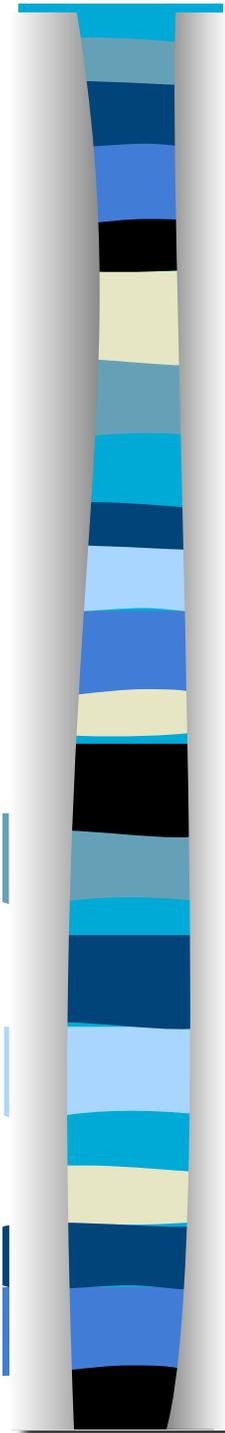
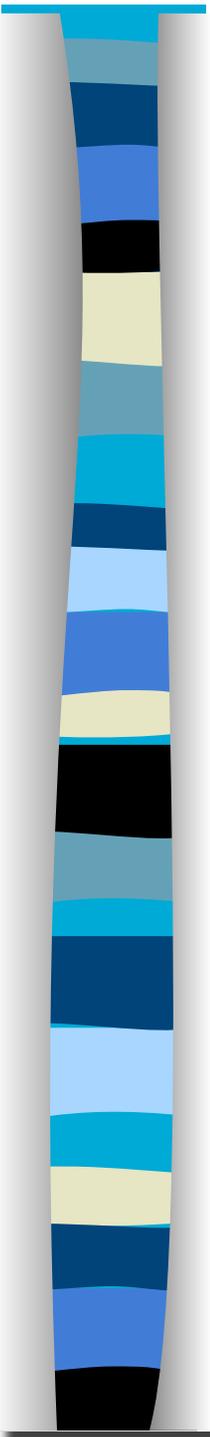


81a MBLEx Prep



81a MBLEx Prep

Class Outline



5 minutes

Attendance, Breath of Arrival, and Reminders

10 minutes

Lecture:

25 minutes

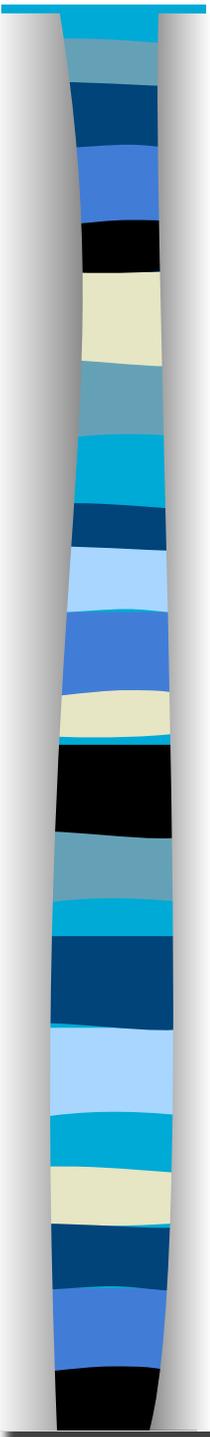
Lecture:

15 minutes

Active study skills:

60 minutes

Total



81a MBLEx Prep

Class Outline

Quizzes:

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

Spot Checks:

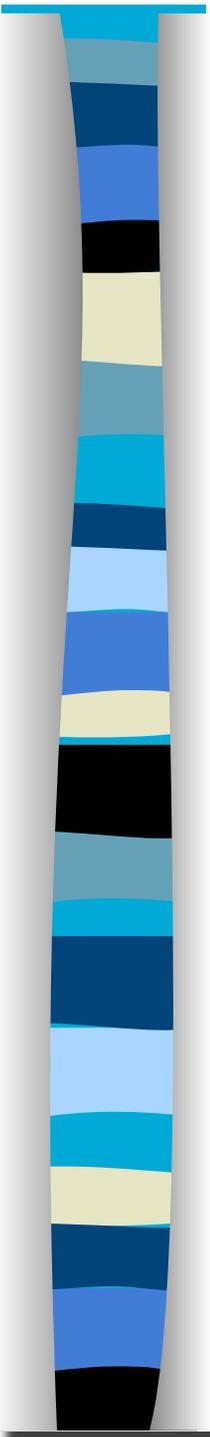
- 81b Orthopedic Massage: Spot Check – Rotator Cuff & Carpal Tunnel
- 84b Orthopedic Massage: Spot Check – Thoracic Outlet

Assignments:

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

Preparation for upcoming classes:

- 82a Orthopedic Massage: Introduction - Thoracic Outlet
 - Trail Guide: scalenes, pectoralis minor, coracobrachialis
 - Packet J: 97-101.
- 82b Orthopedic Massage: Technique Demo and Practice - Thoracic Outlet
 - Packet J: 102-106.



Classroom Rules

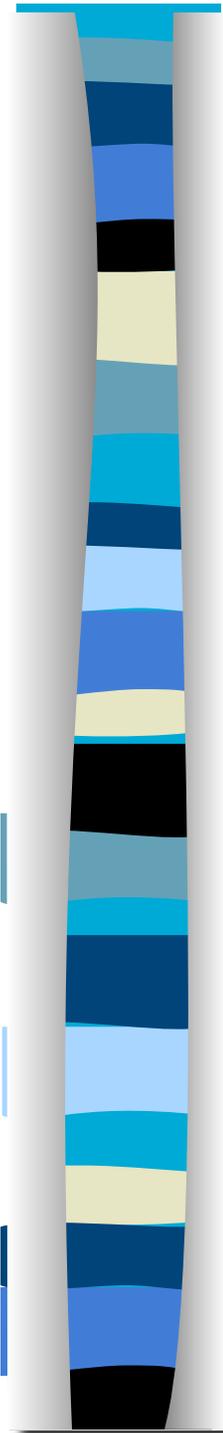
Punctuality - everybody's time is precious

- 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:

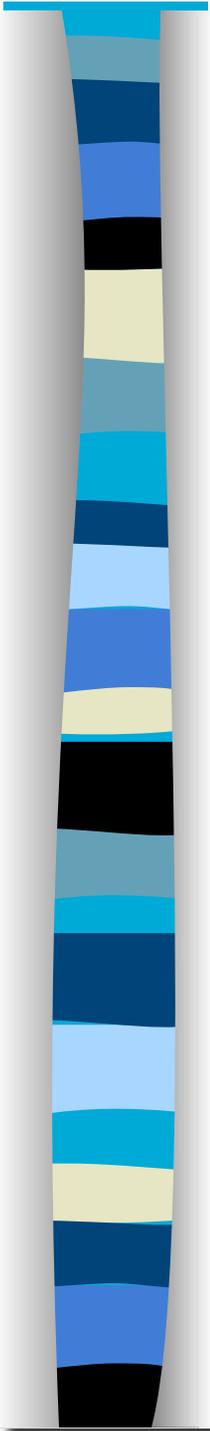
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

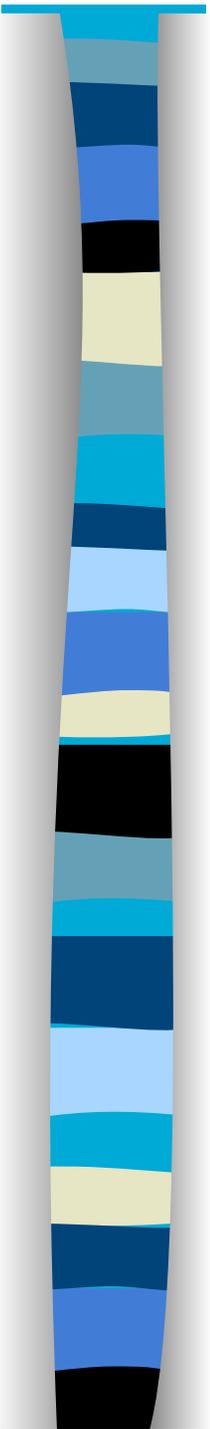
You will receive one verbal warning, then you'll have to leave the room.



81a MBLEx Prep

Final Simulation MBLEx Exam Part 6





 B 1. What is the definition of an indication for massage?

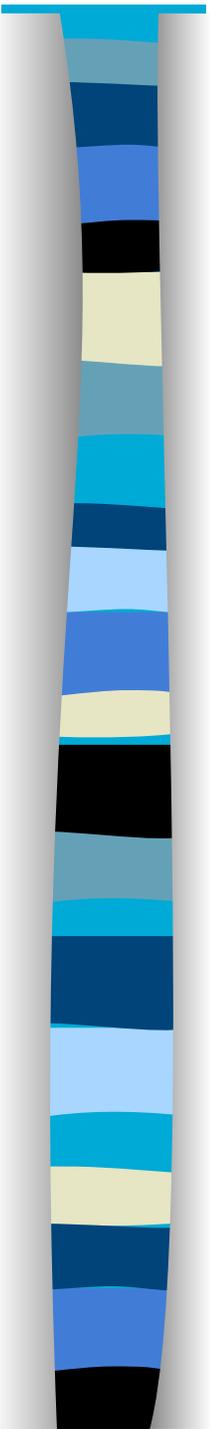
A. When a massage or body technique might cause harm

B. When a massage or body technique is beneficial for a particular condition

C. When the clients doctor recommends it

D. When the client asks for a particular technique

Pathology



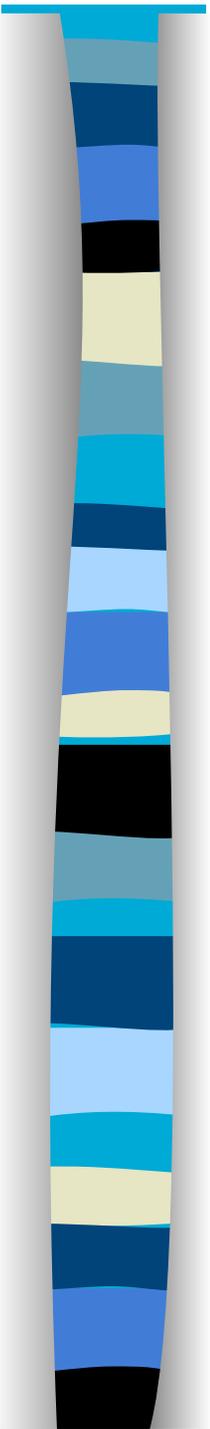
 A 2. Which hormone produced by the kidney stimulates red blood cell production in the bone marrow?

A. Erythropoietin

B. Renin

C. Aldosterone

D. Insulin



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

A. Light effleurage in the direction of lymph flow

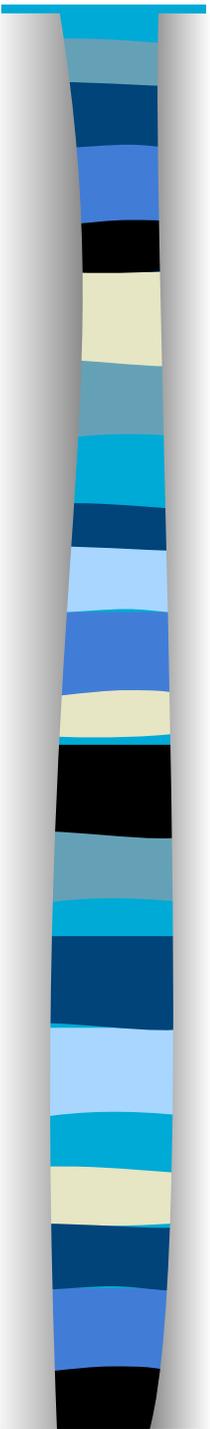
B. Friction around the joint

C. Light effleurage in the opposite direction of lymph flow

D. Vibration and tapotement around the joint

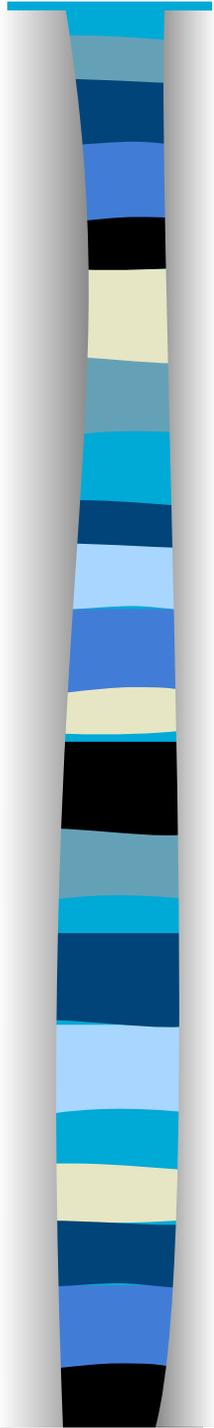
Pathology

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



 B 5. 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 (PNS)
- D. Somatic nervous system



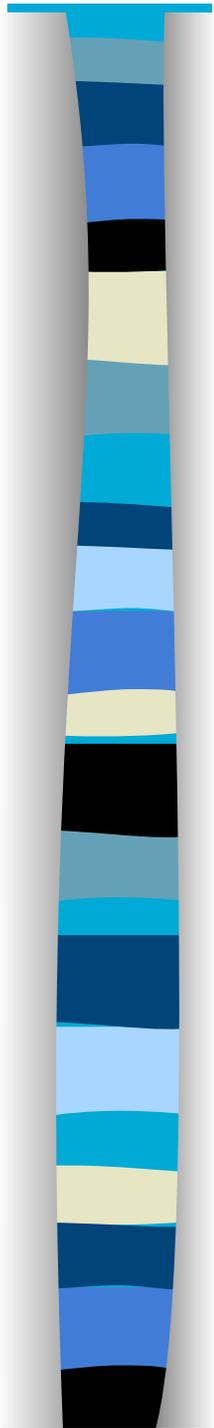
 B 6. What is a flat tendon sheet of fibrous tissue called?

A. Fibrous

B. Aponeurosis

C. Ankylosis

D. Fibrositis



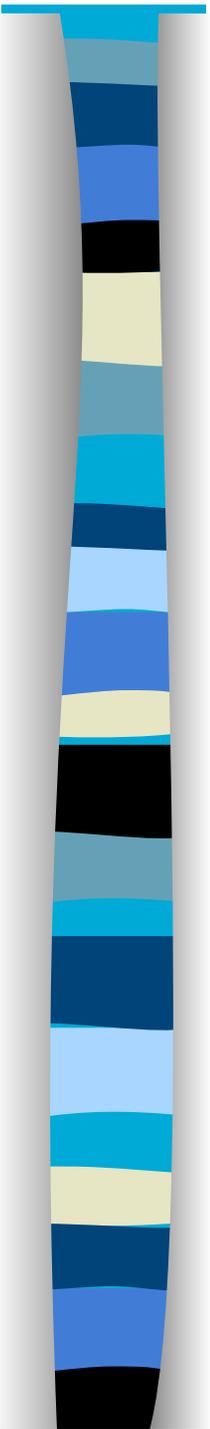
 C 7. Which is an action of latissimus dorsi?

A. Extends neck

B. Elevates pelvis

C. Extends shoulder

D. Spreads ribs



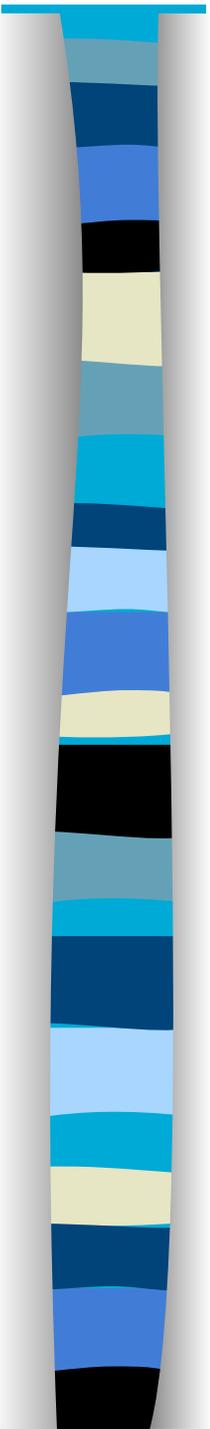
 A 8. Which is not a possible side effect of antihypertensive medications?

A. Hypertension

B. Dizziness

C. Headaches

D. Potassium loss



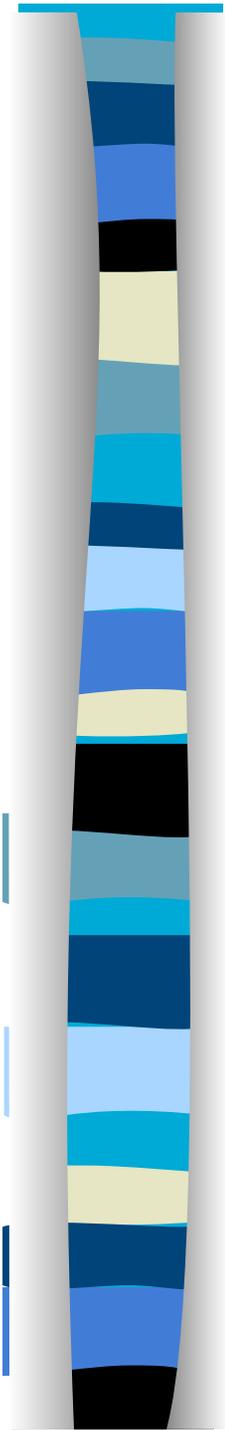
 B 9. What are the characteristics of antibody mediated immunity?

A. Red blood cells destroy all types of pathogens?

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

C. Macrophage recognize the pathogen, then destroy it

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



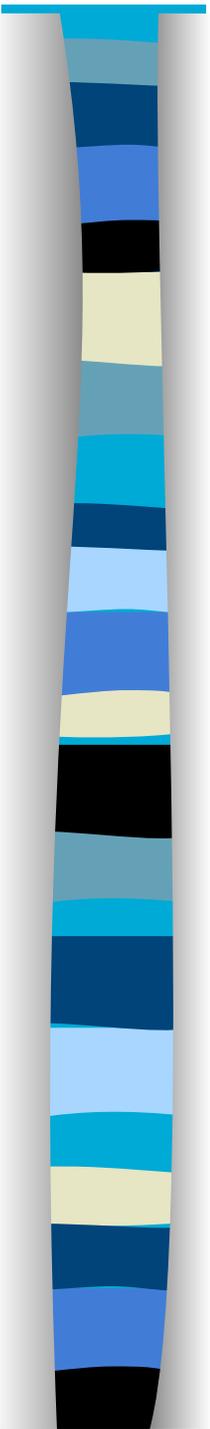
 C 10. In which layer of the skin can you find hair follicles?

A. Superficial fascia layer

B. Tendon

C. Dermis

D. Epidermis



 C 11. Magda, while interviewing a new client, finds that the client has a diagnosed circulatory disorder. The client wants to try both hot and cold hydrotherapy treatments because she has heard that it will ease her discomfort and help to stimulate her circulation. What is Magda's best course of action?

A. Alternate heat and cold to stimulate the clients circulatory system, which will also provide pain relief.

B. Advise the client against the use of cold because it will depress circulation, and suggest various methods of heat treatment.

C. Tell the client that a physician's release is necessary prior to treatment

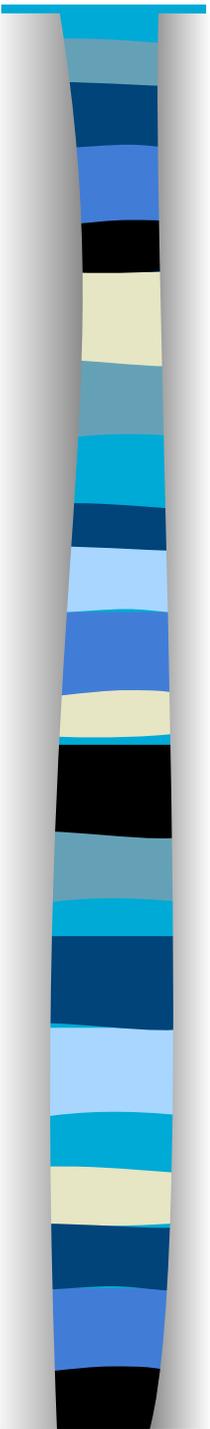
D. Ask the client which treatment she wants to try first

Pathology

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

Ethics, Laws, Regulations

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



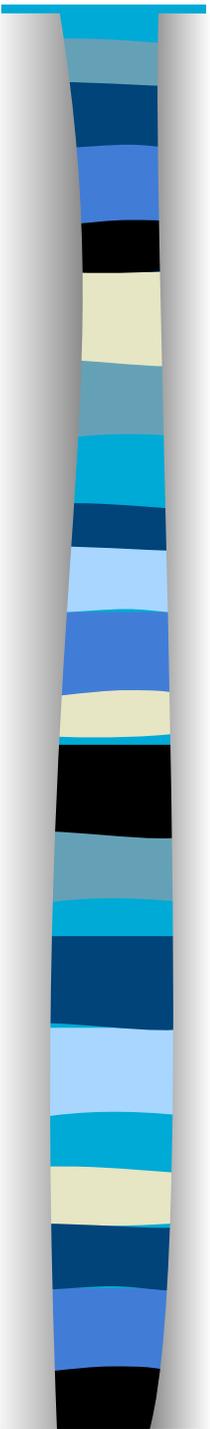
 B 12. Which of the following organelles are rod, or oval-shaped and responsible for producing ATP?

A. Lysosomes

B. Mitochondria

C. Endoplasmic reticulum

D. Peroxisomes



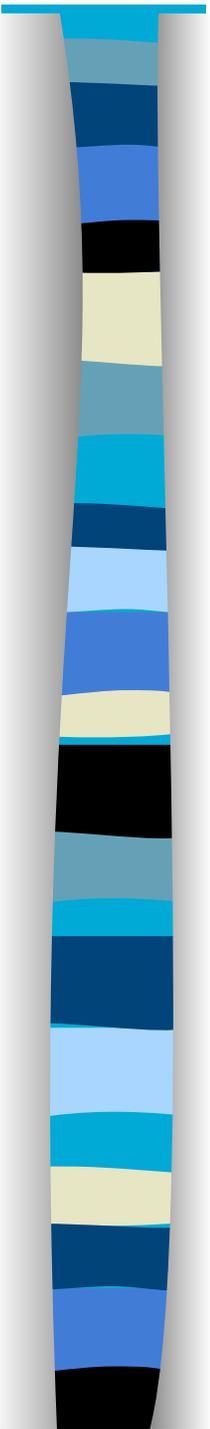
 A 13. Some states have developed a “Massage Therapy Practice Act”. What is its primary intention?

A. To ensure public safety

B. To inform therapists about the massage profession

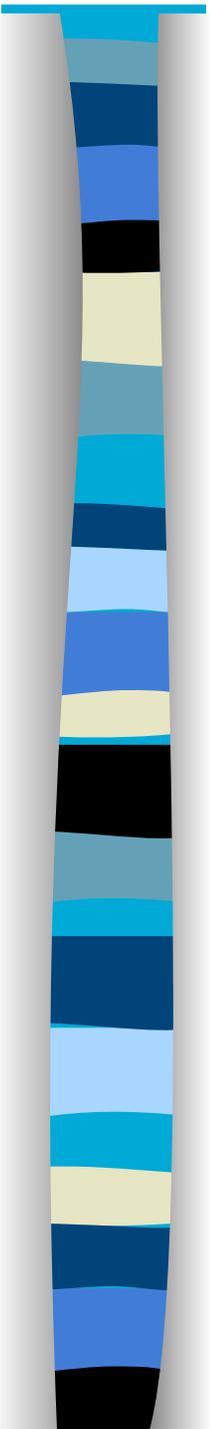
C. To inform the public about the massage therapy profession

D. To qualify therapists to perform massage



D 14. Hormones will only bind to specific receptors on or near the target cell. What is the name given to this phenomenon?

- A. Hormone / receptor specificity
- B. Homeostatic hormone specificity
- C. Hormone attachment mechanism
- D. Lock and key mechanism**



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

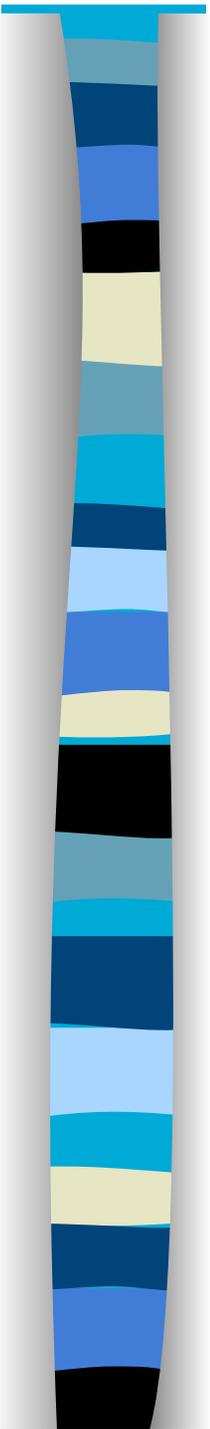
A. Pregnancy

B. HIV / AIDS

C. Fever

D. Cancer

Pathology



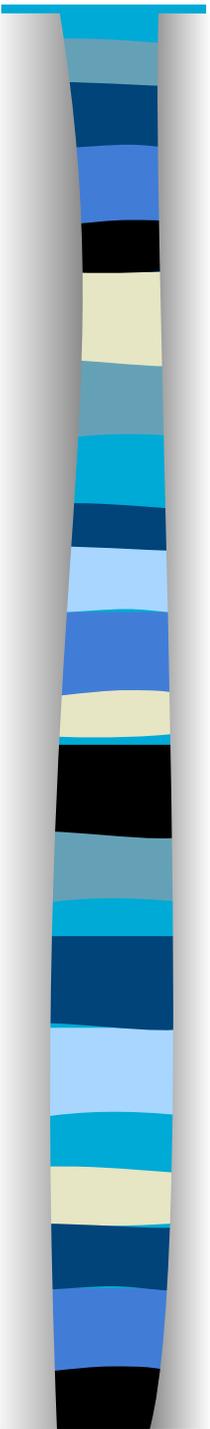
 B 16. What is it called when there is a localized abnormal dilation of a blood vessel, usually an artery, which creates a weakness in the wall of the vessel?

A. Cerebrovascular Accident (CVA)

B. Aneurysm

C. Edema

D. Infarction



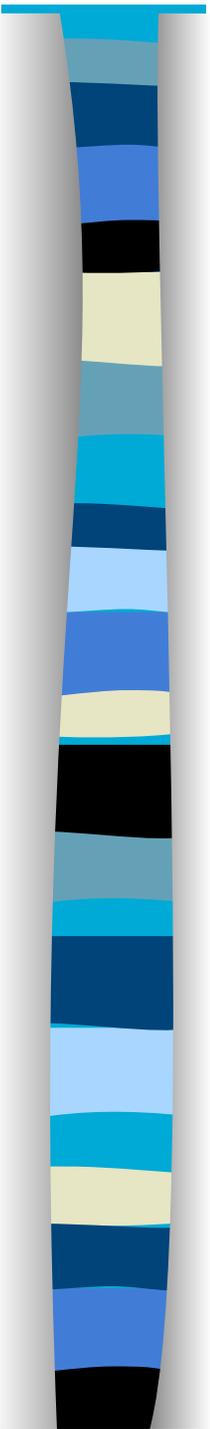
 C 17. What is the life span of a red blood cell?

A. 6 months

B. 5 - 10 days

C. 105 – 120 days

D. 95 – 105 days



 A 19. In what way may massage therapy effect the musculoskeletal system?

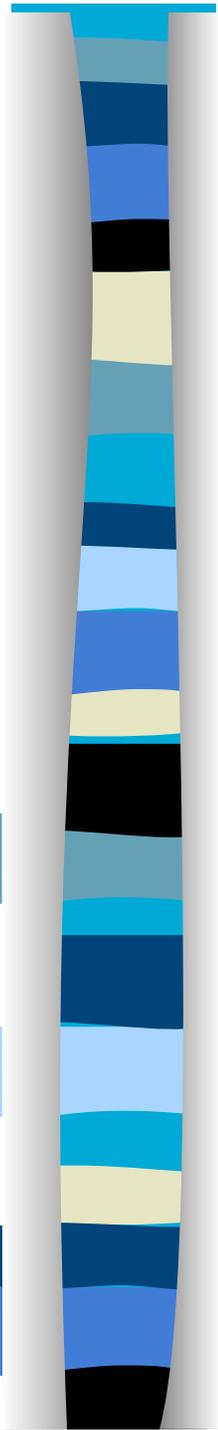
A. Increasing fibrotic tissue

B. Decreasing fibrotic tissue

C. Increasing sweat production

D. Decreasing bone strength

Note: The website says that the correct answer is A, but the correct answer is B.



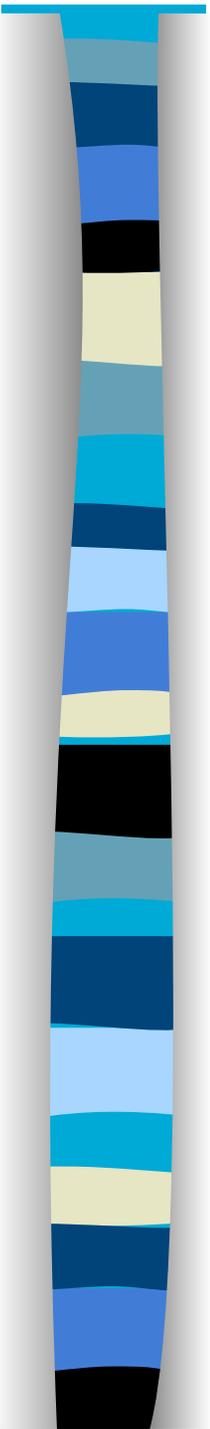
 D 20. Where is urine produced?

A. Gallbladder

B. Liver

C. Urinary bladder

D. Kidneys



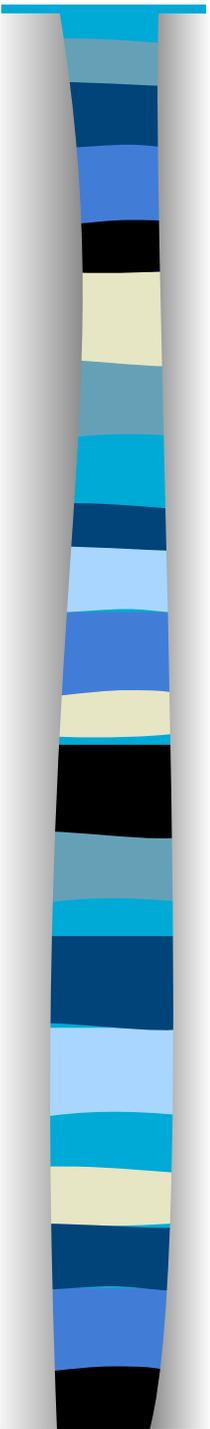
 A 21. What is a saclike structure that is found around or near some joints and acts like a cushion?

A. Bursa

B. Articular cartilage

C. Synovial membrane

D. Serous membrane



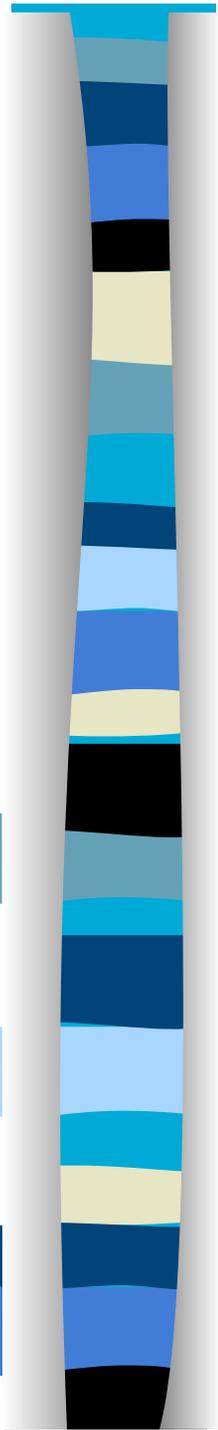
 C 22. Which of the following words best describes the process of obtaining oxygen and eliminating carbon dioxide during cellular metabolism?

A. Absorption

B. Inhalation

C. Respiration

D. Exhalation



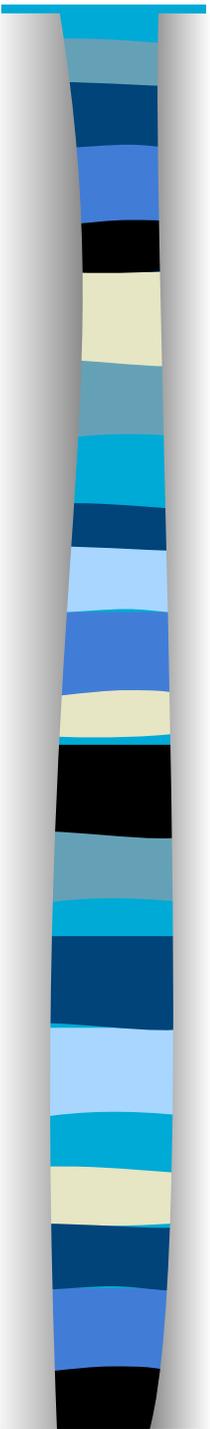
 A 23. Where is testosterone produced?

A. In the testes and in the outer layer of the adrenal glands

B. In the spermatic cord

C. Vas deferens

D. Epididymis



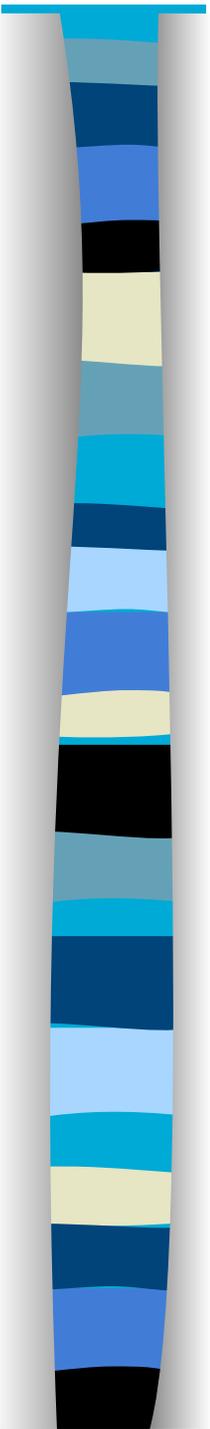
 D 24. Which is the most common cause of Impetigo?

A. Transport from saliva

B. Excessive use of tanning oil

C. Excessive exposure to sunlight

D. Staphylococcus infection



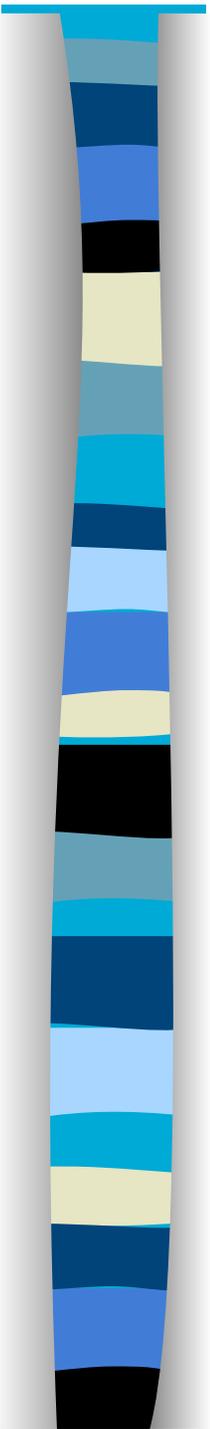
 C 25. Which accommodation might be necessary for a client with cystitis?

A. Massage is contraindicated for cystitis

B. Diaper drape

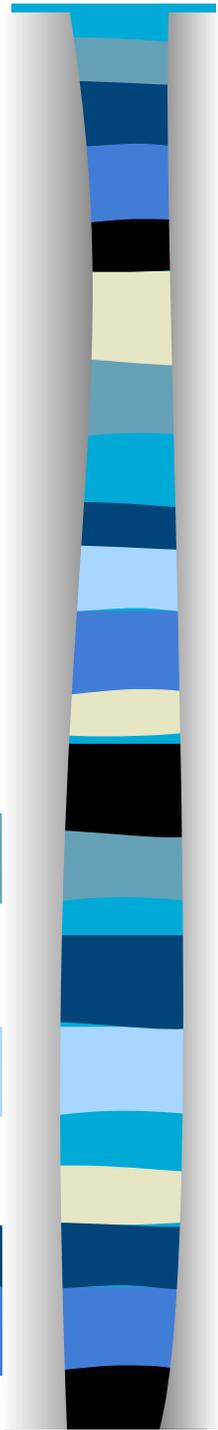
C. Frequent bathroom breaks

D. Have a drinking water available



 A 26. Which of the following are involved in conducting impulses from the central nervous system to the visceral effectors?

- A. Autonomic motor neurons**
- B. Somatic sensory receptors
- C. Sensory dendrites
- D. Autonomic sensory receptors



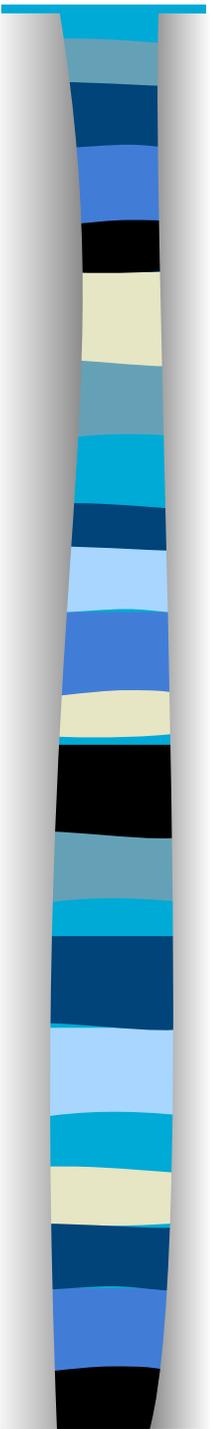
 C 27. What connects muscle to bone?

A. Ligaments

B. Synovial fluid

C. Tendons

D. Muscle glue



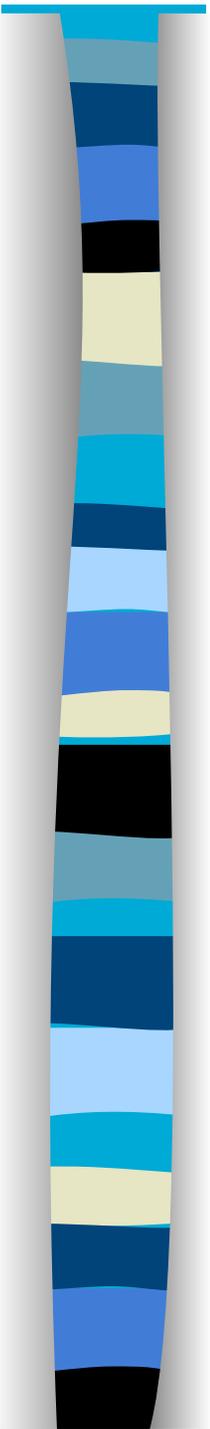
 B 28. Which muscle assists in stabilizing the scapula when moving the arm?

A. Serratus posterior superior

B. Serratus anterior

C. Scalenes

D. Triceps brachii



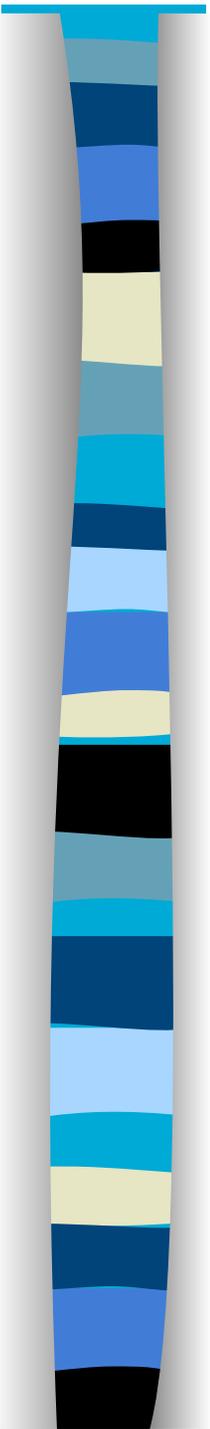
 C 30. Which massage stroke is most effective in assisting venous and lymphatic return?

A. Friction

B. Petrissage

C. Effleurage

D. Tapotement



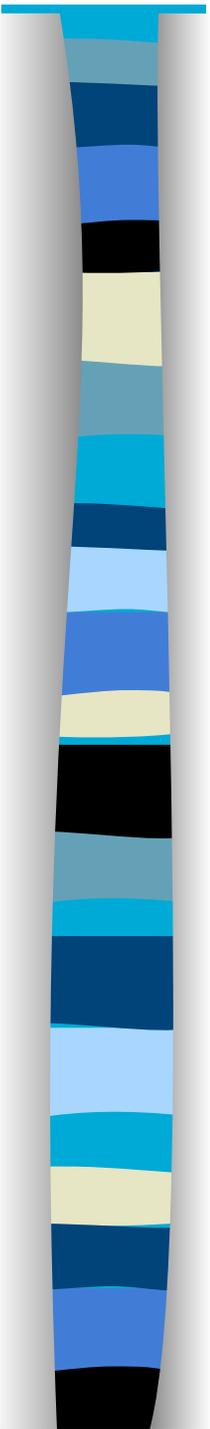
 A 31. A massage professional who suspects that a client is under the influence of alcohol or an illegal substance should:

A. Refuse service

B. Ask the client before starting the session if he/she is under the influence and refuse the session if the client says, "Yes"

C. Tell the client to go home and sleep it off

D. Continue with the session because massage professional are prohibited from diagnosing



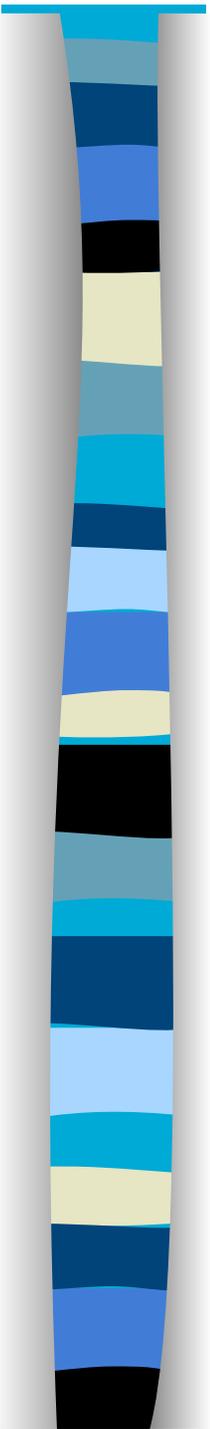
 B 32. If a massage practitioner suspects that a client is having a serious side effect from a medication what should the practitioner do?

A. Tell the client to immediately stop taking the medication

B. Recommend the client contact their physician as quickly as possible

C. Tell them to stop taking the medication and recommend another medication

D. The therapist shouldn't do anything at all



 A 33. Where does the lymphatic system return fluid to the cardiovascular system?

A. Subclavian/jugular venous junction

B. Brachiocephalic artery

C. Carotid artery

D. Subclavian/ carotid artery junction

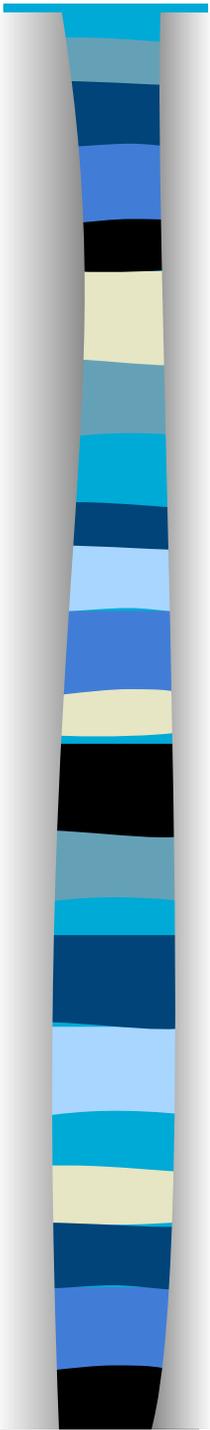
B 34. What type of epithelial cells make up the epidermis layer of the skin?

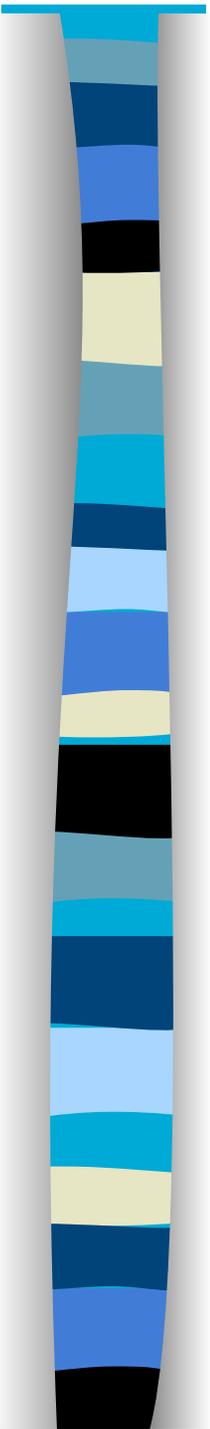
A. Simple cuboidal

B. Stratified squamous

C. Transitional

D. Simple squamous





 D 35. For which of the following is a Russian steam bath not indicated?

A. Neck and back muscle spasms

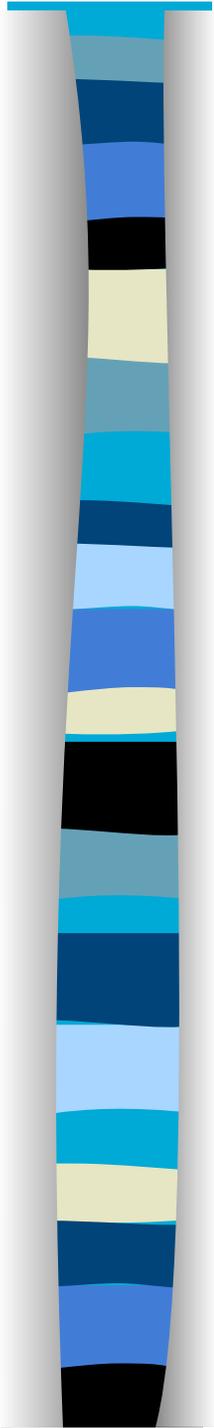
B. Gout

C. Rheumatoid arthritis

D. Congestive heart failure

Pathology

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



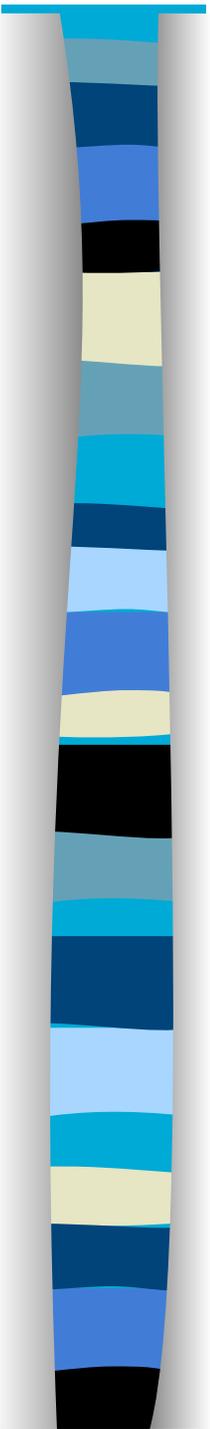
 C 36. In which cavity is the psoas muscle located?

A. Mediastinum

B. Thoracic

C. Abdominal

D. Dorsal



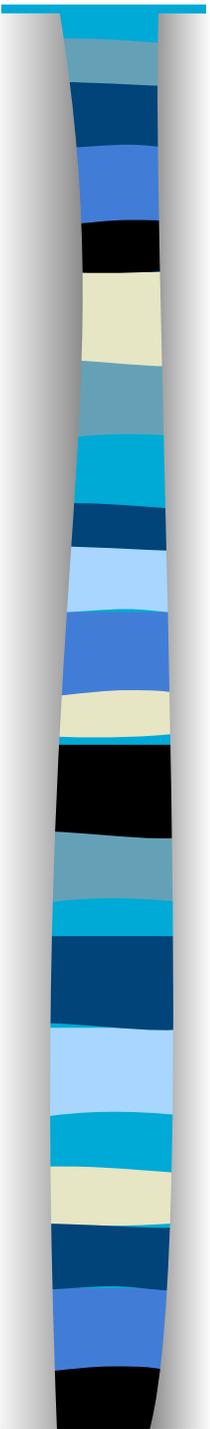
 B 37. What is the most important part of the client intake form?

A. Financial information

B. Medical history

C. Insurance information

D. Personal information



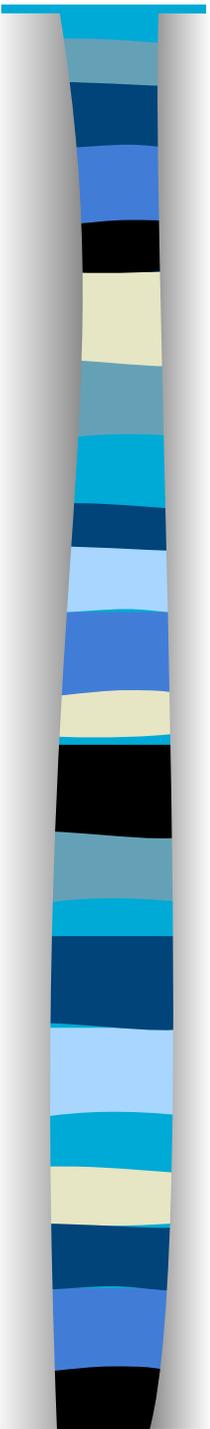
 D 38. T-cells multiply and mature in which gland?

A. Pituitary

B. Pineal

C. Thyroid

D. Thymus



 D 39. Which should the massage therapist take into consideration when choosing a massage lubricant?

A. Have several choices with essential oils for clients to choose from

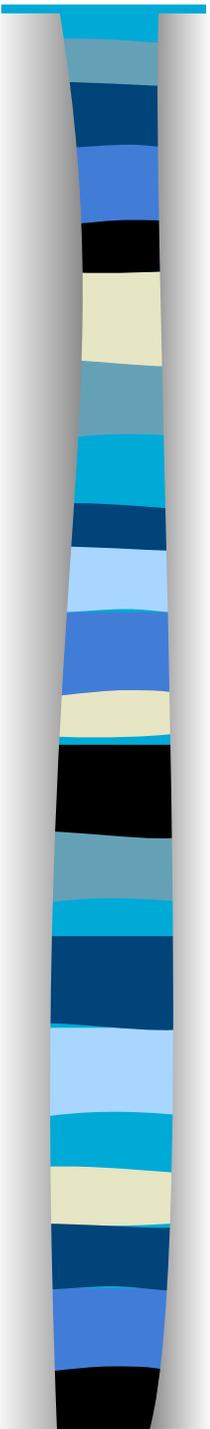
B. Unscented and organic is always preferable

C. Applying the lubricant directly to the client body is preferable

D. Proper sanitation procedures should be used before using a lubricant and when transferring from a storage container to the application container

Ethics, Laws, Regulations

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



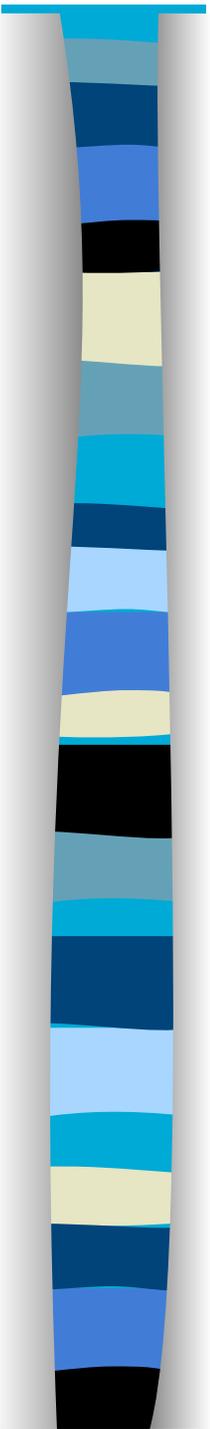
 D 40. Which of the following vitamins are produced by the large intestine?

A. B complex including B 12

B. Vitamin K

C. Colonic acid

D. B 7 & Vitamin K



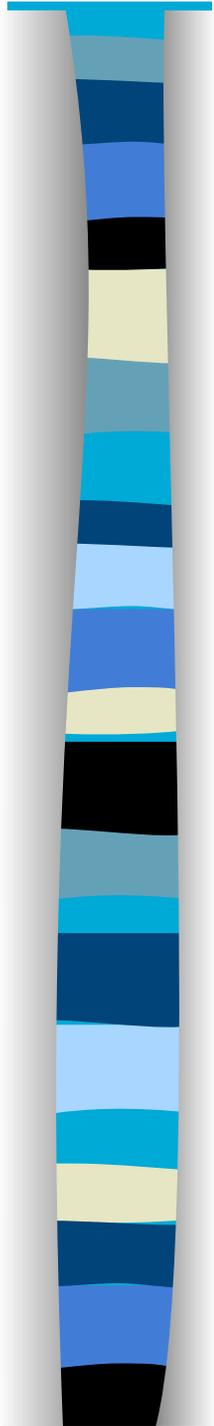
 A 41. What are three primary components of treatment plan?

A. Suggestions for future treatment, suggestions for self-care and referral to other health professionals

B. Clients goals, therapist's goals, and suggestions for self-care

C. Clients goals, therapist's suggestions for future treatment, and referral to other health professionals

D. Client and supportive family member goals, therapist's goals and suggestions for self-care



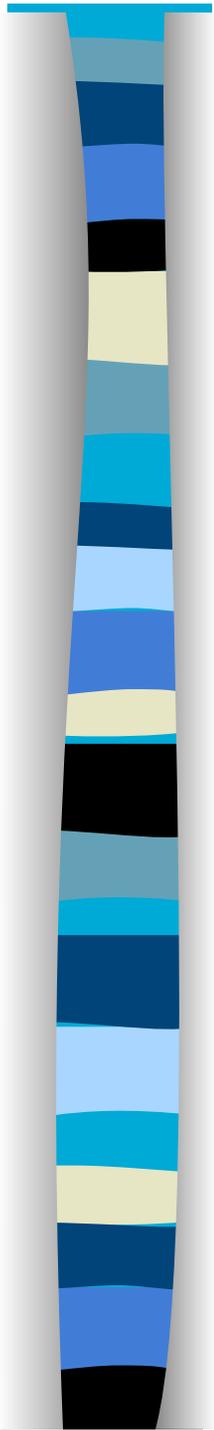
 D 42. What is the inner layer of the heart wall called?

A. Epicardium

B. Pericardium

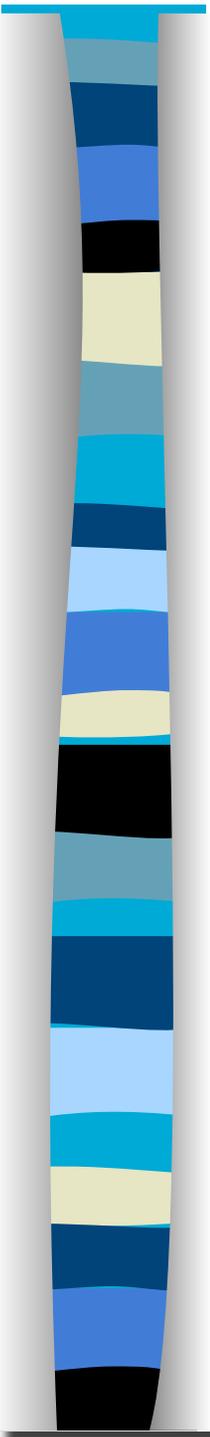
C. Myocardium

D. Endocardium



 C 43. What is a defining characteristic of all epithelial tissue?

- A. Ciliated
- B. A mucous membrane
- C. Avascular**
- D. Flat



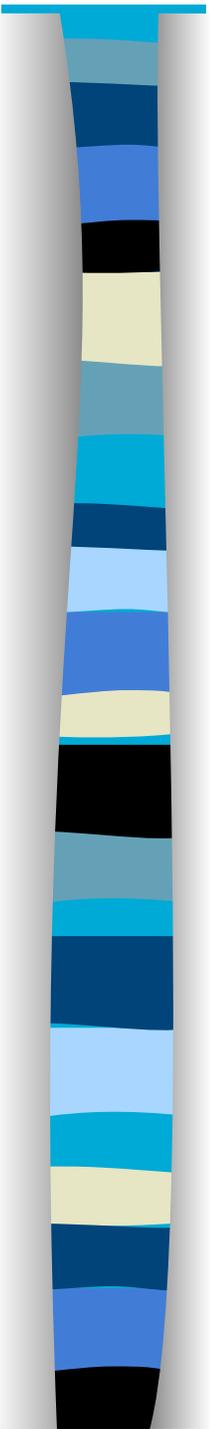
 B 44. Who is credited with developing Swedish massage?

A. Dr. John Harvey Kellogg

B. Per Henrik Ling

C. Ida Rolf

D. Dr. James H. Cyriax



 B 45. What benefit has a message therapy been shown to have on persons diagnosed with Alzheimer's disease?

A. Decreased memory and attention span

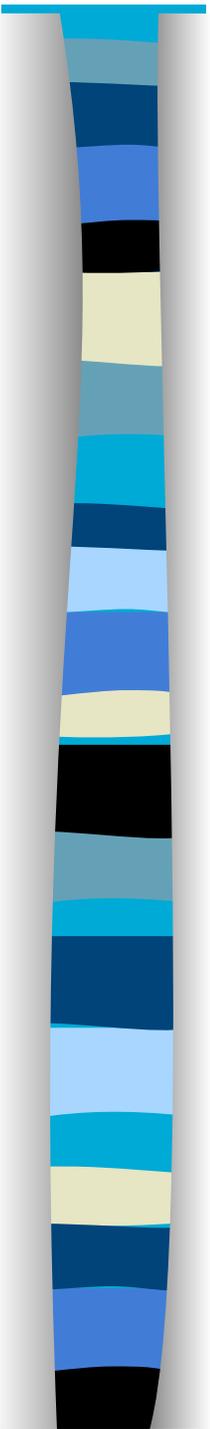
B. Decreased physical expressions of agitation, and improved sleep

C. Decreased mood

D. Massage will have no effect on Alzheimer's

Pathology

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



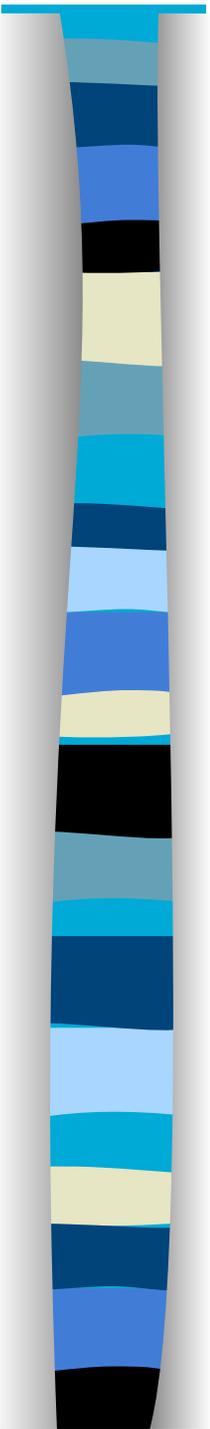
 C 46. Which touch modality was developed by Elizabeth Dicke and is a type of connective tissue massage that follows the patterns of dermatomes?

A. Esalen Massage

B. Feldenkrais method

C. Bindegewebsmassage

D. Rolfing



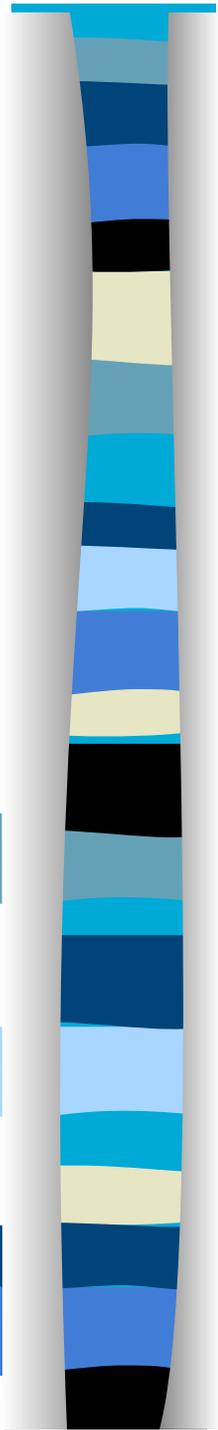
 A 47. Which of the following is NOT a function of epithelial tissue?

A. Increase of blood flow

B. Secretion

C. Absorption

D. Stimulus detection



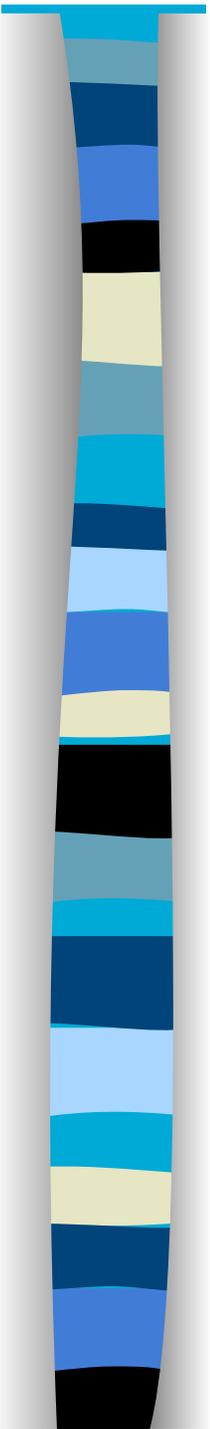
 D 48. What is not an important function of blood?

A. Transportation

B. Fluid balance

C. Protection

D. Heparin production



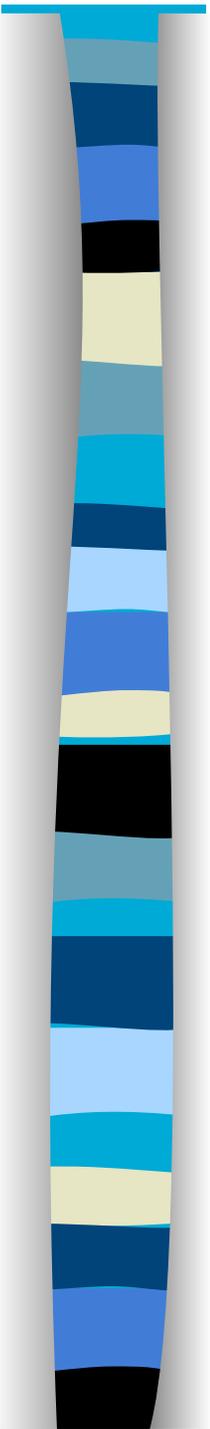
 B 49. When performing a postural assessment, which position should the client be in?

A. Anatomical position

B. Normal standing position

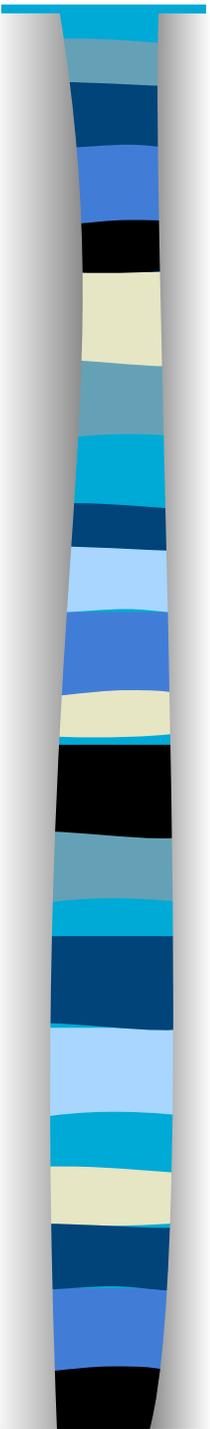
C. Side lying position

D. Walking



 C 50. Where is the ileocecal valve located?

- A. Between the ileum and the duodenum
- B. Between the jejunum and the duodenum
- C. Between the small and large intestine**
- D. Between the stomach and the small intestine



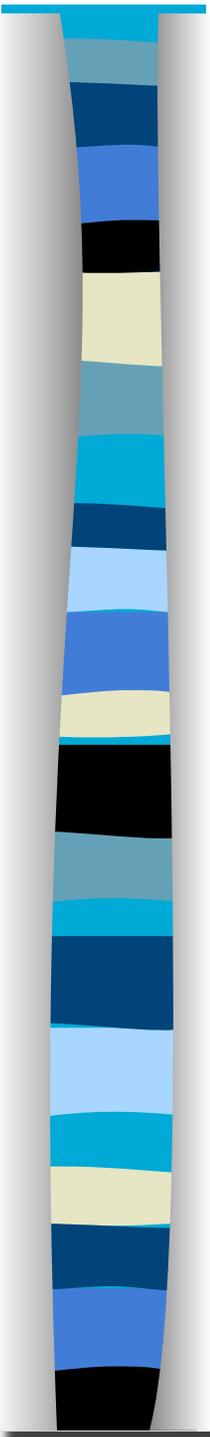
 B 51. Which of the following is recommended for cleaning up leakage of body fluids?

A. Full-strength bleach solution

B. 10% bleach solution (one part bleach to nine parts water)

C. Boiling water

D. Antibacterial soap



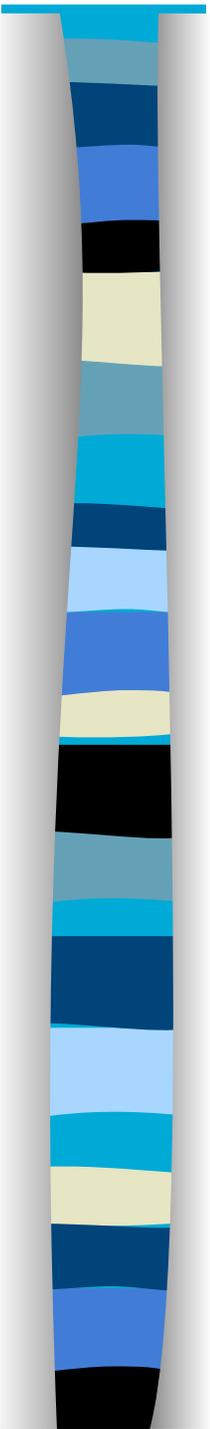
 A 52. What best describes a peptide hormone?

A. An amino acid-based and water-soluble molecule

B. A steroid and water-soluble molecule

C. An amino acid-based and lipid-soluble molecule

D. A steroid and lipid-soluble molecule

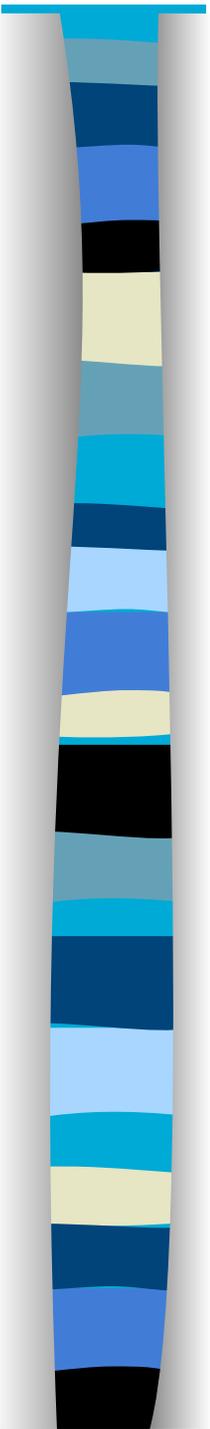


 C 53. According to the Massage Code of Ethics, what is the purpose of draping?

- A. To provide warmth
- B. To prevent the therapist from developing counter-transference
- C. To ensure safety, comfort and privacy**
- D. To prevent sexual behavior

Ethics, Laws, Regulations

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



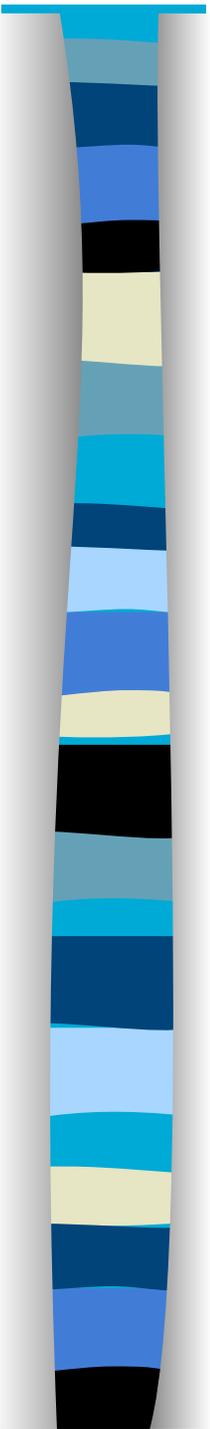
 A 54. What is the meaning of the suffix –emia?

A. Condition of the blood

B. Condition of the lymph

C. Painful

D. Increased growth



 A 55. What is the temperature range of tepid water?

A. 80-92 degrees F

B. 94-97 degrees F

C. 92-100 degrees F

D. 100-104 degrees F

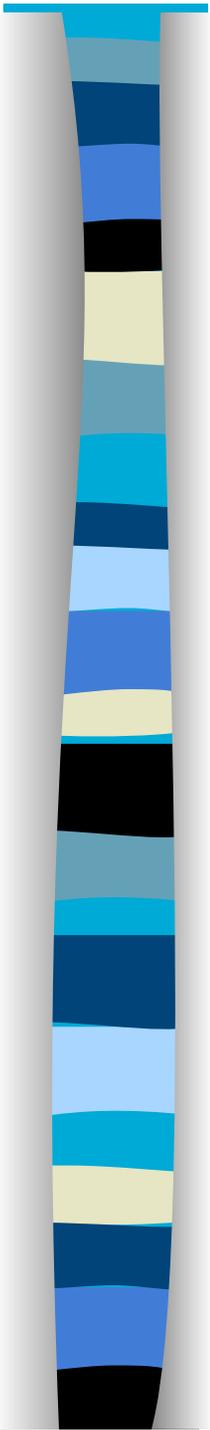
B 56. Which of the following layers lies closest to the stratum corneum and is found only on parts of the body where the skin is thick?

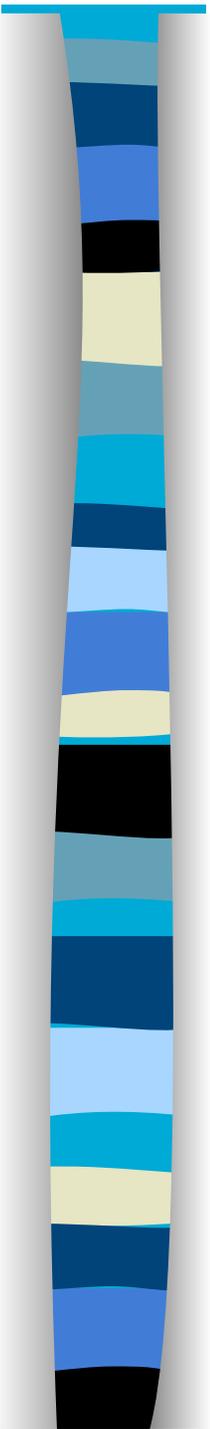
A. Dermis

B. Stratum lucidum

C. Stratum granulosum

D. Sweat glands





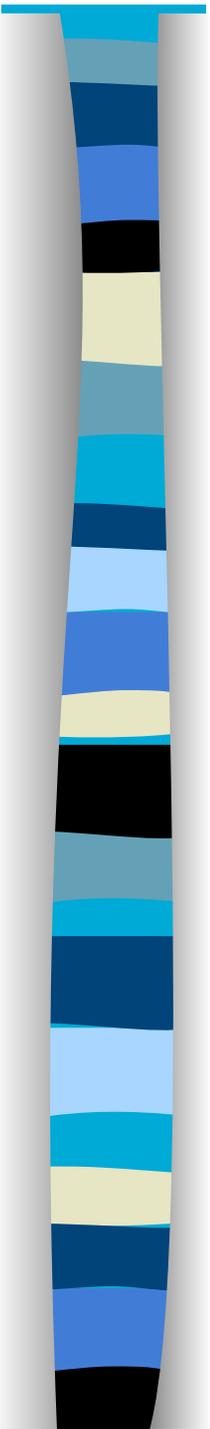
 A 57. Which of the following are highly specialized organs that are part of the lymphatic system?

A. Thymus and spleen

B. Kidney and spleen

C. Kidney and urethra

D. Thymus and liver



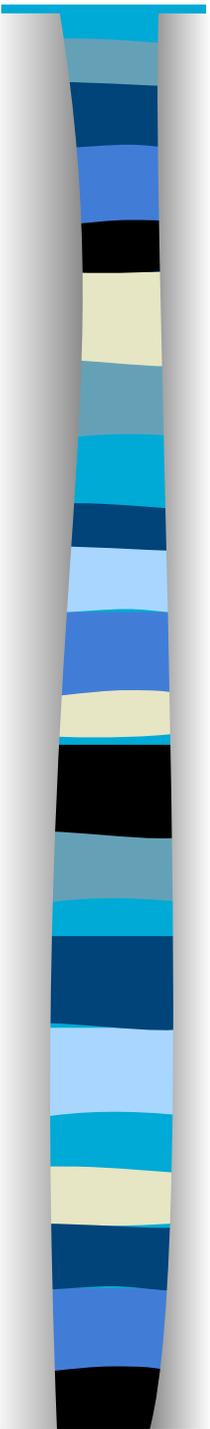
 B 58. If a client is using a drug to reduce inflammation which type of drug might they be using?

A. Antibiotic

B. Antihistamine

C. Antitussive

D. Antiplatelet



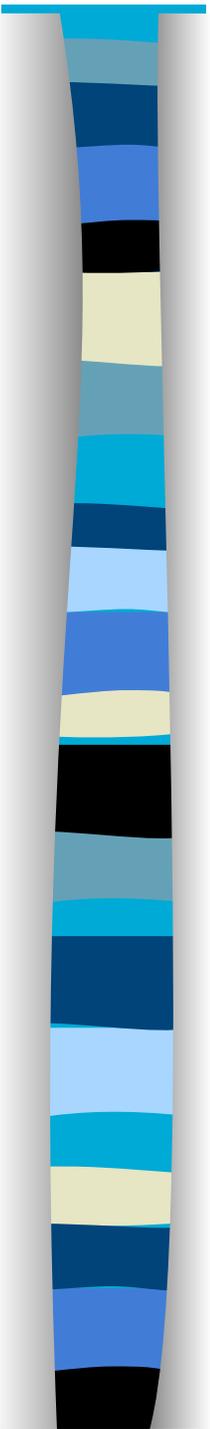
 A 59. What is transference?

A. The personalization of the professional relationship by the client

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

C. The application of lubricant from the massage practitioner's hands to the client's body

D. The personalization of the professional relationship with the client's mother



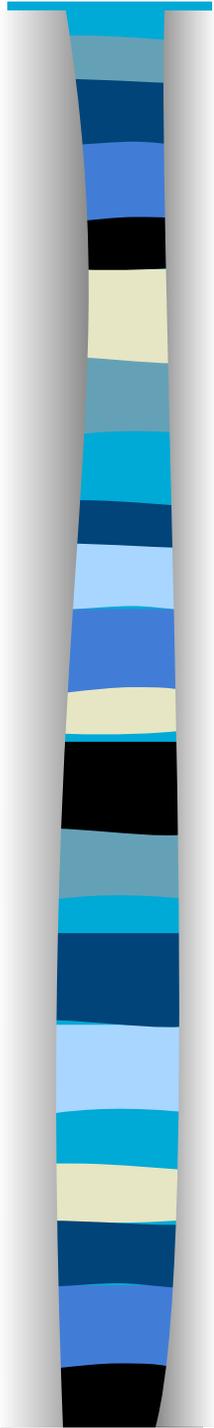
 A 60. A client reports that he/she did not sleep well and is fatigued. Where does the therapist record this information on the S.O.A.P. chart?

A. Subjective section – S

B. Objective section - O

C. Assessment section - A

D. Plan section - P



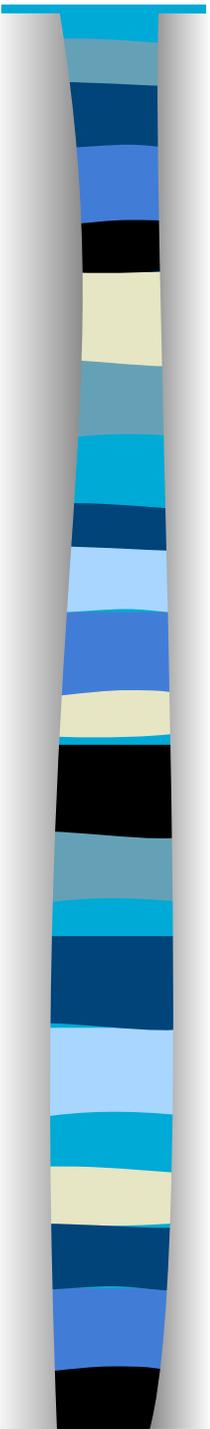
 A 61. Where are the lumbricals located in the body?

A. Hands and feet

B. Back

C. Ears

D. Neck



 A 62. Which is a sign of possible weakness in serratus anterior?

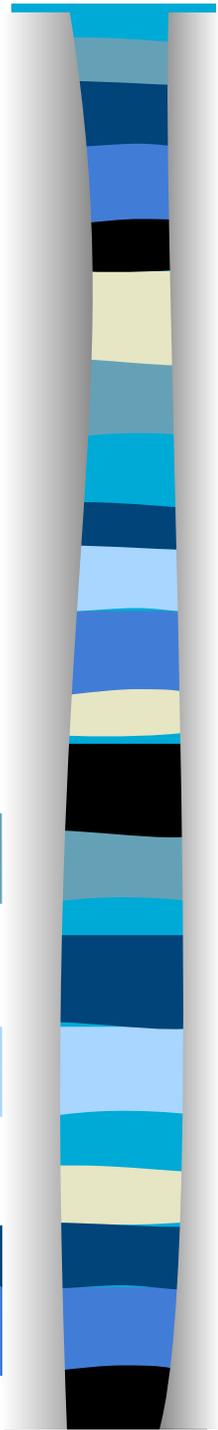
A. Winged scapula

B. Abduction of humerus difficult

C. Inability to pronate forearm

D. Extreme elevation and protraction of the clavicle

Pathology



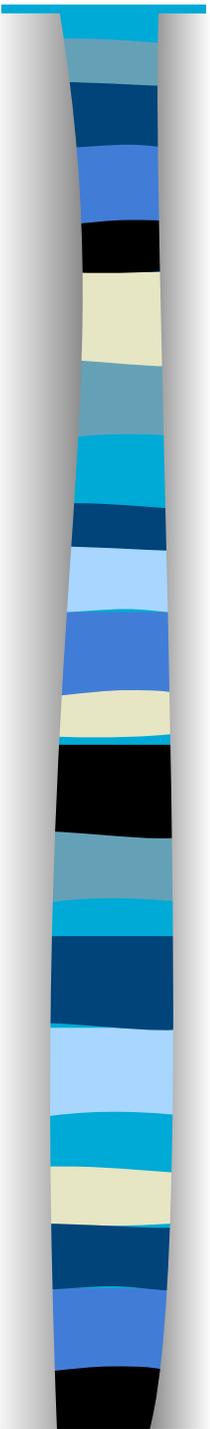
 B 63. Which organ contains striated muscle fibers?

A. Gallbladder

B. Heart

C. Intestines

D. Urinary bladder



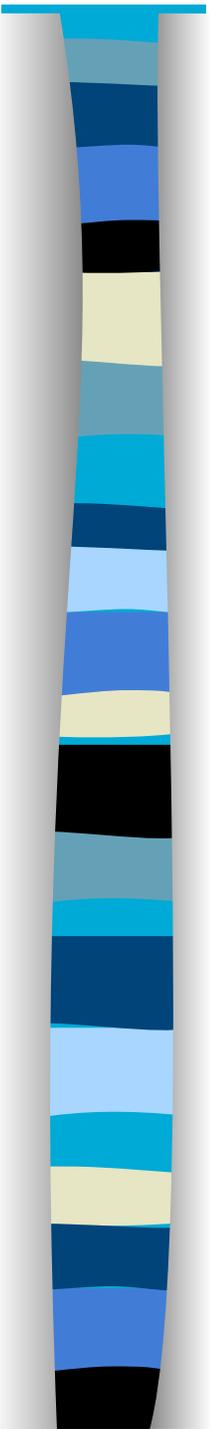
 A 64. What happens when the vagus nerve is stimulated?

A. Heart rate decreases

B. Heart rate increases

C. No effect on the heart

D. Heart rate races



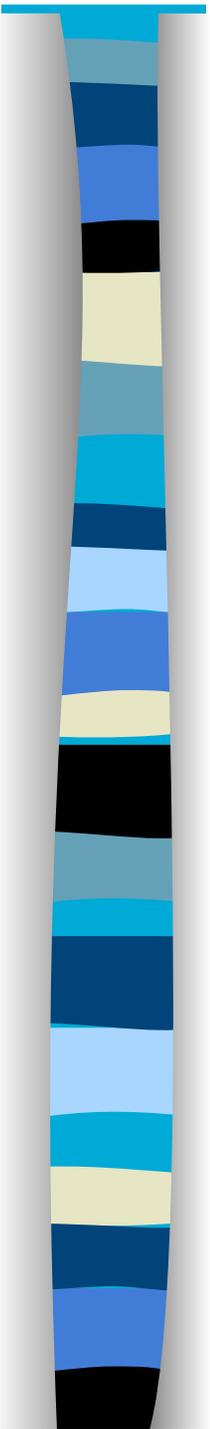
 D 65. Which endangerment site must be avoided when working the gracilis?

A. Brachial artery

B. Sciatic vein

C. Jugular vein

D. Femoral artery



 A 66. Which condition involves injury to the soft tissue of the neck caused by high velocity flexion and extension?

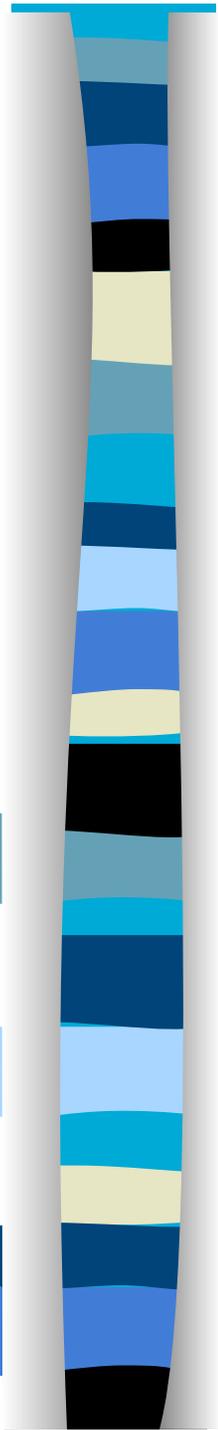
A. Whiplash

B. Wryneck

C. Torticollis

D. Wryneck and torticollis

Pathology



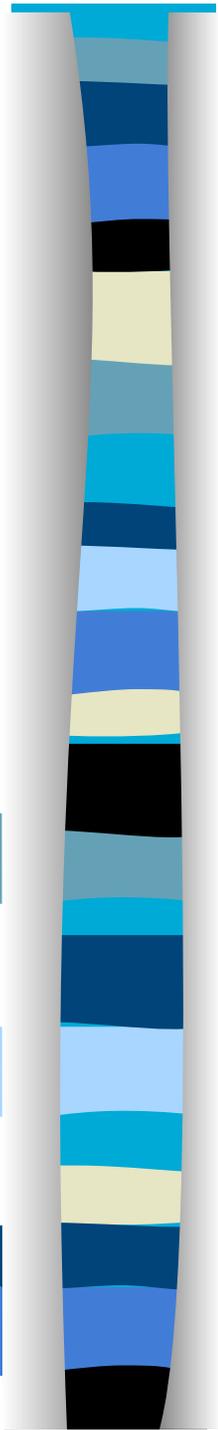
 A 67. Which of the following houses the fetus as it develops?

A. Uterus

B. Vagina

C. Fallopian tube

D. Ovary



 C 68. How many nasal sinuses are located in the skull?

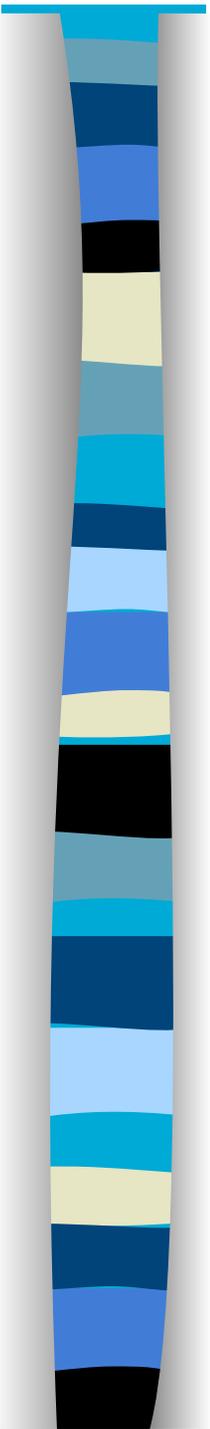
A. Two

B. Three

C. Four

D. Five

Note: The paranasal sinuses are technically defined as a pair of ethmoid sinuses and a pair of sphenoid sinuses.



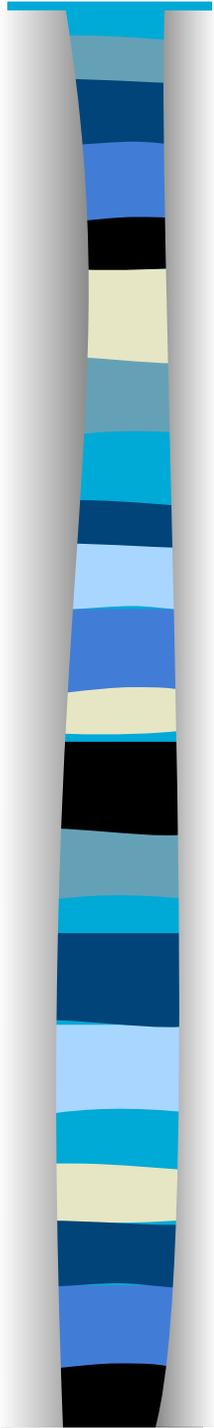
 D 69. Which of the following is the fibrous membrane of connective tissue that covers all bones and to which ligaments attach?

A. Endosteum

B. Perineum

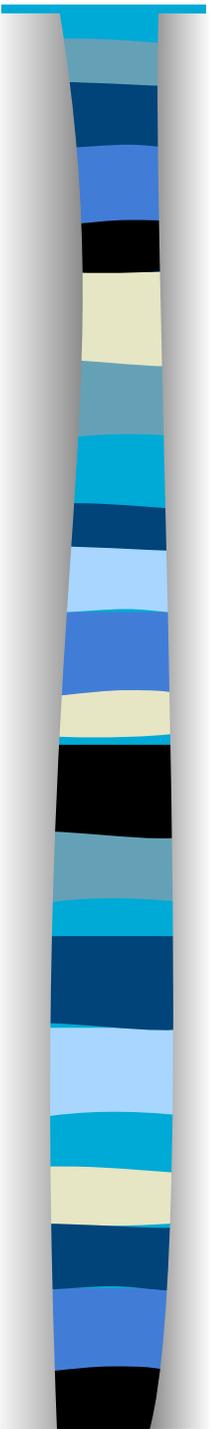
C. Cartilage

D. Periosteum



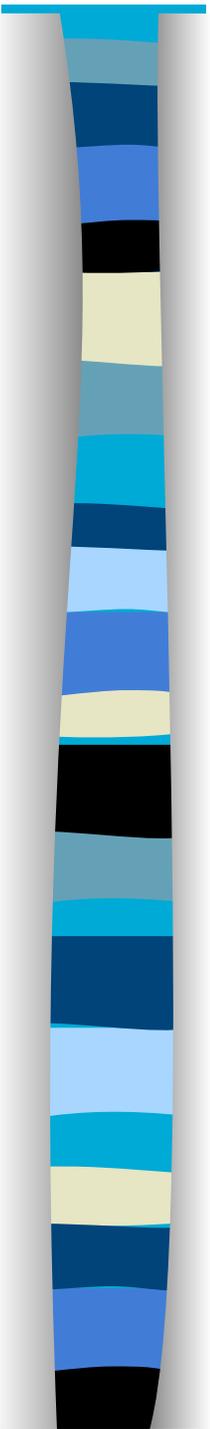
 B 70. Which structure of the nephron is sodium permeable?

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



 A 71. For clients that are athletic, how may massage benefit them?

- A. Increased range of motion**
- B. Decreased range of motion
- C. Increased muscle tone
- D. Decreased muscle response time



D 72. How many pairs of meridians are there in the body according to Eastern philosophy and Traditional Chinese Medicine?

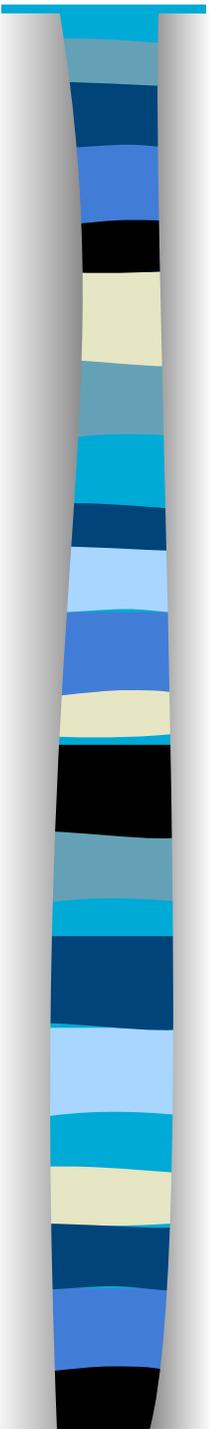
A. 10

B. 8

C. 24

D. 12

Modalities and History



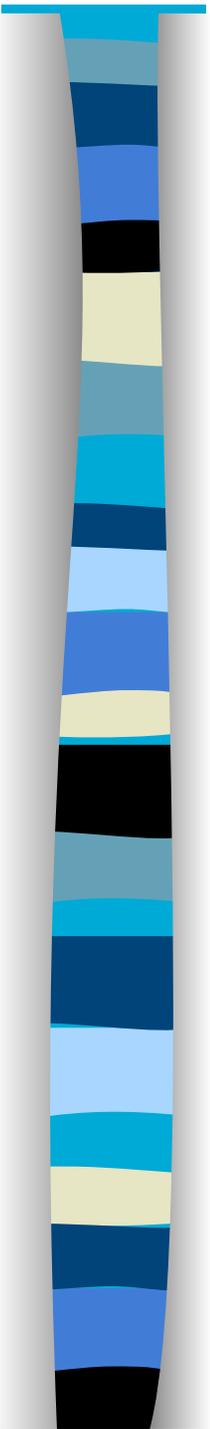
 B 73. Which is the vein in the body that originates on the medial aspect of the foot and extends upward along the medial side of the leg toward the inguinal ligament?

A. Popliteal

B. Great saphenous

C. Femoral

D. Anterior



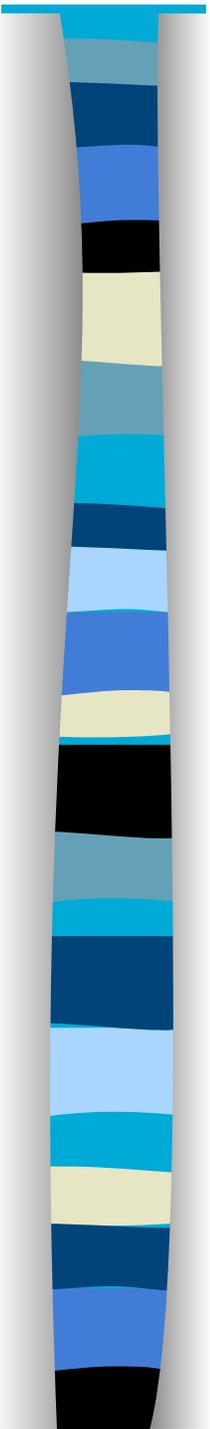
 B 74. What is the main purpose for conducting strength testing?

A. To discover the effect of neurologic functioning on the muscular system

B. To determine whether a muscle or muscle group responds with enough strength to perform required functions without excessive recruiting of other muscles

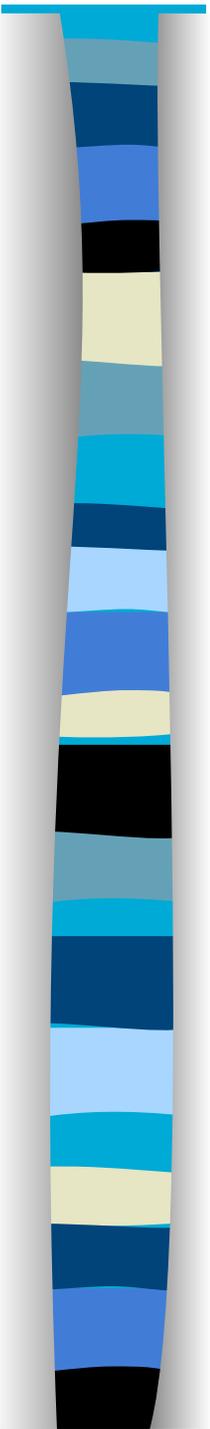
C. To discover which muscles are not responding adequately

D. To provide a starting point increasing muscle stamina



 C 75. Which are three digestive enzymes that are secreted by the pancreas?

- A. Amylase, calcitonin, and bile
- B. Amylase, secretin, and insulin
- C. Amylase, lipase, and trypsin**
- D. Amylase, insulin, and glucagons



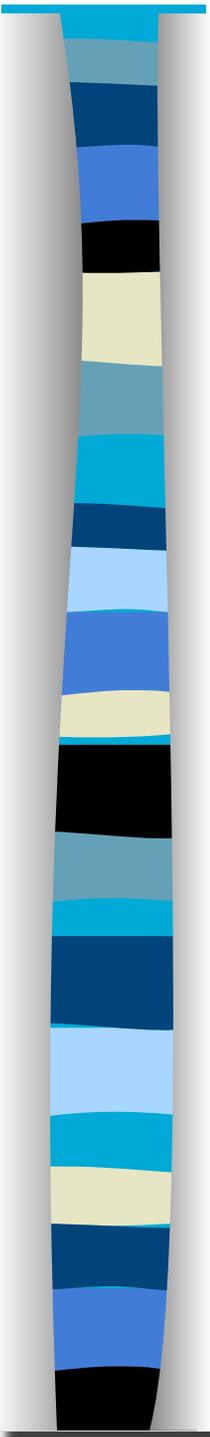
 A 76. Removal of the parathyroid glands would have what major effect on blood calcium levels?

A. Blood calcium levels would drop

B. Blood calcium levels would rise

C. Blood calcium levels would neutralize

D. Blood calcium would not change at all



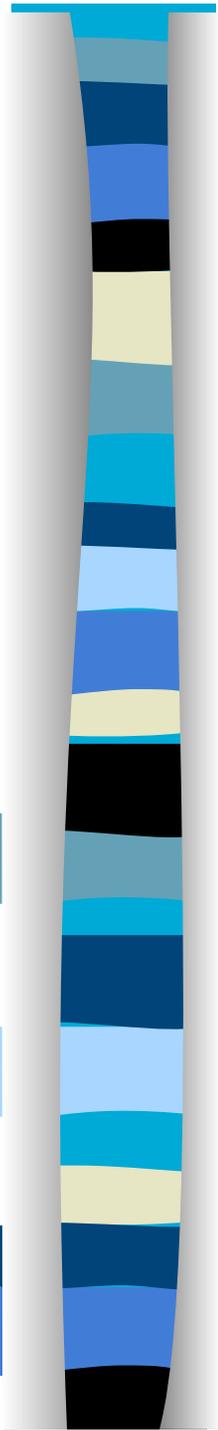
 B 77. What can be claimed as business exemption?

A. Child care

B. Operating the business out of a home

C. Medical insurance

D. Dental insurance



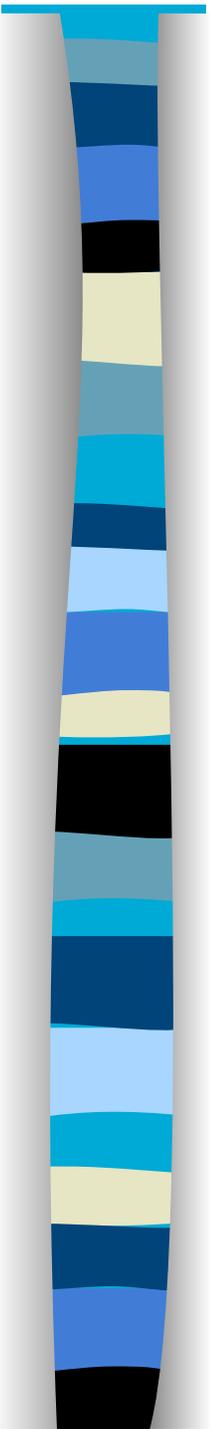
 A 78. Which of the following prefixes means new?

A. Neo-

B. Exo-

C. Meso-

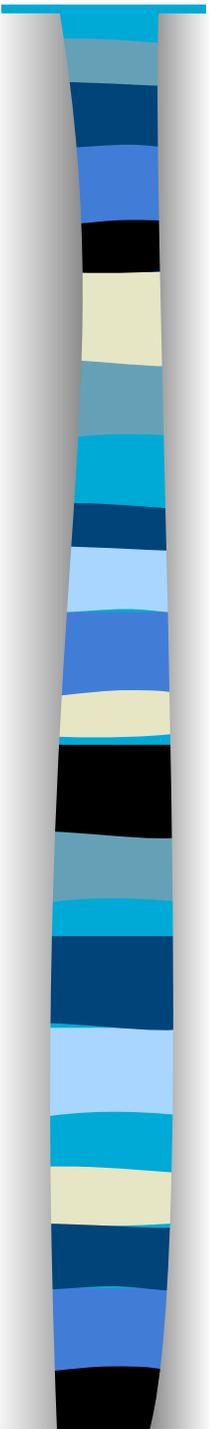
D. Ante-



 A 79. Is heat indicated for chronic pain conditions?

A. Yes

B. No



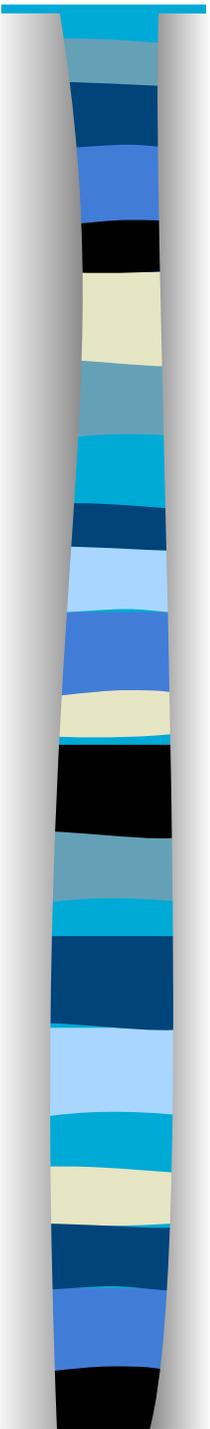
 B 80. What does the body produce to protect itself from ultraviolet (UV) rays?

A. Keratin

B. Melanin

C. Elastin

D. Acid mantle



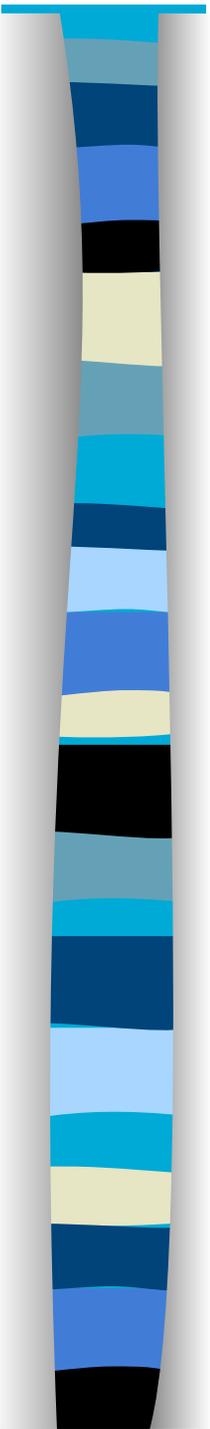
 D 81. Which is not a function of the lymphatic system?

A. To drain excess interstitial fluid from tissue spaces

B. To transport dietary lipids absorbed by the gastrointestinal tract to the blood

C. To carry out the immune response

D. Produce platelets



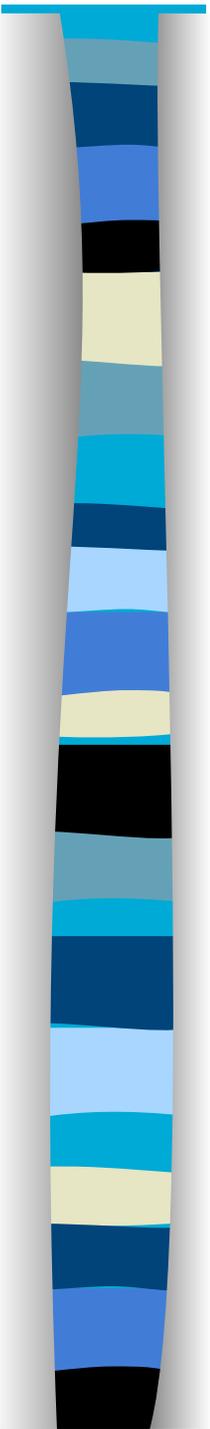
 A 82. Which could be considered sexually inappropriate behavior of the massage professional?

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



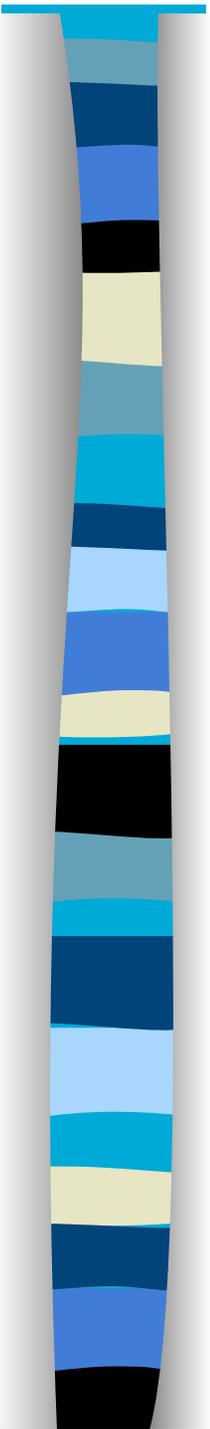
 B 84. Which action is provided when sternocleidomastoid contracts bilaterally?

A. Lateral flexion of the neck

B. Flexion of the neck

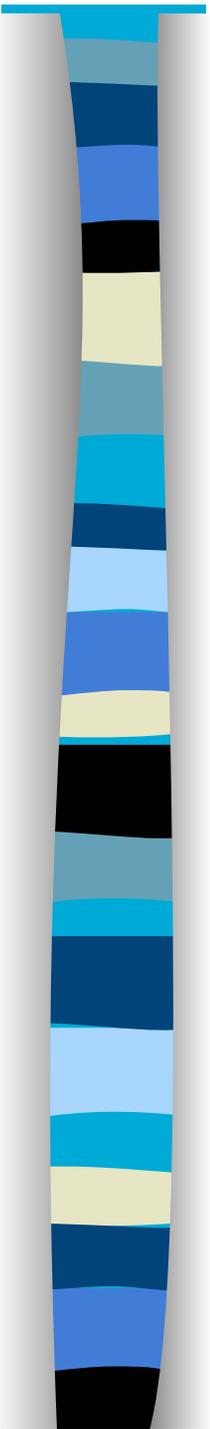
C. Lateral rotation of the neck

D. Extension of the neck



 C 85. Which of the following is a true statement about a muscle cell?

- A. It has one nucleus
- B. It has one mitochondrion
- C. It has several nuclei**
- D. It is avascular



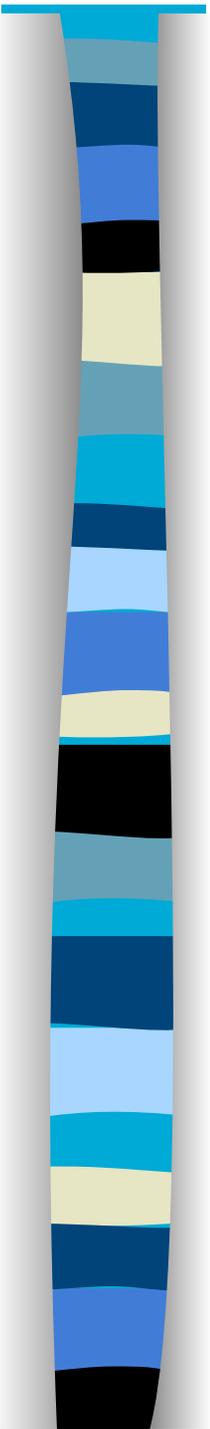
 A 86. The location of the hypothalamus is immediately below which of the following?

A. Thalamus

B. Medulla oblongata

C. Cerebellum

D. Pons



 A 87. When massaging a client, what should the therapist do when encountering an area with ecchymosis?

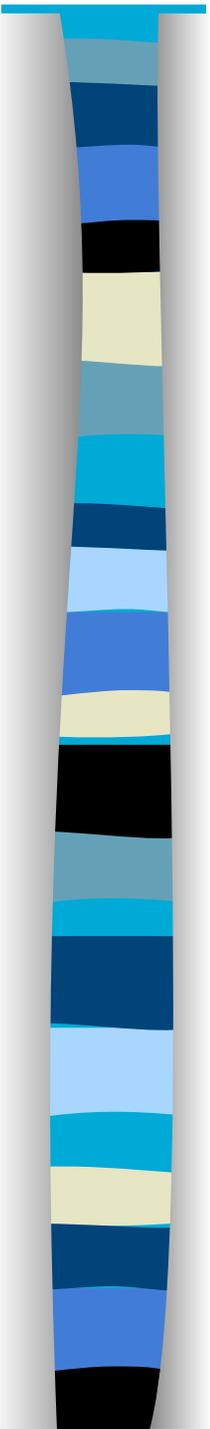
A. Avoid it and advise the client to consult a physician

B. Use light effleurage

C. Massage every other day

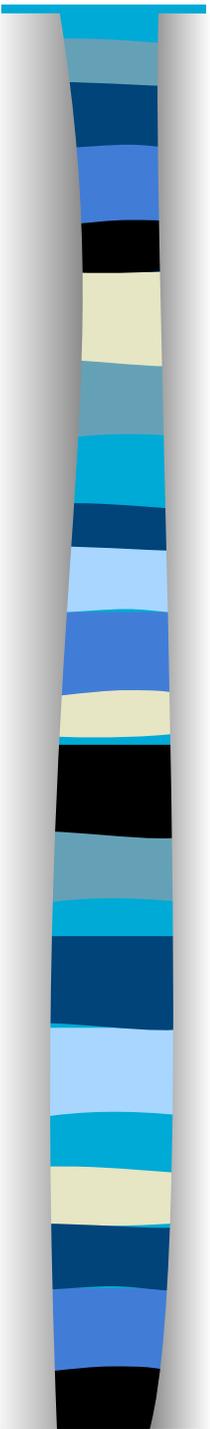
D. Use vibration

Pathology



 C 88. 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



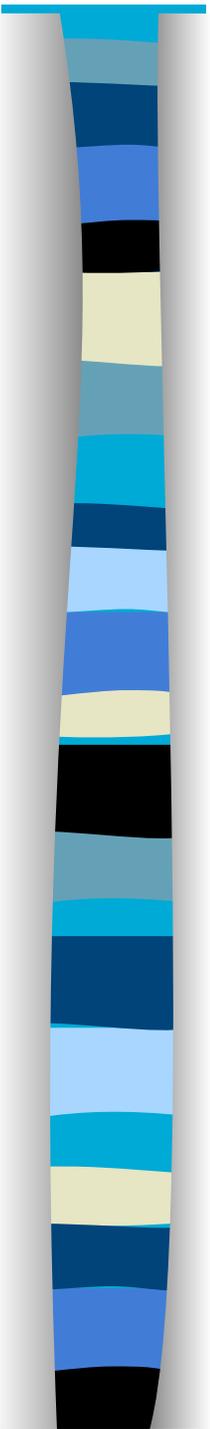
 B 89. What are the two main functions of luteinizing hormone (LH)

A. Ovulation and estrogen secretion

B. Ovulation and formation of the corpus luteum

C. Milk secretion and growth of maturing follicle

D. Growth of the endometrium and formation of the corpus luteum



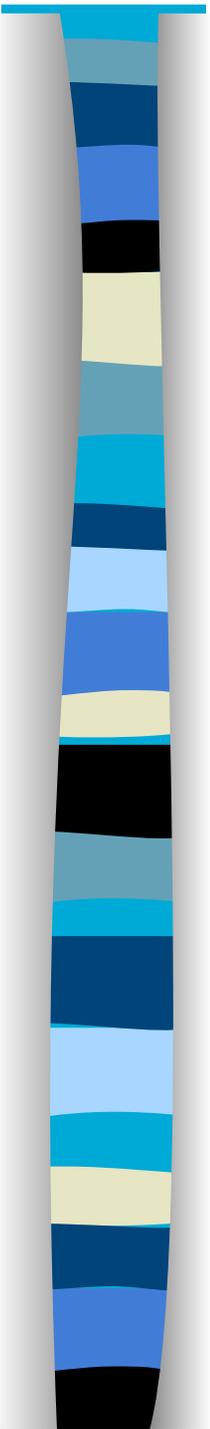
 A 90. Which is the term for the building up phase of metabolism when nutrients that the body has broken down are used to build cellular components?

A. Anabolism

B. Catabolism

C. Homeostasis

D. Phagocytosis



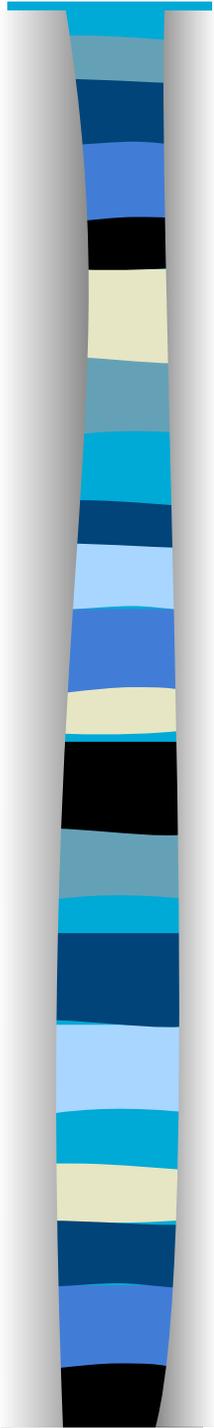
 A 91. Which is the term for the building up phase of metabolism when nutrients that the body has broken down are used to build cellular components?

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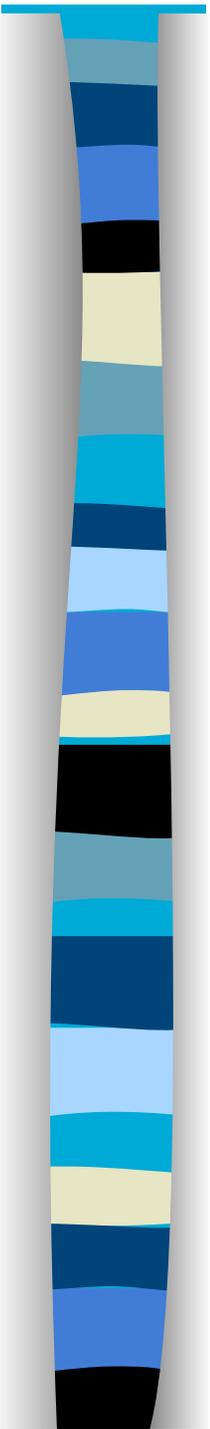
 B 92. Which one is the digestive enzyme for protein?

A. Lipase

B. Pepsin

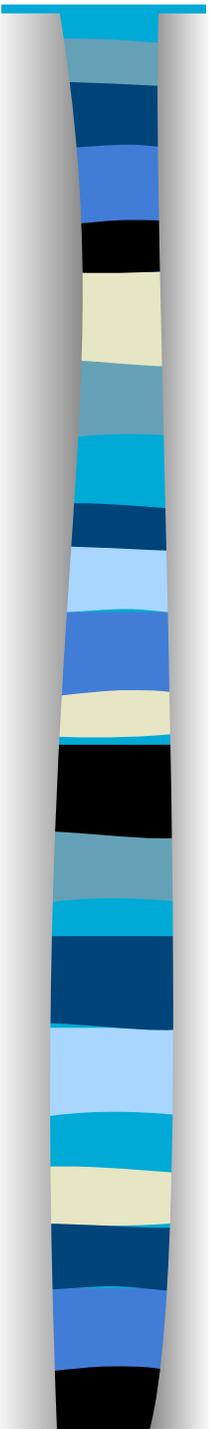
C. Amylase

D. Ptyalin



 A 93. What is a goiter?

- A. An enlargement of the thyroid gland**
- B. An enlargement of the thyroid cartilage
- C. An enlargement of the parathyroid gland
- D. Enlargement of the thymus



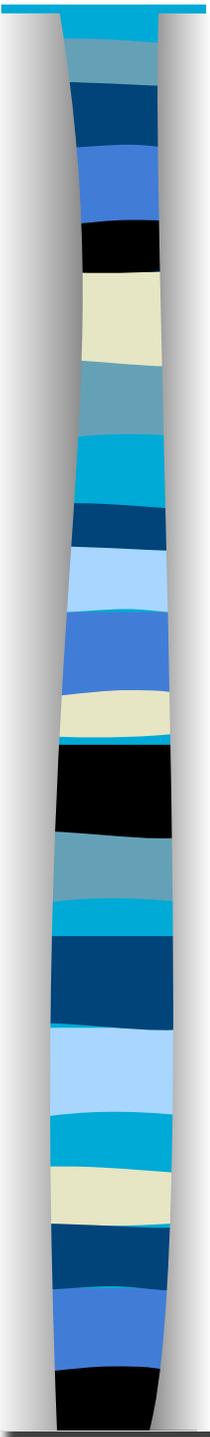
 B 94. Which of the following should be avoided by a massage therapist?

A. Keep nails trimmed

B. The use of perfumes or colognes

C. Rinsing with mouthwash

D. Wearing a short-sleeved shirt



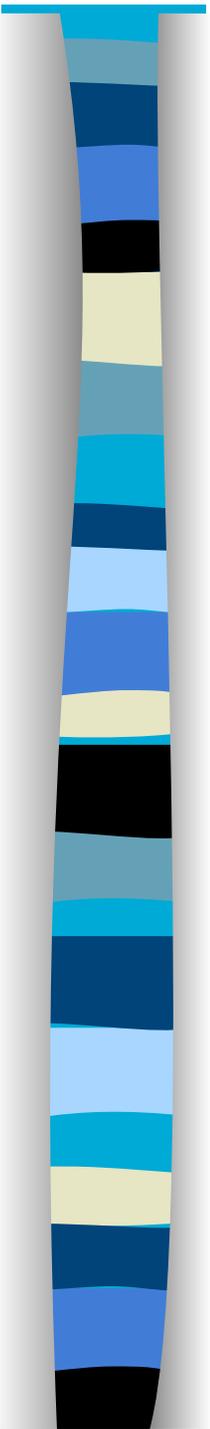
 D 95. What is the name given to the state of internal constancy maintained by the organs and systems of the body?

A. Acidosis

B. Regularity

C. Synergism

D. Homeostasis



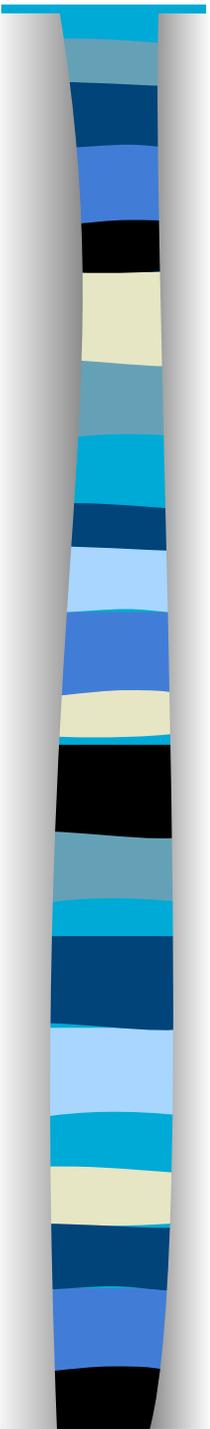
 D 96. What does deep effleurage do for the body?

A. Extends the muscle

B. Increases heart rate

C. Reduces venous and lymphatic flow

D. Promotes venous and lymphatic flow



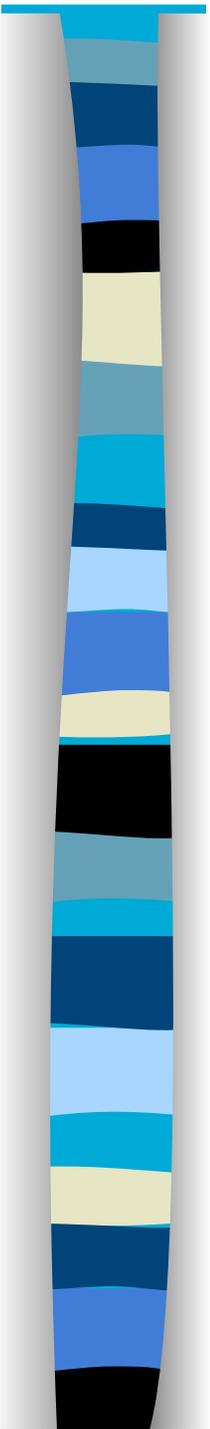
 A 97. Which is the origin of tensor fasciae latae?

A. ASIS

B. PSIS

C. AIIS

D. None of the option



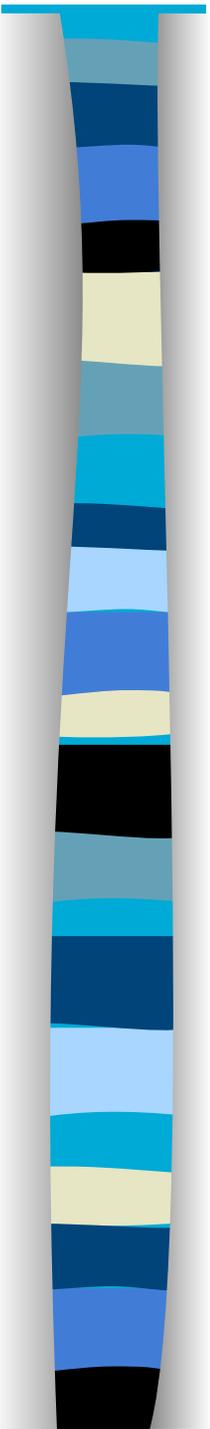
 C 98. Which is an action of serratus anterior?

A. Extends the shoulder

B. Adducts the scapula

C. Abducts the scapula

D. Elevate ribs



 D 100. What nerve is possibly not affected when you hang your arm over the side of a chair?

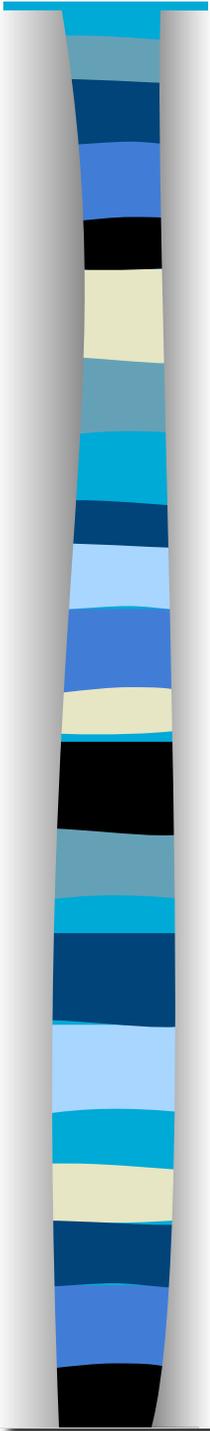
A. Axillary

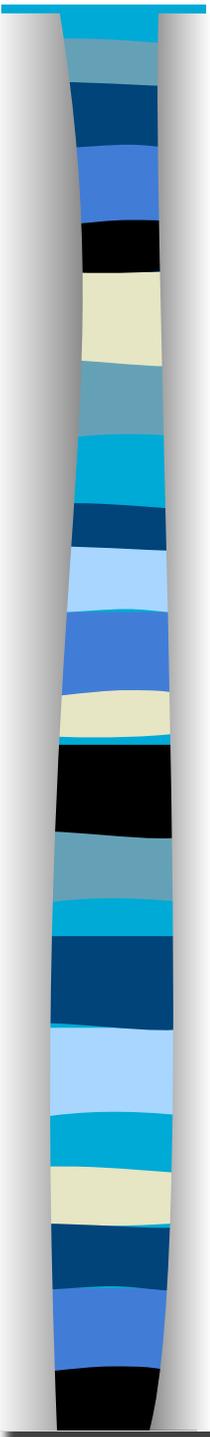
B. Median

C. Radial

D. Sciatica

81a MBLEx Prep





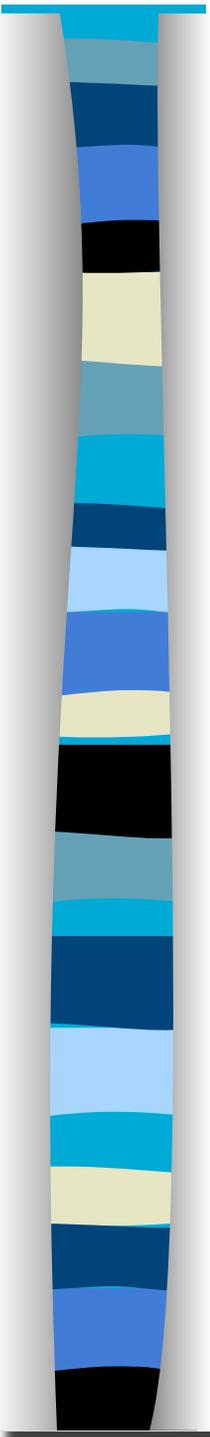
Exam 6

Question 21: WRONG ANSWER

Which are three digestive enzymes that are secreted by the pancreas?

- Amylase, calcitonin, and bile
- Amylase, secretin and insulin
- **Amylase, lipase and trypsin (correct answer)**
- Amylase, insulin and glucagons (MassagePrep.com answer)

■ Salvo p. 371



Exam 6

Question 26: WRONG ANSWER

What is the insertion for sternocleidomastoid?

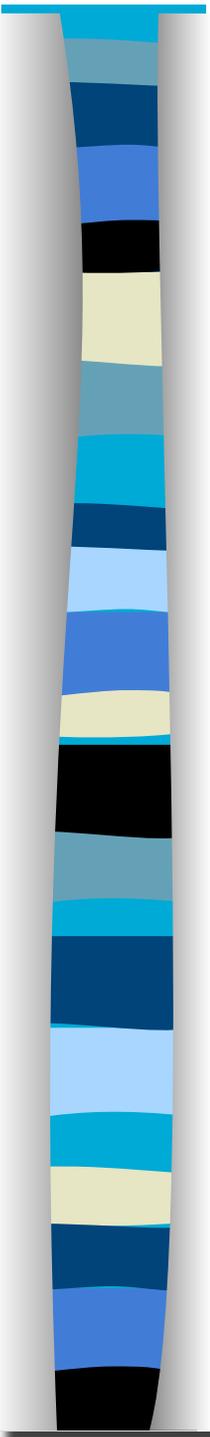
Occipital bone

Temporal bone (correct answer)

Clavicle (MassagePrep.com answer)

Sternum

- TG p. 244, insertion is mastoid process of temporal bone.

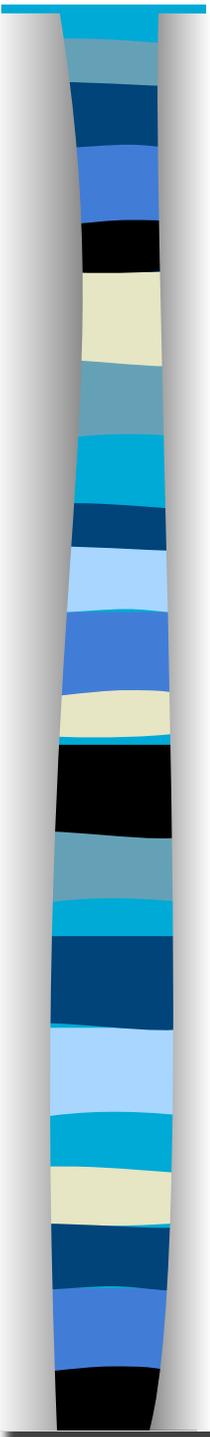


Exam 6

Question 105: BAD ANSWER SELECTION

In the treatment of tension headaches, which is the best technique to the neck, shoulders and back?

- Firm kneading and petrissage
 - Deep friction and kneading
 - **Firm kneading and deep effleurage**
 - Light effleurage
-
- I think any of the first three is arguable, depending on the specifics of the case.

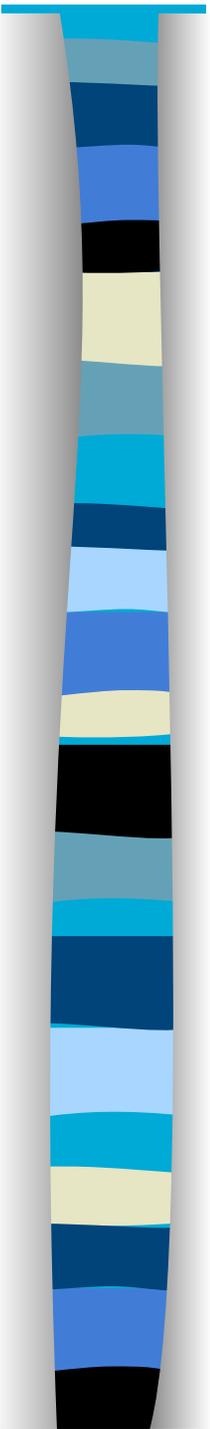


Exam 6

Question 118. TRICKY QUESTION

Which of the following has visceral muscle tissue?

- The biceps brachii
 - Blood vessels
 - Attached to bones
 - **Walls of the heart (MassagePrep.com answer and correct answer)**
- Viscera refers to internal organs of the body such as the heart, liver, or intestines.

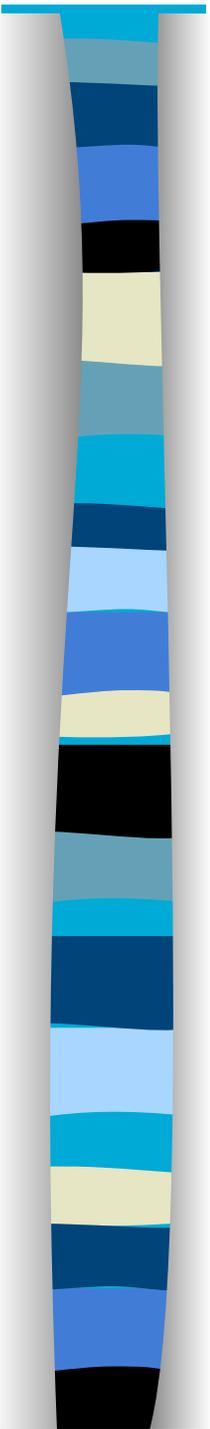


Exam 6

Question 4: NEW INFORMATION!

Which blood type is the universal donor?

- AB positive
 - AB negative
 - O positive
 - **O negative** (MessagePrep.com and the answer I would choose)
- Mayo clinic says that as of January 2013, O negative may contain antibodies that can cause serious reactions during a transfusion.

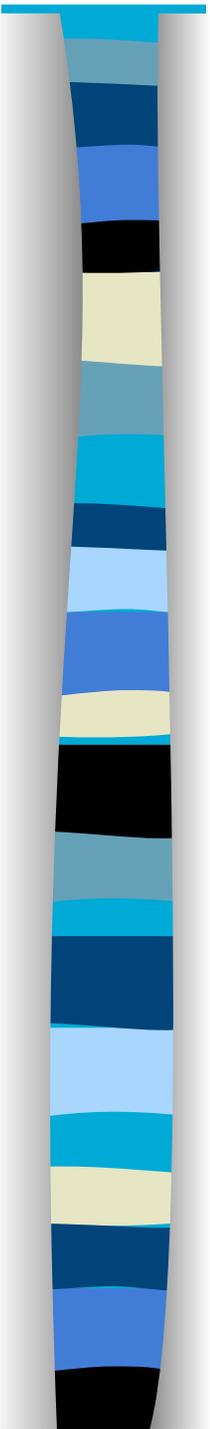


Exam 6

Question 31: TRICKY QUESTION!

Why are heat treatments generally contraindicated for diabetic patients?

- The patient may have a cardiovascular condition as well
 - The patient may show signs of decreased nervous function
 - The patient may show signs of a circulatory condition
 - **All of the options**
- Werner does confirm high correlation of diabetes and cardiovascular problems.

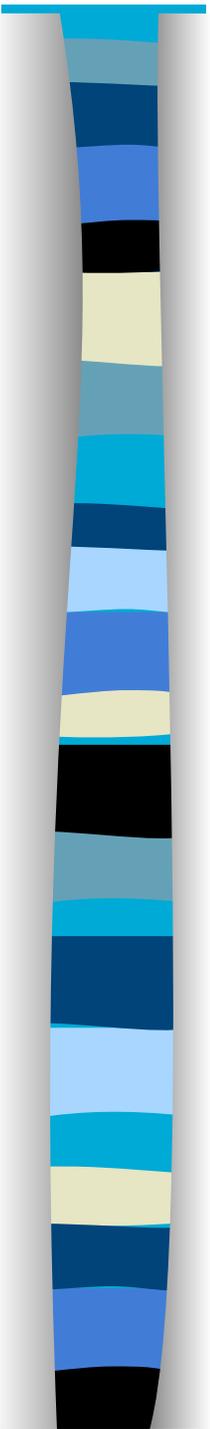


Exam 6

Question 44: NEVER HEARD OF THAT!

With the exception of Buerger's Disease, what is the best approach with vascular occlusive disease?

- **No massage**
 - Petrissage
 - Effleurage
 - Vibration
-
- Buerger's Disease is inflammation of the tunica intima layer of a blood vessel with thrombosis. Not sure why it is an exception. When in doubt, go conservative – no massage.
 - Vascular occlusive disease is blockage of arteries in the periphery, not related to embolisms of the heart, lungs or brain



Exam 6

Question 78: NEVER HEARD OF THAT!

Why would you use passive movements?

- To correct structural deformity (this seems like a wrong answer)
 - **To stretch muscle and tendon**
 - **Break down adhesions**
 - All of the options (MassagePrep.com answer)
-
- My first option for breaking adhesions would be friction, but that is for specific cases as opposed to adhesions in general.
 - Structural “deformity” makes me think skeletal so my first thought on correcting structural deformity is not stretching.

Exam 6

Question 95: DETAILS!

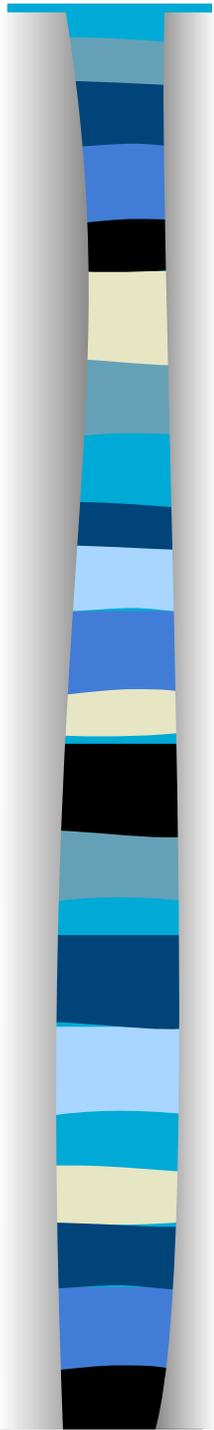
With which two carpal bones does the distal radius articulate?

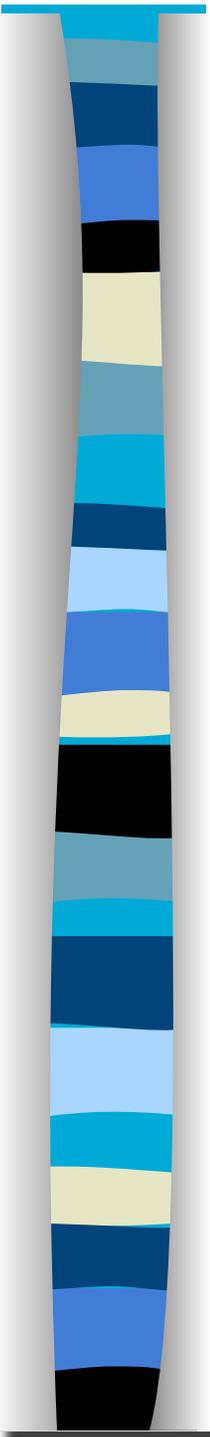
- **Lunate and scaphoid (correct answer)**

- The radius articulates with the thumbs side of the hand

Starting from the thumb (thenar eminence):

Steve	Left	The	Party
Scaphoid	Lunate	Triquetrum	Pisiform
To	Take	Cathy	Home
Trapezium	Trapezoid	Capitate	Hamate





Exam 6

Question 82: I NEVER HEARD OF THAT!

Uses of Russian Bath?

Good for addictions AND gout!