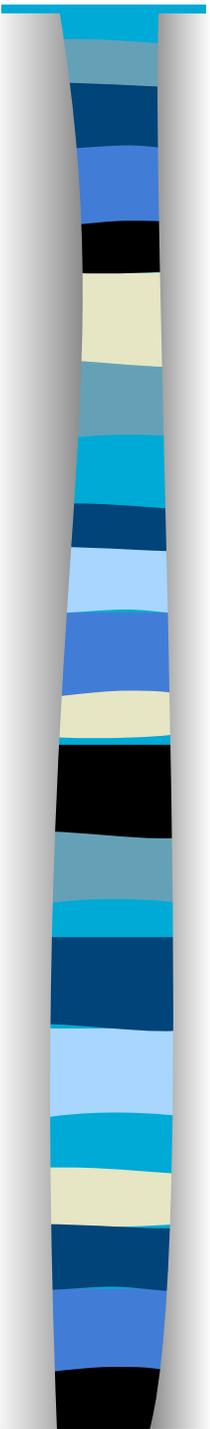
 B 41. Which types of fibers is dense fibrous tissue composed of?

A. Elastin

B. Collagen

C. Keratin

D. Keloid



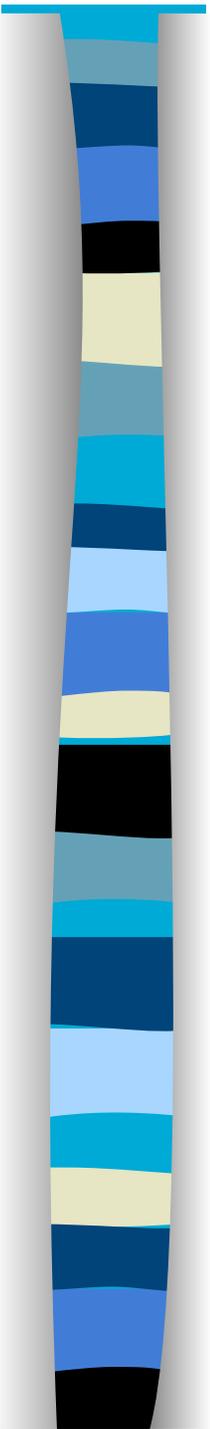
 A 42. For what is Dr. Johann Mezger known?

A. Bringing massage to the attention of the scientific community

B. Writing specific procedures for hydrotherapy

C. Developing Swedish massage

D. Developing polarity therapy



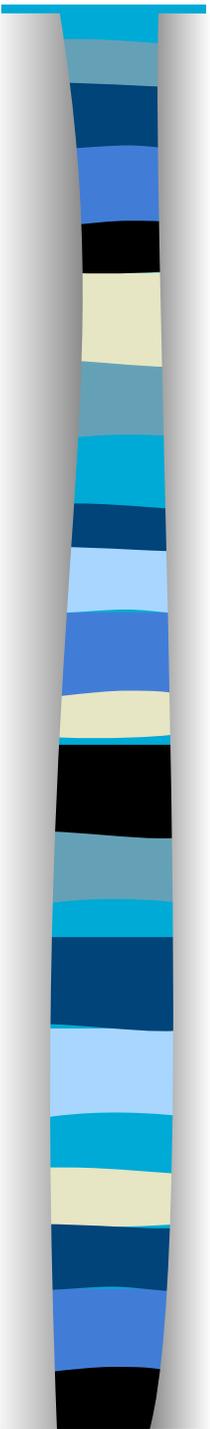
 A 43. Depending upon the type of techniques used, massage can:

A. Increase muscle tone

B. Increase muscle atrophy

C. Decrease flexibility

D. Increase bone density



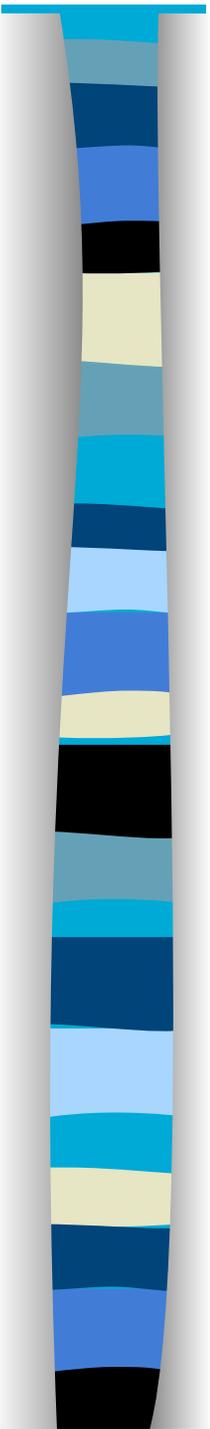
 A 44. Which touch modality has Paul St. John further developed as a means to normalize muscle function and reduce pain by way of various tissue manipulation techniques and trigger-point therapy?

A. Neuromuscular therapy

B. Postural integration

C. Shiatsu

D. Reflexology



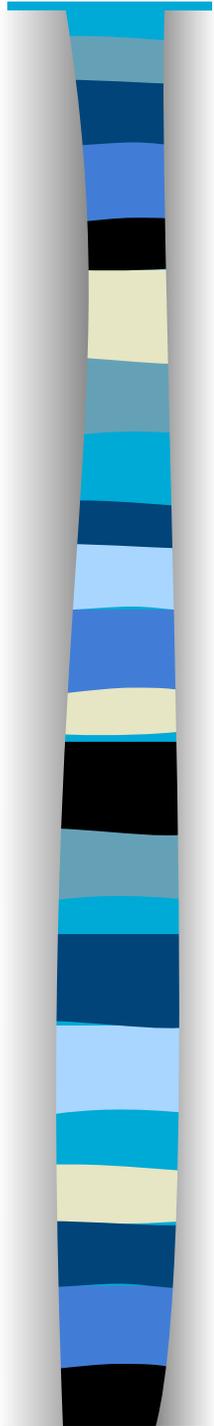
 C 45. For which of the following cells is the statement true: All of the cells that a person has and will have for his entire life are present at birth?

A. Skin cells

B. Bone cells

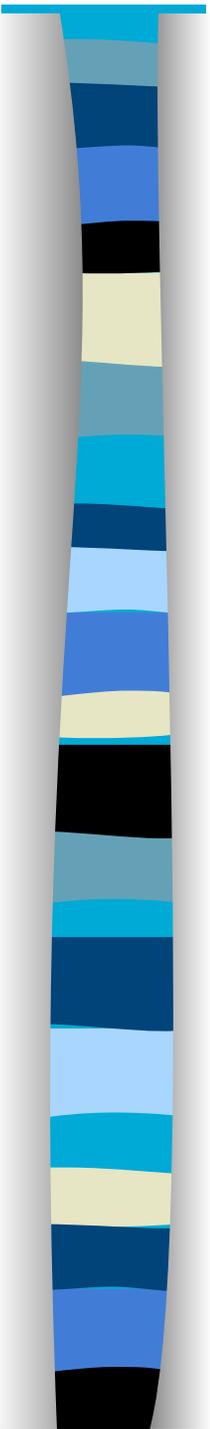
C. Muscle cells

D. Blood cells



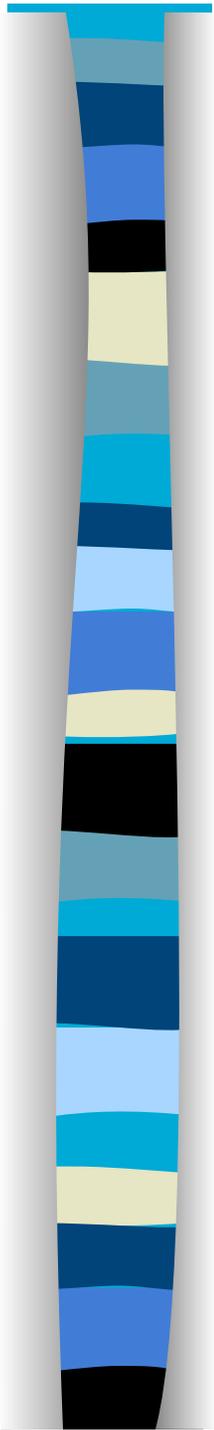
 D 46. What is an important function of hemoglobin?

- A. It produces red blood cells
- B. It produces white blood cells
- C. It produces iron
- D. It allows oxygen to bind with it**



 A 47. John's client has requested a relaxation massage. Identify a treatment goal that John is likely to have, given this request.

- A. Stimulate the parasympathetic nervous system**
- B. Perform techniques that will need the client to be interactive
- C. Stimulate the sympathetic nervous system
- D. Perform techniques that are uncomfortable or cause pain



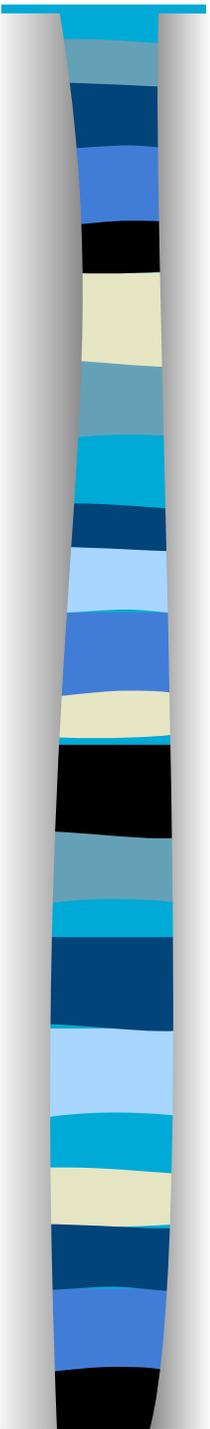
 A 48. What mineral is secreted during perspiration?

A. Sodium

B. Potassium

C. Magnesium

D. Calcium



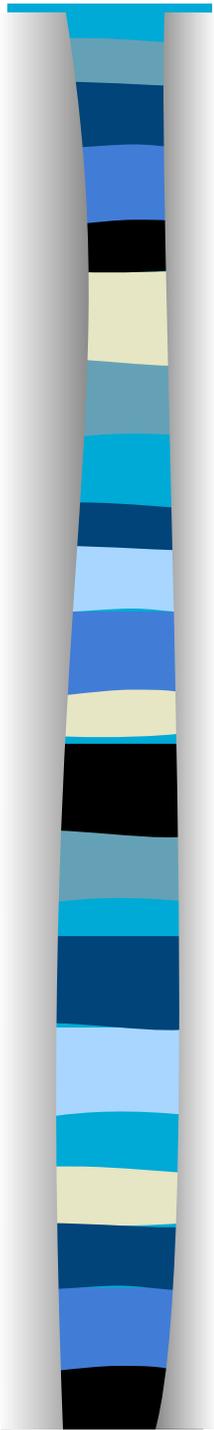
 B 49. What is considered to be the least effective means of preventing breath odor?

A. Scraping of the tongue after each meal

B. Chewing gum

C. Careful brushing of teeth

D. Flossing teeth



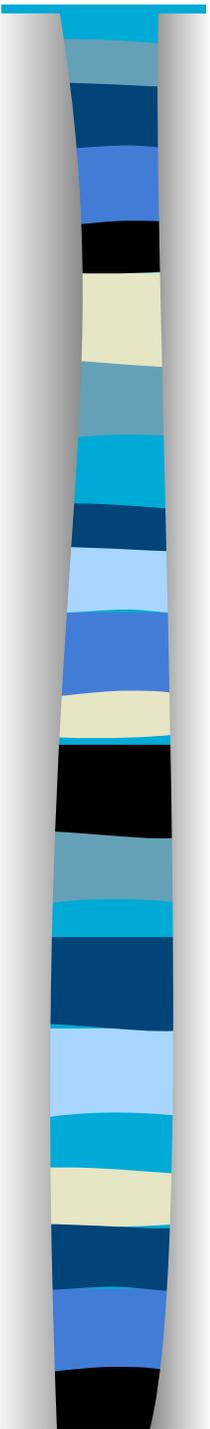
 D 50. Which gland has also been called the master gland?

A. Pineal

B. Adrenal

C. Thymus

D. Pituitary



 A 51. A Licensed massage therapist injures herself. When should she begin to take care of her clients again?

A. When the injury no longer compromises the effectiveness of treatments

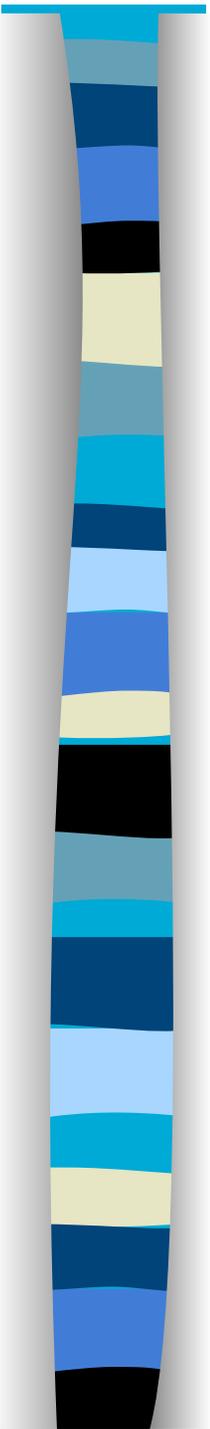
B. 48 hours after the injury

C. Only after the injury is well healed

D. Every other day

Ethics, Laws, Regulations

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



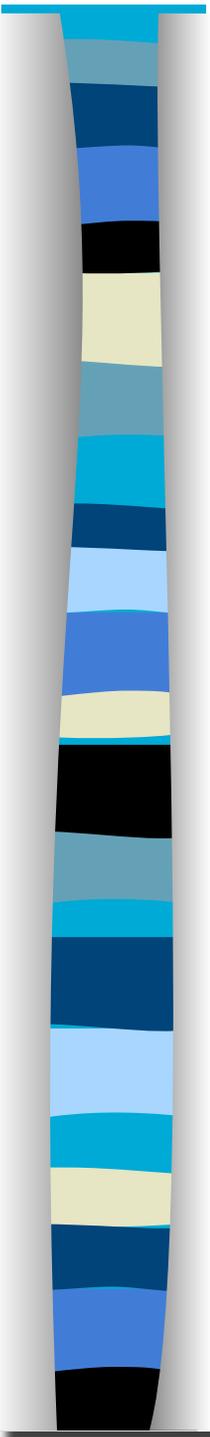
 A 52. Which describes lateral movement of extremities away from the midline of the body?

A. Abduction

B. Flexion

C. Extension

D. Adduction



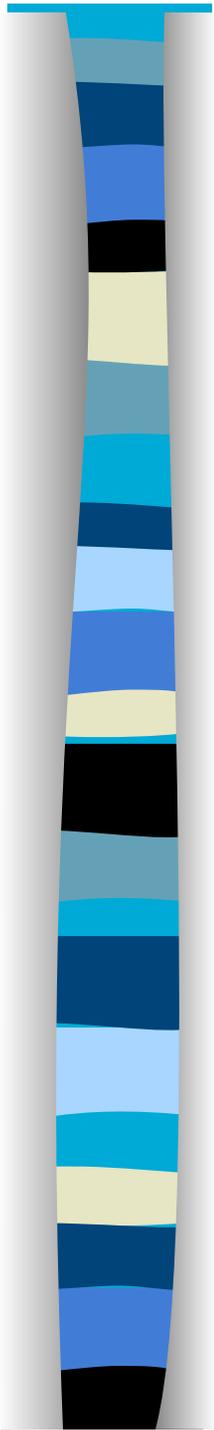
 A 53. Which is cryotherapy?

A. The application of cold for therapeutic purposes

B. The application of heat for therapeutic purposes

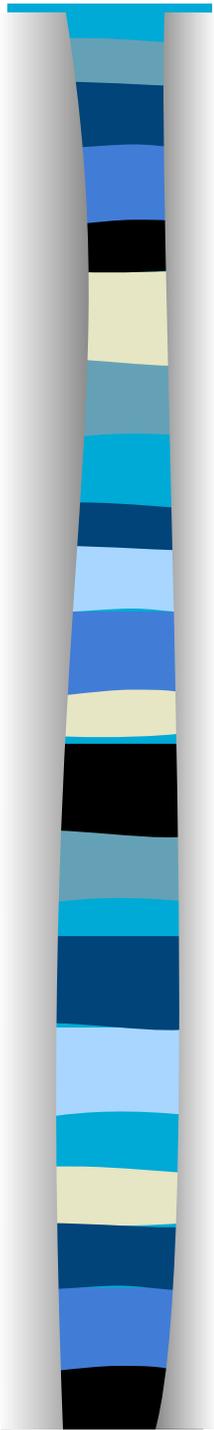
C. Massage in general is cryotherapy

D. The application of friction for therapeutic purposes



 C 54. Where does mitosis of epithelial cells occur?

- A. In the dermis
- B. In the subcutaneous layer
- C. In the stratum basale**
- D. In the deep fascia



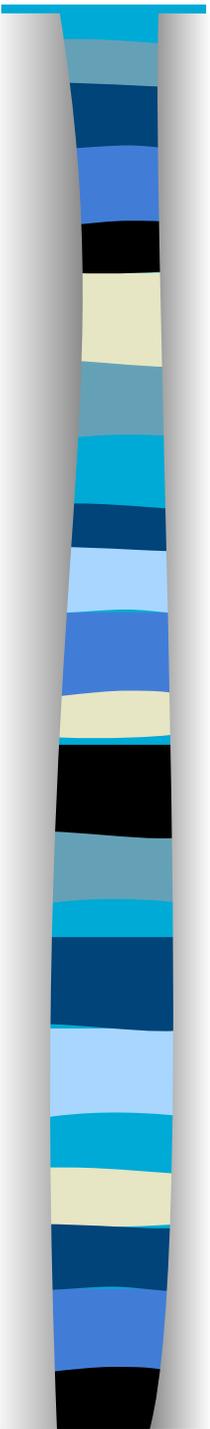
 B 55. What does the thoracic duct drain into?

A. Hepatic portal system

B. Left subclavian vein

C. Right subclavian vein

D. Inguinal region



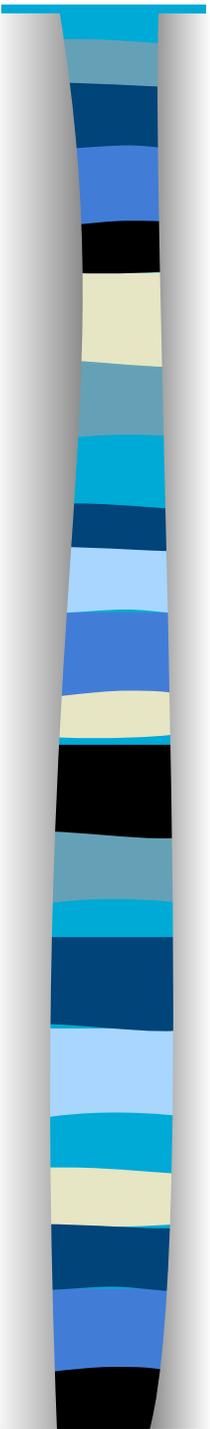
 A 56. What statement is true in respect to transdermal patches?

A. The massage therapist should not massage 3 inches around the patch

B. Massage will have no impact on the patch and it's drug

C. If a client has a patch the massage should be rescheduled

D. Massage will decrease the uptake of the drug in the patch



 C 57. When is it appropriate for the massage professional to answer the phone during a session?

A. If the therapist checks with the client and the client says OK

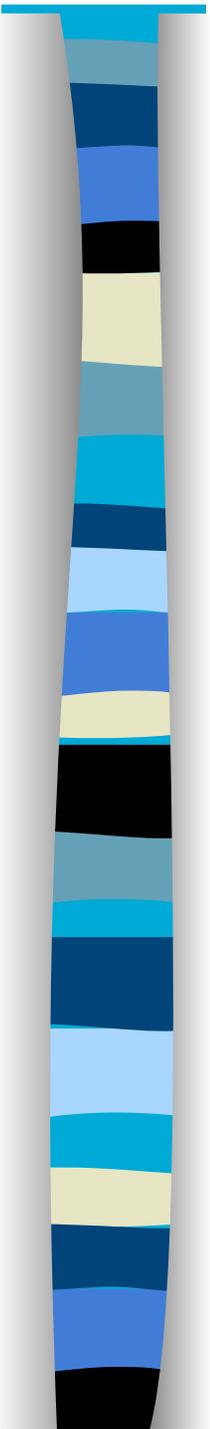
B. Only if the therapist is expecting a call about a family member in crisis

C. Never

D. There is nothing inappropriate about answering the phone during a massage

Ethics, Laws, Regulations

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



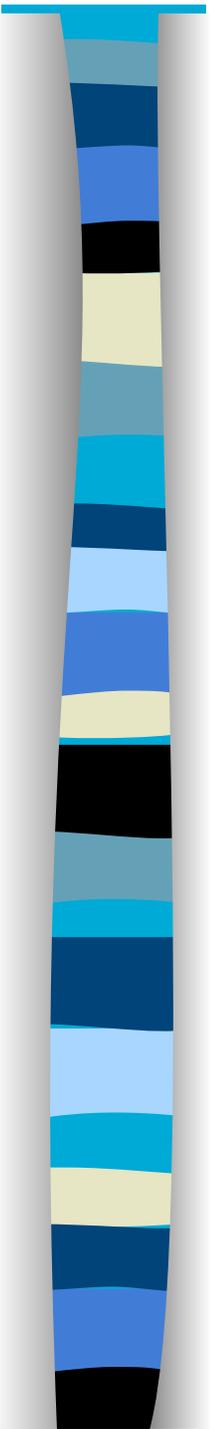
 A 58. Which is one of the physiological effects of Swedish massage?

A. It improves circulation and stimulates the flow of lymph

B. It increases venostasis

C. It delays loss of strength following nerve injuries

D. It reduces cellulite in weight-conscious individuals



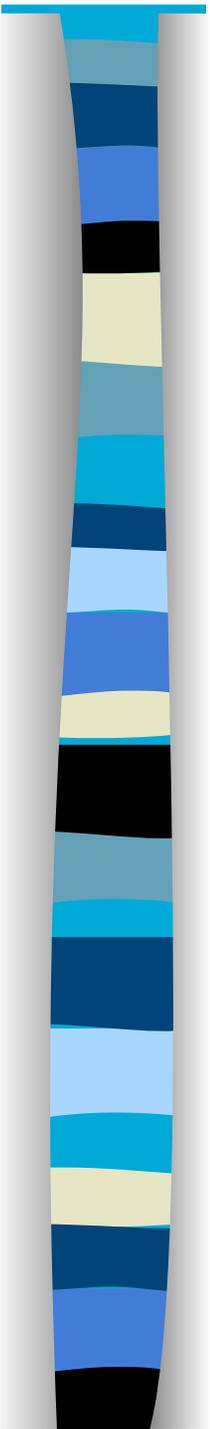
 C 59. Which muscle(s) is/are attached at the condyles of the posterior femur?

A. Soleus

B. Biceps femoris

C. Gastrocnemius

D. Rectus femoris



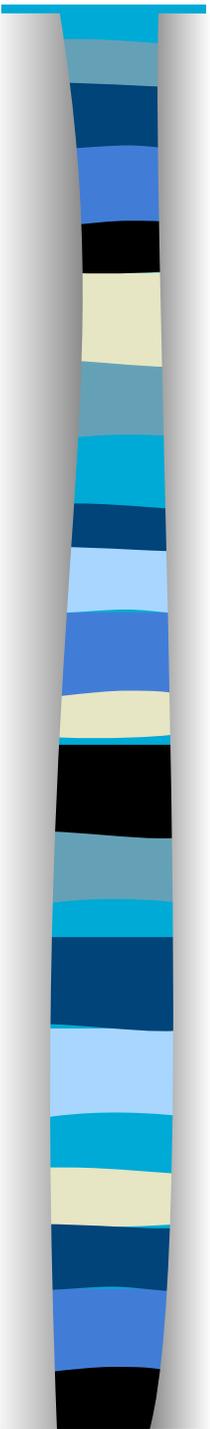
 C 60. Which muscle adducts, medially rotates and extends the shoulder?

A. Deltoid

B. Pectoralis minor

C. Teres major

D. Teres minor



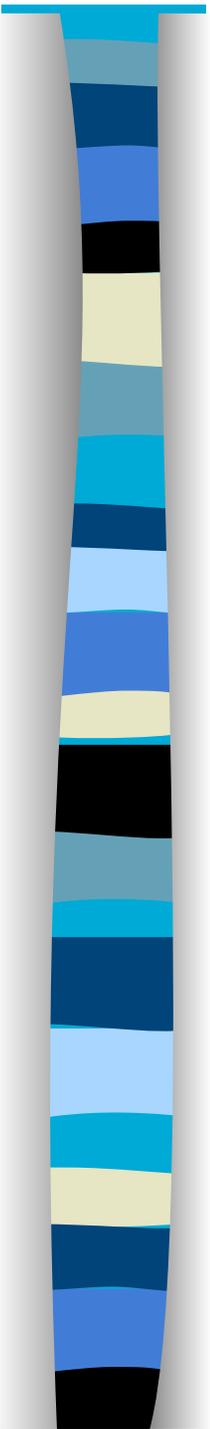
 D 61. Palpation of what in a muscle causes the client to feel referred pain in another part of the body?

A. Tsubo

B. Acu-point

C. Cun

D. Trigger point



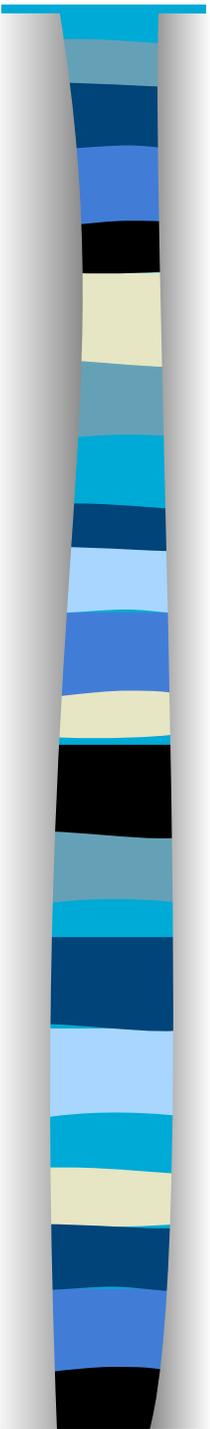
 B 62. Which of the following conduct impulses from the central nervous system to the visceral effectors?

A. Lateral ventricles

B. Anterior motor neurons

C. Sensory dendrites

D. Somatic reflex arcs



 D 63. Which of the following hydrotherapy applications is/ are not contraindicated for a patient with a heart condition?

A. Salt glow

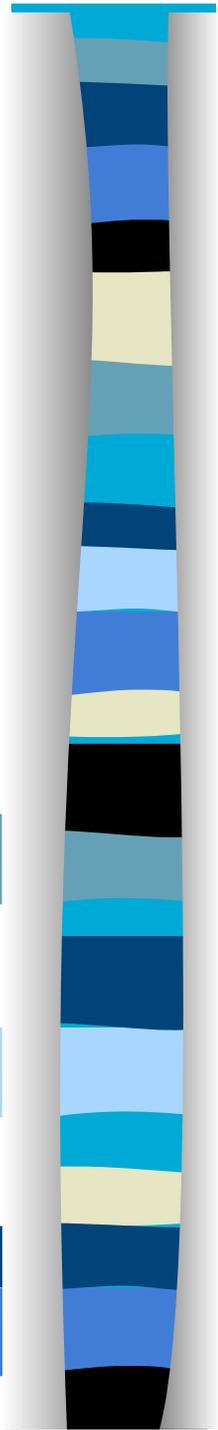
B. Heat application

C. Cold application

D. Tepid bath

Pathology

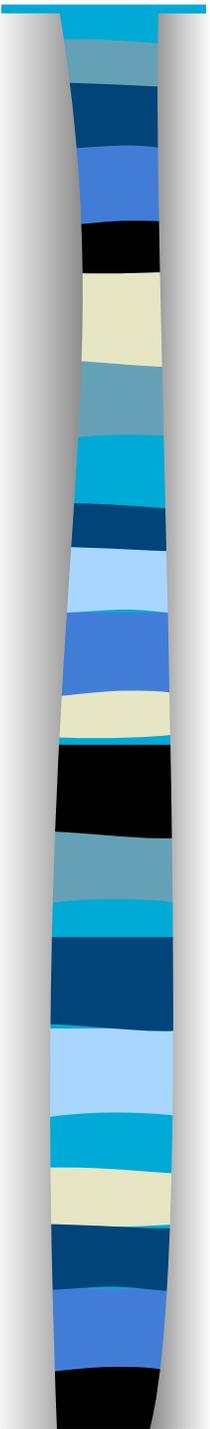
Benefits and Effects of Massage Therapy, Types of Strokes, **Hydrotherapy**



 C 64. What is lordosis?

- A. Lateral curvature of the spine
- B. Posterior curvature of the thoracic spine (humpback)
- C. Anterior curvature of the lumbar spine (swayback)**
- D. Subluxation

Pathology



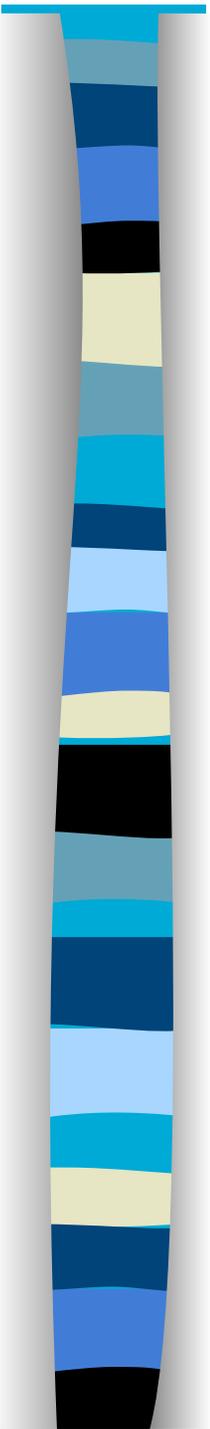
 A 65. Which of the following hormones promotes growth of ovarian follicles and production of estrogen?

A. FSH (follicle stimulating hormone)

B. LH (luteinizing hormone)

C. Progesterone

D. Testosterone



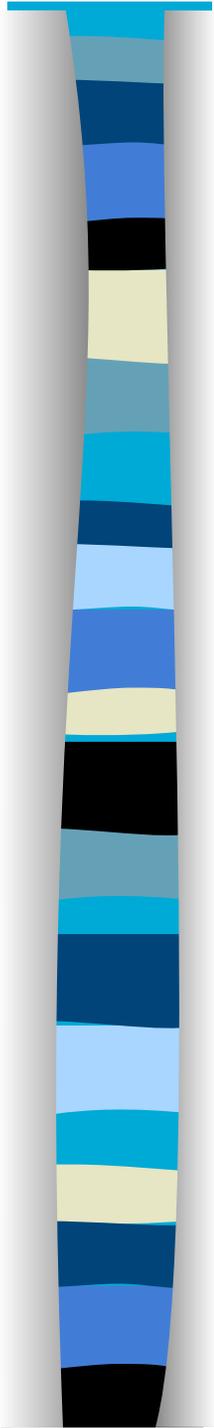
 A 66. The buildup of which of the following will stimulate inspiration?

A. CO₂

B. O₂

C. Nitrogen

D. Phosphorus



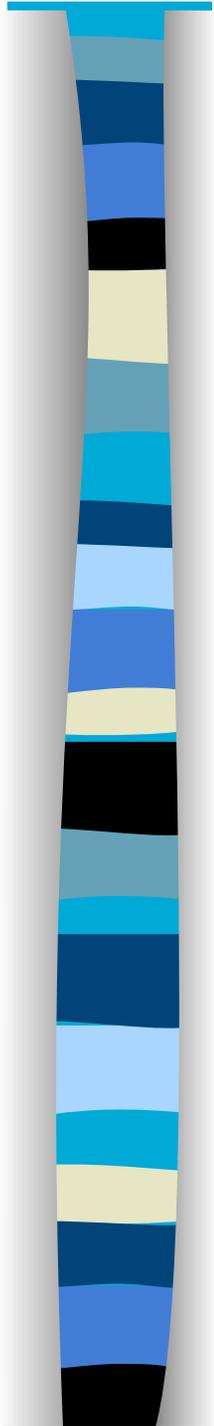
 B 67. What is one of the functions of spongy bone?

A. High compression strength

B. Shock absorber

C. High tensile strength

D. Low tensile strength



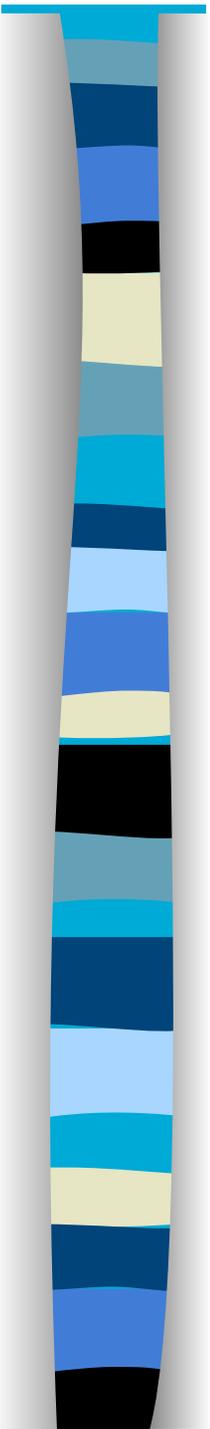
 B 68. If urine is normal, which of the following would not be expected to be present in it?

A. Sodium

B. Protein

C. Water

D. Urea



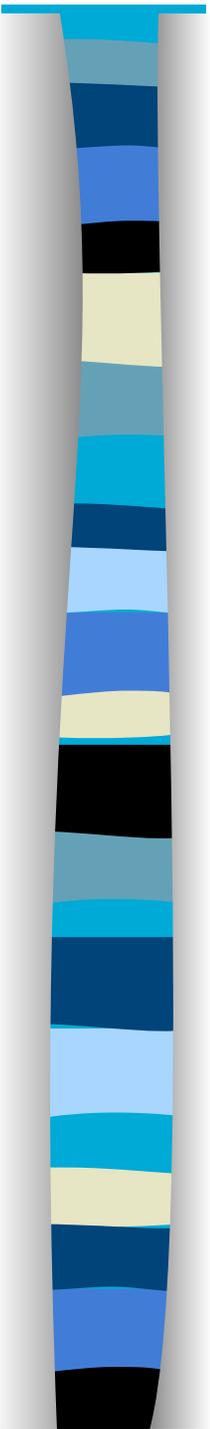
 B 69. What is a possible benefit of massage therapy for a client diagnosed with cancer?

A. Curing the cancer

B. Reducing pain and anxiety

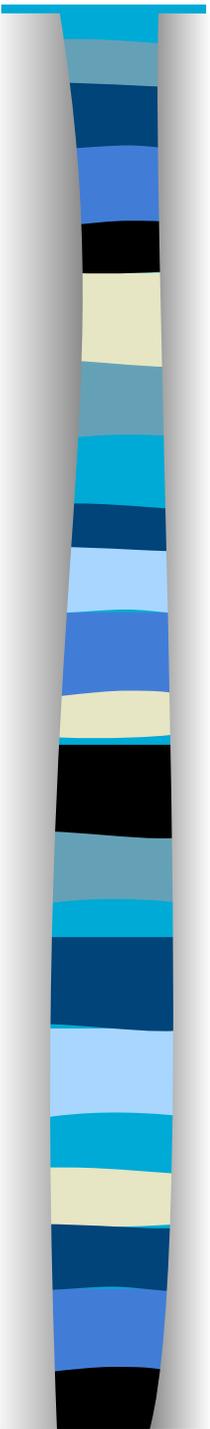
C. Increasing pain and anxiety

D. Ridding the body of cancer cells



 C 70. Which is a form of structural integration, named after its founder, that involves deep tissue manipulation and works to loosen restrictions between fascia and muscle?

- A. Trager Approach
- B. Reiki
- C. Rolfing**
- D. Bindegewebsmassage



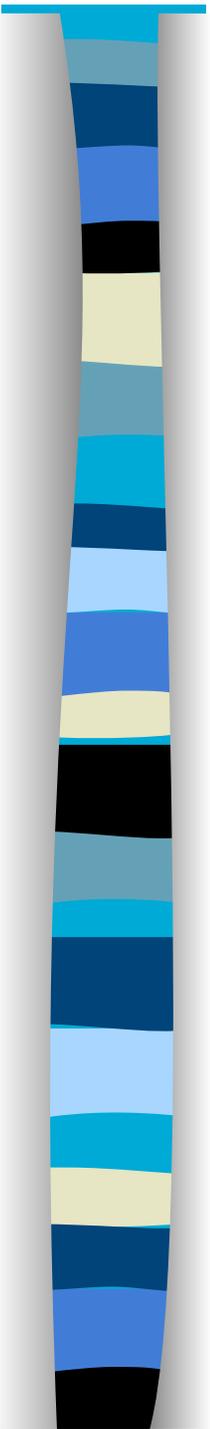
 B 71. What is the name of the artery that is located behind the knee, supplying blood to the knee joint and certain muscles of the calf?

A. Axillary

B. Popliteal

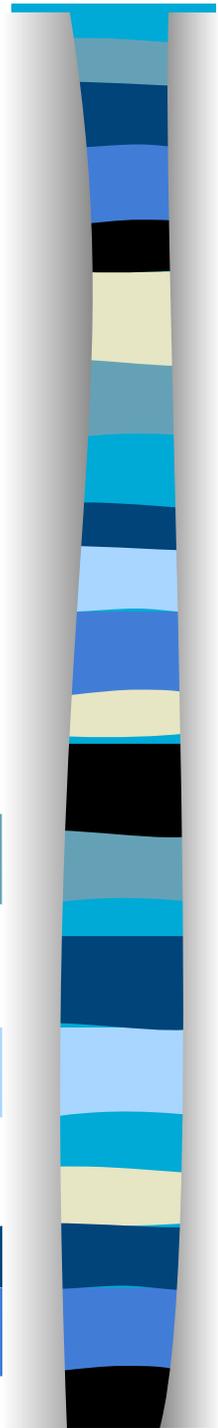
C. Renal

D. Subclavian



 A 72. The intake session provides important visual cues to the therapist in determining whether the client is currently under sympathetic or parasympathetic system dominance. Which of the following indicate parasympathetic dominance?

- A. Relaxed appearance, calm demeanor**
- B. Restlessness, agitation, elation
- C. Relaxed appearance, elation, calm demeanor
- D. Agitation, depression, restlessness



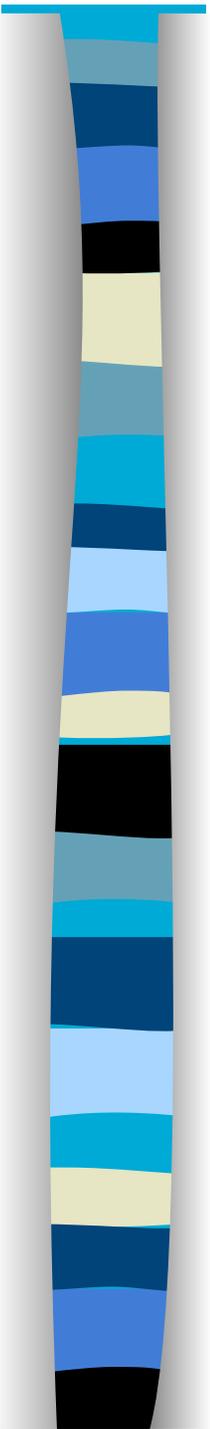
 B 73. Which is a function of the pharynx?

A. Produces digestive enzymes

B. Passageway for air

C. Passageway for blood

D. Produces bile



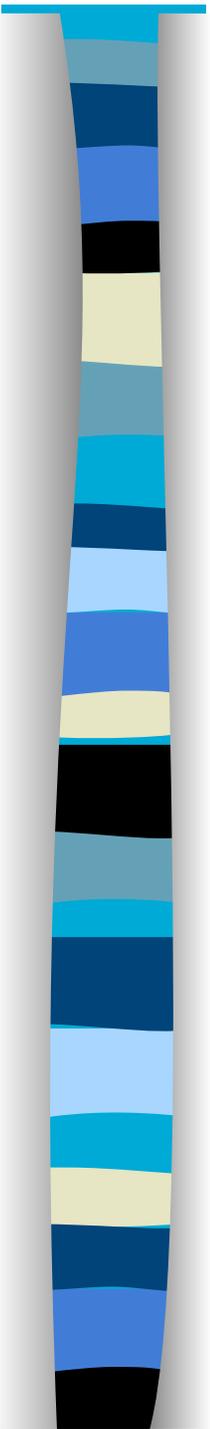
 A 74. Which one of the following is required in order for the follicular cells of the thyroid gland to produce thyroid hormones thyroxine (T4) and triiodothyronine (T3)?

A. Iodine

B. Calcium

C. Phosphorous

D. Glycogen



 A 75. What might it be considered if a massage therapist is selling products and providing massage?

A. Dual roles

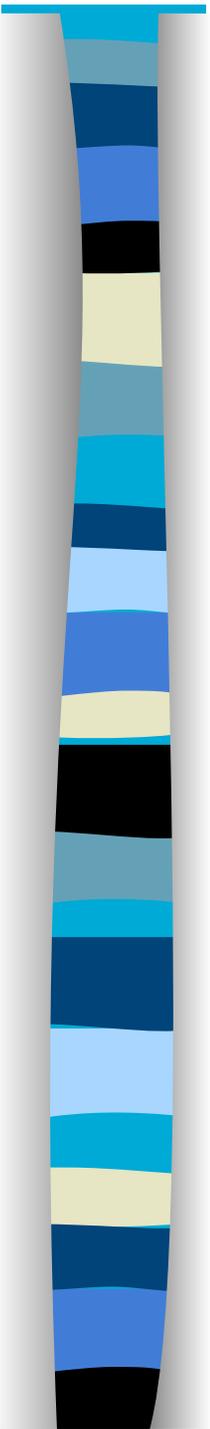
B. Breach of confidentiality

C. Illegal

D. Lack of informed consent

Ethics, Laws, Regulations

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



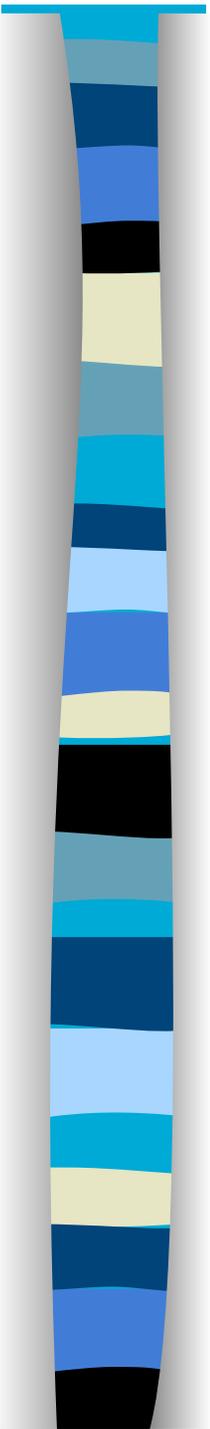
 A 76. What is the term for a collection of nerves that innervates an area of the body?

A. Plexus

B. Nerve group

C. Nerve root

D. Dermatome



 D 77. If a doctor has approved the use of heat for a patient with diabetes, what systemic physiologic effect might the heat treatment have?

A. Increase blood sugar levels

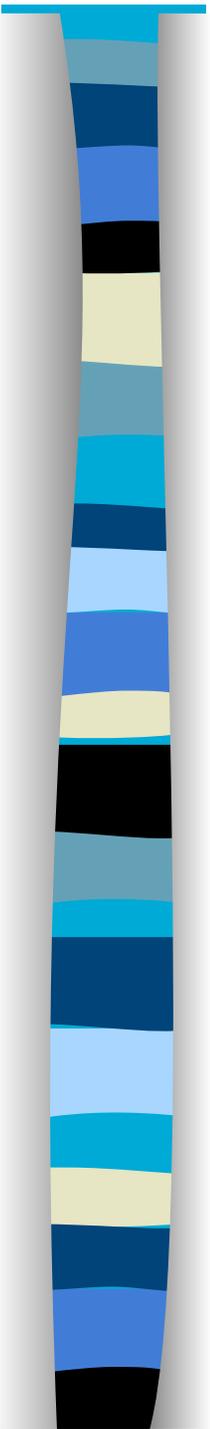
B. Cause hemorrhage

C. Decrease blood sugar levels

D. No effect

Pathology

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



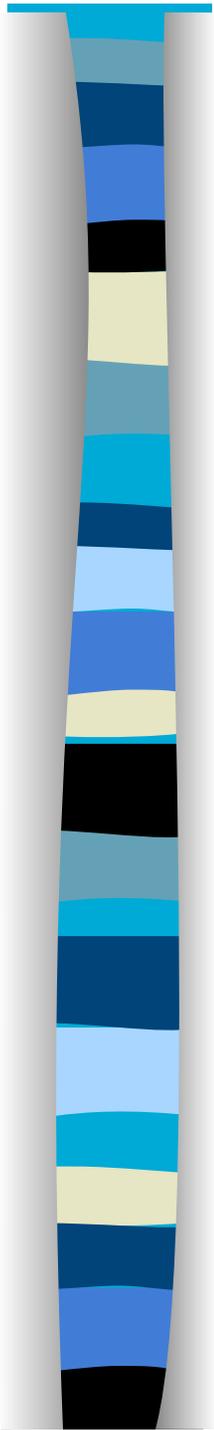
 A 79. A client asks a massage therapist to “crack my back”. What should the therapist do?

A. Explain to the client that doing so would be out of his/her scope of practice

B. Tell the client that it will probably happen naturally and the therapist will deliver deeper pressure to try to assist the response

C. Ask the client to lay on the floor and walk on the client’s back on either side of the spine

D. The massage therapist cracks the back without telling the client



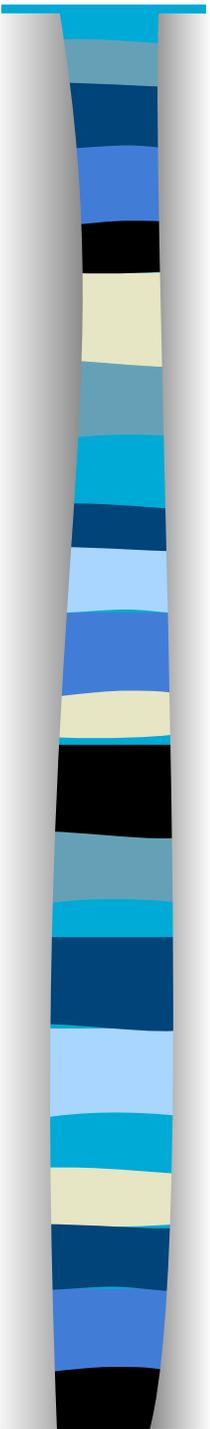
 A 81. What are the thin myofilaments of the sarcomere made of?

A. Actin

B. Myosin

C. Myofibroblast

D. Calcium



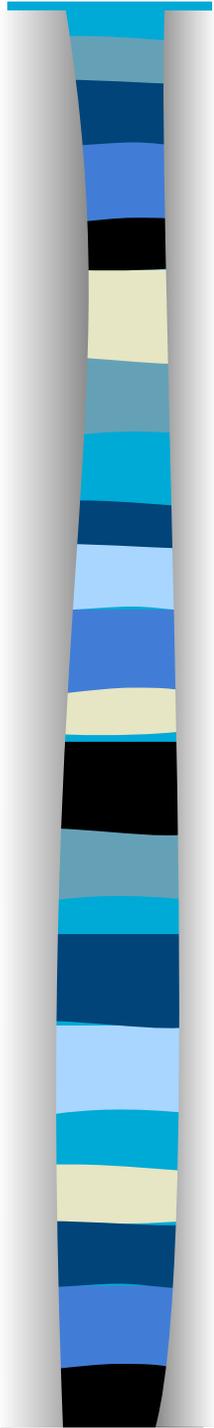
 D 82. Which of the following is not true for proprioceptors?

A. They are found in muscles and tendons

B. They are found in and around synovial joints

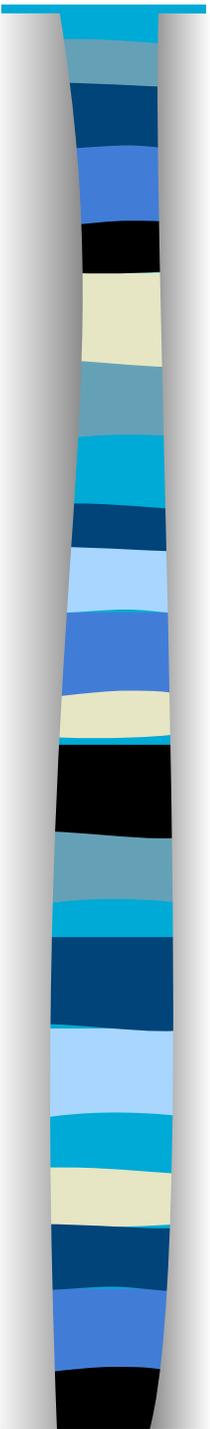
C. They inform you of your body's movement and position

D. The only exist in the arms



 C 83. Where is the cervix located?

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



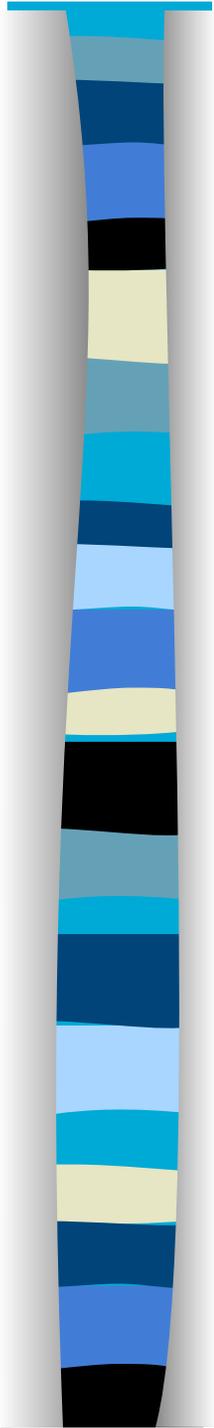
 B 85. Which of the following has branching cells connected to each other by intercalated discs?

A. Skeletal muscle

B. Heart muscle

C. Nervous tissue

D. Bone



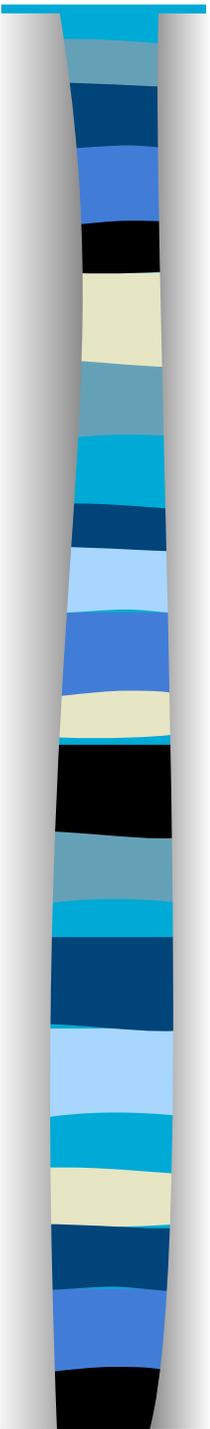
 A 86. In which blood vessels is there the least pressure?

A. Veins

B. Capillaries

C. Arteries

D. Arterioles



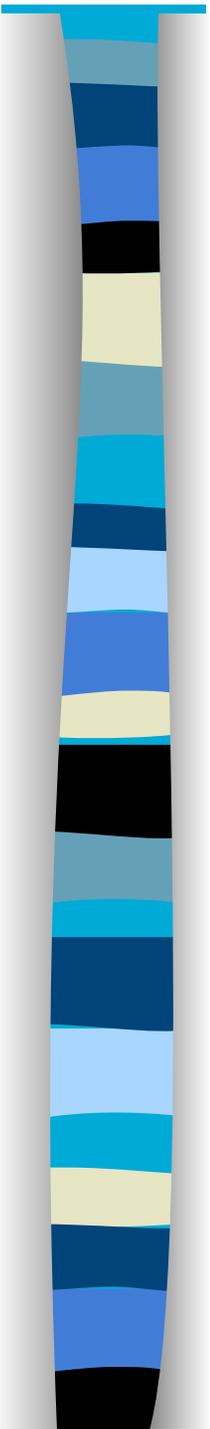
 D 87. During gait assessment, how should the foot roll on the ground?

A. Heel, big toe, little toe

B. Heel, inside of the foot, big toe

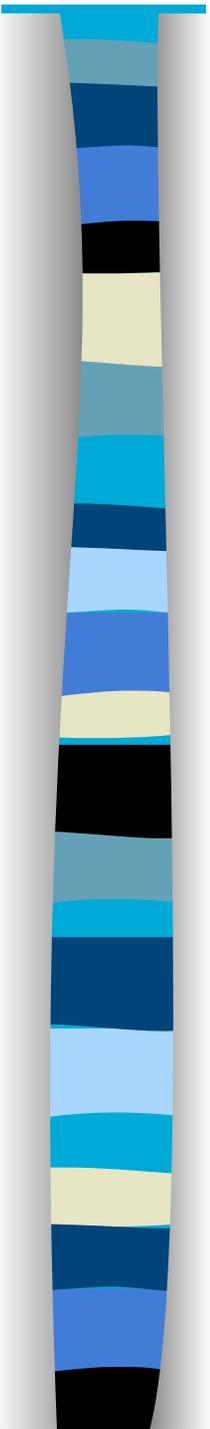
C. Side of the foot, little toe, big toe

D. Heel, outside of the foot, big toe



 D 88. Which of the following effects is not true of human growth hormone, as produced by the human body?

- A. Increases protein synthesis
- B. Promotes fat breakdown
- C. Promotes glucogenesis in the liver
- D. Breakdown of carbohydrates**



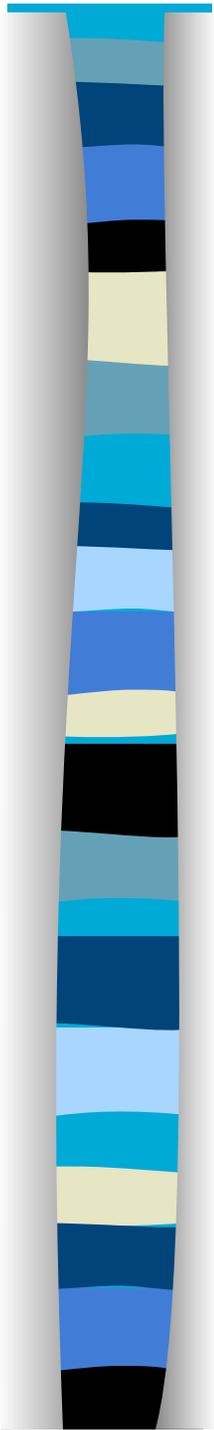
 B 89. Which action would be most appropriate to take with clients who discuss personal issues and concerns not directly related to the session with the therapist?

A. Interactive problem solving

B. Compassionate listening

C. Offer advice

D. Dissociate integration



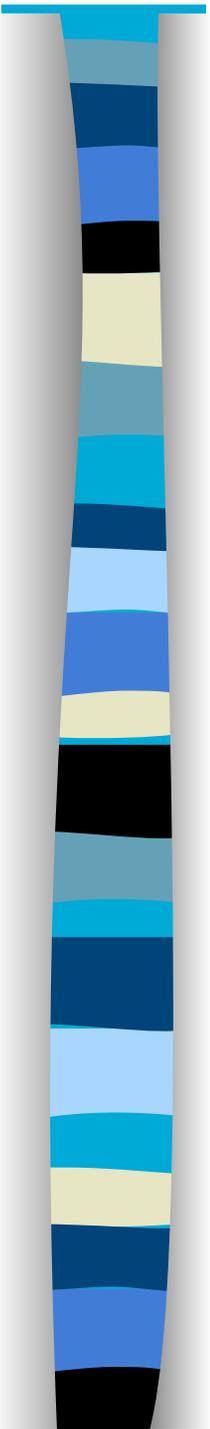
 B 90. What is the meaning of the prefix osteo-?

A. Blood

B. Bone

C. Muscle

D. Joint



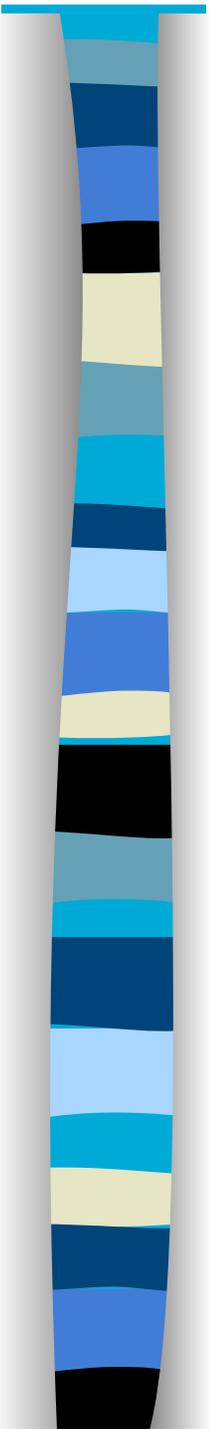
 A 91. Which technique generally involves grasping the tissue and moving the hands in opposite directions?

A. Petrissage

B. Vibration

C. Tapotement

D. Shaking



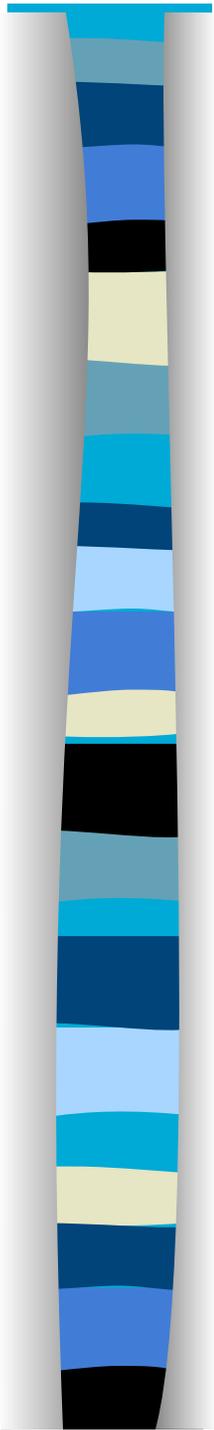
 A 92. Which muscle attaches to the supraglenoid tubercle of the scapula?

A. Long head of the biceps brachii

B. Short head of the biceps brachii

C. Coracobrachialis

D. Pectoralis minor



 B 93. Which term refers to the muscle in contraction?

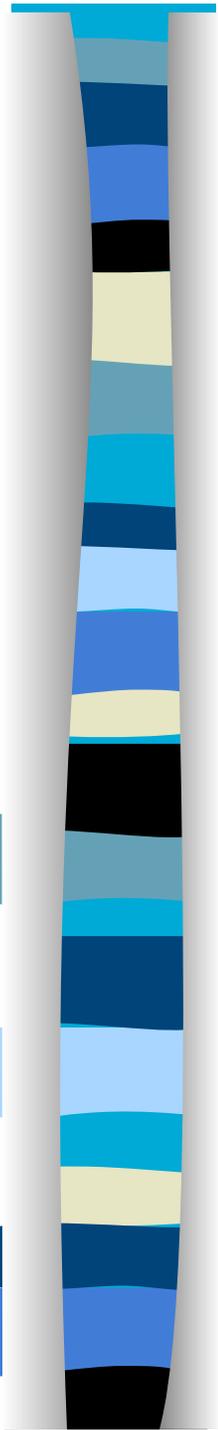
A. Antagonist

B. Agonist

C. Protagonist

D. None of the above

Anatomy and Physiology
Kinesiology



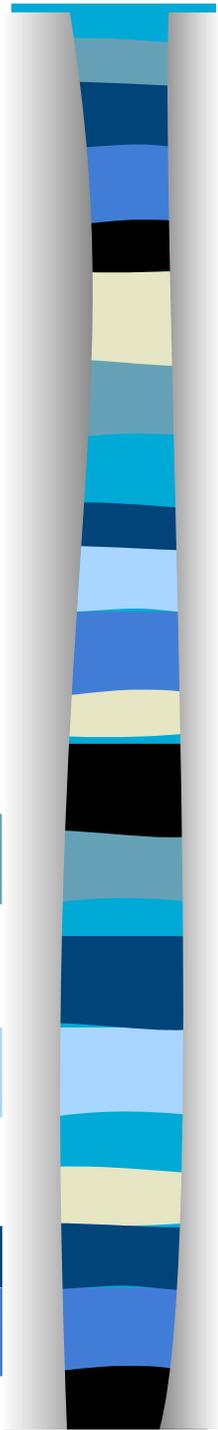
 C 94. Which describes visceral muscle?

A. Smooth (non-striated) and voluntary

B. Striated and voluntary

C. Smooth (non-striated) and involuntary

D. Striated and involuntary



 B 96. Which describes a chronic condition?

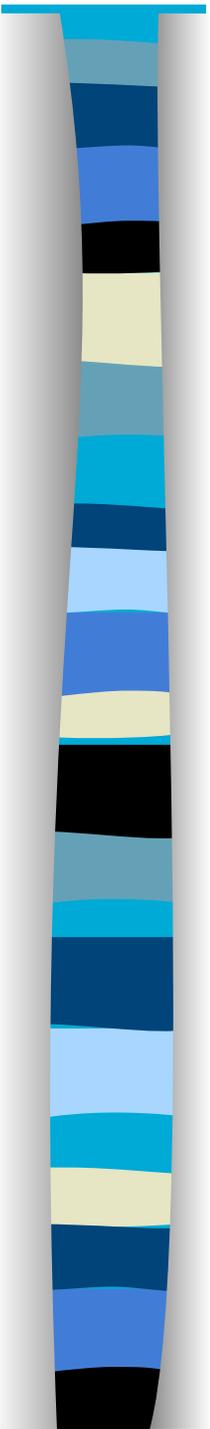
A. Short

B. Continuous

C. Acute

D. Temporary

Pathology



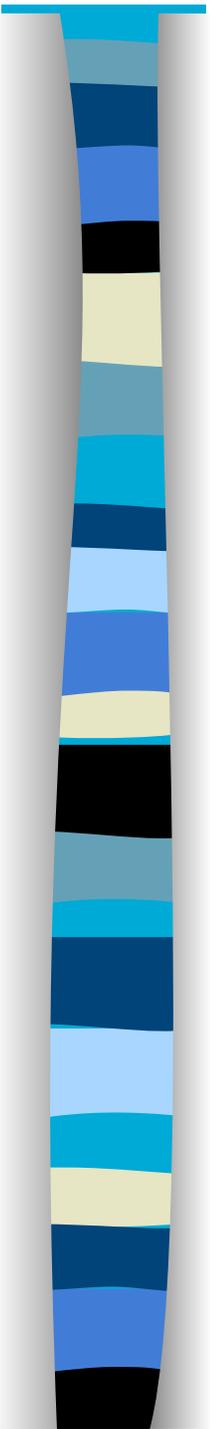
 A 97. All of the following are joints of the lower extremities except one. Which one?

A. Radiocarpal

B. Tibiofemoral

C. Tarsometatarsal

D. Metatarsophalangeal



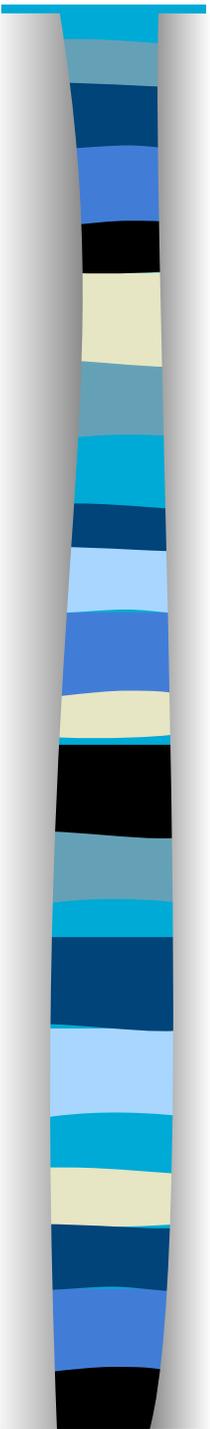
 B 98. All of the following are joints of the appendicular skeleton except one. Which one?

A. Scapulothoracic

B. Temporomandibular

C. Coxal

D. Talocrural



 B 99. A lateral curve of the spine is characteristic of which of the following conditions?

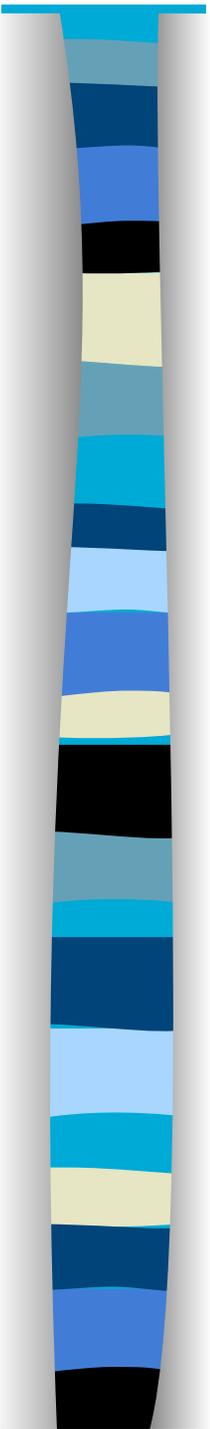
A. Kyphosis

B. Scoliosis

C. Arthritis

D. Lordosis

Pathology



 D 100. Which pathological condition of the skeletal system often progresses silently for decades, and occurs most commonly in women after menopause?

A. Osteomyelitis

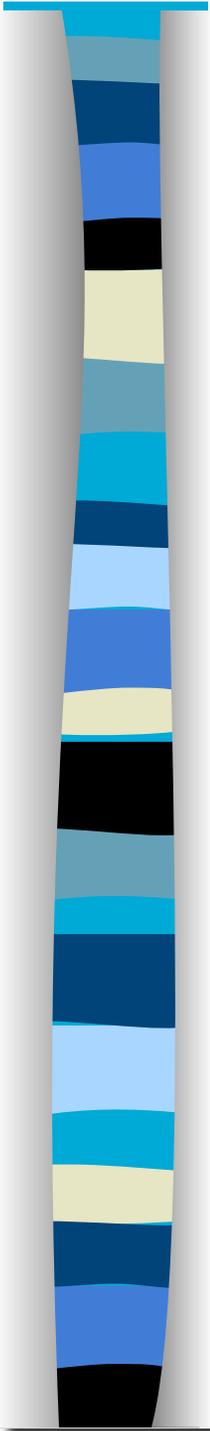
B. Scheuermann's Disease

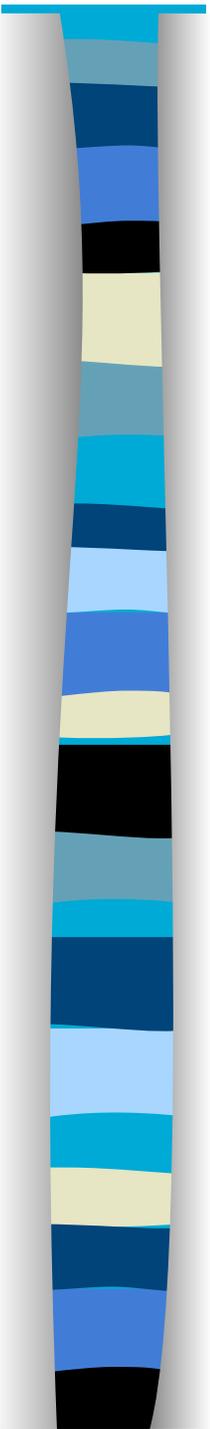
C. Osteogenesis imperfecta

D. Osteoporosis

Pathology

Final Simulation MBLEx Exam Part 5





 C 1. Indications for massage are:

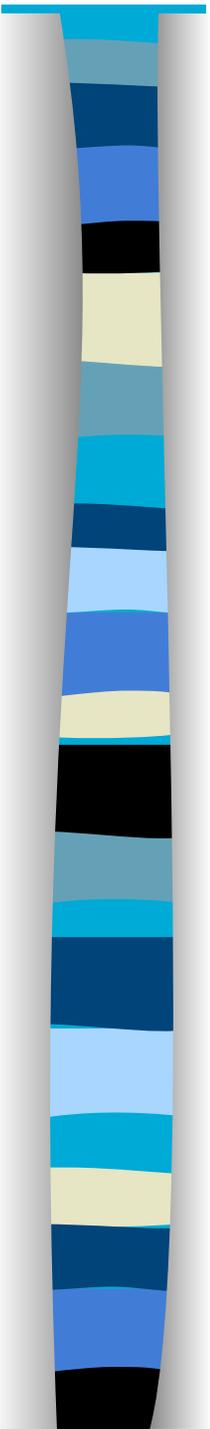
A. Based on objective benefits

B. Based on subjective benefits

C. Based on both objective and subjective benefits

D. Universal

Pathology



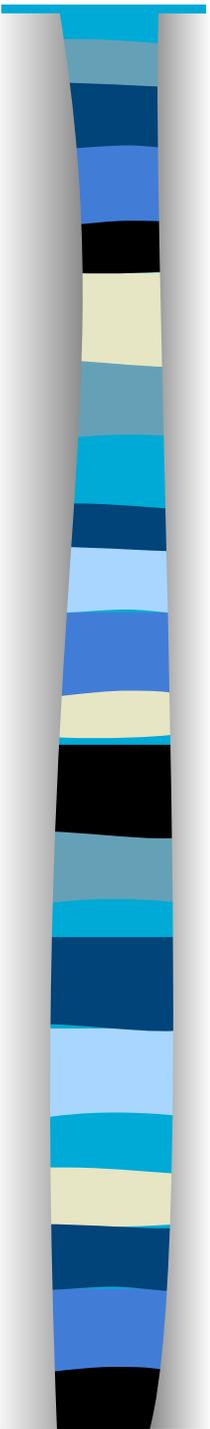
 C 2. What do the ovaries produce?

A. Human growth hormone

B. Lactic acids

C. Estrogen and progesterone

D. Urine



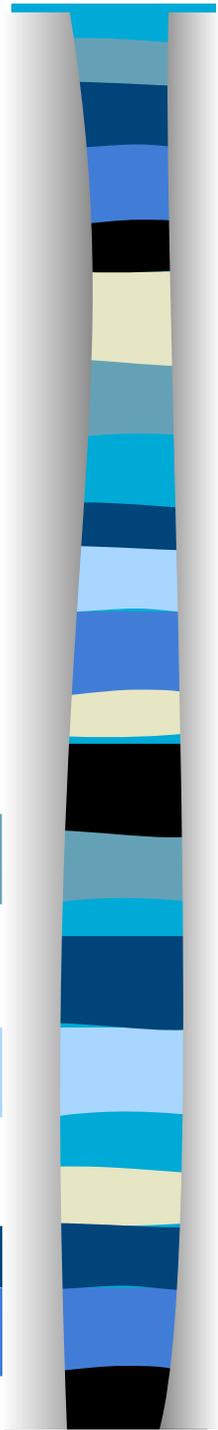
 B 3. Which of the following is a major subdivision of the nervous system that interprets incoming information and responds with orders for activity?

A. Autonomic nervous system

B. Central nervous system (CNS)

C. Peripheral nervous system

D. Somatic nervous system



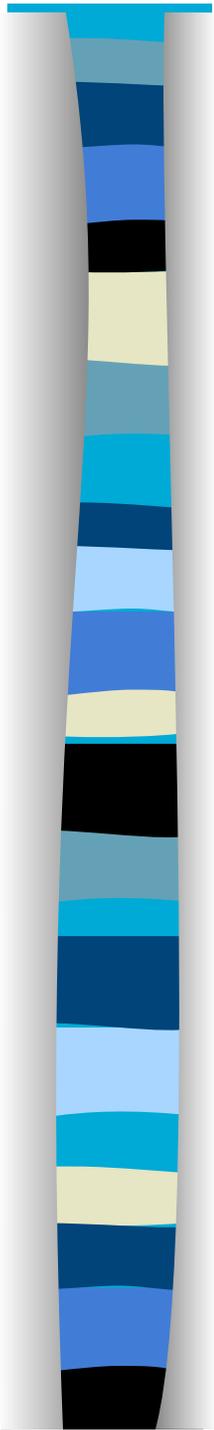
 C 4. Which describes visceral muscle?

A. Smooth (non-striated) and voluntary

B. Striated and voluntary

C. Smooth (non-striated) and involuntary

D. Striated and involuntary



 D 5. Which condition might not involve the erector spinae?

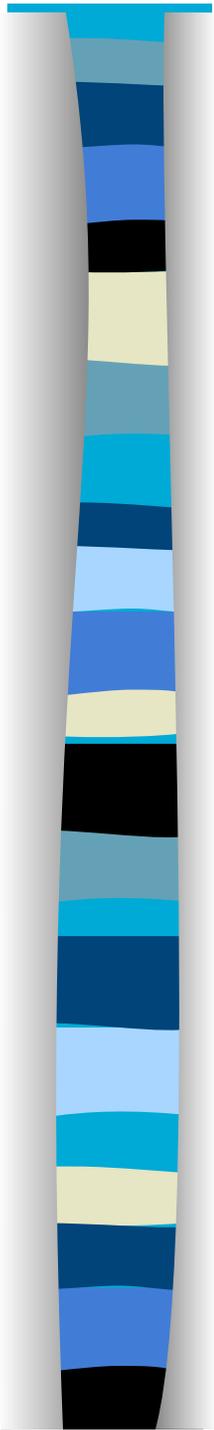
A. Low back pain

B. Headaches

C. Stiff neck

D. Patella tendonitis

Pathology



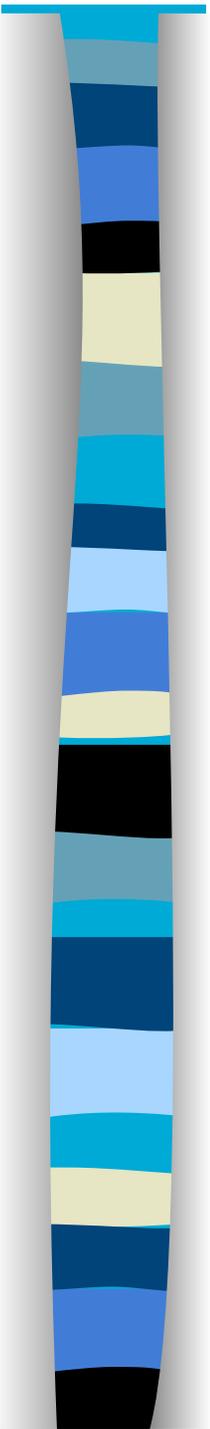
 A 6. Which muscles make up the erector spinae group?

A. Spinalis, longissimus and iliocostalis

B. Spinalis, psoas and quadratus lumborum

C. Ratatores, multifidus and iliocostalis

D. Longissimus, iliocostalis and latissimus dorsi



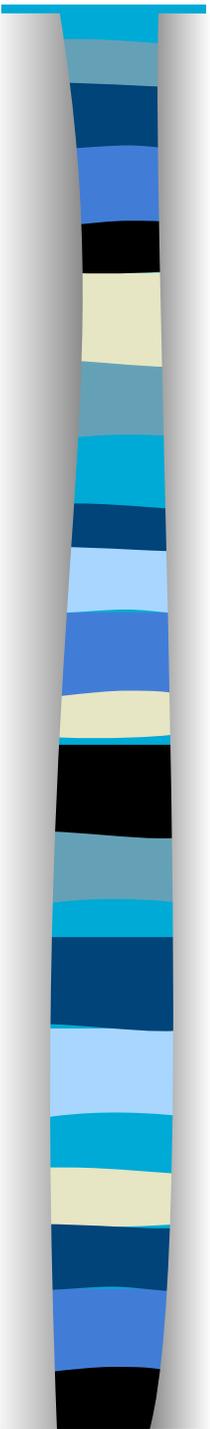
 C 7. Which massage technique is generally used to apply massage lubricant?

A. Petrissage

B. Compression

C. Effleurage

D. Tapotement



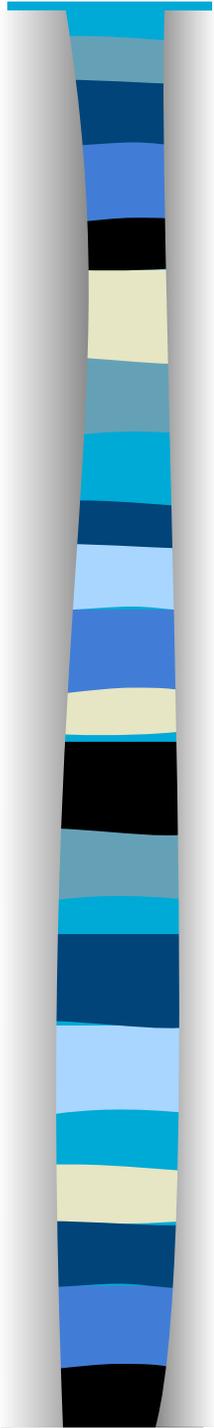
 A 8. What are the characteristics of cell mediated immunity?

A. Specialized T lymphocytes (T cells) attach to antigens to destroy them

B. Red blood cells destroy all types of pathogens

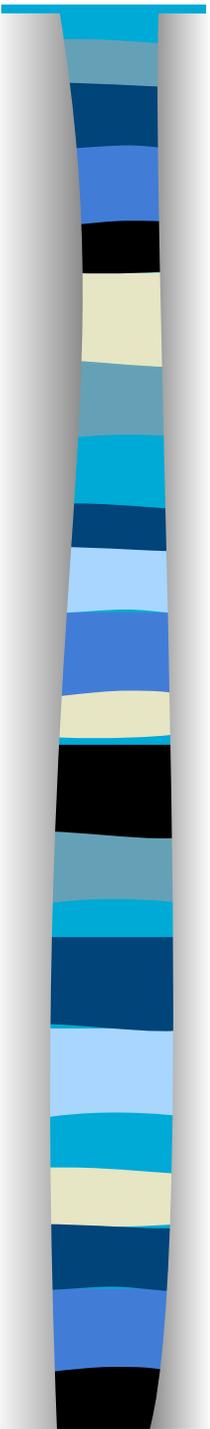
C. B lymphocytes (B cells) develop into plasma cells that produce antibodies to destroy antigens

D. Macrophage recognize the pathogen, then destroy it



 C 9. What type of gland is not found in the skin?

- A. Sebaceous
- B. Sweat glands
- C. Salivary**
- D. Ceruminous



 A 10. Which hydrotherapy method assists in relaxing and warming soft tissues, thereby making deeper work easier?

A. Moist hot packs and paraffin

B. Ice bath

C. Ice packs

D. Cold whirlpool

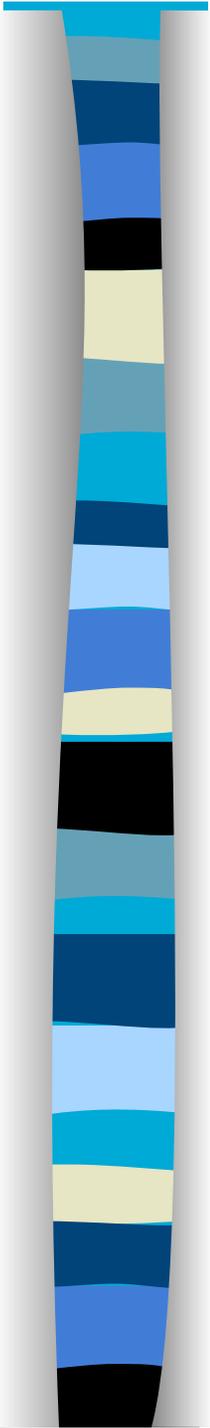
D 11. What are the small projections that increase the surface area of a cell called?

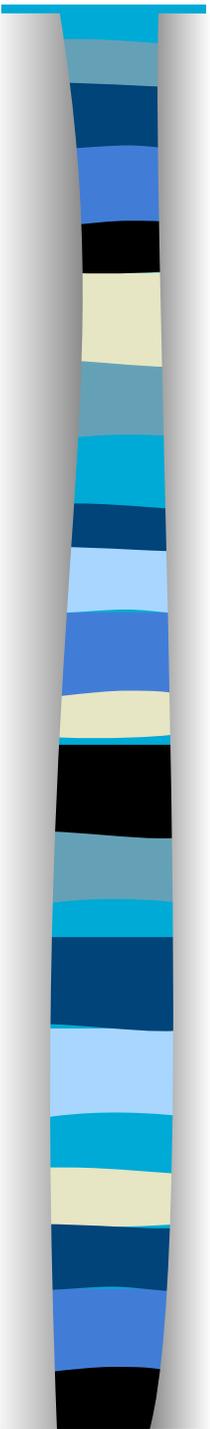
A. Platysma

B. Micro-fibers

C. Flagella

D. Microvilli





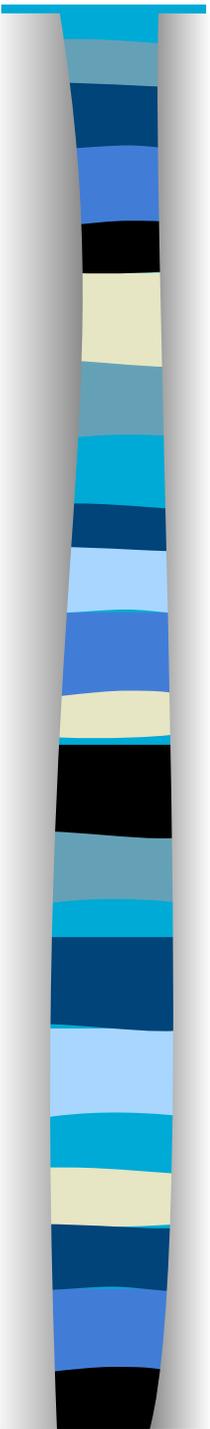
 A 12. Which of the professionals below cannot legally give a massage?

A. Occupational therapist

B. Nurse

C. Chiropractor

D. Physical therapist



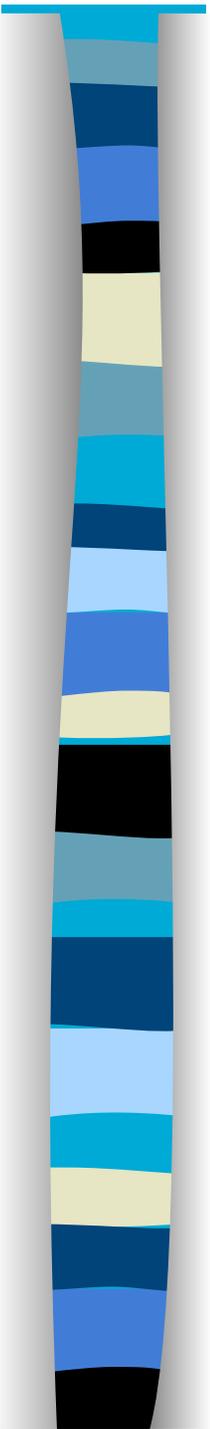
 B 13. There is a body organ that, while considered part of the nervous system, produces and secretes hormones for the endocrine system, making it a neuroendocrine organ. Which of the following is it?

A. Pineal

B. Hypothalamus

C. Pons

D. Spinal cord



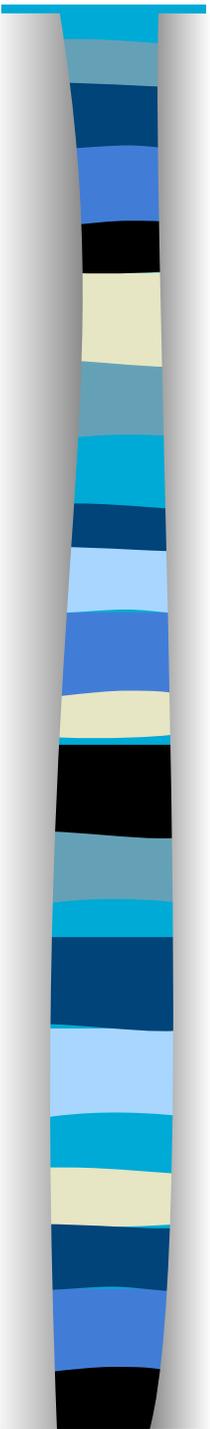
 14. Tom, a massage practitioner, smokes. Which of the following accommodations is most appropriate for him to make?

A. Inform his clients when they book that he's a smoker

B. Refrain from smoking within 100 feet of the building where he works

C. He has a right to smoke, and shouldn't have to make any accommodations

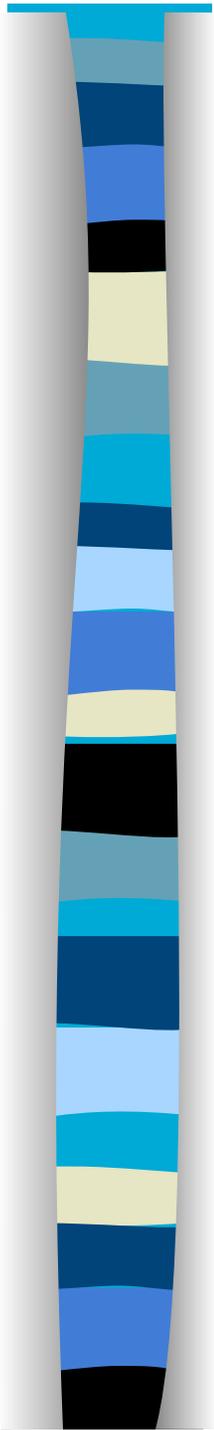
D. Use cologne and breath mints to cover up the smell and spray his massage room with air freshener before each client



 A 15. What is the difference between the cardiovascular system and the lymphatic system?

A. The cardiovascular system is a closed system, and the lymphatic system is an open system

B. The cardiovascular system is an open system, and the lymphatic system is a closed system



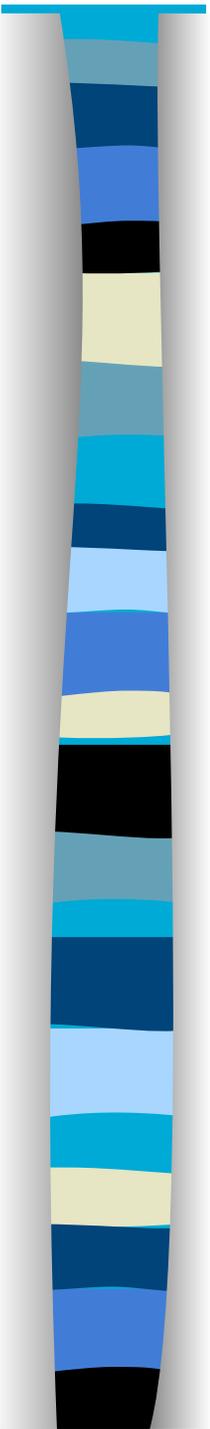
 B 16. Which is a type of white fibrous tissue?

A. Bone

B. Ligament

C. Epithelial

D. Muscle



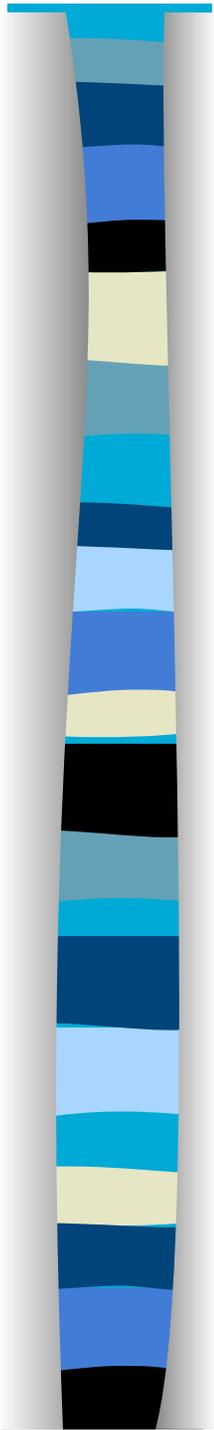
 A 17. What benefit could massage therapy have on the integumentary system?

A. Increased pliability of the skin

B. Decreased pliability of the skin

C. Decreased sebum production

D. Increased sweat production



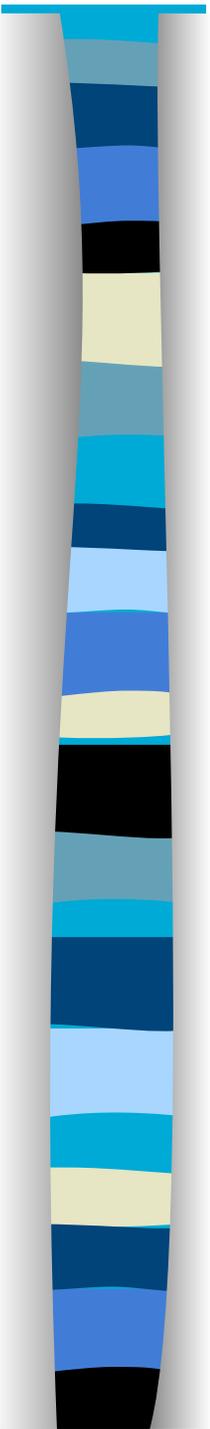
 C 18. What is the filtration unit of the kidney called?

A. Neuron

B. Urethra

C. Nephron

D. Haversian canal



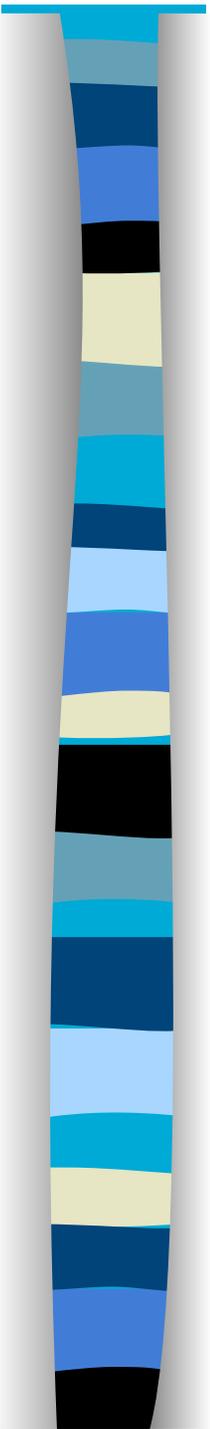
 D 19. Which of the following is not a function of synovial fluid?

A. Supply nutrients to the joint

B. Remove metabolic wastes from the articular cartilage

C. Reduce friction

D. Rebuild cartilage



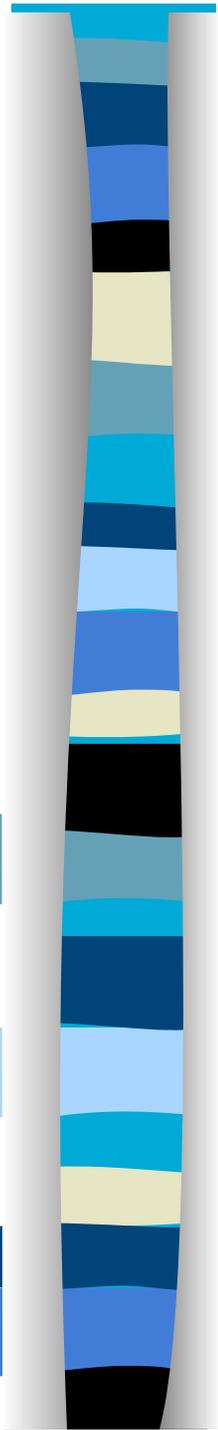
 B 20. Which of the following changes would occur as the result of exercise?

A. Lactic acid levels decrease

B. An increase in ventilation rate

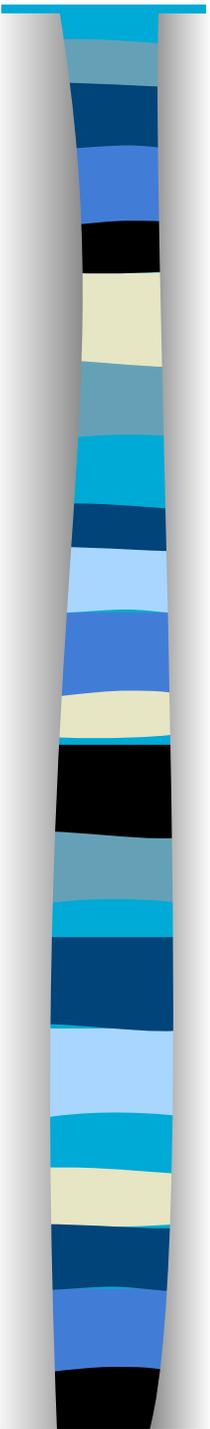
C. Increased oxygen leads to the development of new muscle fibers

D. A decrease in ventilation rate



 A 21. Which of the following is true?

- A. Spermatids mature into spermatozoa**
- B. Spermatozoa mature into spermatids
- C. Spermatids mature in the seminal vesicle
- D. Spermatids mature in the prostate gland



 A 22. Hypertension is defined as what?

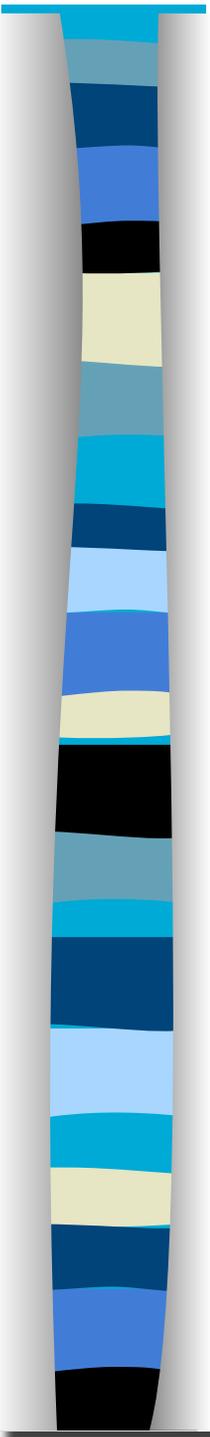
A. Increased blood pressure

B. Increased heart rate

C. Decreased blood pressure

D. Inflammation of a vein

Note: The answer given online is wrong (B). A is the correct answer.



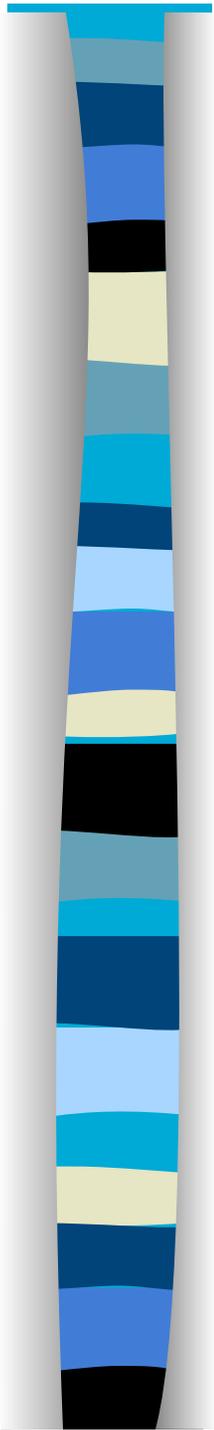
 B 23. What should the massage therapist do if a client reports having suicidal thoughts?

A. Stop the massage and send the client away

B. Refer the client to a mental health provider

C. Call the Suicide Prevention line

D. Counsel the client



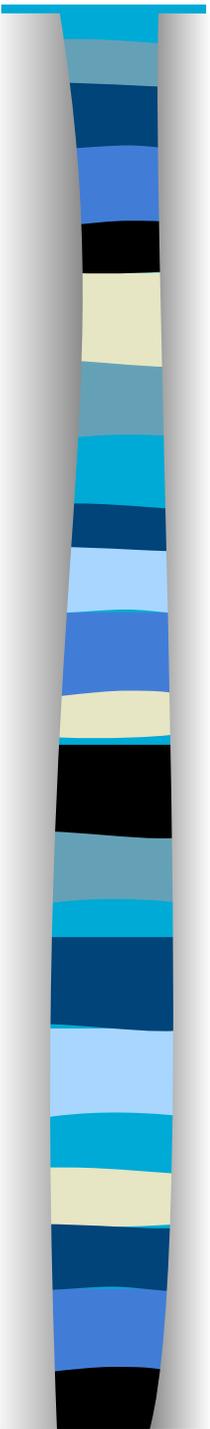
 A 24. What is the direction of information flow in neurons?

A. Dendrite, cell body, and axon

B. Axon, cell body, and dendrite

C. Body, dendrite, and axon

D. Dendrite, axon, and cell body



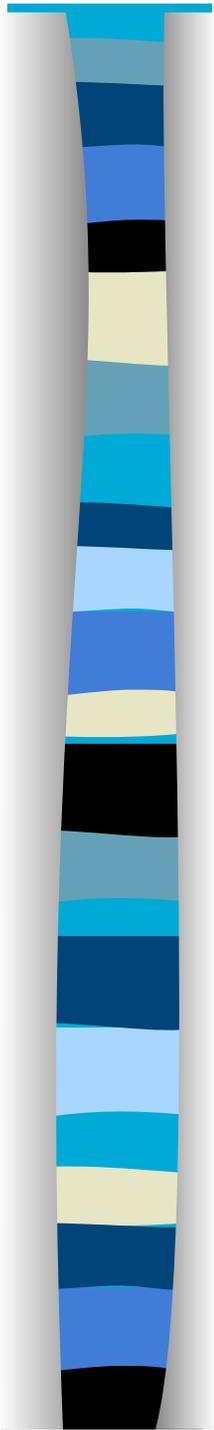
 B 26. Which muscle extends the elbow?

A. Biceps brachii

B. Triceps brachii

C. Brachioradialis

D. Extensor carpi radialis brevis



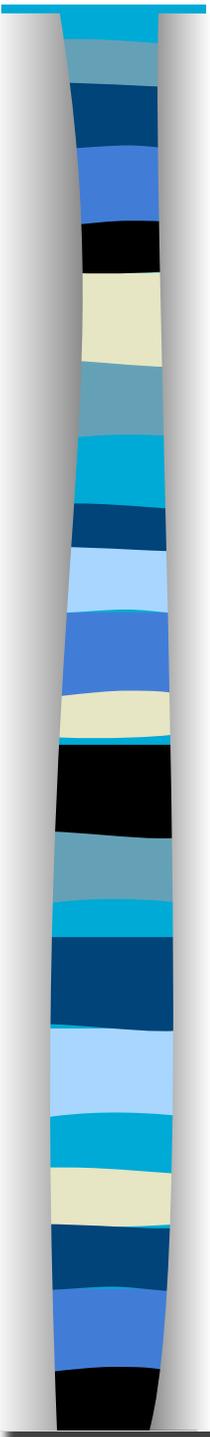
 A 27. Which upper back muscle is the most superficial?

A. Trapezius

B. Latissimus dorsi

C. Rhomboid minor

D. Serratus anterior



 C 28. What has hand cupping proven to be most beneficial for?

A. Acute tacheitus

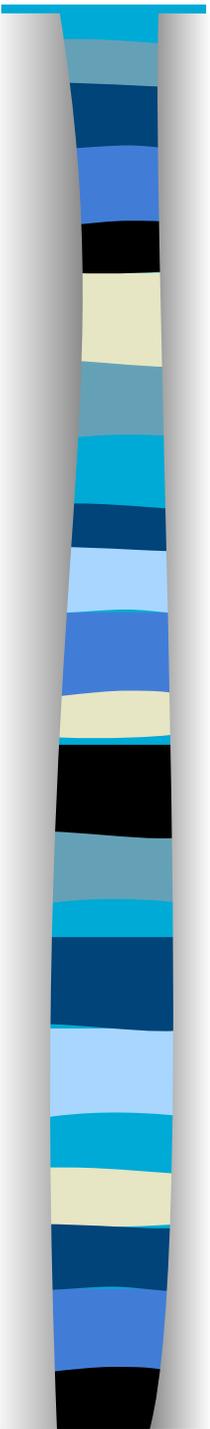
B. Acute bronchitis

C. Bronchiectasis

D. Chronic headache

Pathology

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



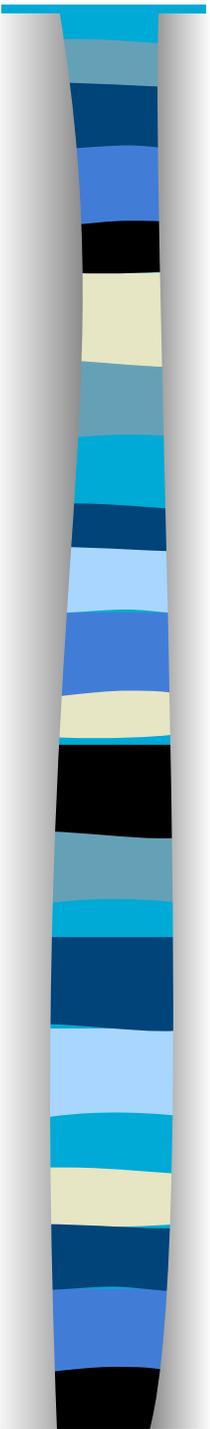
 D 29. If a client requests to end the massage session the therapist should:

A. Try to talk to the client out of it

B. End the session immediately after asking the client to explain why

C. Continue the session until the client asks a second time to end it

D. Immediately end the session



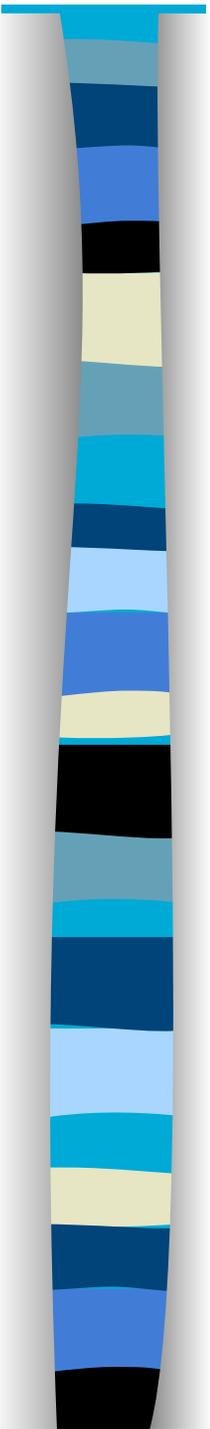
 B 30. Why should injection sites be avoided for at least 12 hours?

A. The therapist may absorb the drug

B. The drug could be absorbed by the client quicker

C. The drug could be absorbed by the client slower

D. There is no reason to avoid the area



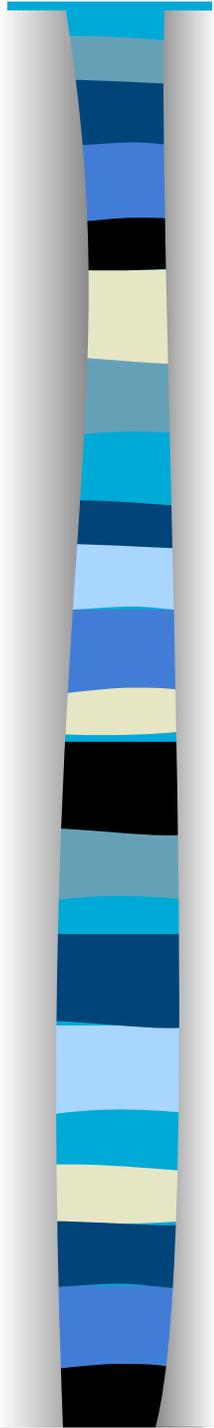
 B 31. What is the most likely cause of edema in the upper extremity?

A. Cardiac stress

B. Lymphatic blockages in the axilla

C. Kidney disease

D. Too much salt



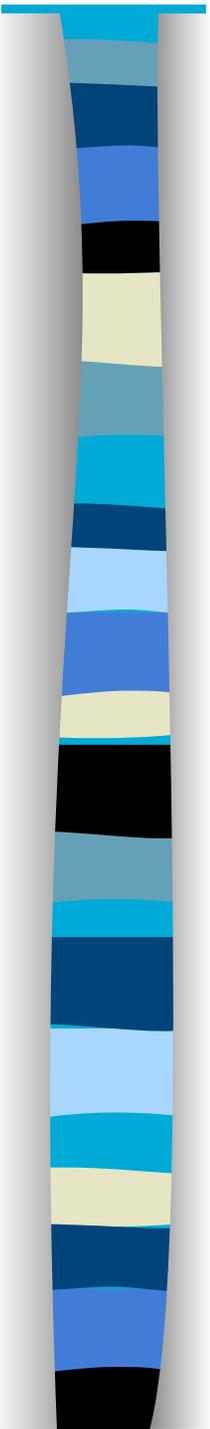
 B 32. What best describes the dermis layer of skin?

A. It is avascular

B. It is elastic

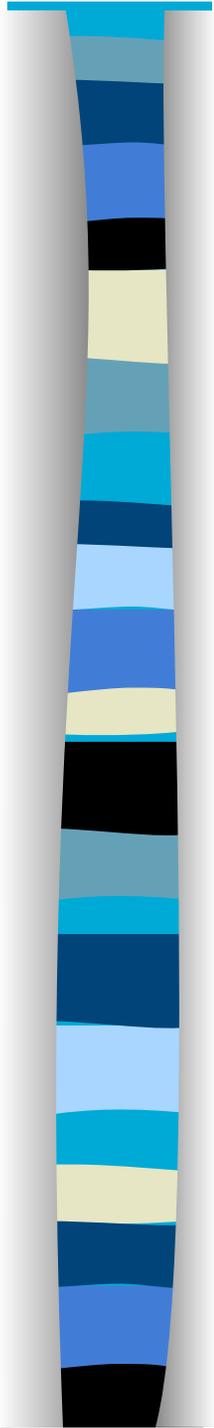
C. It is the outermost layer

D. It stores energy



 B 33. What hydrotherapy application will cause relaxation of the arterial walls and consequential lowering of blood pressure?

- A. Application of cold causing vasodilation
- B. Application of heat causing vasodilation**
- C. Application of cold causing vasoconstriction
- D. Application of heat causing vasoconstriction



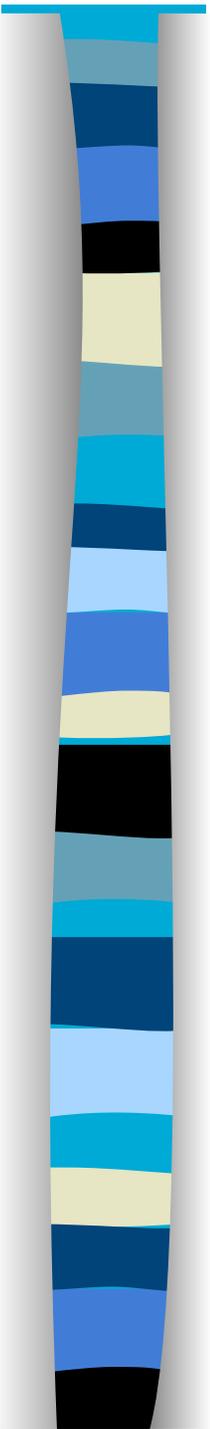
 D 34. In which quadrant of the abdomen is the liver located?

A. Upper left

B. Lower right

C. Lower left

D. Upper right



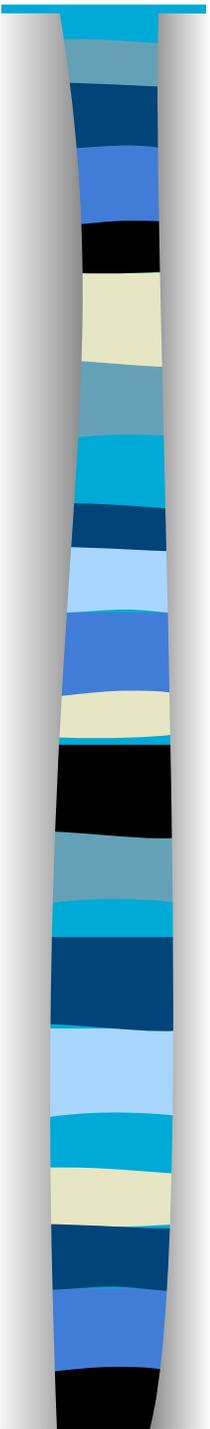
 B 35. When licensed massage therapists share an office but work independently, what must each LMT file with the IRS?

A. A K 1 form

B. A separate tax return

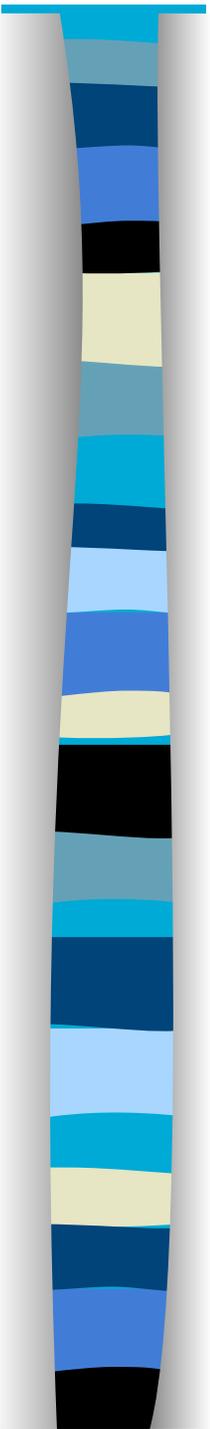
C. A corporate tax return

D. A partnership tax return



C 36. For what purpose does the thyroid gland produce the hormone calcitonin?

- A. To raise blood iodine level
- B. To raise blood calcium level
- C. To reduce blood calcium level**
- D. To lower the iodine level



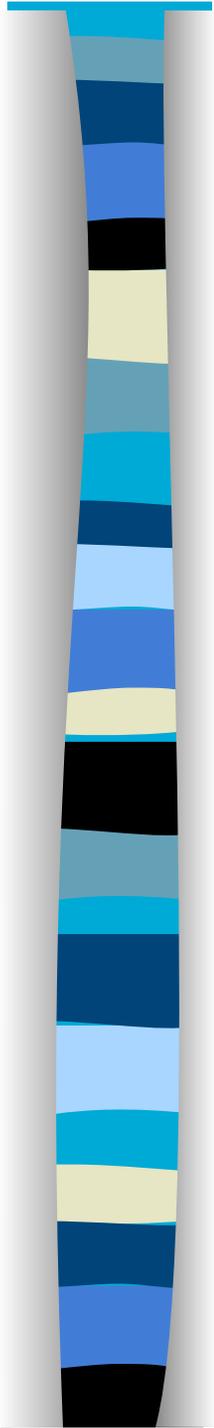
 C 37. If you drop a pillowcase on the floor, what should you do?

A. Pick it up and shake it off

B. Find a matching one to the sheet set

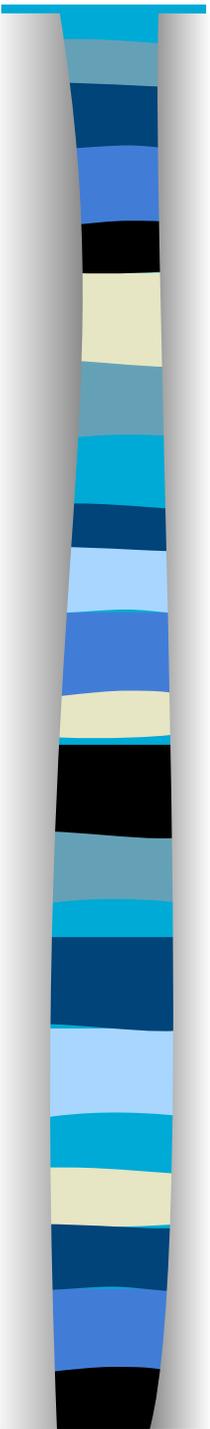
C. Put it in the dirty laundry basket

D. Do not use one



 A 38. What are the two sphincters of the stomach called?

- A. Cardiac and pyloric
- B. Colonic and pyloric
- C. Internal and external
- D. Voluntary and involuntary



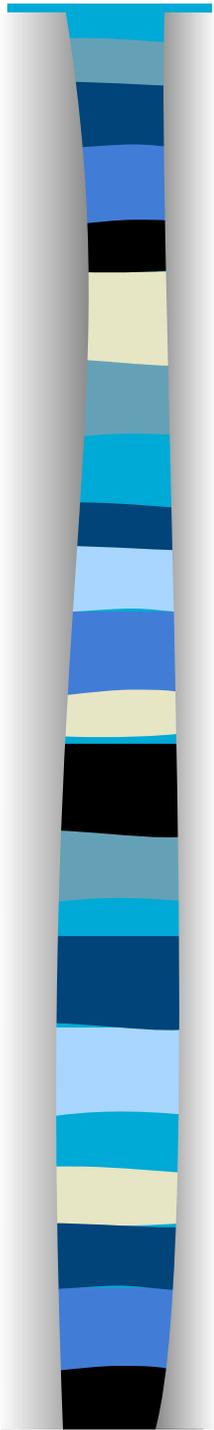
 B 39. What is the primary goal of an effective treatment program?

A. Cure the client of all muscle aches and pains

B. Assist the client in reaching their highest functional level with minimal risks

C. Provide a stress-free environment for optimal healing

D. Diagnosing and then treating the client's issues



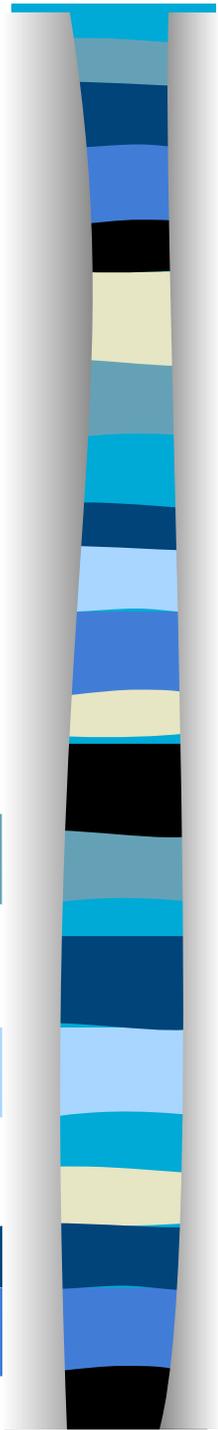
 B 40. What is a moving clot known as?

A. Thrombus

B. Embolus

C. Fibrogen

D. Thrombin



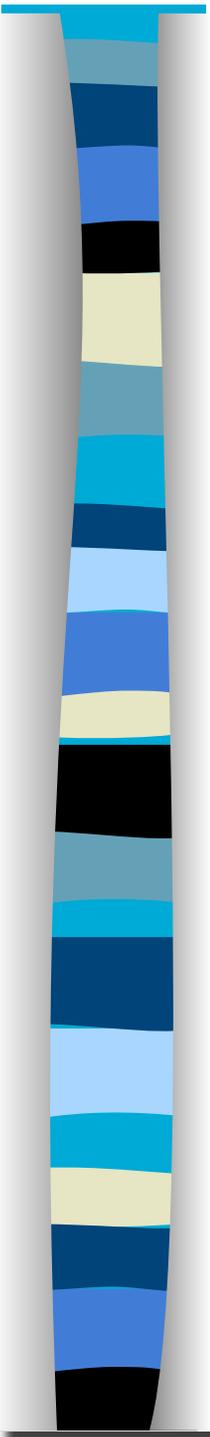
 A 41. What does osseous tissue store?

A. Calcium

B. Muscle cells

C. Platelets

D. Neurons



 D 42. What factors in the history of massage therapy have not made it challenging for massage to be accepted by the medical profession as a legitimate form of health care?

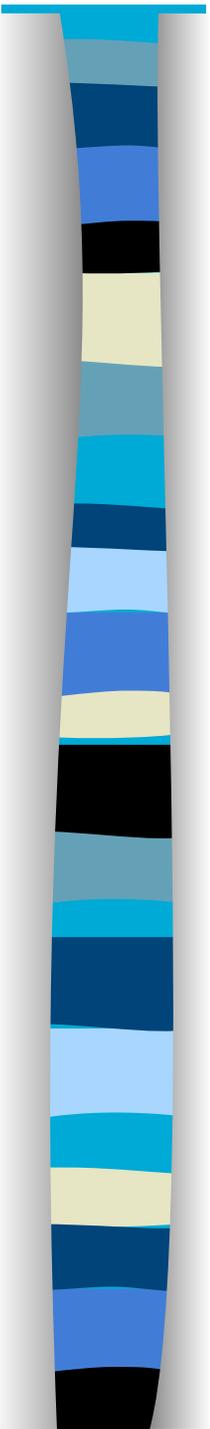
A. The disparity in quality and ability of practitioners

B. Inconsistent system of education for massage practitioners

C. The lack of quantitative data to support the benefits claimed by massage practitioner

D. Accepted massage therapy research

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



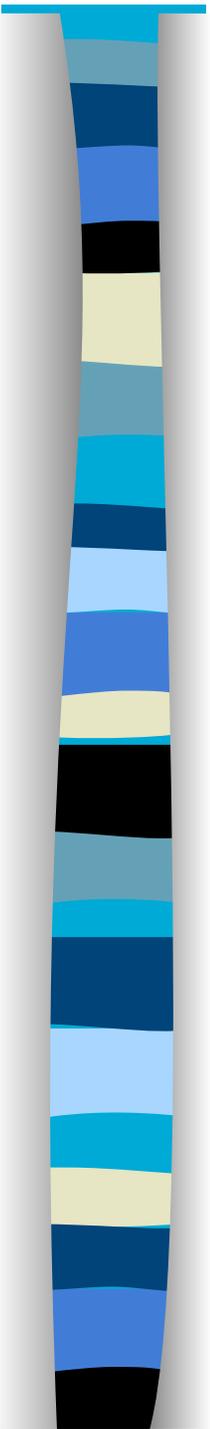
 C 43. What benefit can massage have on the respiratory system?

A. Tightening the respiratory muscles

B. Tightening of the lungs

C. Relaxing the respiratory muscles

D. Relaxing of the lungs



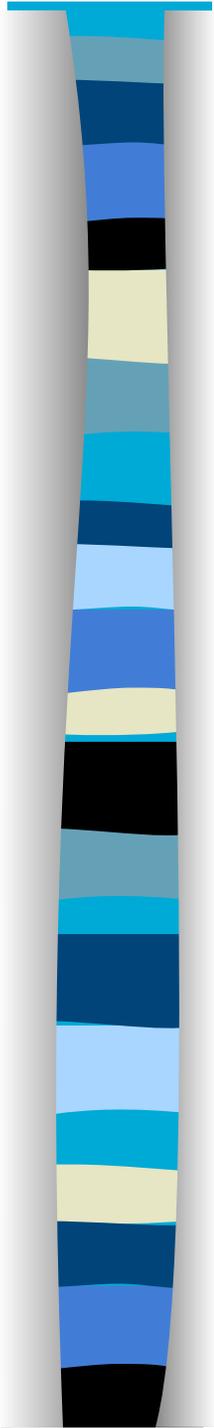
 A 44. Which touch modality is based on the premise that change can be affected in different parts of the body by working the corresponding reflex areas in the feet, hands, or ears?

A. Reflexology

B. Shiatsu

C. Rolfing

D. Polarity therapy



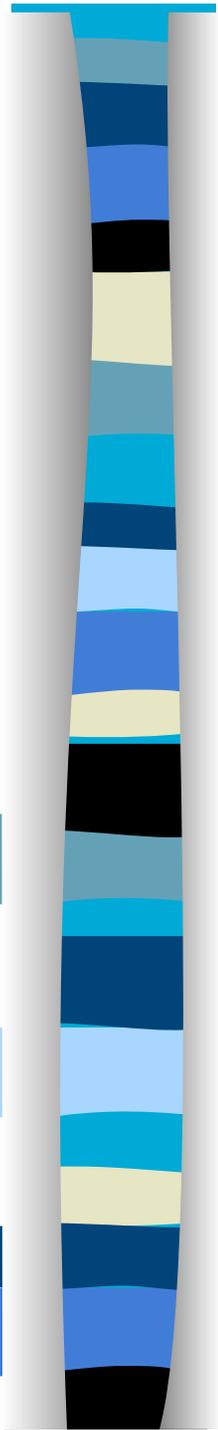
 A 45. Which is not connective tissue?

A. Squamous epithelium

B. Adipose tissue

C. Hyaline cartilage

D. Disc cartilage



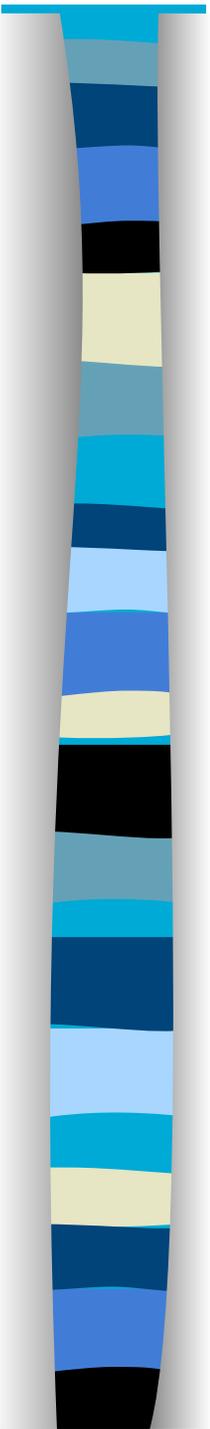
 C 46. How much blood does the spleen normally contain on average?

A. 1 quart

B. 125 ml

C. 1 pint

D. 5-6 quarts



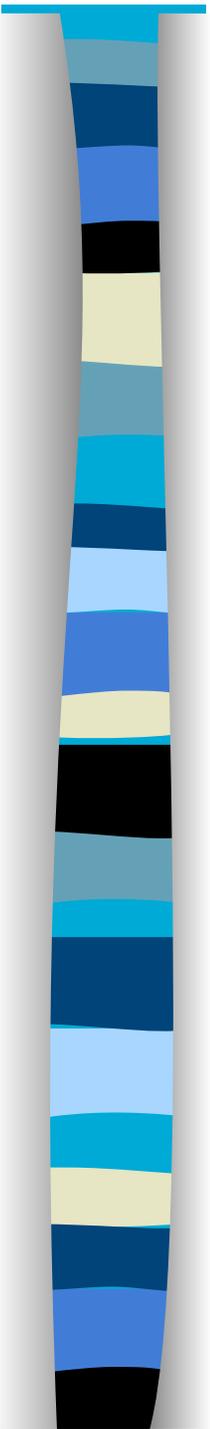
 B 47. Tara has an appointment with a new client. Which is the proper sequence of events for her to follow in evaluation of the client?

A. Postural observation and evaluation, palpation, history and interview, strength tests, range of motion tests

B. History and interview, postural observation and evaluation, palpation, range of motion tests, strength tests

C. History and interview, palpation, postural observation and evaluation, strength tests, range of motion tests

D. Postural observation and evaluation, history and interview, range of motion tests, palpation, strength tests



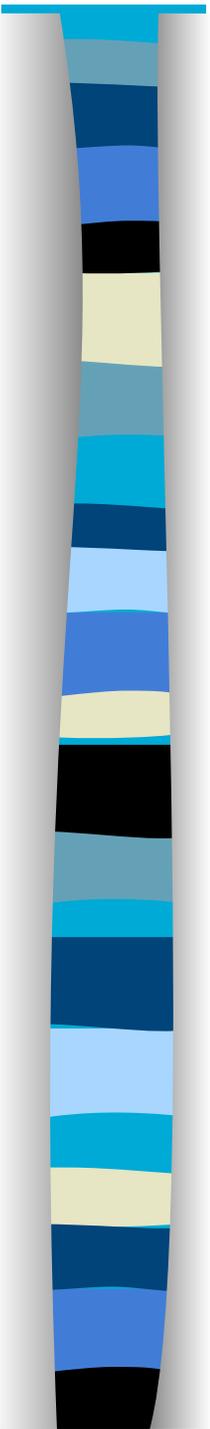
 A 48. What are amino acids?

A. The basic structural building units of proteins

B. The basic structural building units of carbohydrates

C. The basic structural building units of lipids

D. The basic structural building units of fats



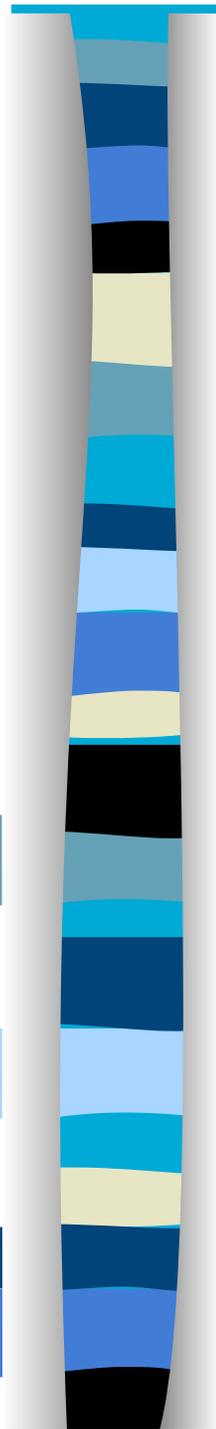
 C 49. What is considered the most important precaution in controlling the spread of microorganisms?

A. Sanitizing all surfaces

B. Isolating the source of microorganisms

C. Hand washing

D. Spraying the treatment area with antibacterial agents



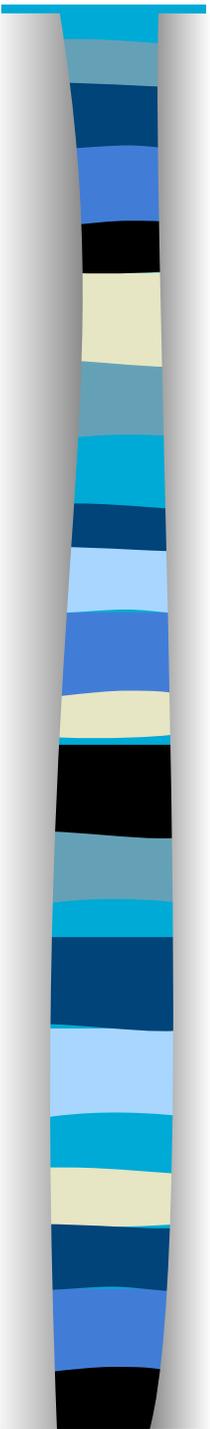
 B 50. What do glucocorticoids do?

A. Inhibit bone breakdown causing a decrease in blood calcium concentration

B. Stimulate the process of gluconeogenesis causing an increase in blood glucose concentration, and have a potent anti-inflammatory effect on the body

C. Stimulate bone breakdown causing an increase in blood calcium concentration

D. Regulate of electrolyte and fluid homeostasis



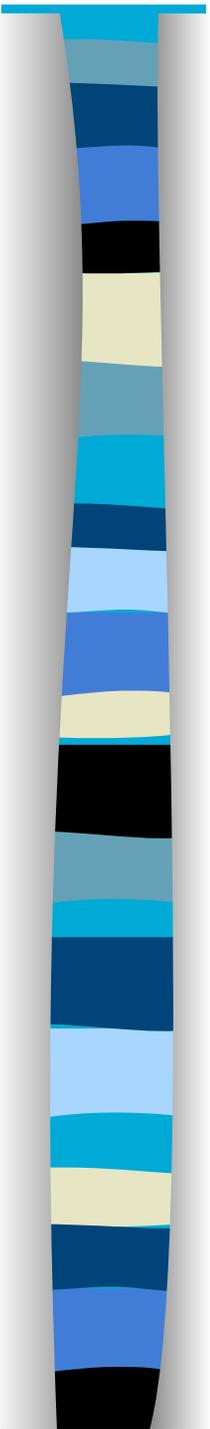
 B 51. If a client tells the massage practitioner that he/she has an eating disorder, what should the therapist do?

A. Call the client's physician

B. Maintain confidentiality

C. Tell the client's spouse

D. Counsel the client



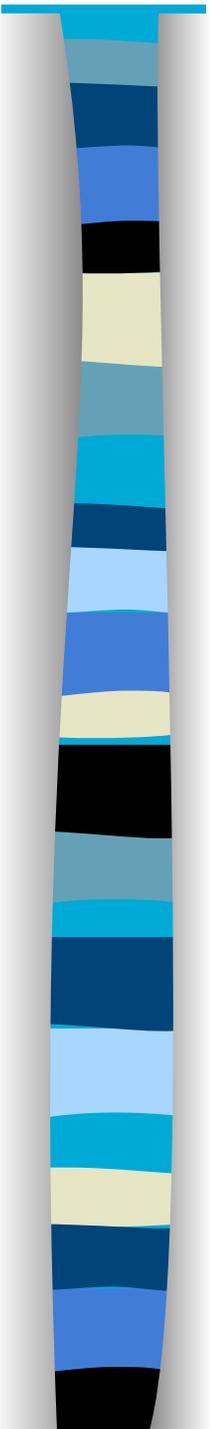
 B 52. When performing CPR, in what position should the victim be placed?

A. Prone

B. Supine

C. Sitting

D. Sideline



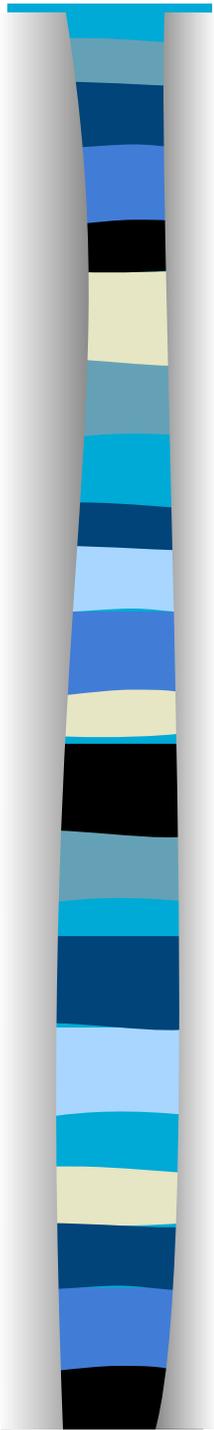
 D 53. For which of the following is a hot bath not contraindicated?

A. Any condition with a tendency toward hemorrhage

B. Inflammation of the feet

C. Frost bite

D. Tight sore muscles



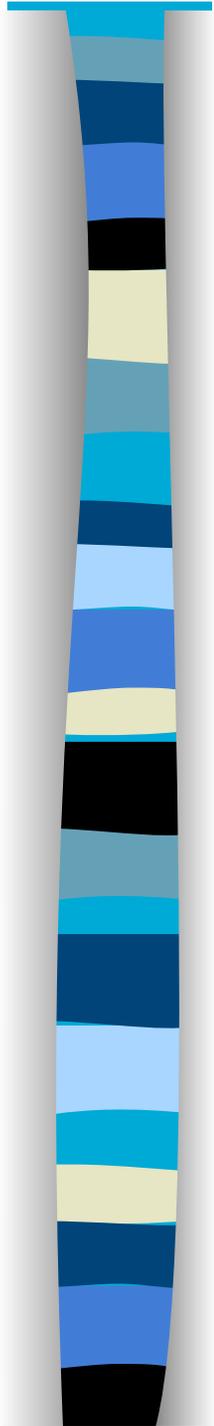
 C 54. What do Pacinian corpuscles sense?

A. Pain

B. Heat

C. Pressure

D. Cold



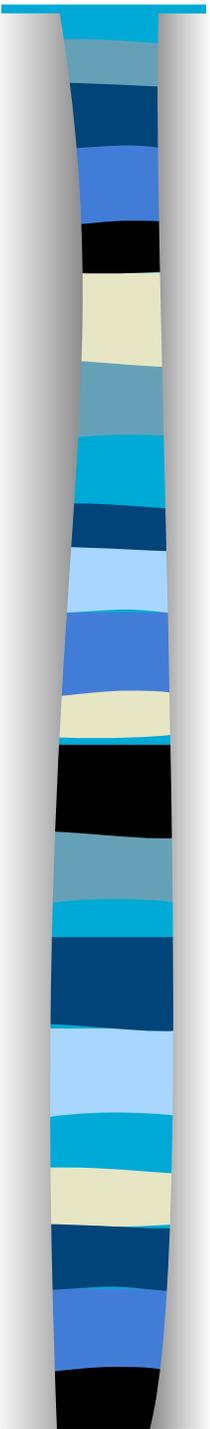
 D 55. Where are the adenoids also termed “Pharyngeal tonsils” found?

A. Mouth

B. Larynx

C. Esophagus

D. Pharynx



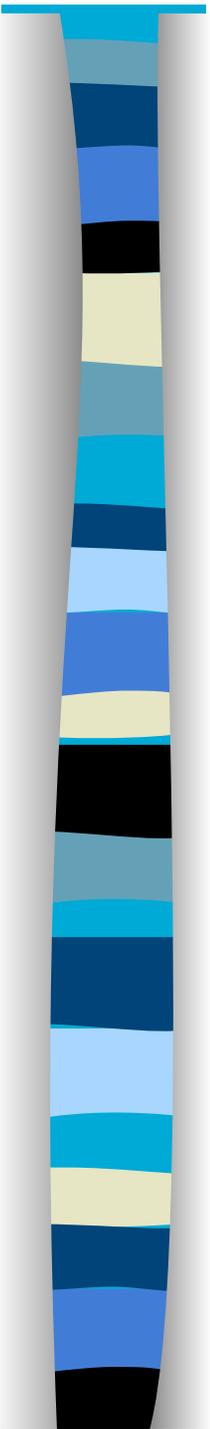
 D 56. Which drug class is used to reduce or prevent clotting in the blood?

A. Diuretics

B. Antihistamines

C. Antiarrhythmic

D. Anticoagulants



 A 57. Developing and maintaining professional boundaries in
massage are:

A. Necessary

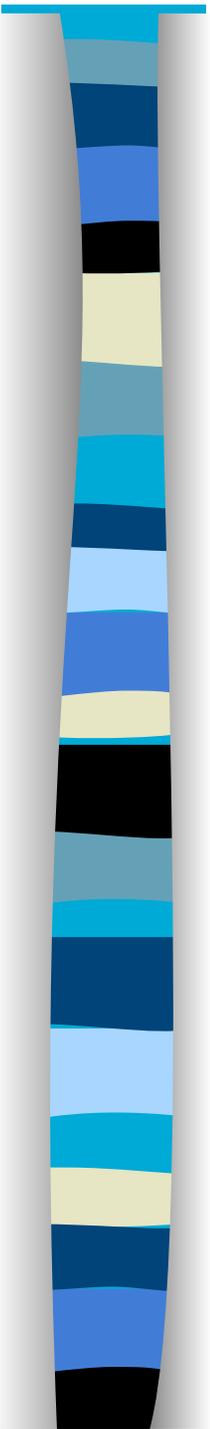
B. A convenience

C. Unnecessary

D. A necessary inconvenience

Ethics, Laws, Regulations

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



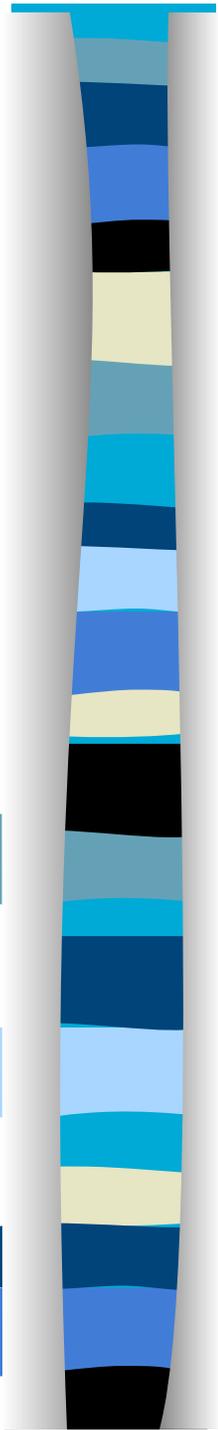
 A 58. How does the massage therapist determine length of time of the treatment?

A. Client's needs

B. Practitioner's routine

C. Clock time

D. Practitioner's ability



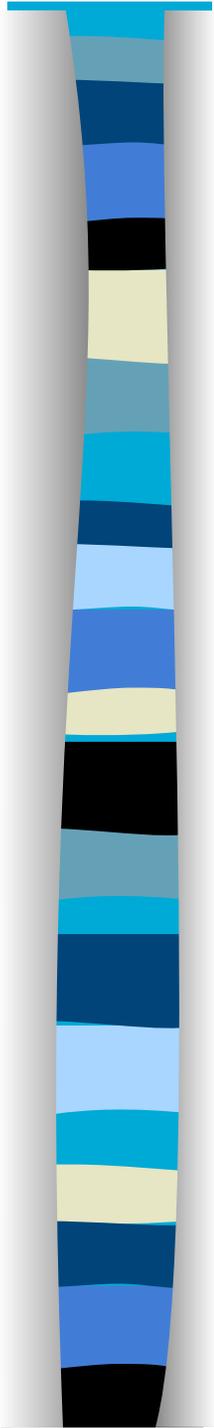
 A 60. Which muscle(s) is/are antagonists to serratus anterior?

A. Rhomboid major and minor

B. Anterior deltoid

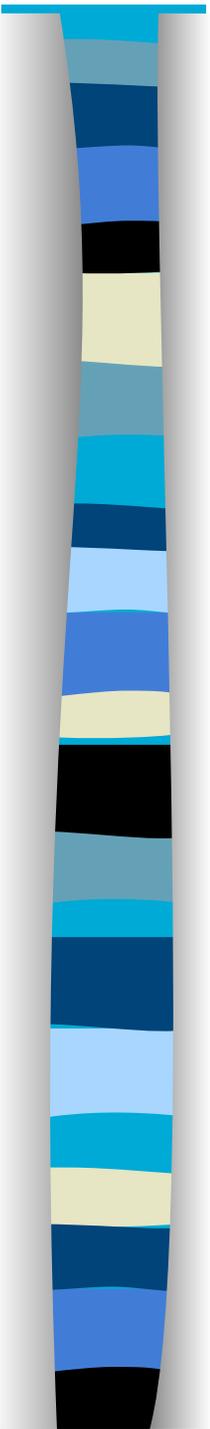
C. Pectoralis major

D. Latissimus dorsi and deltoid



 D 61. Why is cartilage slow to heal?

- A. Cartilage is vascular
- B. Damaged cartilage can always heal
- C. Cartilage has many muscle fibers
- D. Cartilage is avascular**



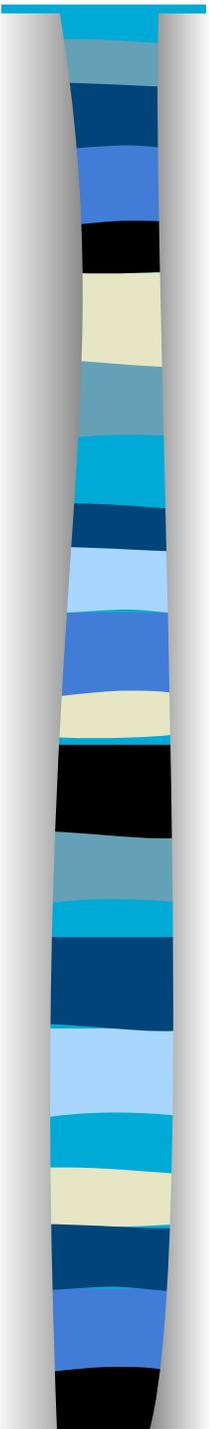
 A 62. What does gray matter in the central nervous system contain?

A. Nerve cells

B. Veins

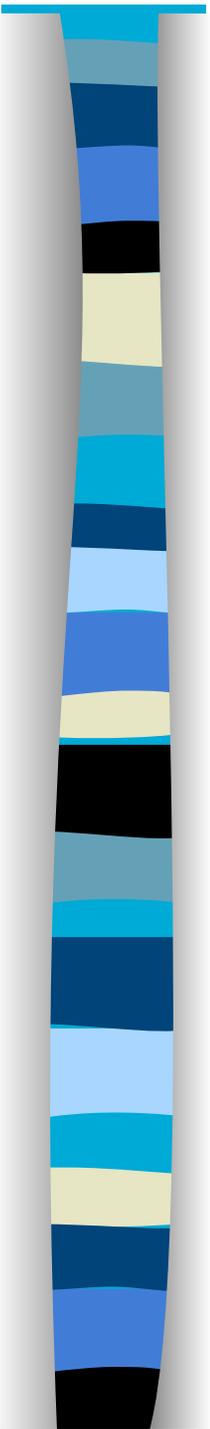
C. Arteries

D. None of the options



 A 63. How should a client who is HIV positive and displays no symptoms be treated?

- A. The client should be treated as any other massage client**
- B. The therapist should wear gloves and a mask for protection
- C. The therapist should wear gloves alone for protection
- D. The client should be refused treatment



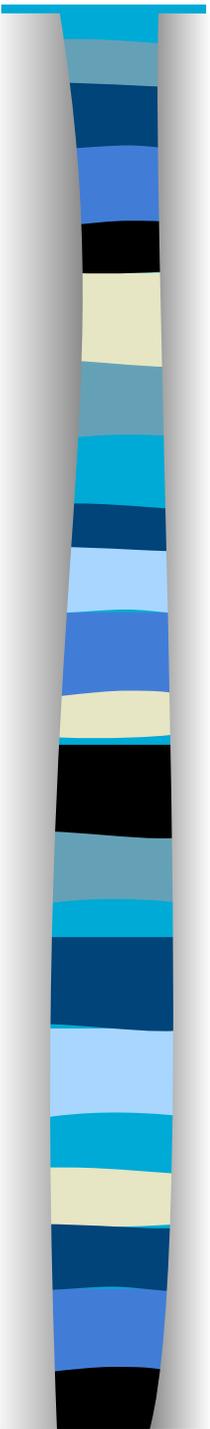
 A 64. This pathological condition is an autoimmune disease that causes inflammation in joints and can lead to deformity. What is its name?

A. Rheumatoid arthritis

B. Osteoporosis

C. Gouty arthritis

D. Osteoarthritis



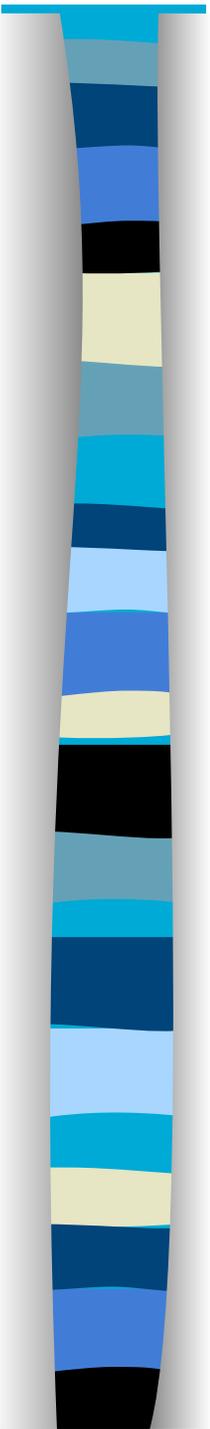
 D 65. Which of the following is not true of estrogen?

A. It aids in the repair of the endometrium

B. It aids in gland formation in the endometrium

C. It is responsible for the secondary sex characteristics of females

D. It aids in milk production



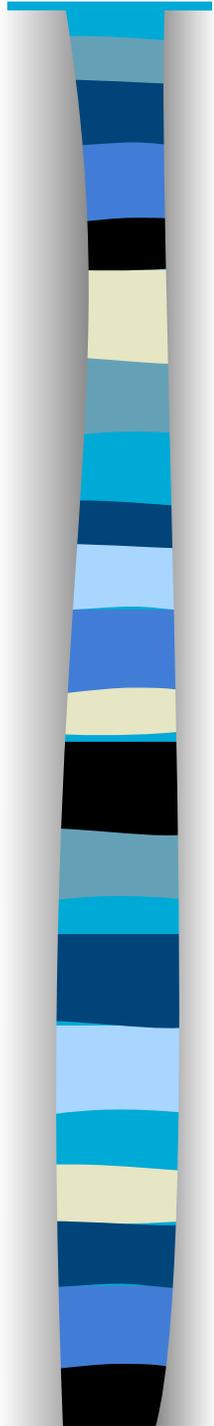
 A 66. What is the term for the exchange of gases that occurs between blood, tissue capillaries, and the body cells?

A. Internal respiration

B. Inspiration

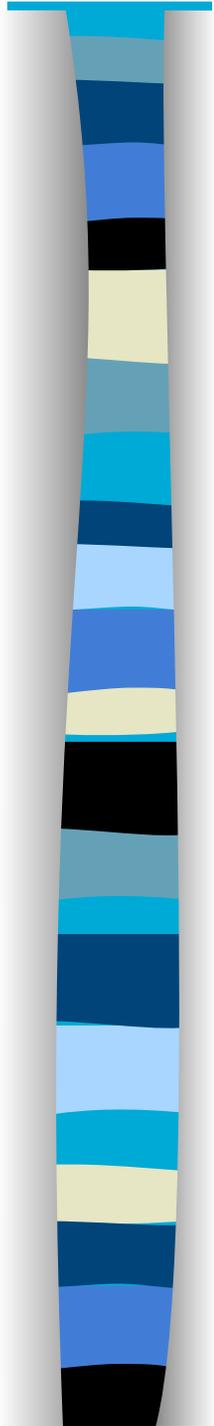
C. External respiration

D. Expiration



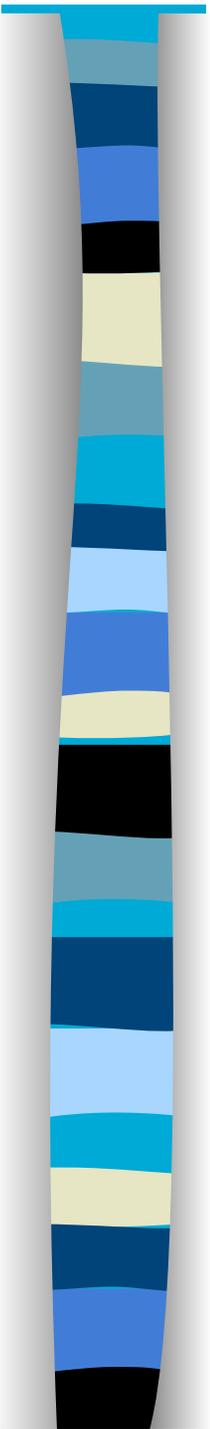
 C 67. Compact bone contains a system of interconnecting canals.
What is this system called?

- A. Trabeculae canals
- B. Osteocyte canals
- C. Haversian canals**
- D. Spinal canal



 A 68. Which structure of the nephron is water permeable?

- A. Descending limb of loop Henle**
- B. Thick ascending limb of loop Henle
- C. Thin ascending limb of loop of Henle
- D. Urethra



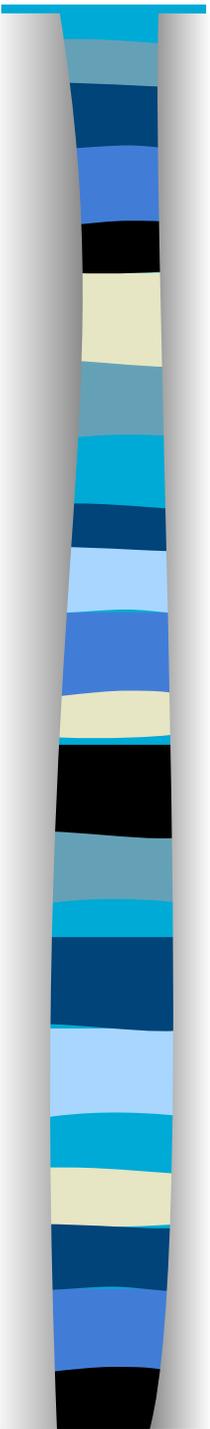
 B 69. How may massage therapy effect a client suffering with anxiety?

A. Increase sympathetic nervous system activation

B. Increase parasympathetic nervous system activation

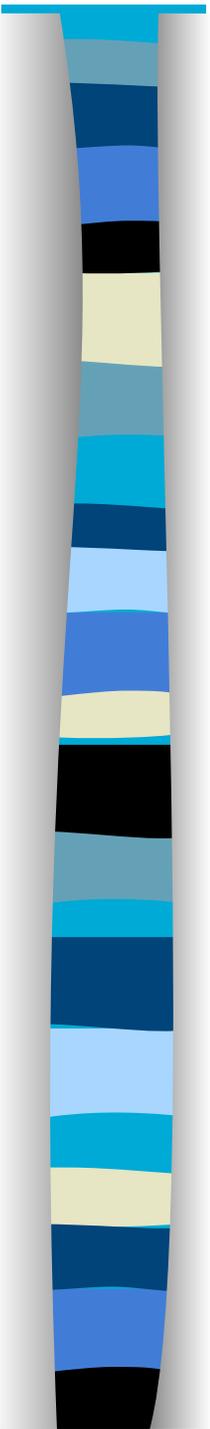
C. Increase muscle tone

D. Increase heart rate



 B 70. Which is the correct anatomical position in Eastern medicine?

- A. Arms down with hands facing front
- B. Arms above the head with hands facing front**
- C. Arms down with hands facing back
- D. Arms in a T-posture with hands facing front



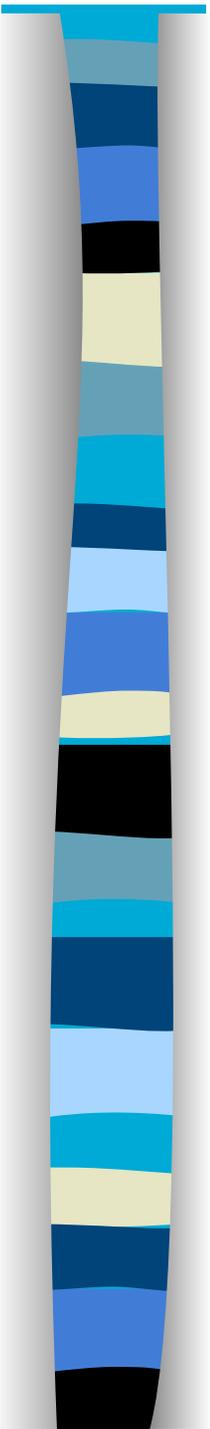
 D 71. What valve is located between the left atrium and left ventricle?

A. Aortic semilunar

B. Pulmonary semilunar

C. Tricuspid

D. Bicuspid (mitral)



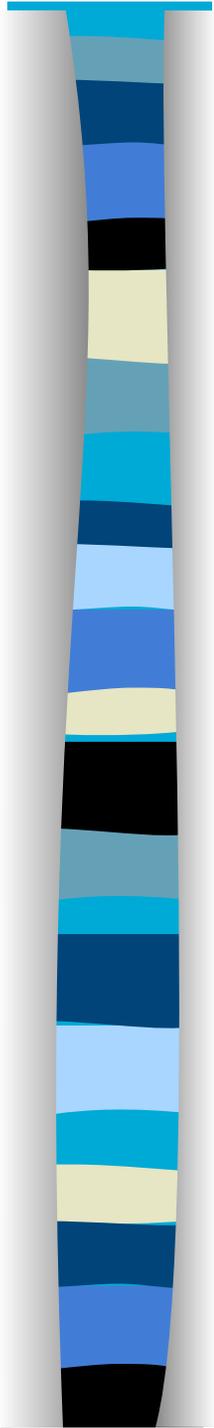
 B 72. Mary is assessing a client's wrist range of motion and she notices that the wrist goes past the normal range of motion. What would this be called?

A. Hypomotility

B. Hypermobility

C. Joint play

D. Joint capsule



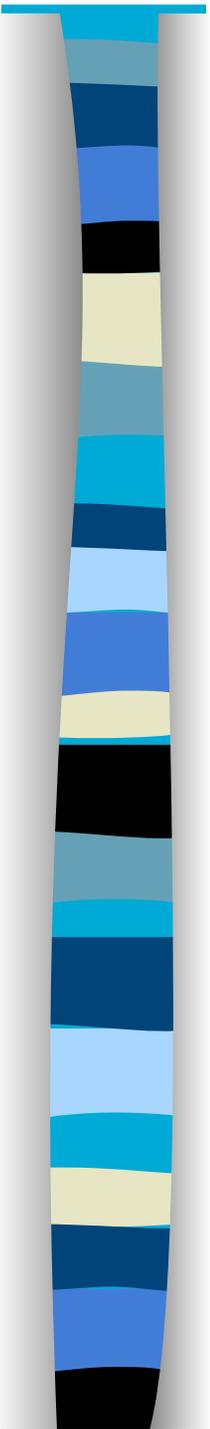
 B 73. Which is a function of the pharynx?

A. Produces digestive enzymes

B. Passageway for air

C. Passageway for blood

D. Produces bile



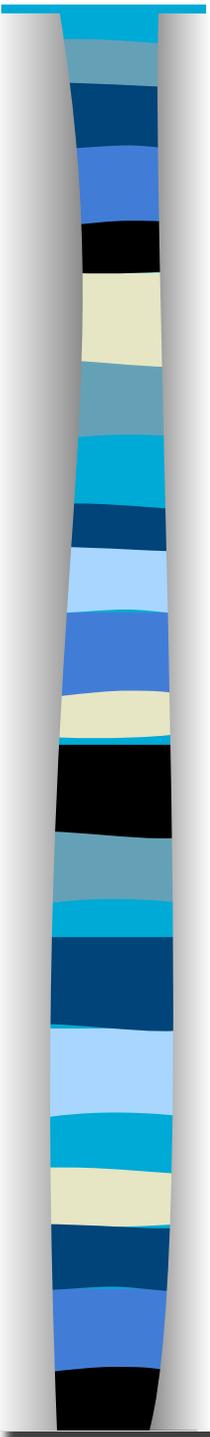
 A 74. Which hormone causes a decrease in blood calcium by inhibiting the action of osteoclasts (cells that break down bones)?

A. Calcitonin

B. Insulin

C. Thymosin

D. Cortisol



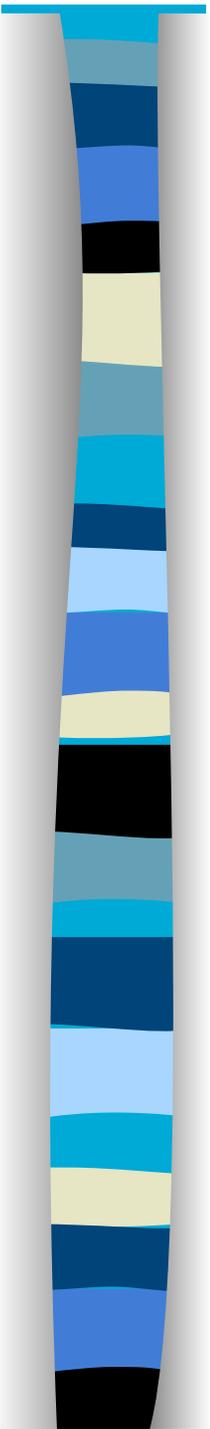
 B 75. What is all of the income generated by business activity considered?

A. Net income

B. Gross income

C. Expense income

D. Overhead income



 A 76. Which of the following prefixes means disease?

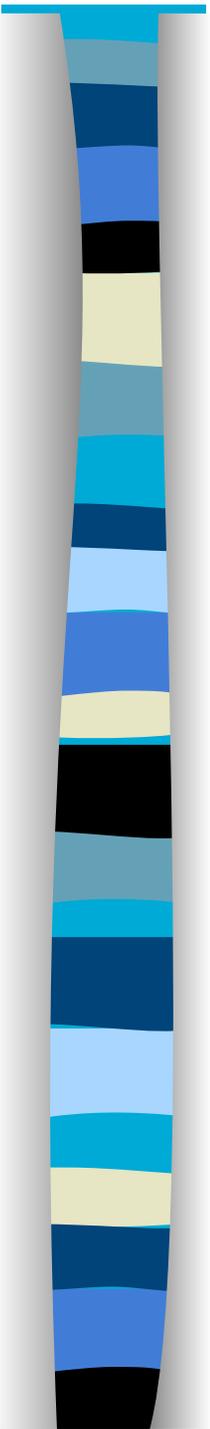
A. Patho-

B. Trans-

C. Retro-

D. Micro-

Pathology

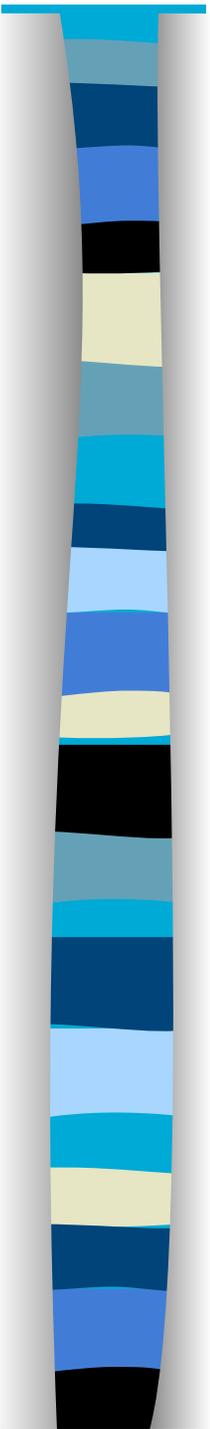


 A 77. Is ice indicated for neuralgia?

A. No

B. Yes

Pathology



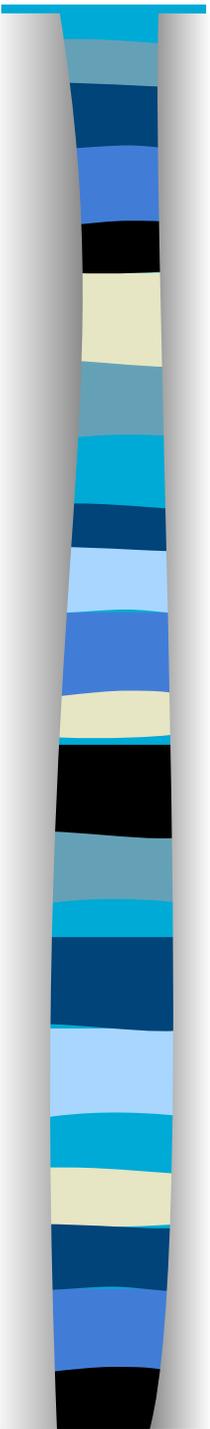
 C 78. Which type of cell helps the skin to be strong, flexible and waterproof?

A. Melanocyte

B. Lymphocyte

C. Keratinocyte

D. Fibrocyte



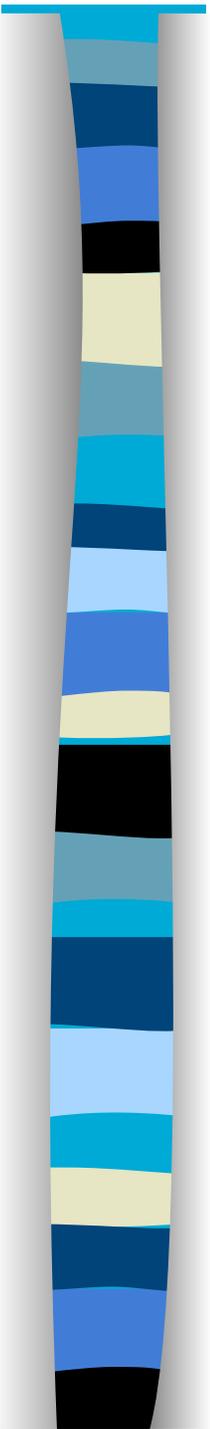
 B 79. Interferon is a small protein compound that plays a very significant role in assisting immune response. What does it fight?

A. Bacterial infection

B. Viral infection

C. Fungal infection

D. Parasites



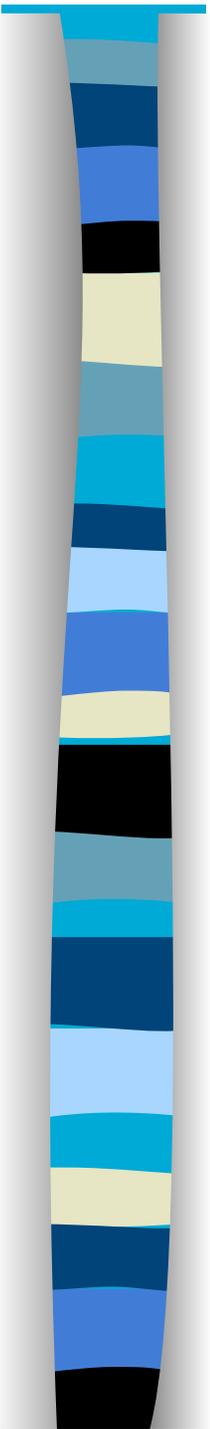
D 80. Which drug class is used to reduce hypertension (high blood pressure) by decreasing water and electrolytes in the kidneys?

A. Beta-blockers

B. Antiarrhythmics

C. Calcium channel blockers

D. Diuretics



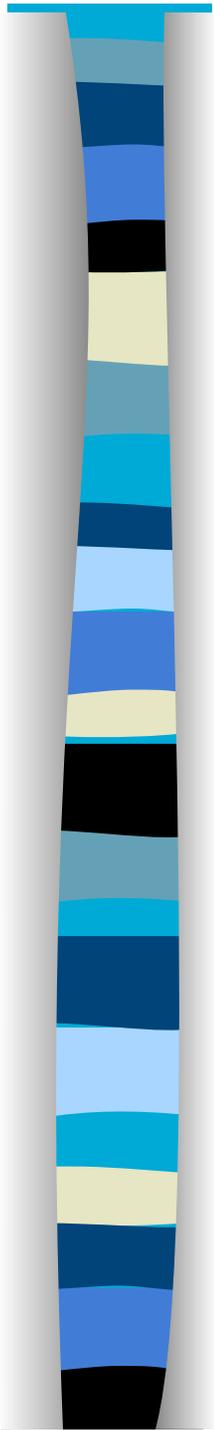
 A 81. Which could be considered sexually inappropriate behavior of the massage professional?

A. Making a statement about how attractive the client is

B. Making a statement about the color of their hair

C. Making a statement about the tightness of the low back

D. Making a statement about how much they generally tip



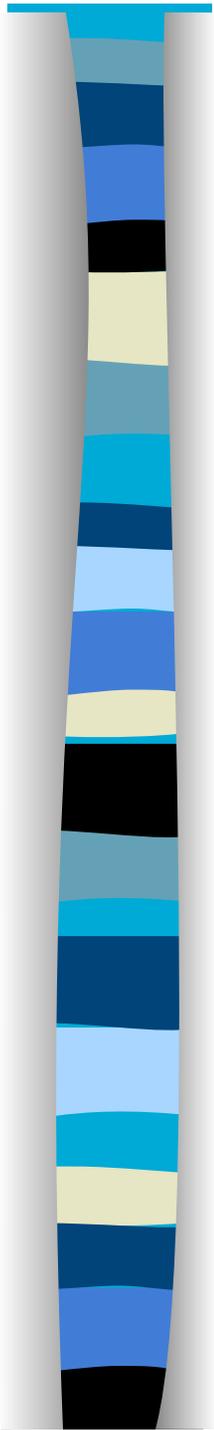
 D 82. Which of the following muscles extends the head and neck?

A. Scalenes

B. Sternocleidomastoid

C. Rhomboid major

D. Trapezius



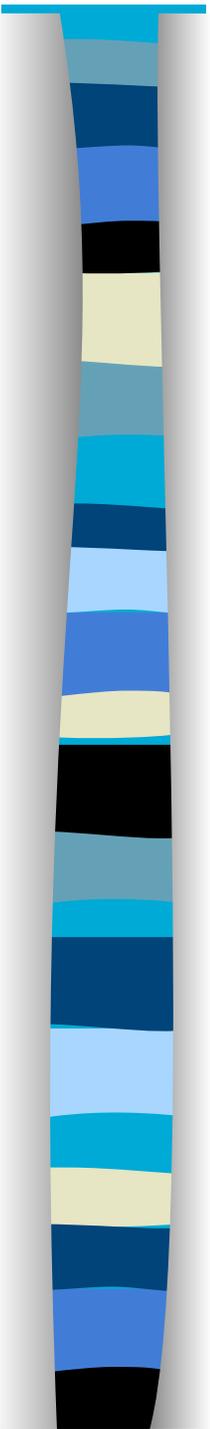
 D 83. Muscles cannot be activated by which of the following?

A. Injury

B. Electric current

C. Heat

D. Micturition



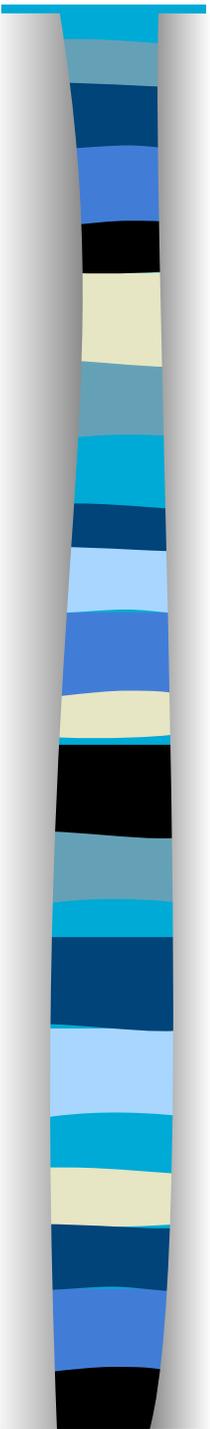
 D 84. What is the name for cells of the nervous system that perform various functions for nerve cells such as support, insulation, and protection?

A. Ganglia

B. Axon

C. Dendrite

D. Neuroglia



 A 85. With the exception of Buerger's Disease, what is the best approach to take for vascular occlusive disease?

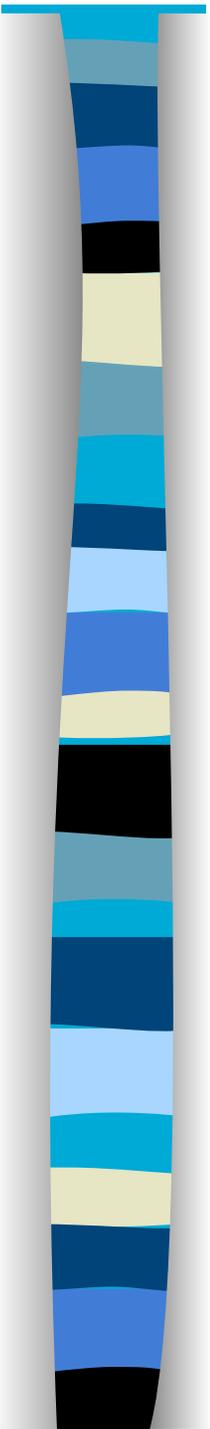
A. Refrain from massage

B. Effleurage and light petrissage

C. Effleurage only

D. Vibration and tapotement

Pathology



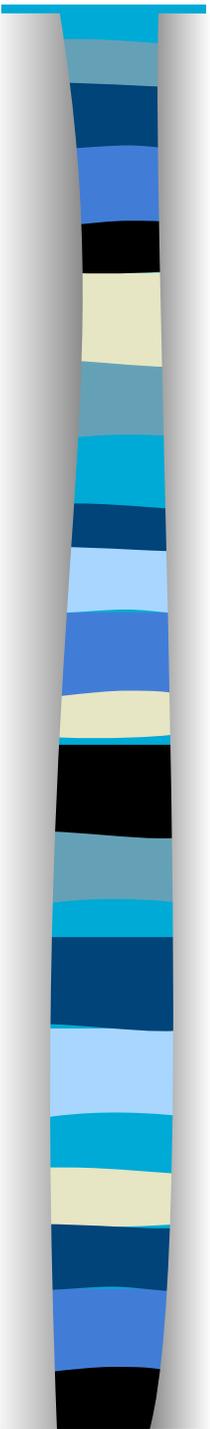
 C 86. Following activity that generates a lot of sweating, which of the following might be a likely cause of muscle cramps and/or muscle pain?

A. Loss of calcium

B. Loss of potassium

C. Loss of sodium

D. Loss of glucose



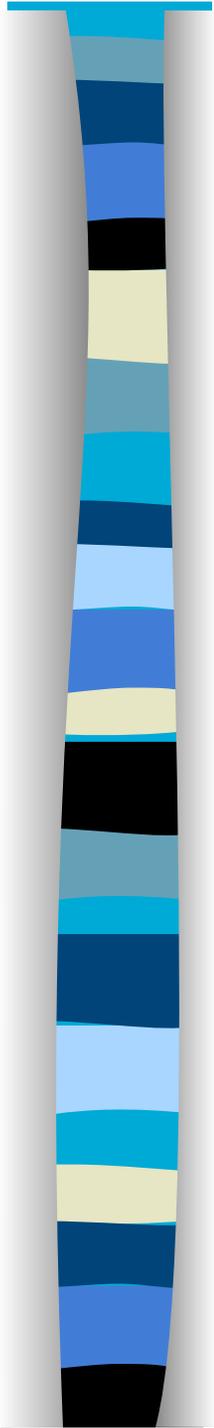
 C 87. What is the name of the structure that discharges a clear secretion in females during sexual arousal, and which is a common site for cysts and abscesses?

A. Labia majora

B. Labia minora

C. Bartholin's glands

D. Prostate gland



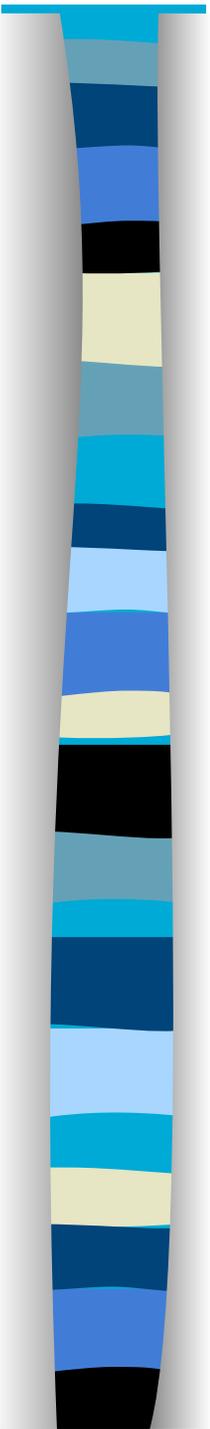
 A 88. Which kind of cells lacks a nucleus?

A. Erythrocyte

B. Leukocyte

C. Lymphocyte

D. Neuron



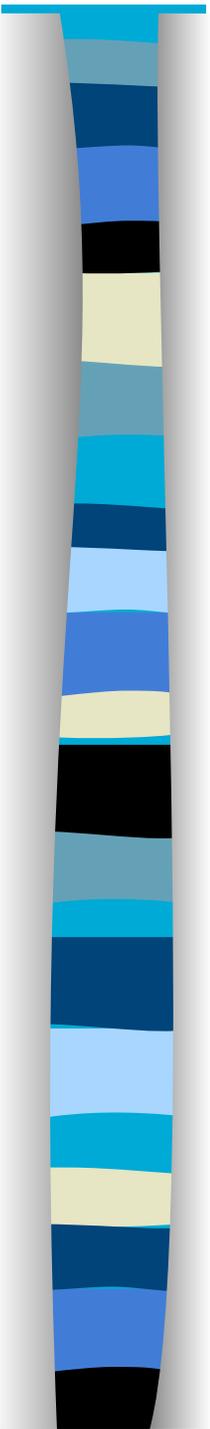
 D 89. Coagulation of the blood does not involve one of the following?

A. Platelets

B. Thrombin

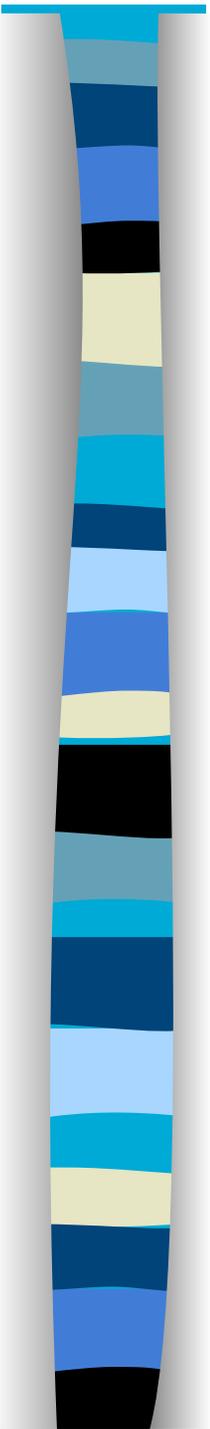
C. Prothrombin

D. Erythrocytes



 A 90. An experienced massage therapist knows that massage therapy techniques have an effect on the body. An effective interview yields important information about the type of massage that would benefit the client. Which of the following is true?

- A. Excessive sympathetic nervous system activation is balanced by a relaxing massage**
- B. Excessive sympathetic nervous system activation is balanced by a stimulating massage
- C. Excessive parasympathetic nervous system activation is balanced by a relaxing massage
- D. Massage has very little effect on the autonomic system



 A 91. Dysphagia is difficulty in doing which activity?

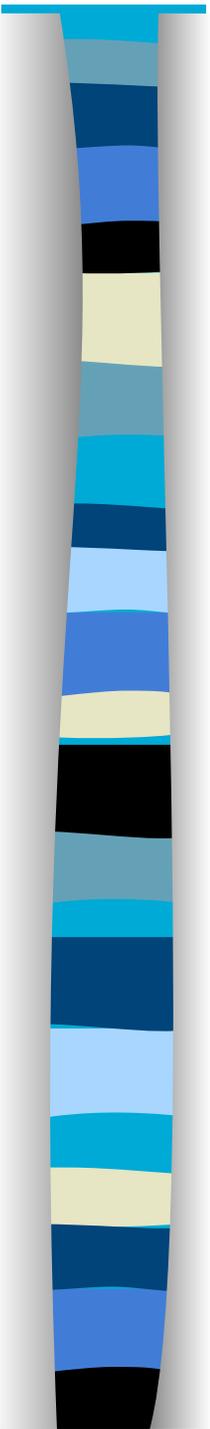
A. Swallowing

B. Speech production

C. Hearing

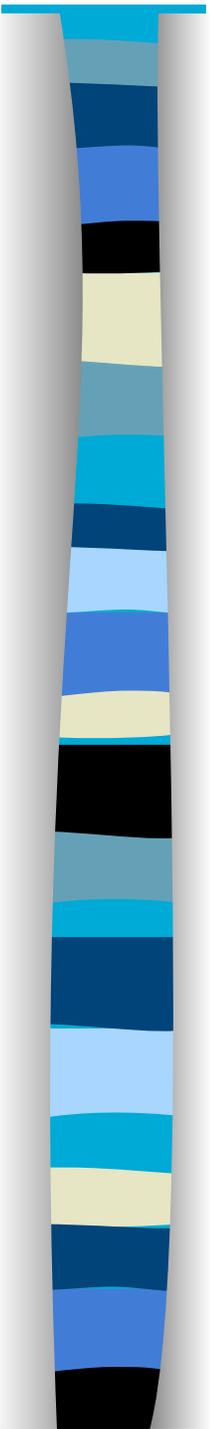
D. Micturition

Pathology



D 92. Which of the following effects is not true of human growth hormone, as produced by the human body?

- A. Increases protein synthesis
- B. Promotes fat breakdown
- C. Promotes glucogenesis in the liver
- D. Breakdown of carbohydrates**



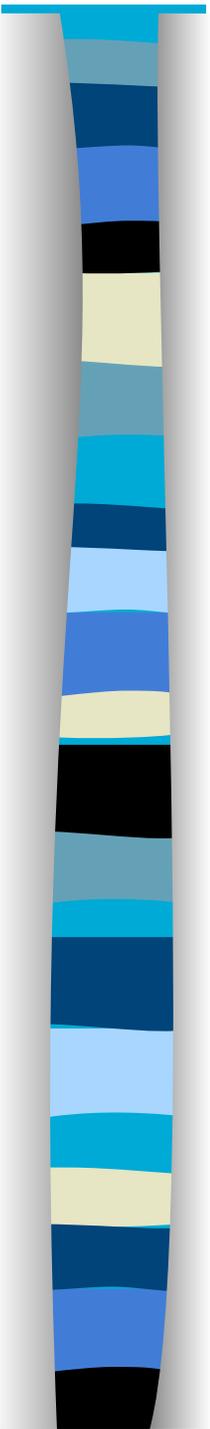
 D 93. Which is the appropriate response when a client requests sexual release during a massage/bodywork session?

A. Call the police immediately

B. Inform the client that more money is required for that service

C. Ask the client to leave

D. Explain the scope of practice and give the client a second chance



 C 94. Which is the branch of biology that studies the function of living things?

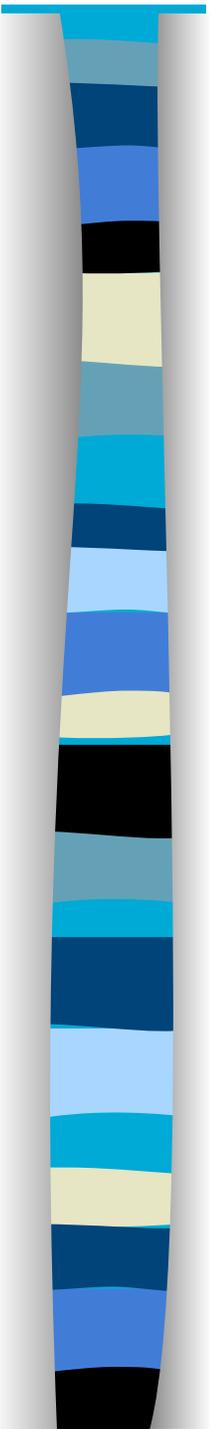
A. Anatomy

B. Morphology

C. Physiology

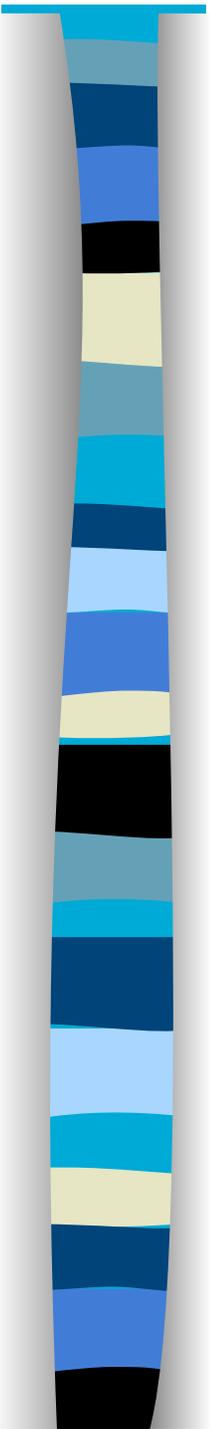
D. Ecology

Anatomy and Physiology



 D 95. If a client has edema in the foot, what client position should be used to aid in reduction of the edema?

- A. Prone with legs flat on the table
- B. Seated in a massage chair
- C. Supine with legs flat on the table
- D. Supine with legs elevated**



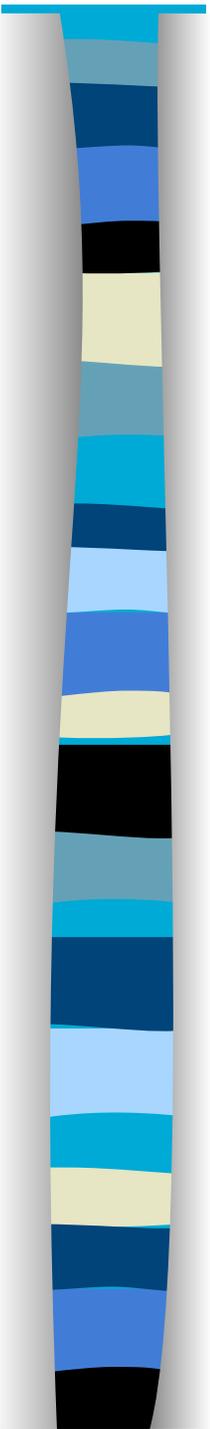
 D 96. Which of the following does not attach to the coracoid process of the scapula?

A. Short head of biceps brachii

B. Coracobrachialis

C. Pectoralis minor

D. Pectoralis major

An anatomical diagram of the posterior arm, showing a vertical cross-section of the arm. The arm is tapered from top to bottom. The diagram is divided into several horizontal layers of different colors: light blue, dark blue, black, yellow, light blue, cyan, dark blue, light blue, dark blue, yellow, black, light blue, cyan, dark blue, light blue, cyan, yellow, dark blue, light blue, and black. The layers represent different muscles and tissues.

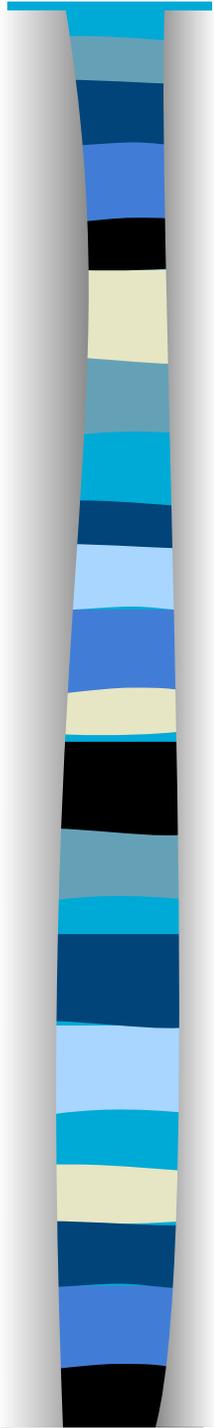
 D 97. Which muscle extends the elbow?

A. Biceps brachii

B. Brachialis

C. Brachioradialis

D. Triceps brachii



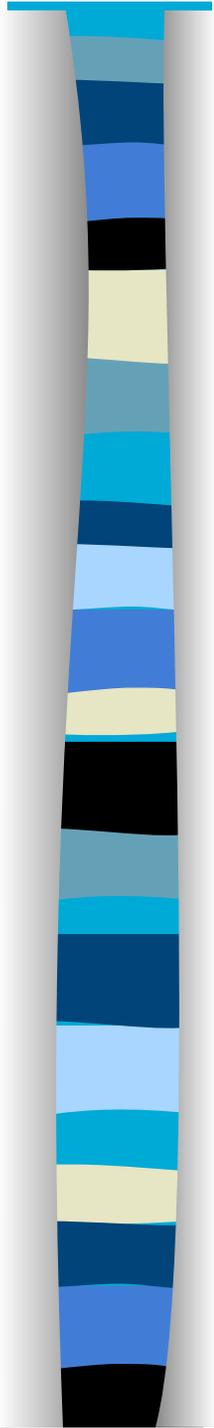
 B 98. What is a flat tendon sheet of fibrous tissue called?

A. Fibrous

B. Aponeurosis

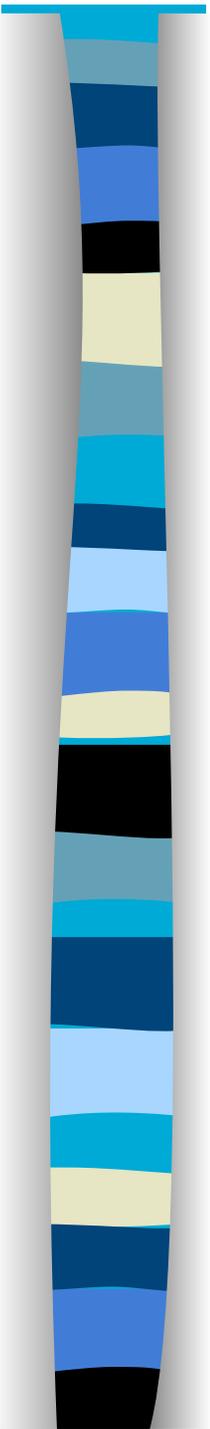
C. Ankylosis

D. Fibrositis



 D 99. The primary motor cortex is located in what lobe of the brain?

- A. Parietal
- B. Occipital
- C. Temporal
- D. Frontal**



 D 100. Which massage technique is indicated for rheumatoid arthritis in remission?

A. Friction

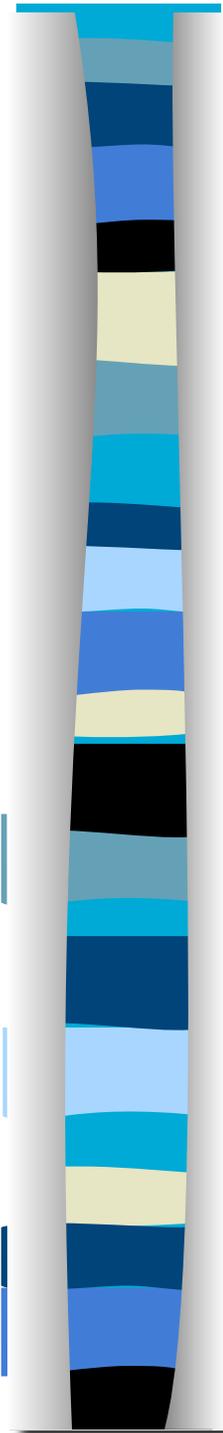
B. Deep petrissage

C. All massage is contraindicated

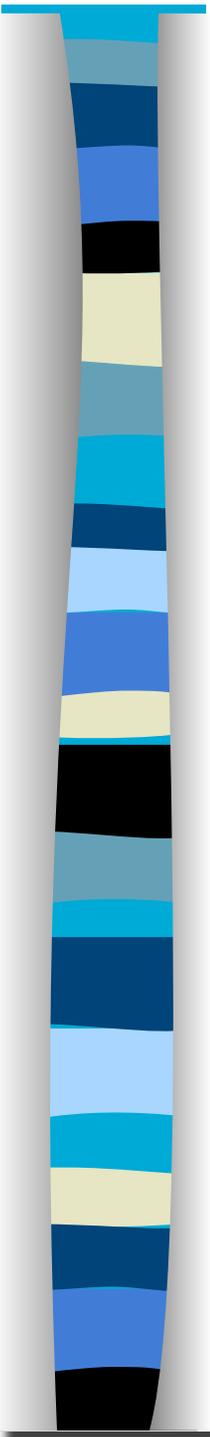
D. Light effleurage

Pathology

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



80a MBLEx Prep

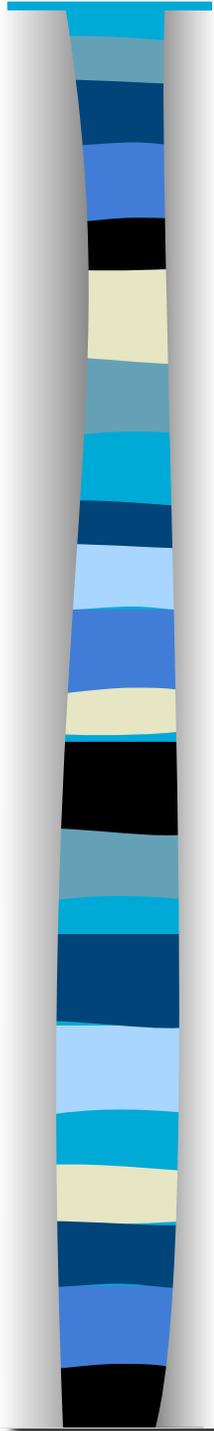


Exam 4

Question 18: WRONG ANSWER

Which is a general definition of professional ethics?

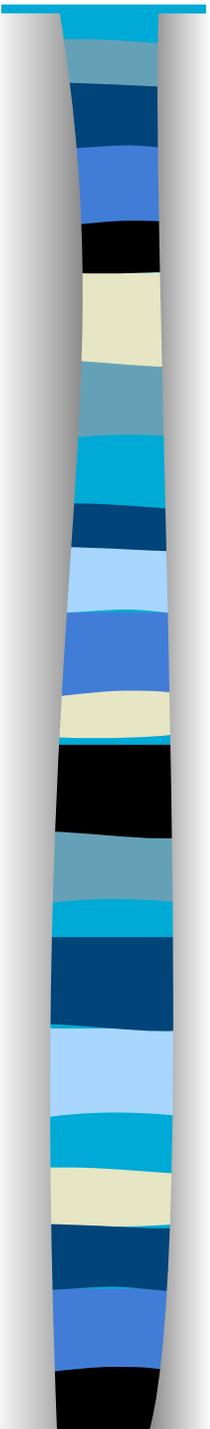
- **Principles and distinctions that clarify right and wrong as well as moral obligations**
- Ability to work with other colleagues
- The ability to work comfortably with a variety of client personalities (MassagePrep.com answer)
- None of these



Exam 4

Question 27: BAD QUESTION!!!

Chewing is mastication, not mastification!



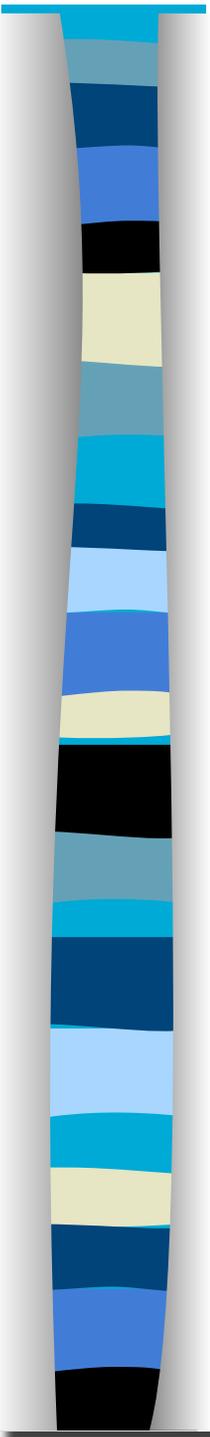
Exam 4

Question 35: BAD QUESTION

What is a junction between 2 neurons called?

- **Synapse and synaptic cleft**
- Synaptic knob
- Synaptic cleft
- Polarization

Salvo, p. 608, states that the junction between 2 neurons is a synapse. That was not an option. According to Salvo, the cleft is part of the synapse, so technically the correct answer is redundant. Polarization is obviously wrong, and to say the junction is the cleft seems obviously inadequate.

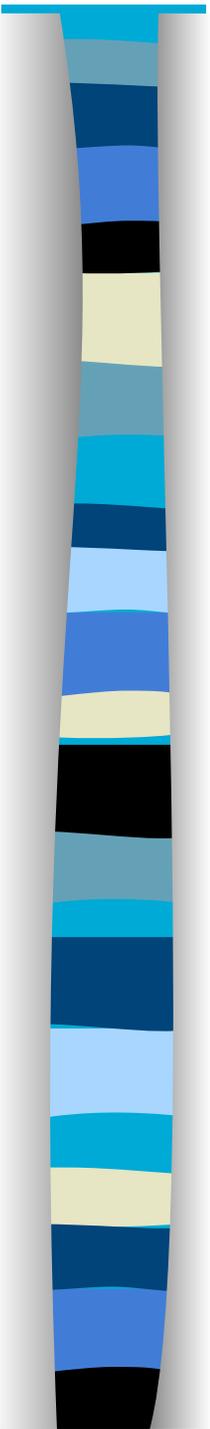


Exam 4

Question 57: I'VE NEVER HEARD OF THAT!

Which is the best medium for massaging acne scars?

- **Lanolin**
- Belt (?)
- Aloe vera
- Cocoa butter



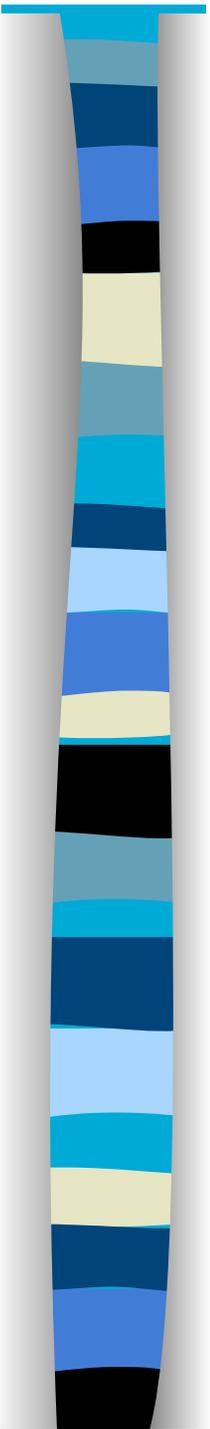
Exam 4

Question 70: BAD QUESTION

Which is the organ that filters dead tissue and foreign matter?

- **Spleen**
- Gall bladder
- Pancreas
- Liver

Neither Salvo (p. 695) nor S&F (p. 312) state this as such. Probably deducible as the liver is mainly filtering what is absorbed from the digestive system, whereas the spleen is involved in recycling red blood cells (it apparently also kills them, so the wording of the question is not completely helpful).



Exam 4

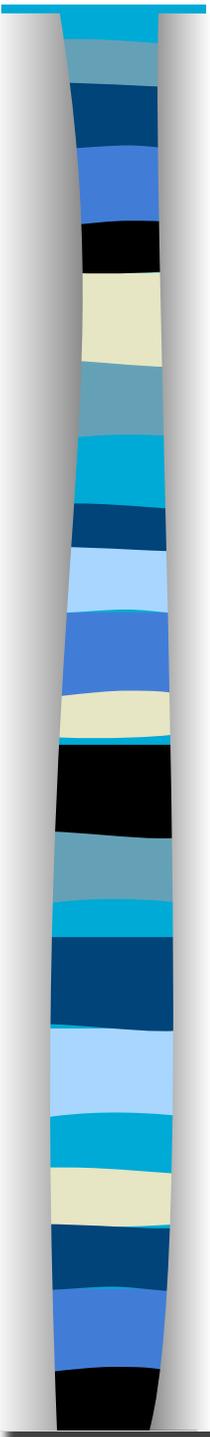
Question 106: WRONG ANSWER

Where do you find simple columnar cells?

- Urinary (transitional epithelium)
- **Respiratory**
- **Digestive**
- All (MassagePrep.com answer)

S&F (p. 41) lists digestive, respiratory and reproductive. No mention of urinary. No examples in Salvo. Not sure if the “correct” answer is wrong, or the info is ultra micro.

Salvo pg. 392-395

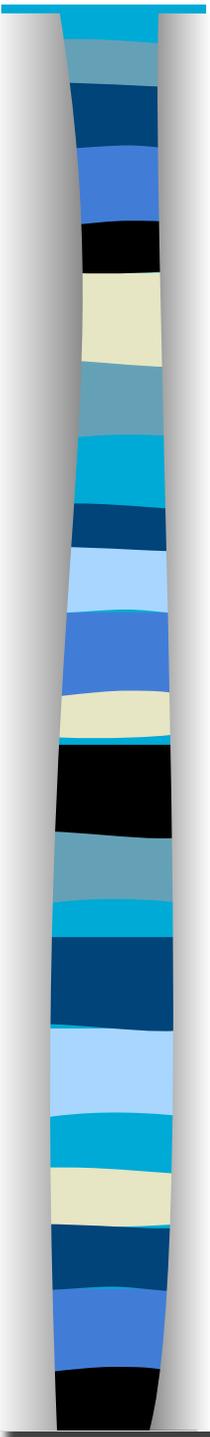


Exam 4

Question 112: CHALLENGING ANSWER SELECTION

Which is the deepest layer of lateral abdominal muscle?

- Rectus abdominis
- Serratus anterior
- Teres minor
- **External oblique (best of the available answers)**

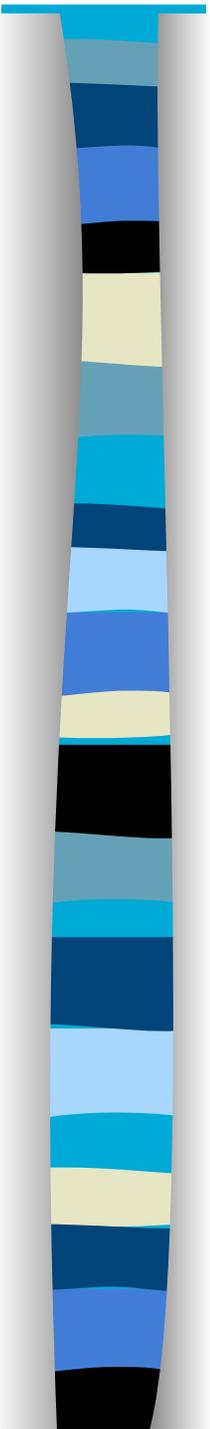


Exam 5

Question 1

Which of the following is the term for a cell that does not have a nucleus?

- **Eukaryote**
- Prokaryote (pro- means “before”, and kary means “kernel or nut”)
- Organelle
- Macrophage

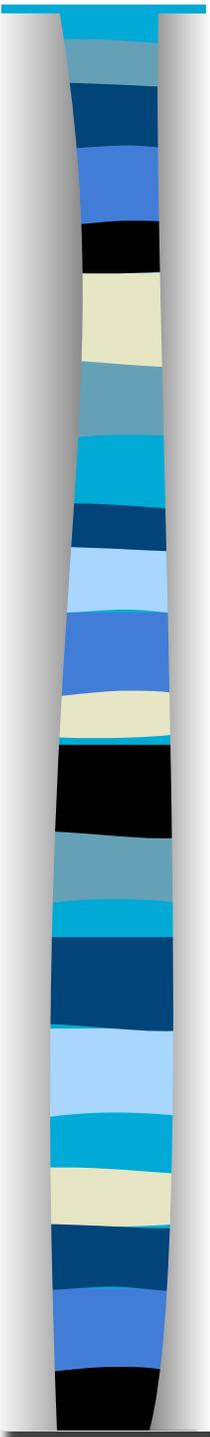


Exam 5

Question 6: PROCESS OF ELIMINATION!!!

Which tissue layers in the GI tract contain blood vessels?

- Mucosa
 - Muscularis
 - **All of the options**
 - Serosa and submucosa
-
- Avascular tissues include epidermis, cartilage, and cornea

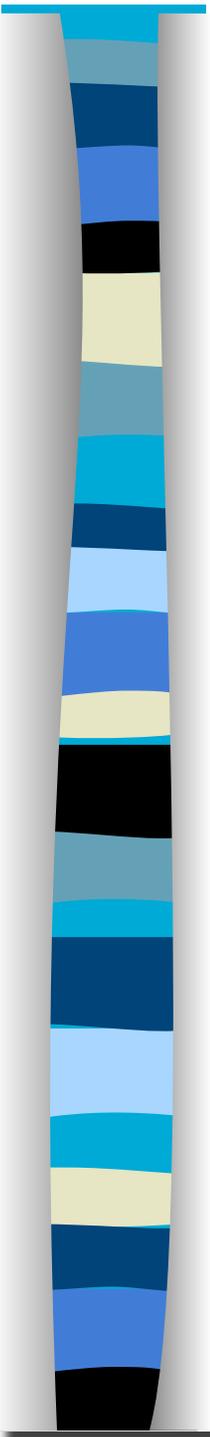


Exam 3

Question 24: WRONG ANSWER!!!

Which hormone raises blood glucose levels?

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

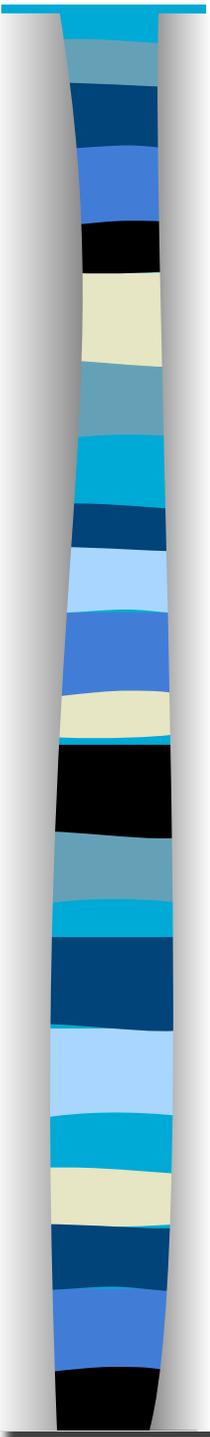


Exam 3

Question 26: WEIRD QUESTION!!!

Which joint helps to stabilize the scapula?

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

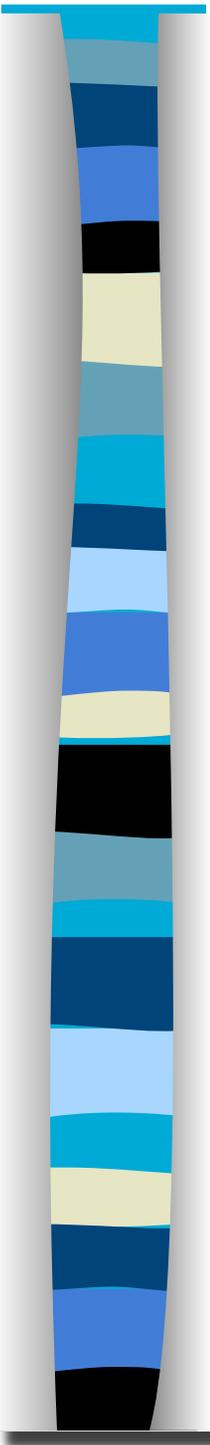


Exam 3

Question 27: NEVER HEARD OF THAT!!!

Which technique do you use for postural drainage?

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



Exam 3

Question 34: DETAILS!!!

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

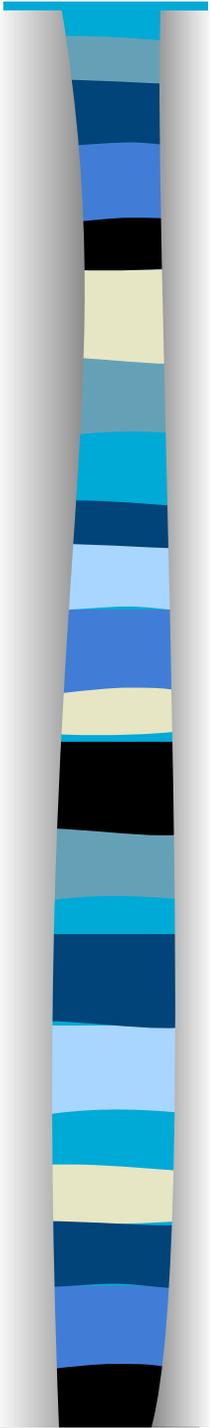
- o Fever intensifies the effects of interferons
- o Fever interferes with pathogen metabolism and inhibits pathogen growth
- o Fever increases the metabolic rate of tissue cells in general, speeding up repair processes
- o **All of the options**

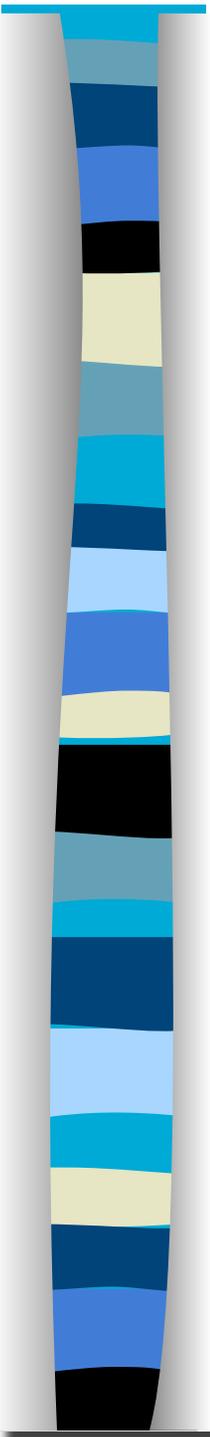
Exam 3

Question 35: TRICKY ANSWER SELECTION!!!

What is the name for the dark area of dense material that separates sarcomeres from each other?

- A band
- H zone
- Z disc**
 - Also called a Z line
- None of the options



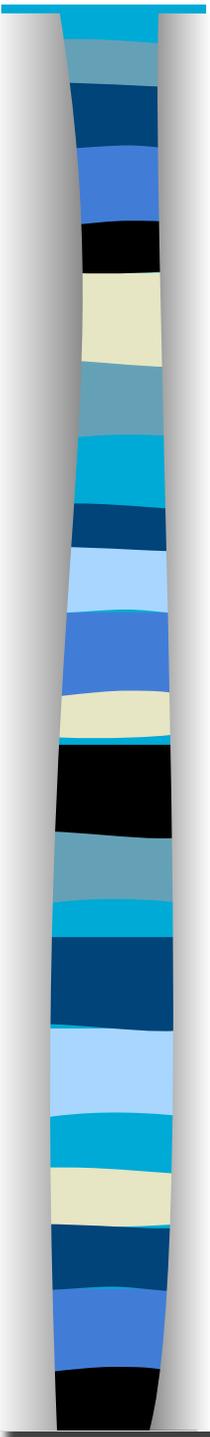


Exam 3

Question 40: TRICKY MUSCLE NAMES!!!

Which muscle dorsiflexes and everts the foot?

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

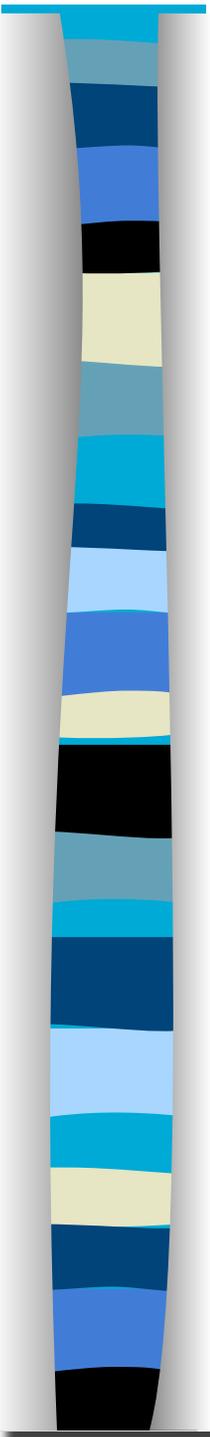


Exam 3

Question 41: TRICKY!!!

Which of the following causes sweating?

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

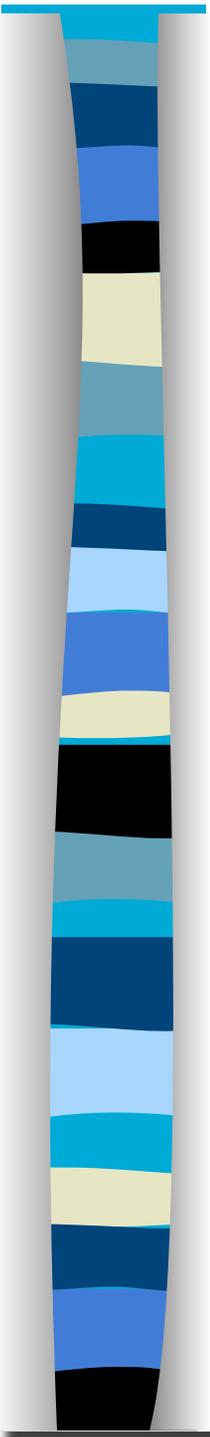


Exam 3

Question 45: TRICKY!!!

What method cleanses but does not kill all pathogens?

- Disinfectant**
- Asepsis
- Fumigant
- Antiseptic

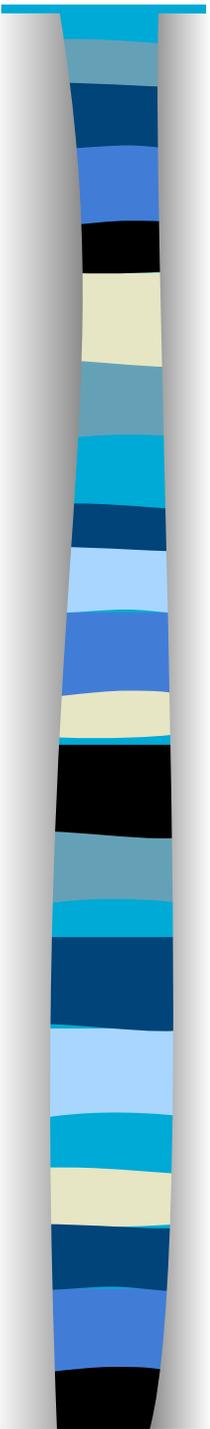


Exam 3

Question 49: WHATS THAT???

When should you not use a mechanical vibrator?

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

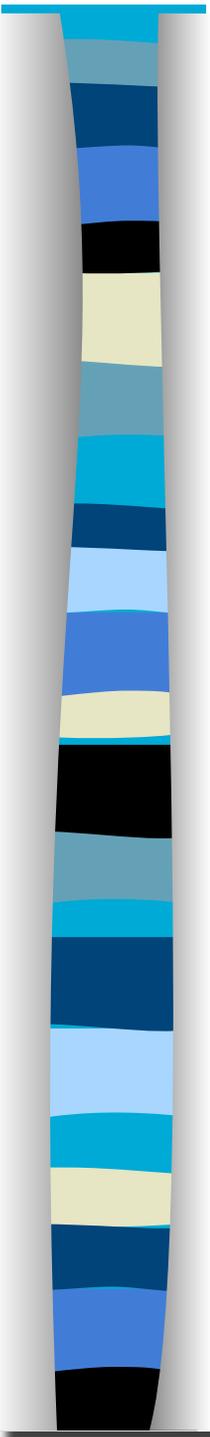


Exam 3

Question 53: TRICKY ANSWERS!!!

When should you not use a mechanical vibrator?

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

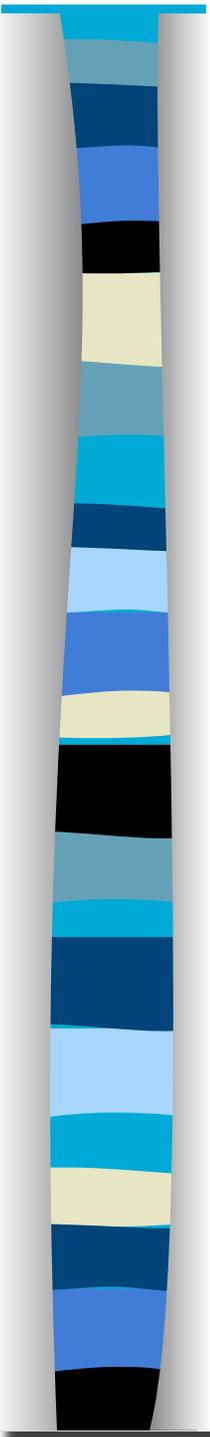


Exam 3

Question 57: DETAILS!!!

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

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



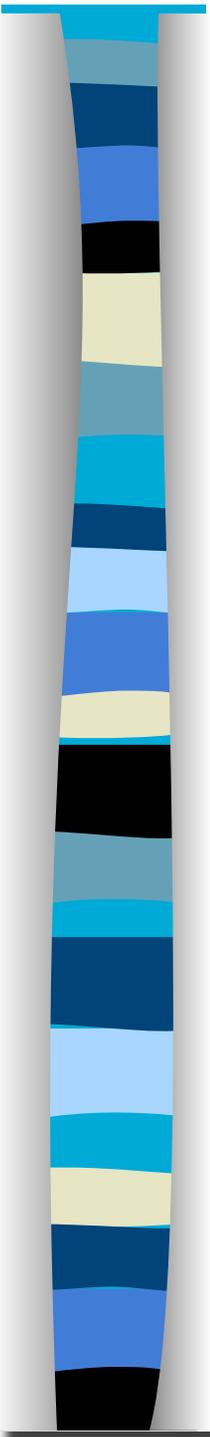
Exam 3

Question 64: BAD ANSWER SELECTION!!!

What percentage of the body is water?

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

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

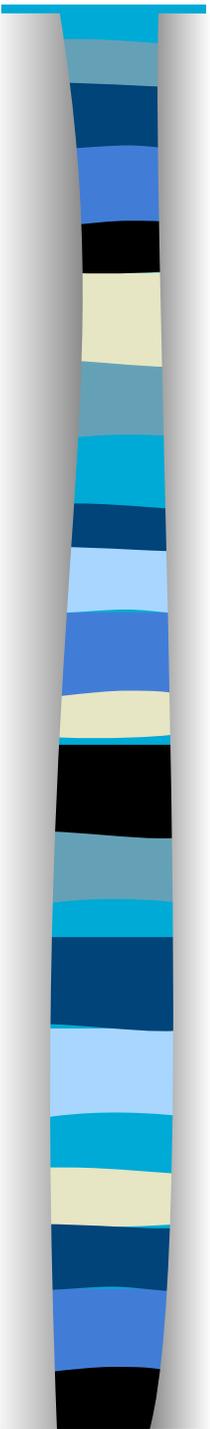


Exam 3

Question 68: BAD ANSWER SELECTION!!!

What is the function of lymph nodes?

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

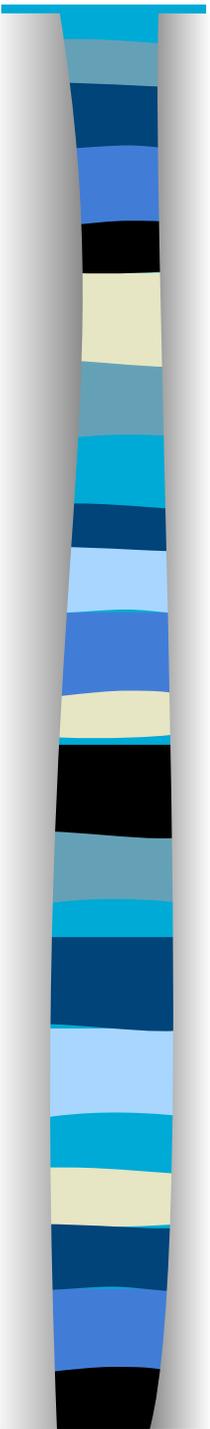


Exam 3

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

What are the two layers of the serous pericardium?

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

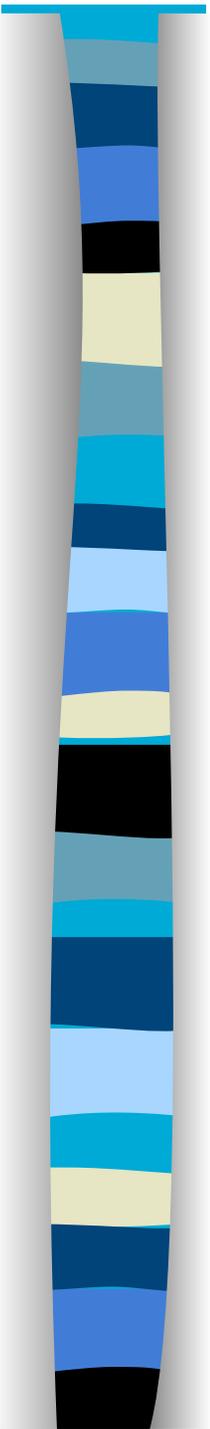


Exam 3

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

Which of the following develops from the mesoderm germ layer?

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

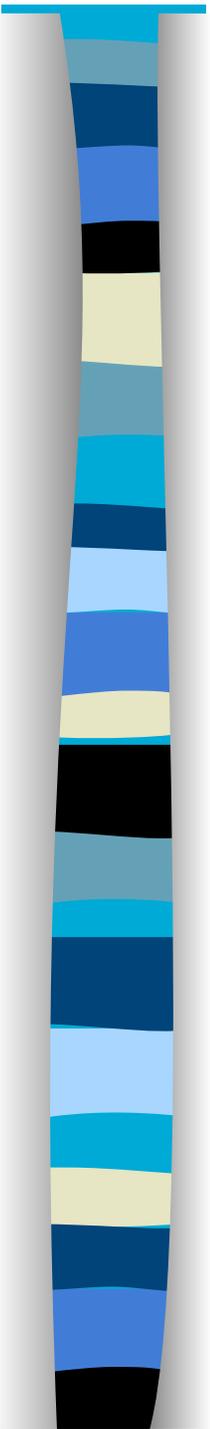


Exam 3

Question 87: DETAILS!!!

What is the function of the liver?

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

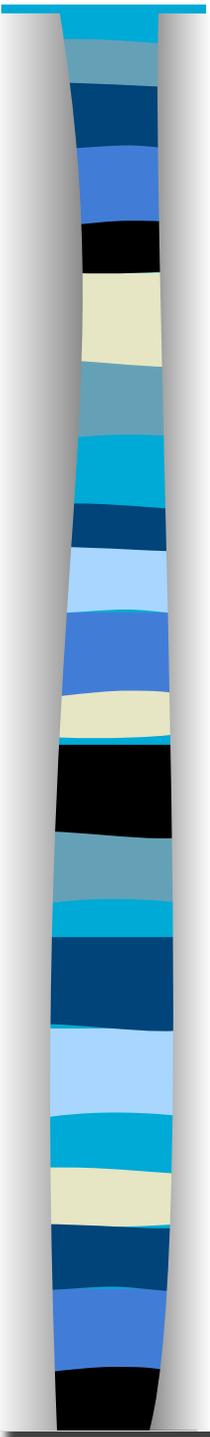


Exam 3

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

What is an ascending tract?

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

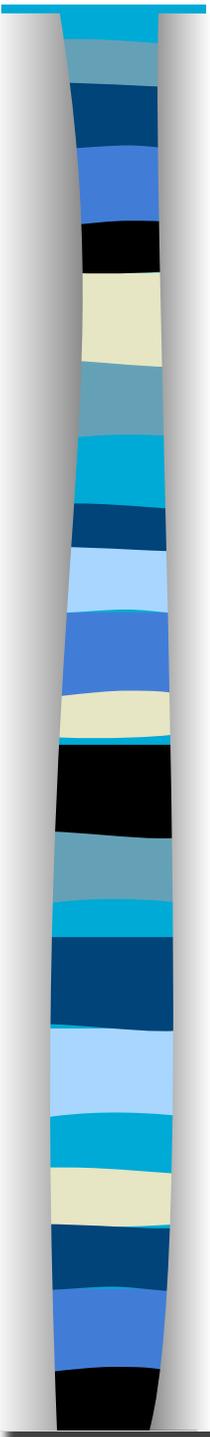


Exam 3

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

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

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

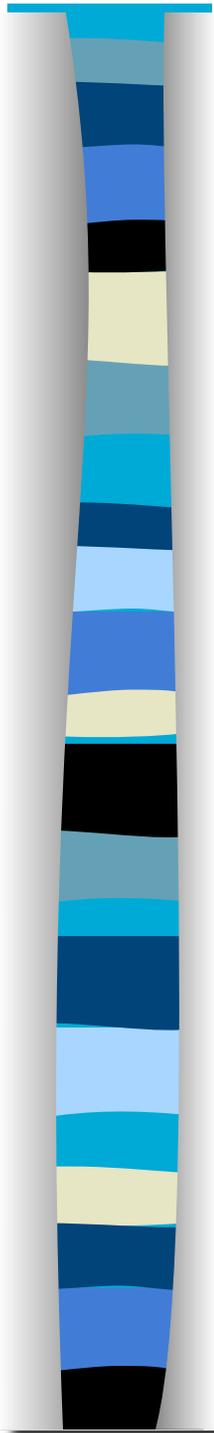


Exam 3

Question 117: DETAILS!!!

How much blood does the spleen normally contain on average?

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



Doubles the number of chromosomes while meiosis halves the number of chromosomes

Mitosis

Meiosis

Feldenkrais Method

Hellerwork

Jin Shin Do

Tui na

Exocrine, endocrine, pancreas

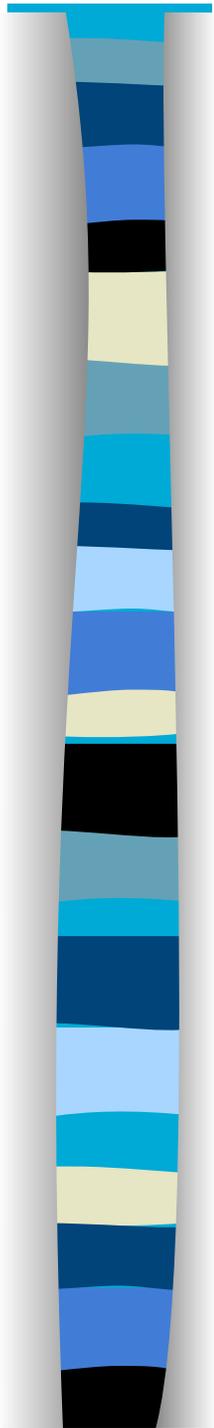
E1Q7: WRONG, should be hyaluronic acid

Collagen fiber

Elastin

Fibroblast stem cell

Hyalauronic acid



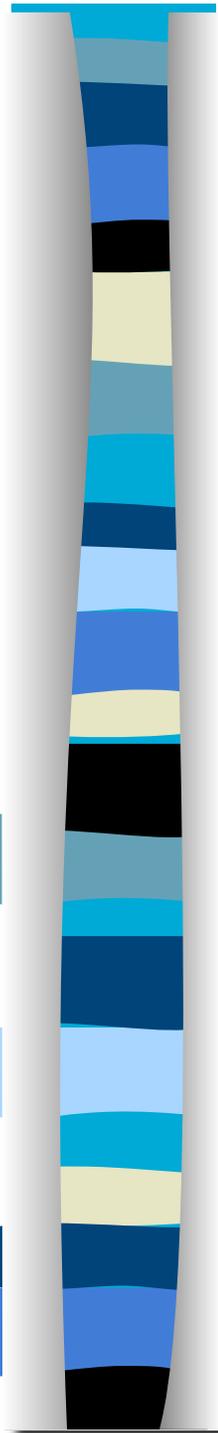
E1Q9
Cystitis
Cholesterolitis
Bilitis
Cholecystitis

E1Q10
Early stage of hypothyroidism, warm room, basal temperature drops, intolerant of cold

E1Q11
Specific defense mechanisms, lymphocytes, antibodies produced by B cells, inflammation
Non-specific defense, macrophages, inflammatory responses

E1Q13 capillaries have the lowest blood velocity due to smooth muscles closing access

E1Q14 Subacute, between acute and chronic



E1Q14 Contraindication for paraffin, arthritic joints

E1Q15 Skin lets the most heat out

E1Q17 infraspinalis is also partially superficial

E1Q19 if rescue breathing does not make the person's chest rise,

E1Q21 Business exemption, operating business out of a home