

75a MBLEx Prep

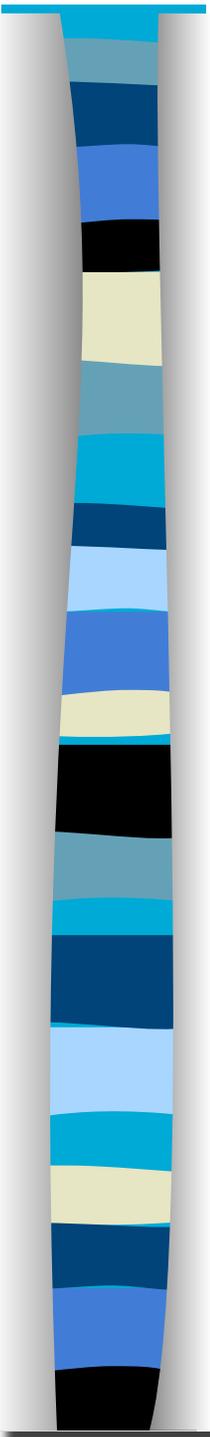
ABMP Exam Coach

Massage Professional Practices

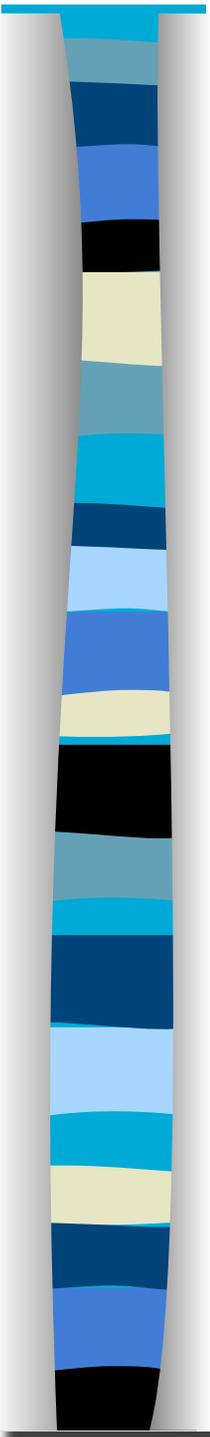
- Equipment and Safety
- Hygiene & Sanitation
- Client Records
- Body Mechanics

75a MBLEx Prep

Class Outline



5 minutes	Attendance, Breath of Arrival, and Reminders
10 minutes	Lecture:
25 minutes	Lecture:
15 minutes	Active study skills:
60 minutes	Total



75a MBLEx Prep

Class Outline

Quizzes:

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

Spot Checks:

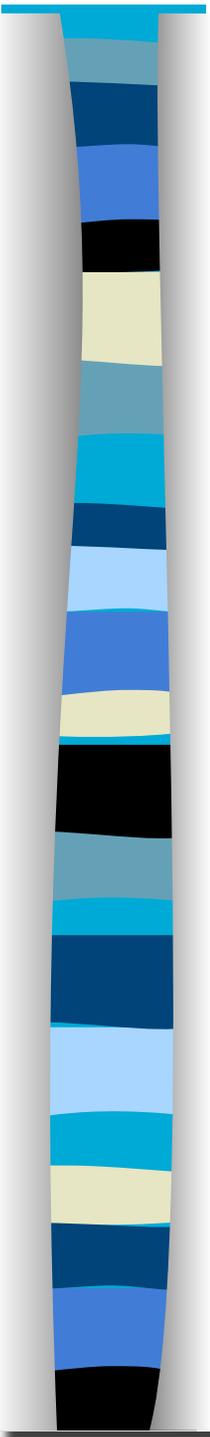
- 75b Orthopedic Massage: Spot Check – Piriformis and Sacroiliac
- 78b Orthopedic Massage: Spot Check – Low Back Pain

Assignments:

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

Preparation for upcoming classes:

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



Classroom Rules

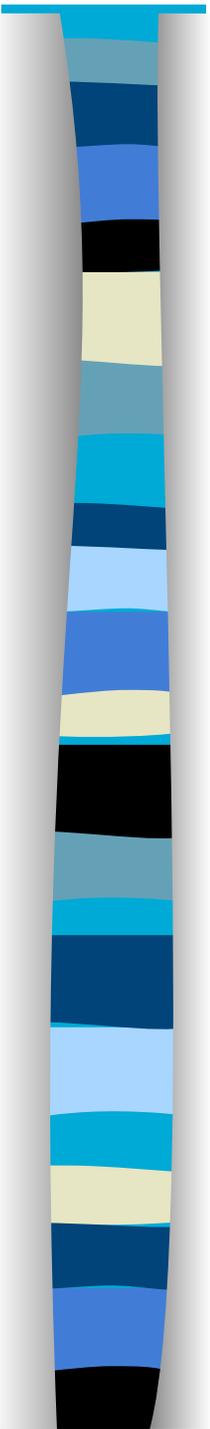
Punctuality - everybody's time is precious

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

The following are not allowed:

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

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



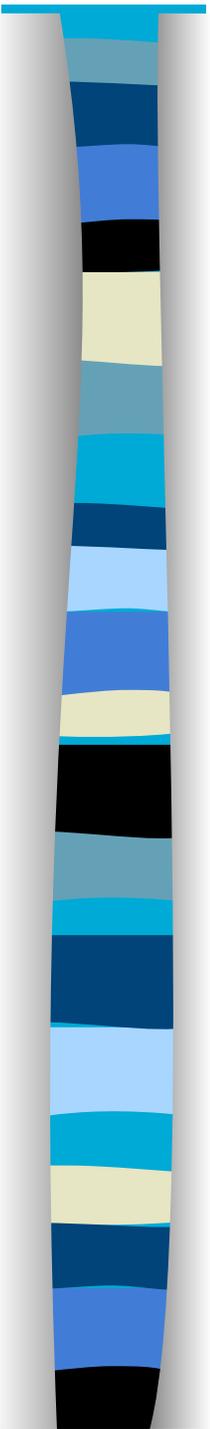
Massage Professional Practices

Equipment and Safety

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- Bacteria 462-468
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- Fungus 496-504
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- Disease Process 524-530
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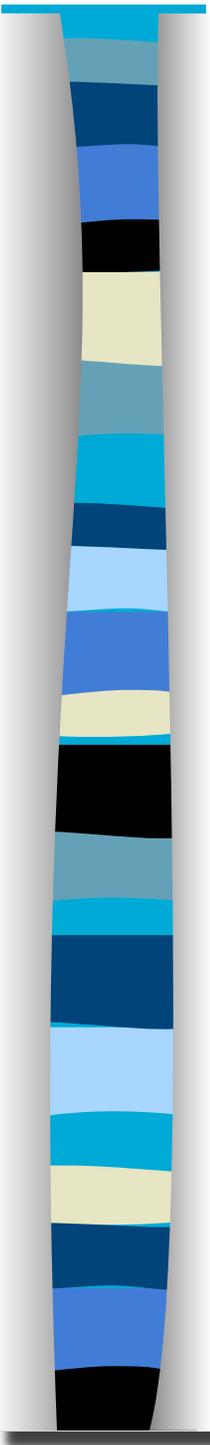


Client Records

- Documentation 562-588
- Informed Consent 592-598
- Frequency & Intensity 602-610
- Quantify & Qualify 614-630
- Onset 634-638
- Subjective Versus Objective 642-686
- Functional Limitations 690-696
- Assessment 700-706
- Plan 710-716
- Pain Schedule 720-730

Body Mechanics

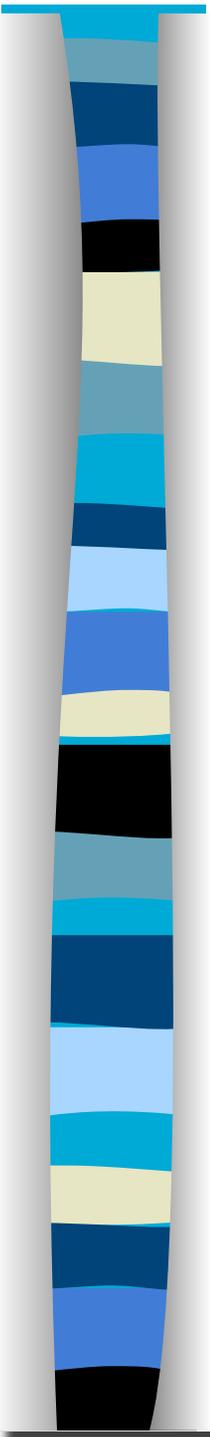
- Aspects of Body Mechanics 734-738
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- Structural Alignment 762-794
- Daily Self-Care Activities 798-818



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Massage Professional Practices:
Equipment & Safety

Incident Reports

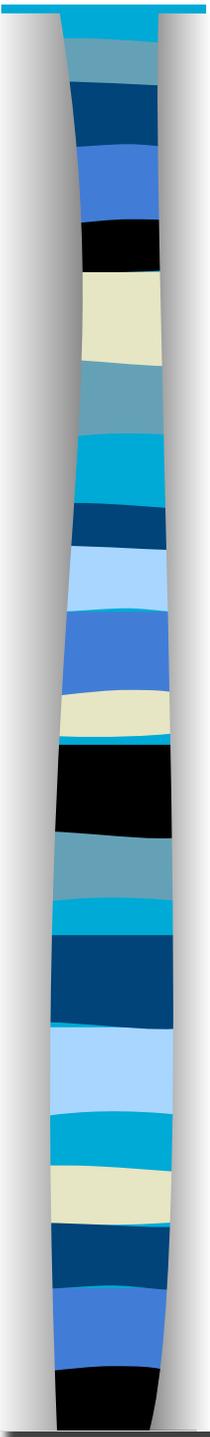


Incident Reports

If a practitioner terminates a session because the client made a sexual advance, the practitioner should complete a(n):

- A. Incident report
- B. Client screening report
- C. Health history update
- D. Accident report

Q

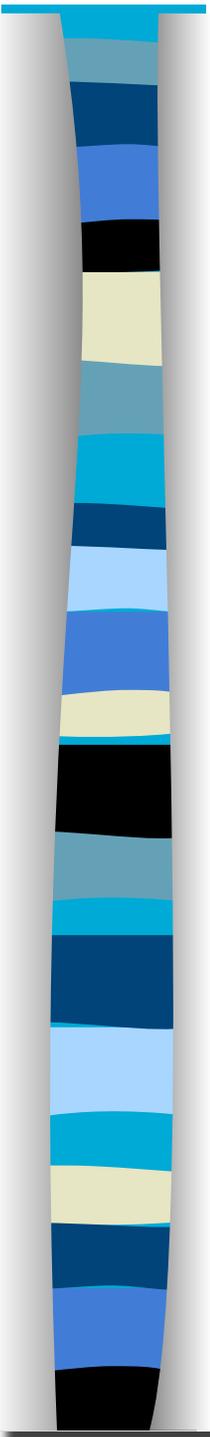


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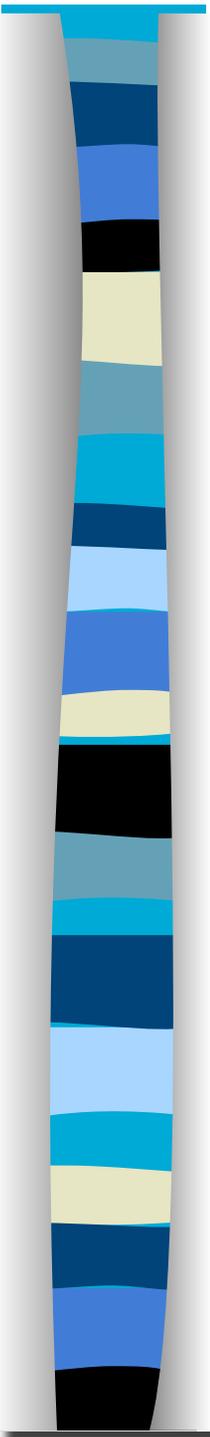


Incident Reports

This written document is completed whenever an unusual event occurs that creates an unsafe environment or distress for a client, practitioner, or business owner:

- A. Client screening report
- B. An incident report
- C. Injury zone report
- D. Accident report

Q

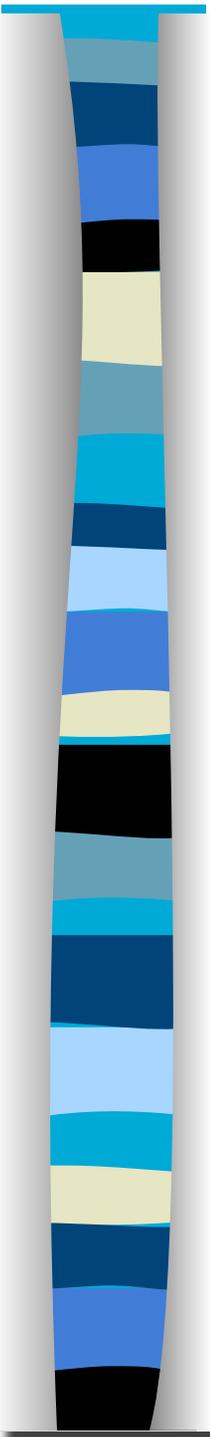


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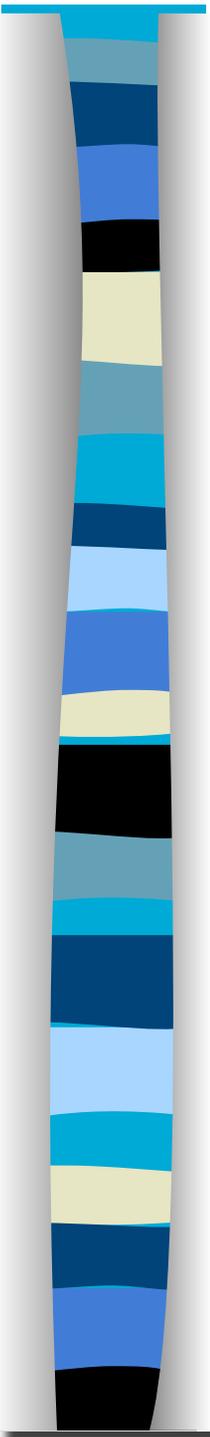


Incident Reports

This type of document is written whenever an unusual event occurs that results in distress or an unsafe environment to a client, practitioner, or business owner:

- A. Client screening
- B. Letter of apology
- C. Case study
- D. Incident report

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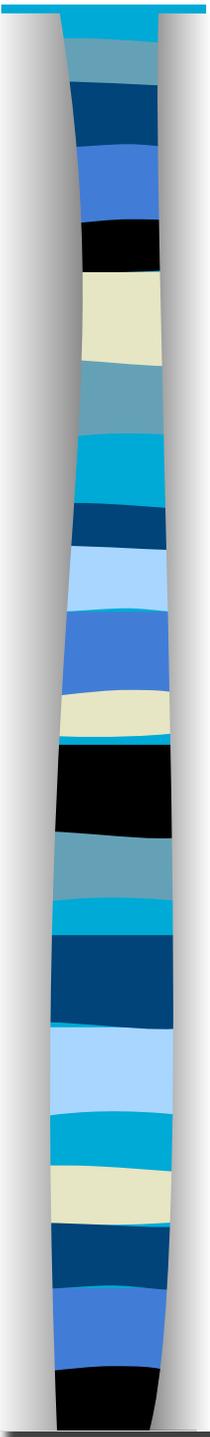


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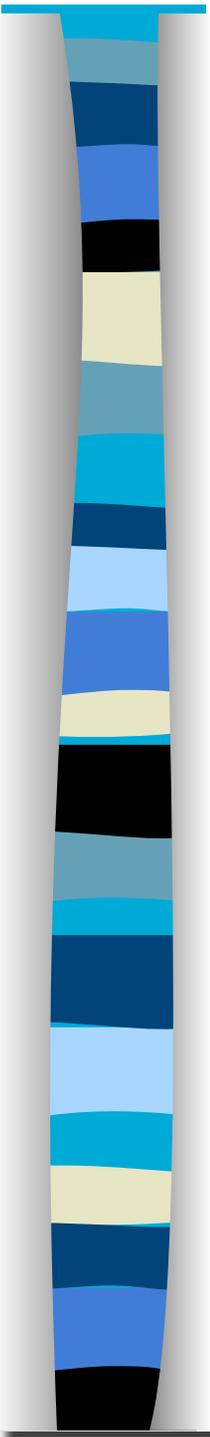


Incident Reports

This written document should be completed any time anyone at a business is injured in an accident, causes injury to another, or causes property damage:

- A. Accident report
- B. Health history update
- C. Client screening form
- D. Incident report

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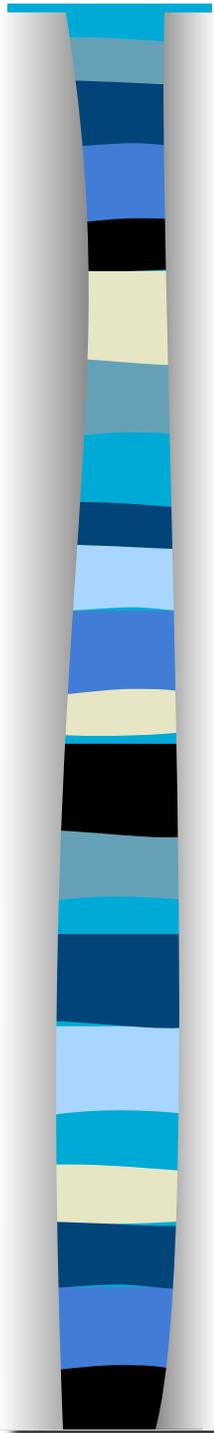


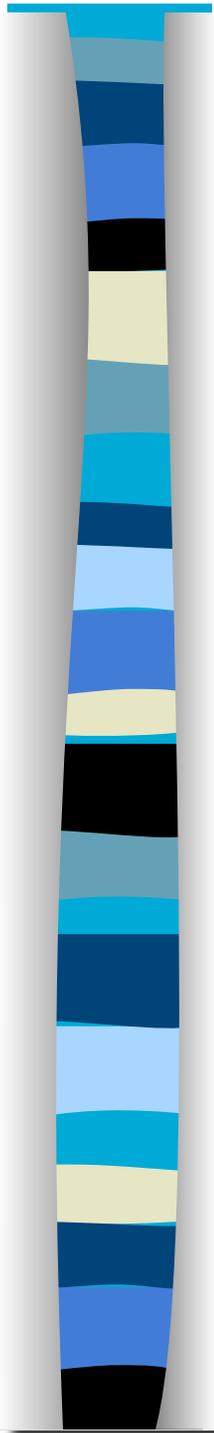
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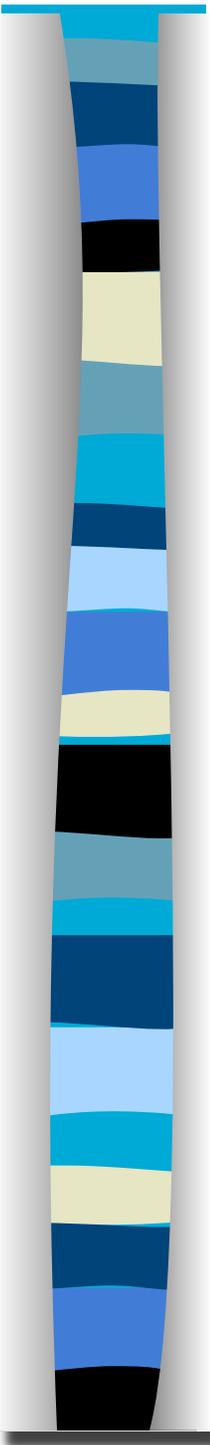
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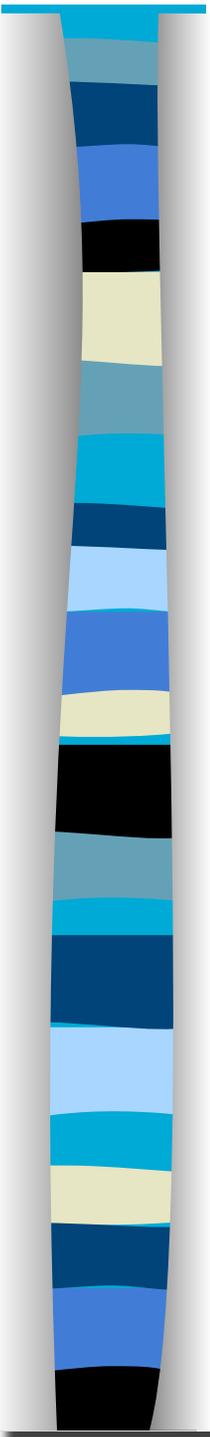




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Massage Professional Practices:
Equipment & Safety

Client Screening

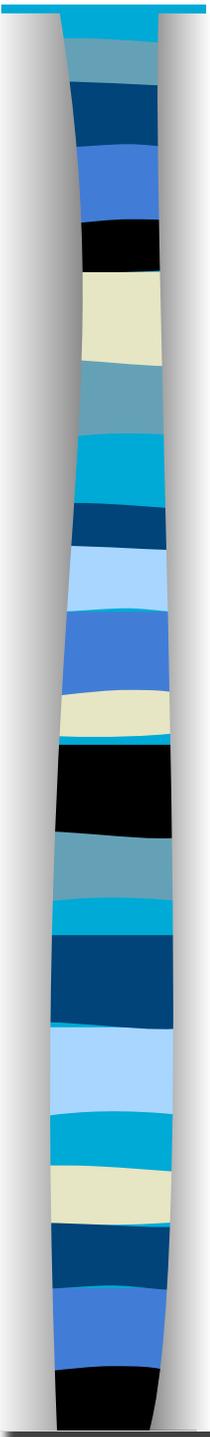


Client Screening

A process for vetting clients to ensure their reasons for seeking massage therapy are legitimate is called:

- A. Injury zone report
- B. Client screening
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- D. Accident report

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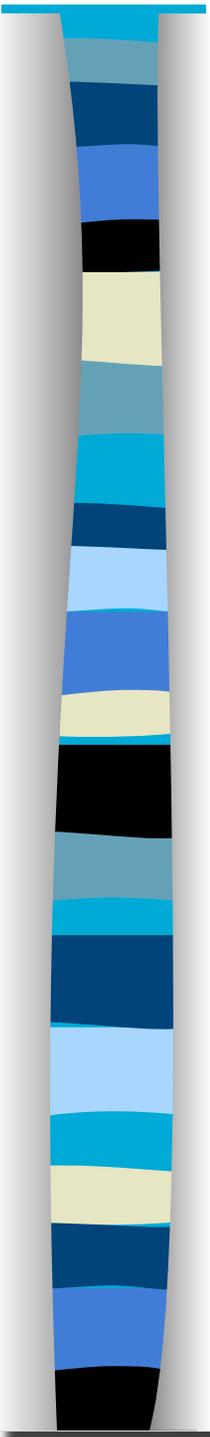


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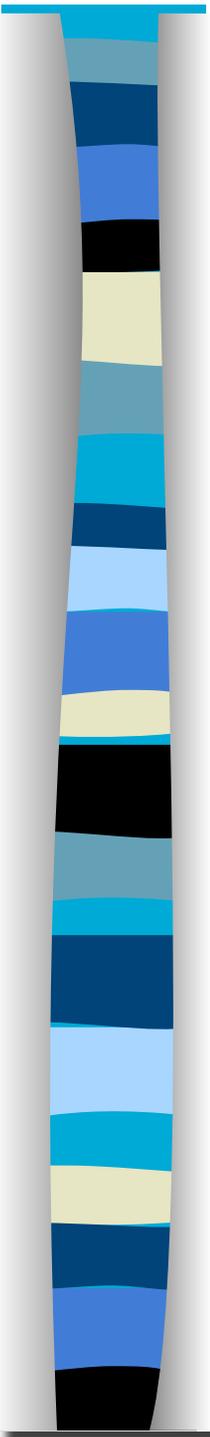


Client Screening

Because some prospective clients still consider massage as a cover for prostitution, it is very important to conduct this process before booking each client:

- A. Background check
- B. Accident report
- C. Client screening
- D. List of contraindications

Q

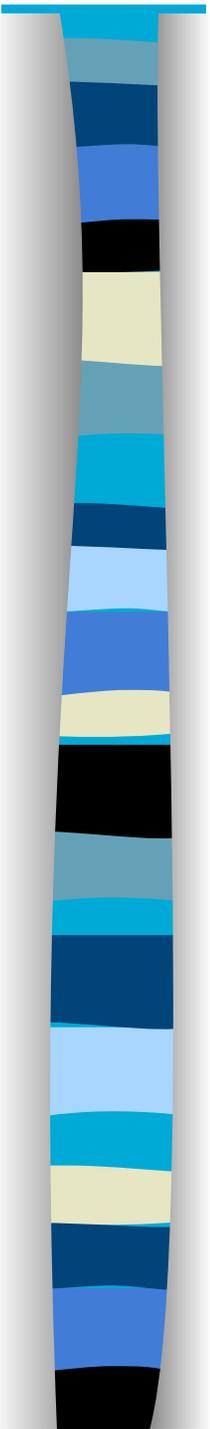


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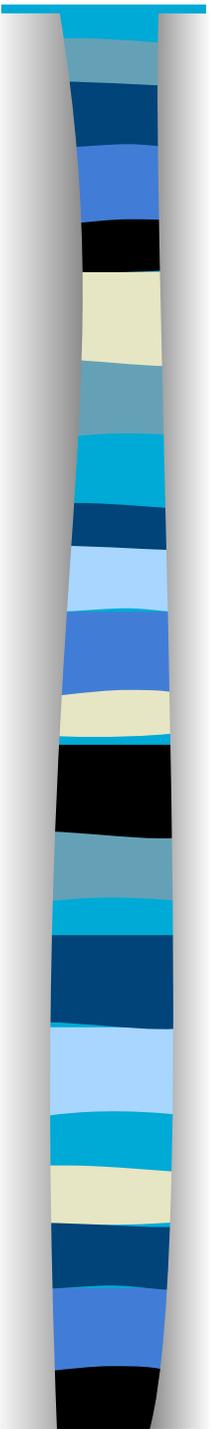


Client Screening

If a client asks, "What will the practitioner wear during the massage session?," it is considered:

- A. A non-issue
- B. A red flag
- C. A question that requires the completion of an accident report
- D. A question that indicates the client prefers a professional uniform

Q

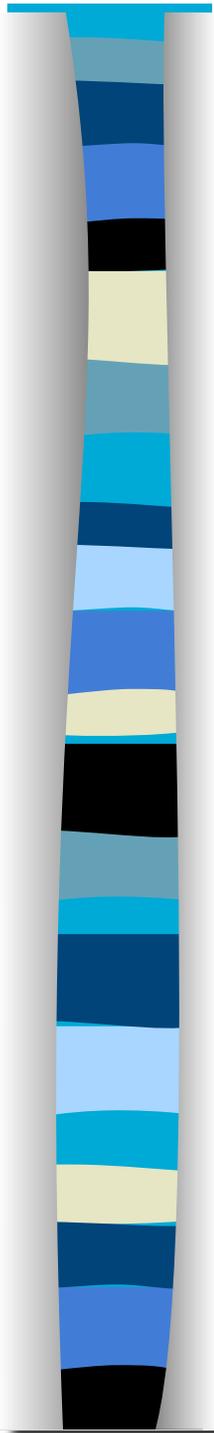


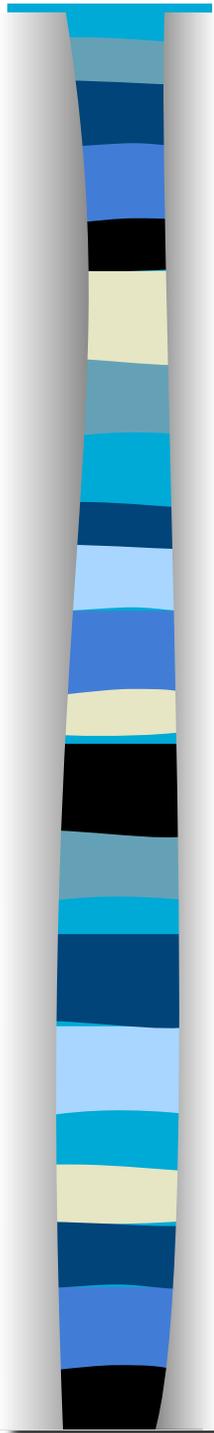
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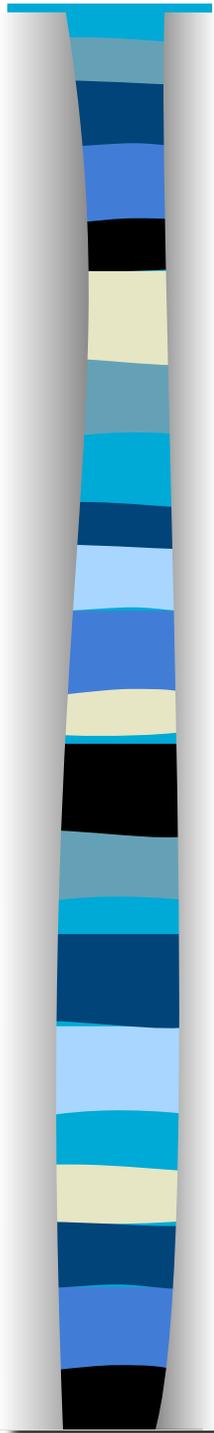
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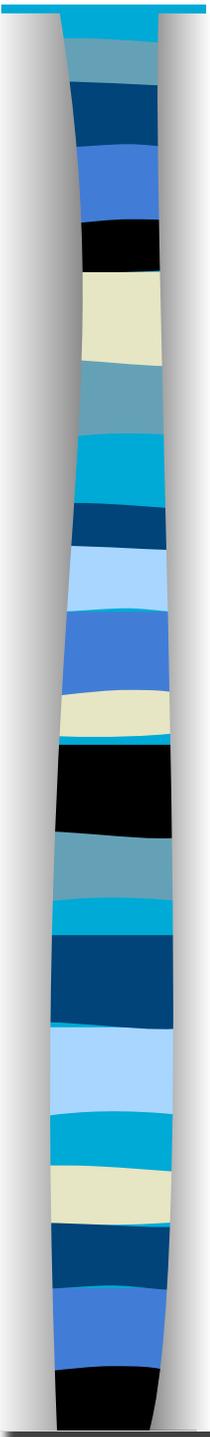
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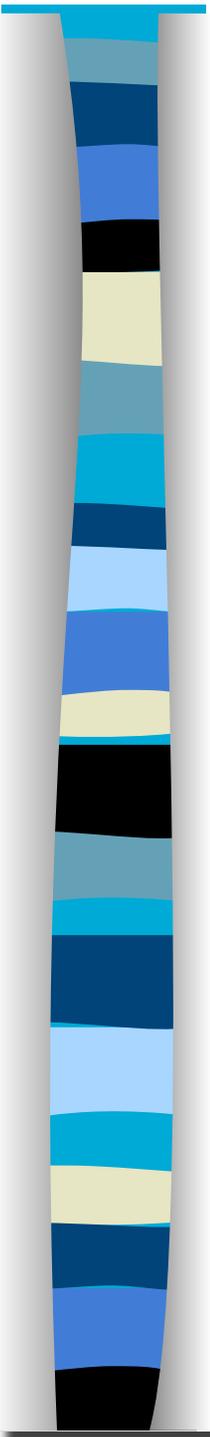




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Massage Professional Practices:
Equipment & Safety

Draping

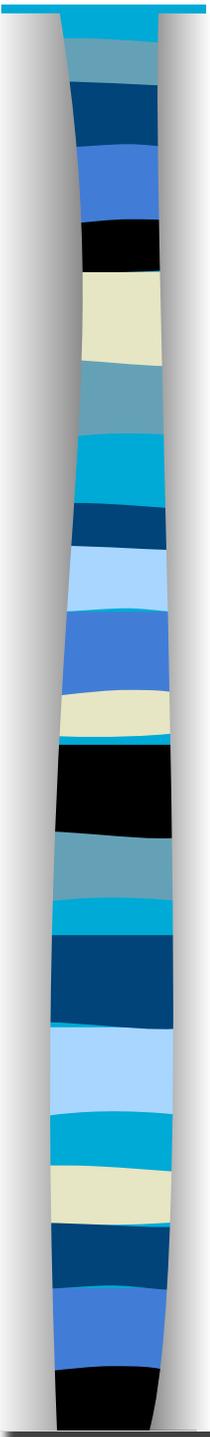


Draping

It is appropriate to offer clients a choice in all of the following EXCEPT:

- A. Use of lubricant
- B. Level of draping
- C. Music preference
- D. Warmth of room/ table

Q

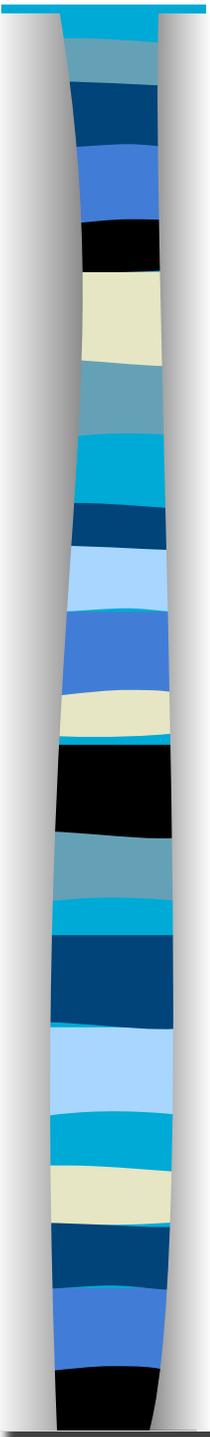


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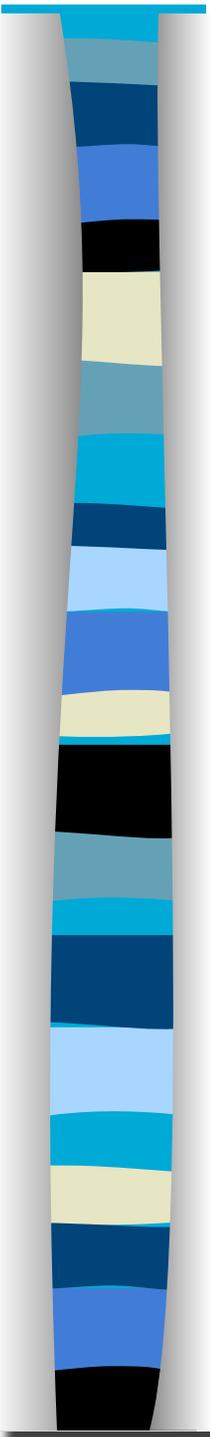


Draping

When planning undressing and dressing spaces in a treatment room, the best choice is to:

- A. Leave the room open and hang a sign on the outside that says "Client undressing"
- B. Leave the door open to encourage client acceptance of body image
- C. Provide a screened-off area in the treatment room to enhance a sense of privacy
- D. Remain with the client at all times in a closed treatment room, but turn your back while he or she undresses or dresses

Q



Draping

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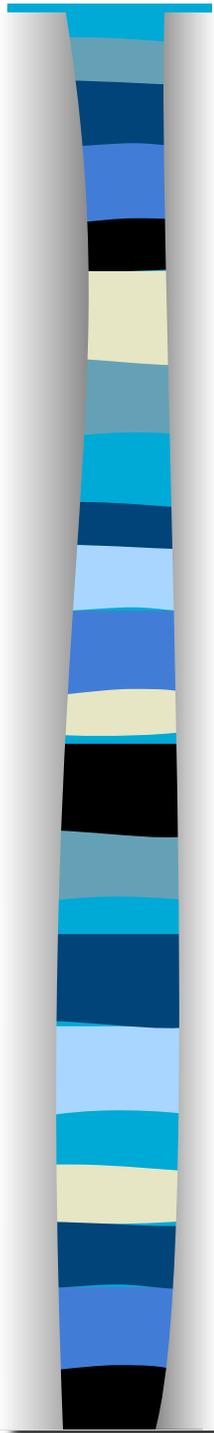
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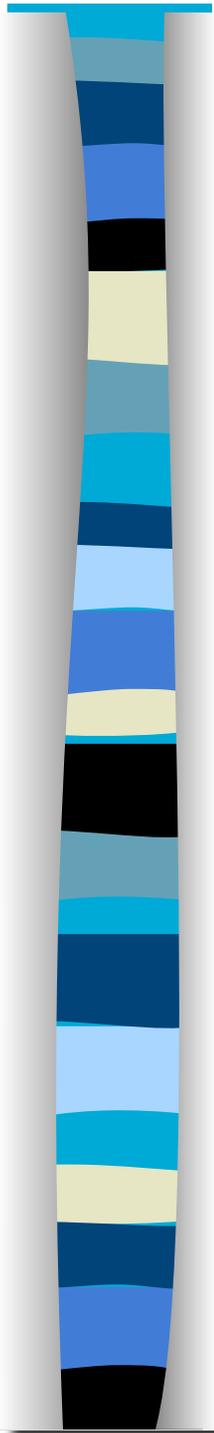
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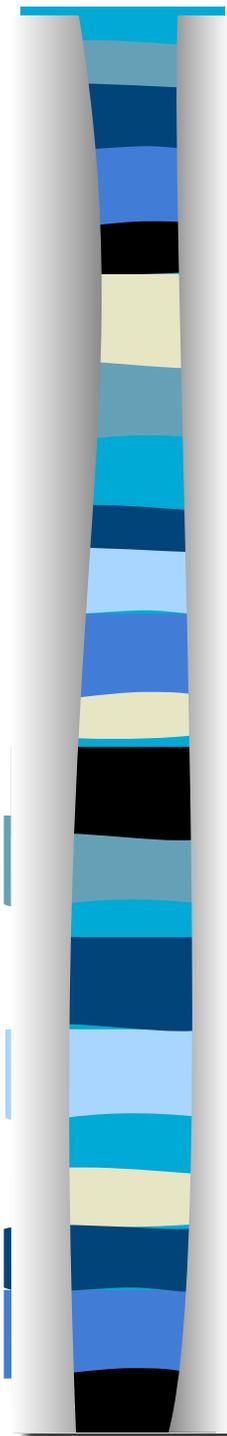
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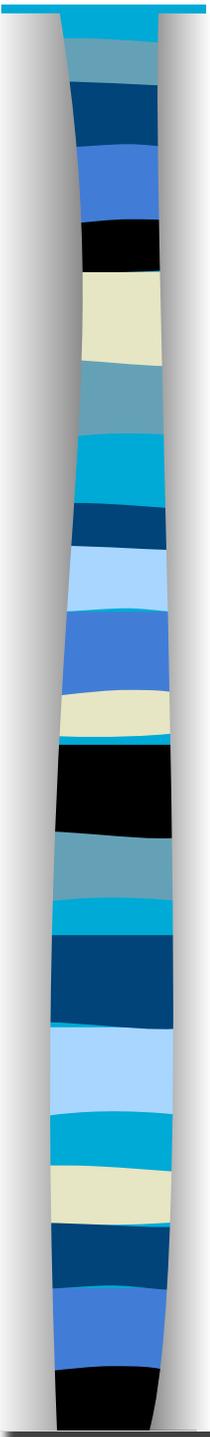
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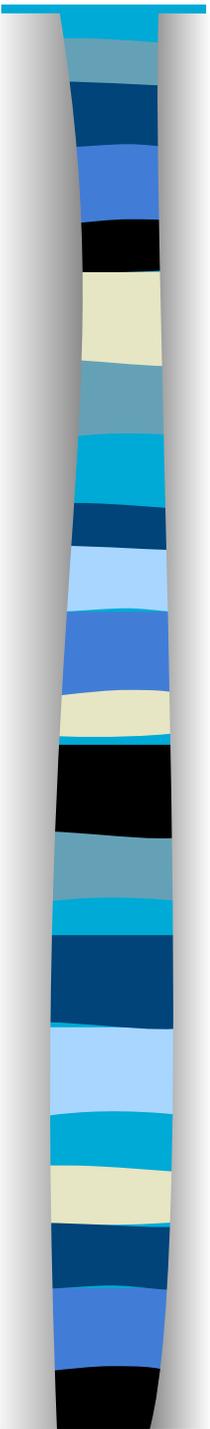




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Massage Professional Practices:
Equipment & Safety

Massage Linens

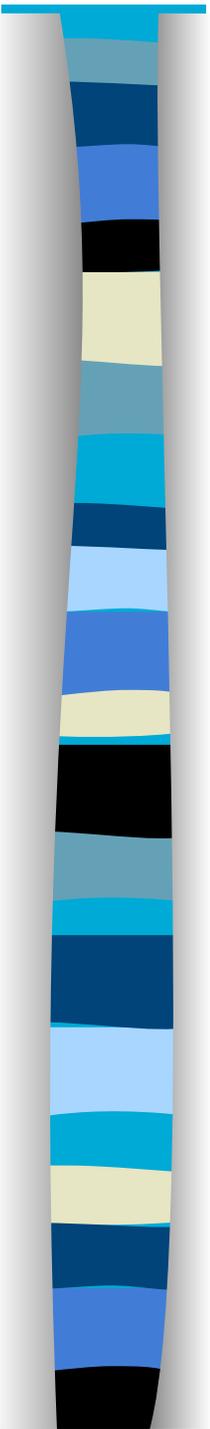


Massage Linens

Sheets, bath towels, bolster covers, and face cradle covers are referred to as:

- A. Massage dressing
- B. Massage gauze
- C. Massage covers
- D. Massage linens

Q

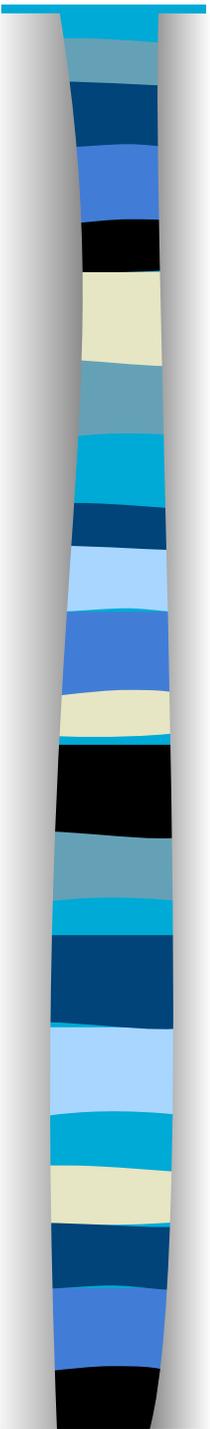


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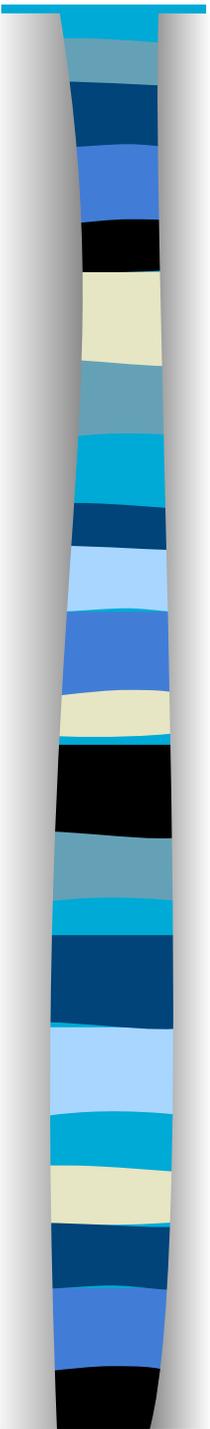


Massage Linens

When you purchase sheets for your massage practice, an important consideration is that:

- A. They match the color of your uniform
- B. They are thin enough to allow for efficient draping
- C. They are thick enough to provide sufficient coverage
- D. They match the color of your wall paint

Q

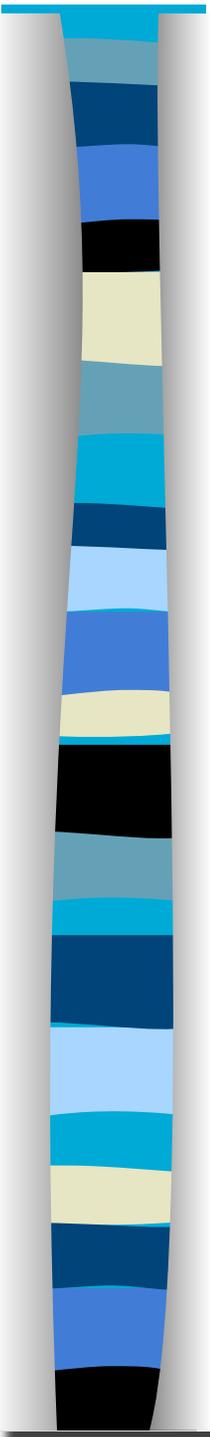


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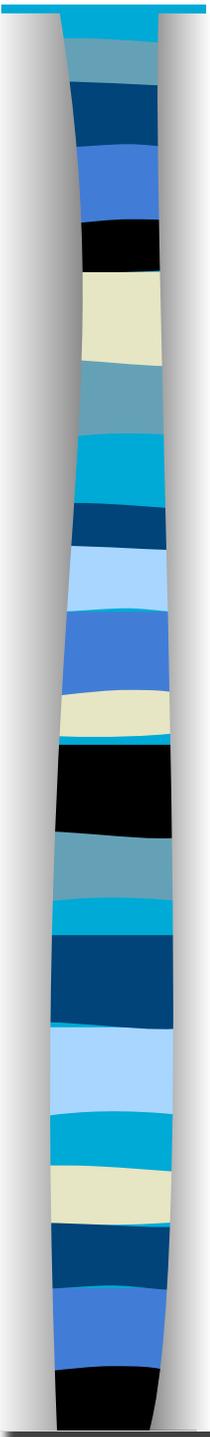


Massage Linens

Soiled linens should be stored:

- A. In a closed, ventilated container outside the treatment area
- B. In a neat pile beneath the massage table
- C. In linen bags hung behind the treatment room door
- D. In airtight containers on a shelf in the treatment room

Q

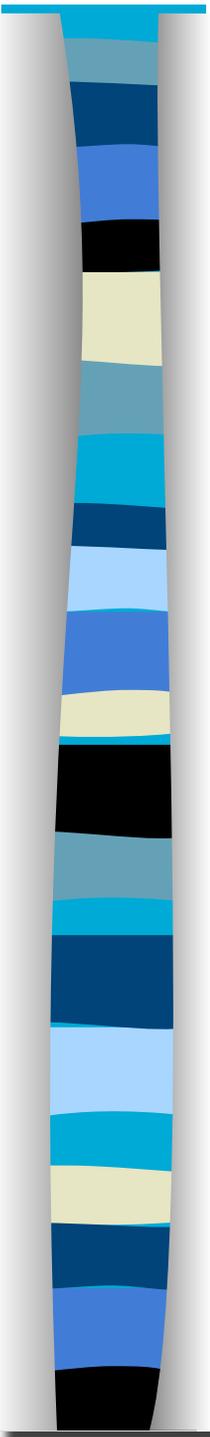


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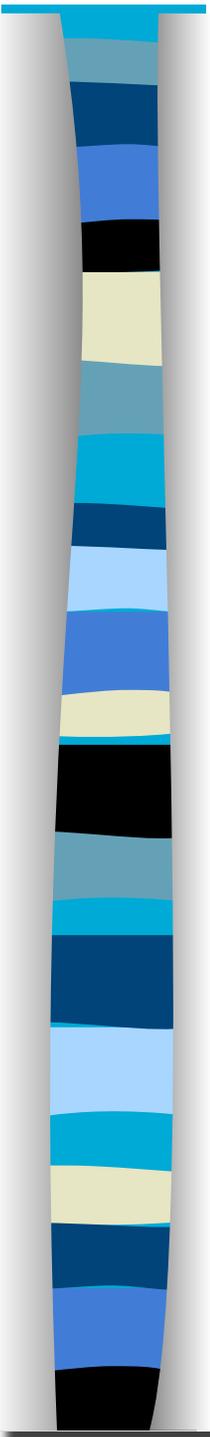


Massage Linens

When storing massage linens, a massage practitioner should:

- A. Wash them in warm water without detergent, dry with heat, and store in an open container
- B. Wash them in cold water with detergent, line dry in the sun, and store in a closed container
- C. Wash them in hot water without detergent, dry on a cool setting, and store in an open container
- D. Wash them in hot water with detergent, dry with heat, and store in a closed container

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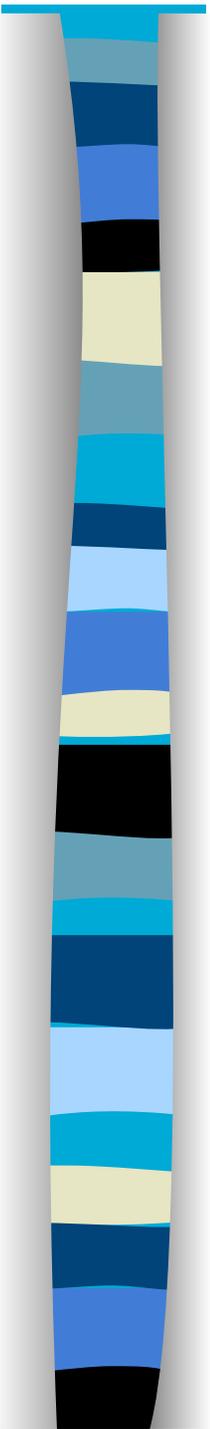


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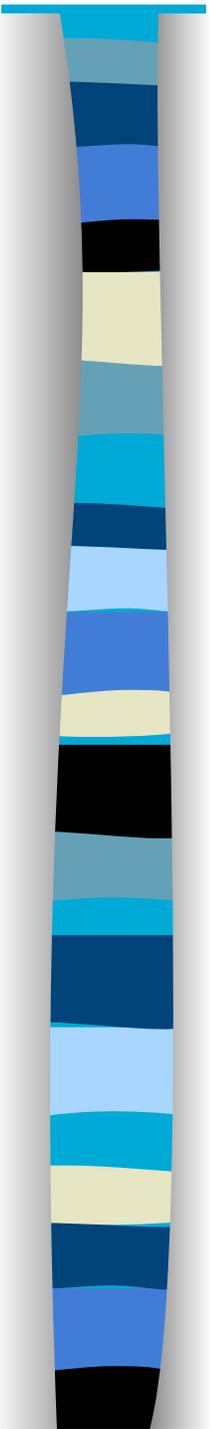


Massage Linens

When you purchase sheets for your massage practice, an important consideration is that:

- A. They are small enough not to touch the ground during sessions
- B. They match the color of your wall paint
- C. They match the color of your uniform
- D. They are flannel and therefore softer but more difficult to clean

Q

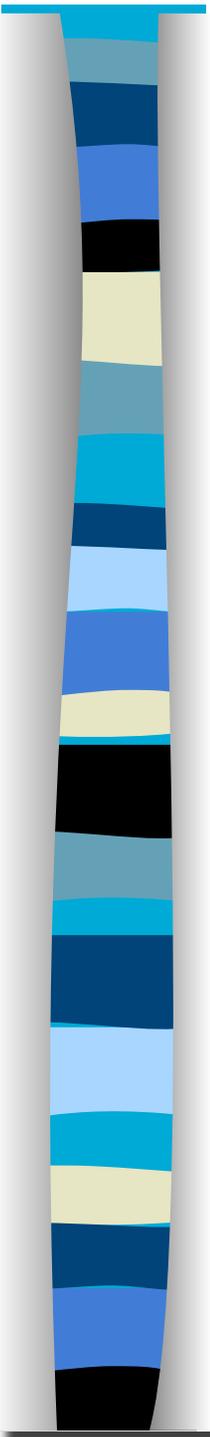


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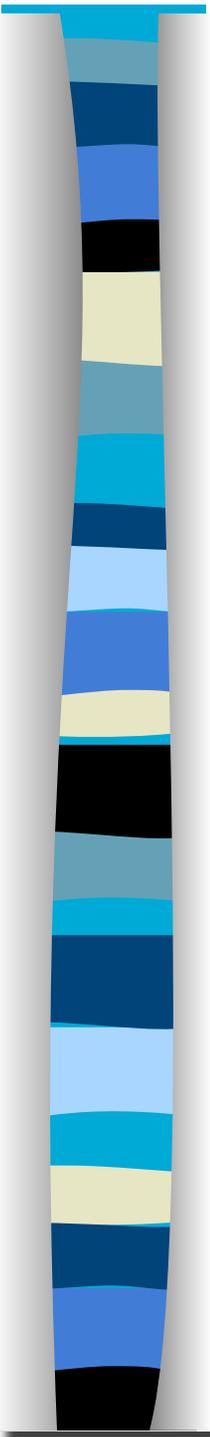


Massage Linens

Blankets that are touched by the client during the session should be:

- A. Laundered at the end of the week
- B. Laundered one time each month
- C. Laundered before use with another client
- D. Laundered at the end of the work day

Q

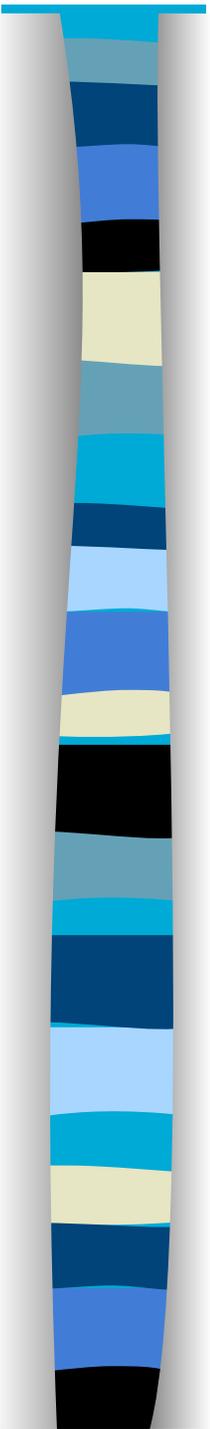


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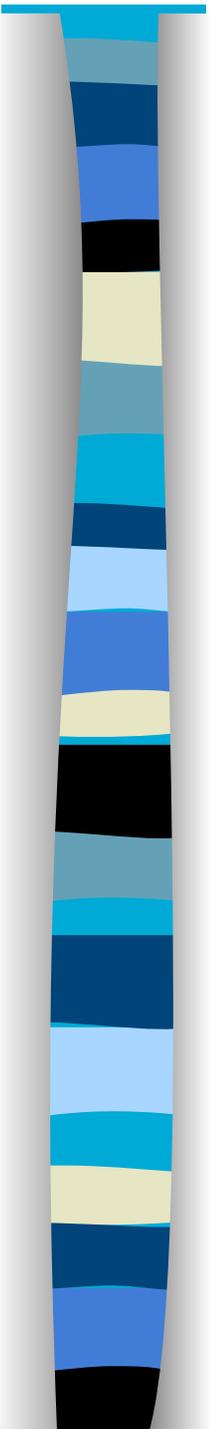


Massage Linens

When you use a hydrocollator pack or other hot pack:

- A. Apply it directly to the skin so that the client can benefit from the heat
- B. Use light-weight cotton so the pack feels extra toasty
- C. Use one wrap with a flannel pillowcase so the pack feels soft and hot
- D. Use at least four layers of towel to insulate the pack

Q

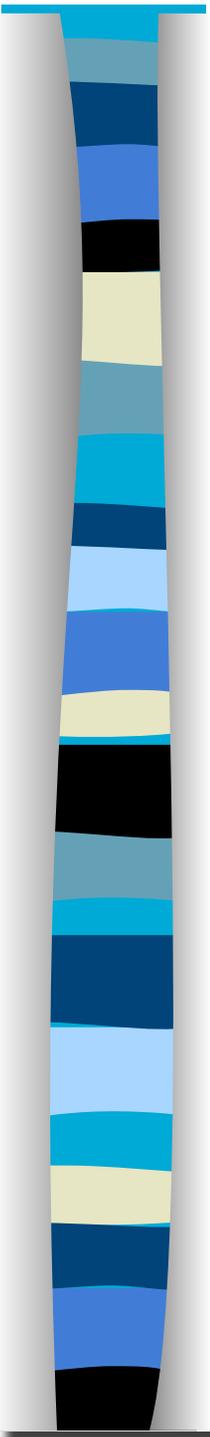


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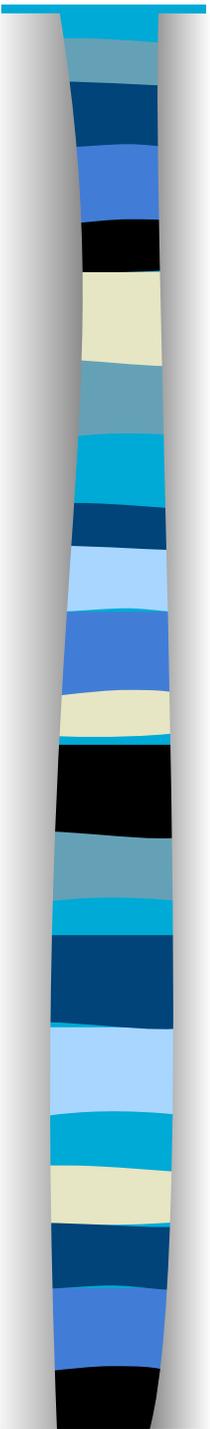


Massage Linens

What is the correct use of a blanket for client comfort and cleanliness?

- A. Use a blanket in place of a top drape
- B. Place a blanket between two top drapes to avoid contamination
- C. Use one blanket as a bottom drape and one as a top drape
- D. Place a machine-washable blanket on top of the top drape

Q

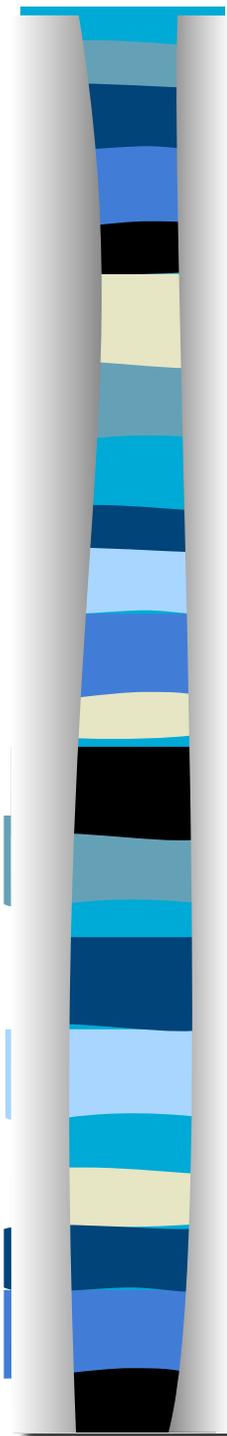


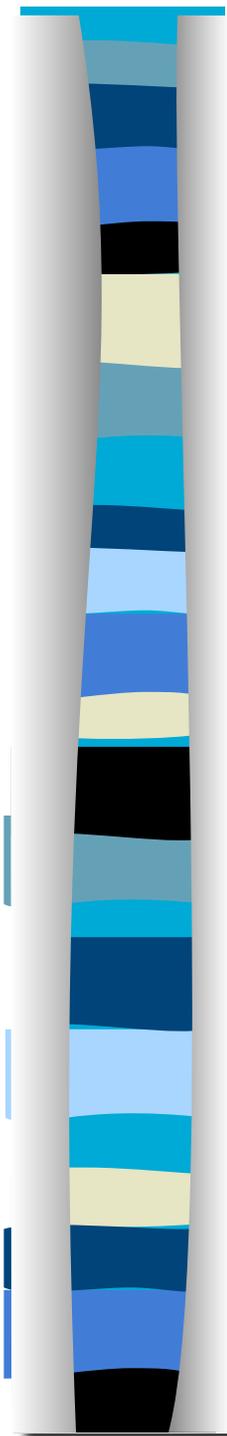
Massage Linens

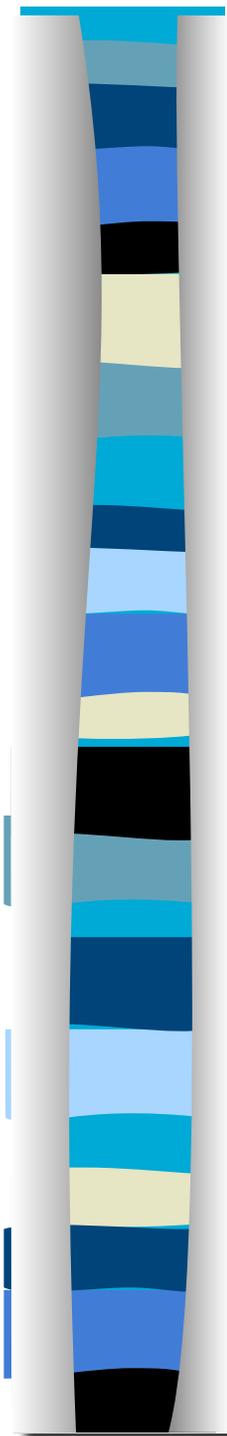
What is the correct use of a blanket for client comfort and cleanliness?

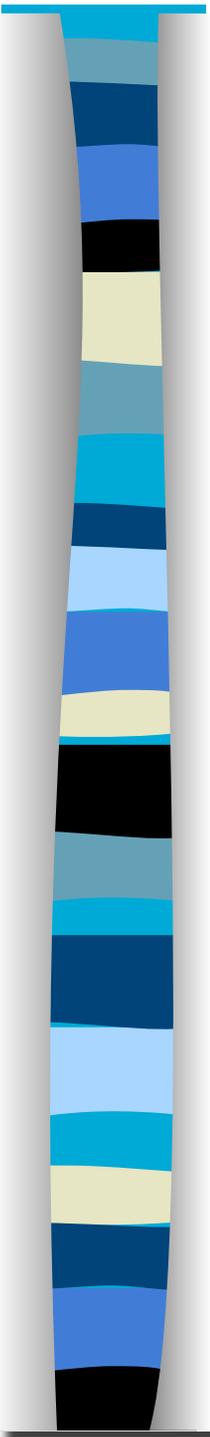
- A. Use a blanket in place of a top drape
- B. Place a blanket between two top drapes to avoid contamination
- C. Use one blanket as a bottom drape and one as a top drape
- D. Place a machine-washable blanket on top of the top drape**

A





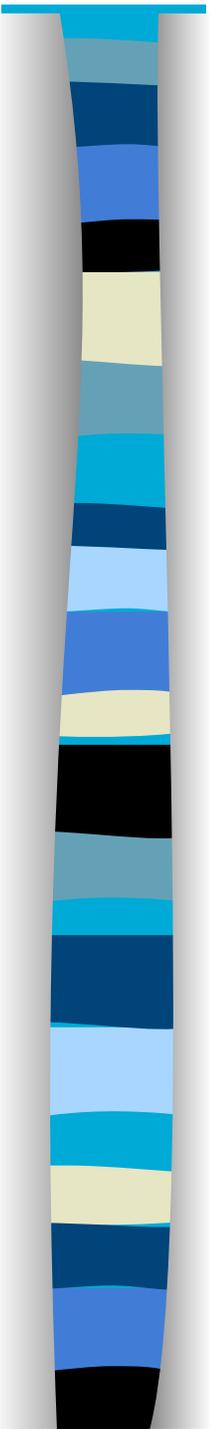




ABMP Exam Coach

Massage Professional Practices:
Equipment & Safety

Massage Lubricants

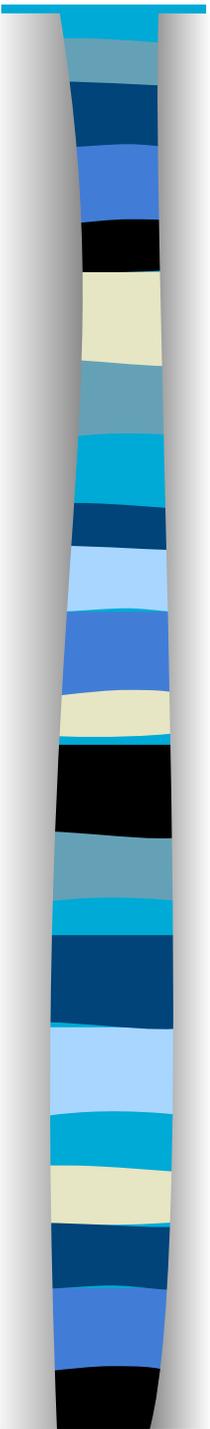


Massage Lubricants

The oils, gels, and creams used in a massage practice are professionally referred to as:

- A. Massage lube
- B. Body lube
- C. Body moisturizer
- D. Massage lubricants

Q

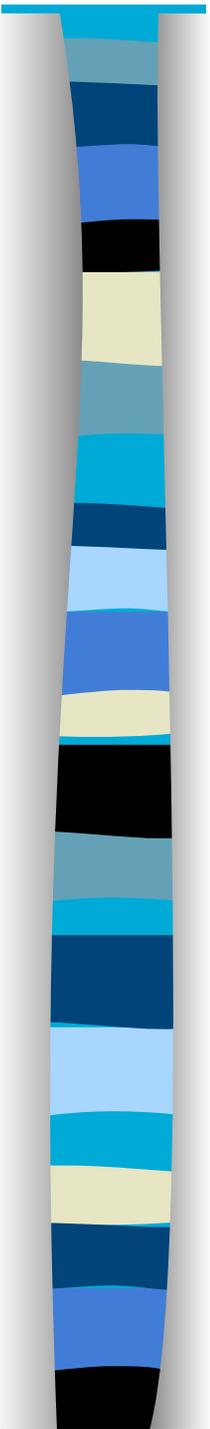


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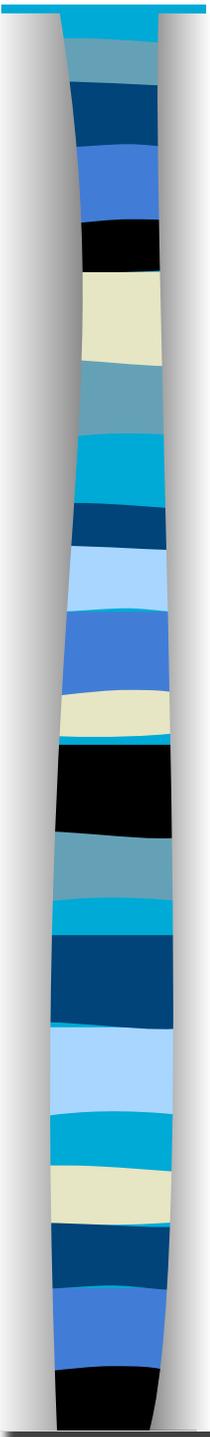


Massage Lubricants

Lotions and creams are popular with clients because:

- A. They can be blended in-house and clients like homemade lubricants
- B. They provide more slip than oils so the practitioner's work tends to be lighter
- C. They often contain synthetic ingredients which clients enjoy
- D. They leave the skin cleaner than oils, which may feel greasy

Q

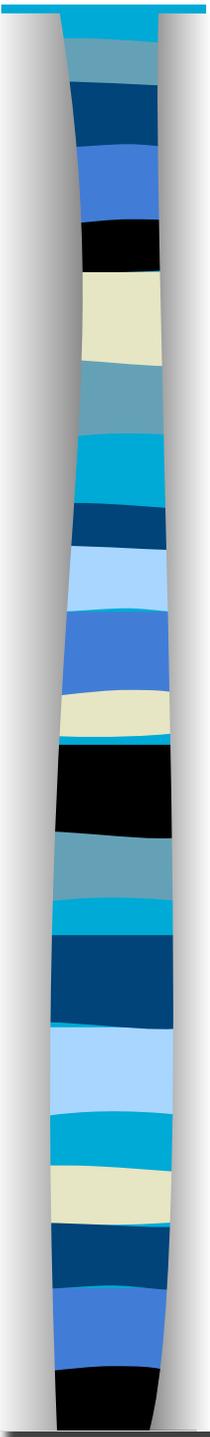


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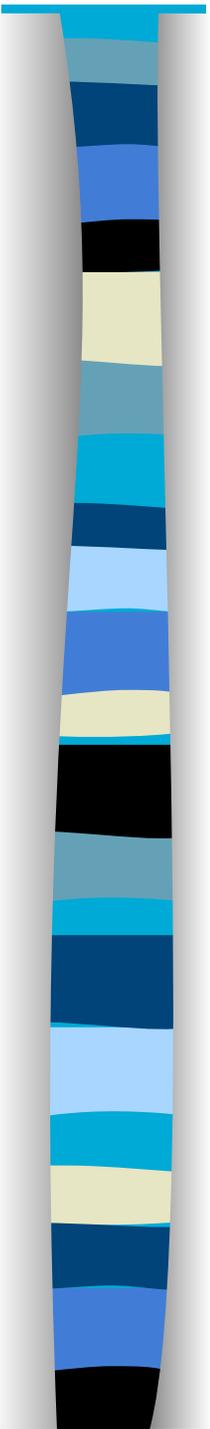


Massage Lubricants

One important factor in choosing a massage lubricant is:

- A. The types of skin conditions you treat in your practice
- B. The types of herbs in the product and their benefits for the client's respiratory system
- C. The types of techniques you use and the degree of slip offered by the lubricant
- D. The types of essential oils in the product and their benefits for the client's immune system

Q

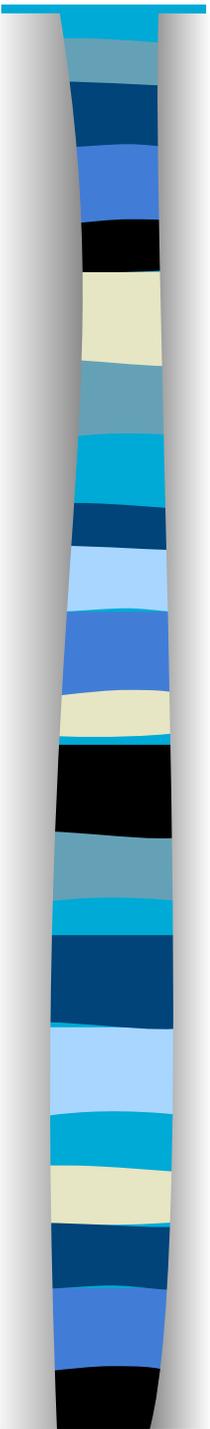


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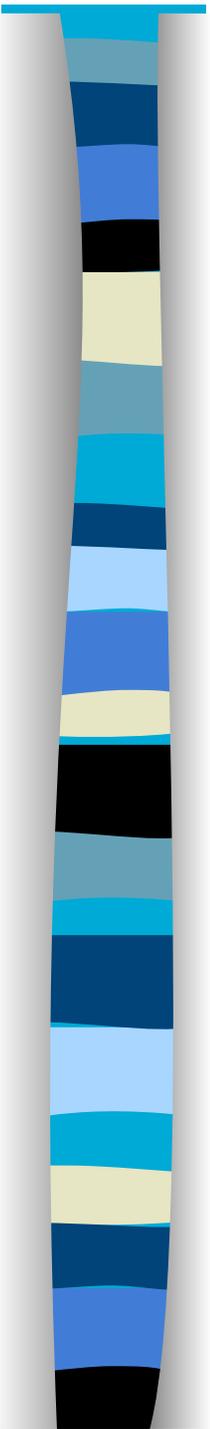


Massage Lubricants

These vegetable oils are not commonly used in massage because they may cause reactions:

- A. Jojoba, avocado, almond, and hazelnut
- B. Grape-seed, corn, soybean, and peanut
- C. Apricot kernel, avocado, almond, and hazelnut
- D. Jojoba, cocoa butter, avocado, and apricot kernel

Q

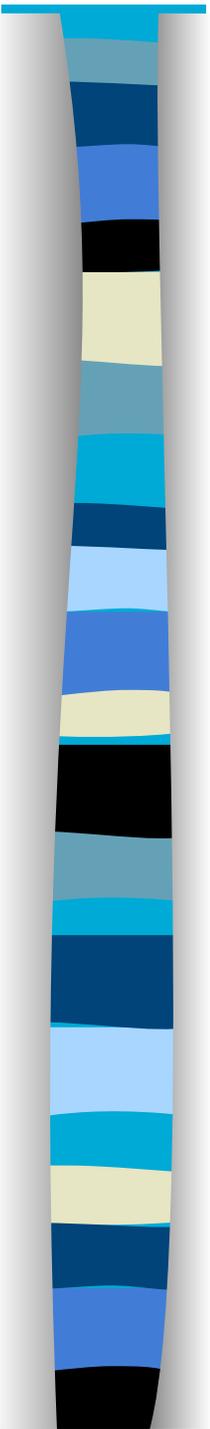


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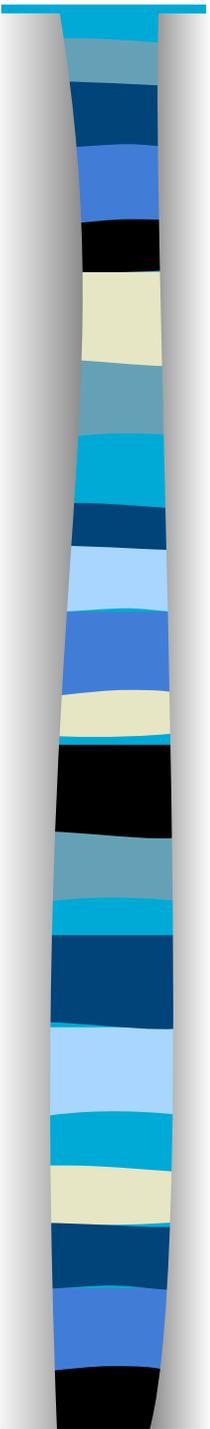


Massage Lubricants

Ingredients practitioners will want to avoid when they purchase a massage lubricant include:

- A. Avocado oil and jojoba oil
- B. Petroleum, dyes, and synthetic fragrance
- C. Apricot kernel oil and almond oil
- D. Sunflower oil and shea butter

Q

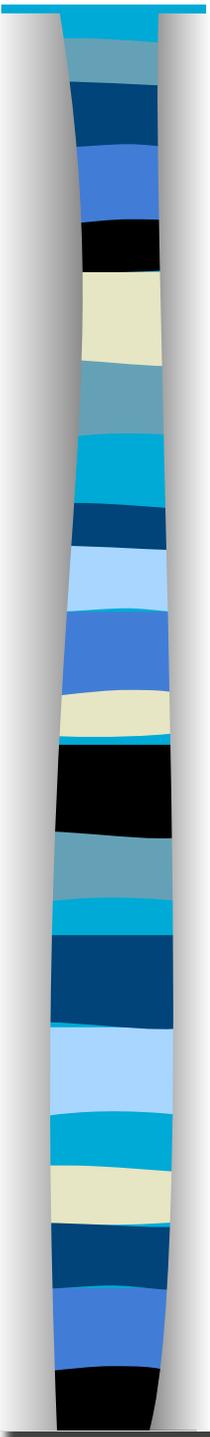


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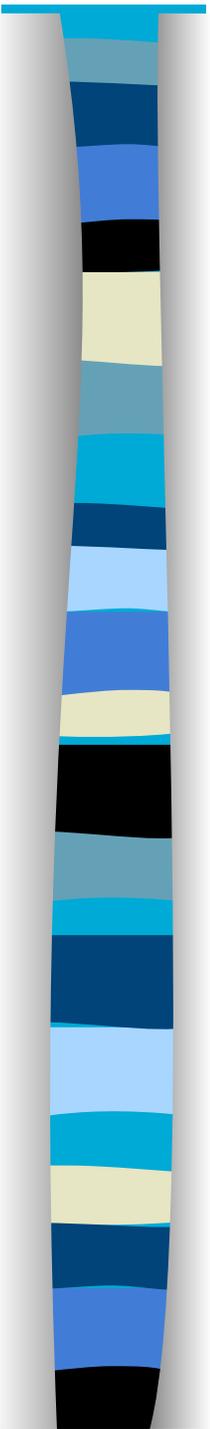


Massage Lubricants

Which of the following is NOT an acceptable lubricant for use in massage?

- A. Baby powder
- B. Aloe vera gel
- C. Almond oil
- D. Peanut oil

Q

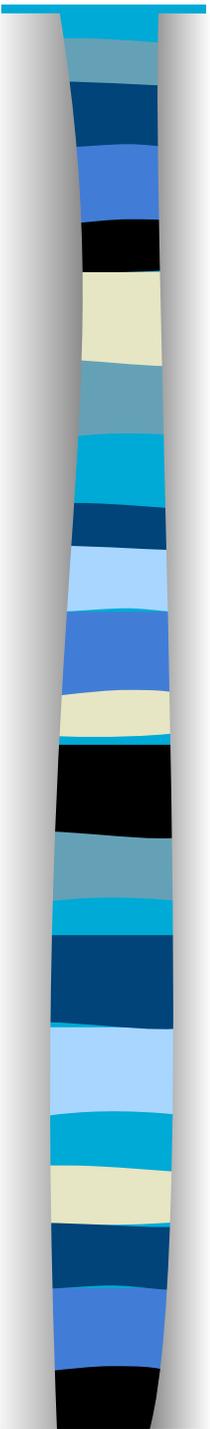


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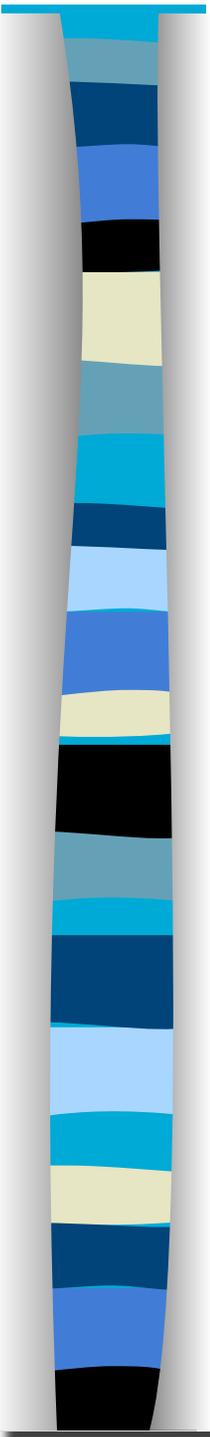


Massage Lubricants

If too much lubricant is used during a massage, the most effective way the practitioner can manage the situation is to:

- A. Remove the excess with a hand towel
- B. Continue to work as if nothing is wrong until the lubricant absorbs into the region
- C. Give the client a sponge bath to clean up the oil
- D. Send the client to a shower after the massage

Q

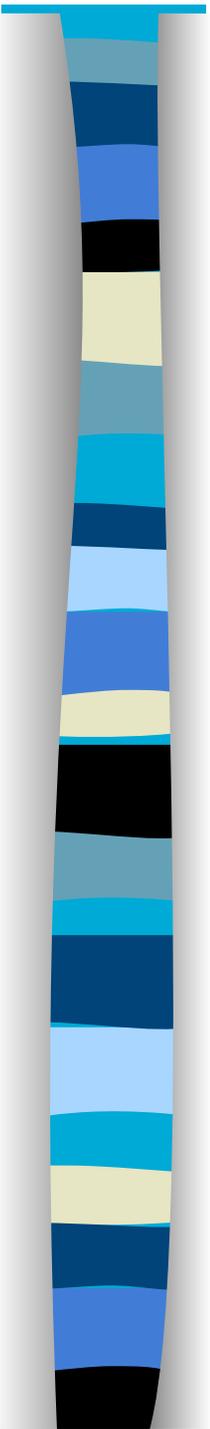


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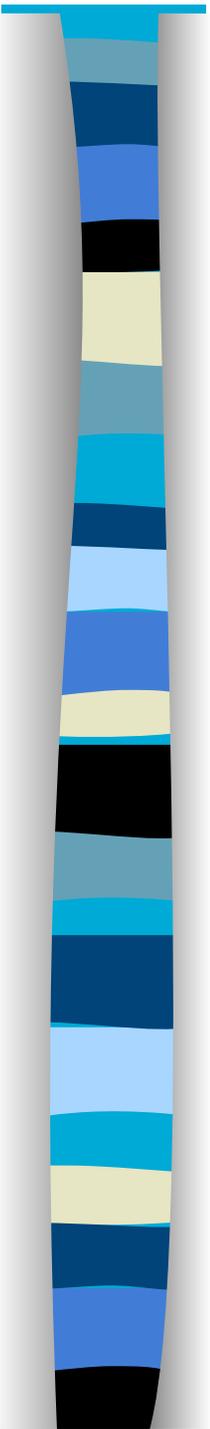


Massage Lubricants

If a client is covered in a thick lubricant:

- A. The practitioner will find it is easier to apply deep tissue strokes
- B. It is difficult for the practitioner to work with any depth during the session
- C. The practitioner will find that clients enjoy their very soft and oily skin when they leave the session
- D. It is difficult for the practitioner to apply light gliding strokes over the skin

Q

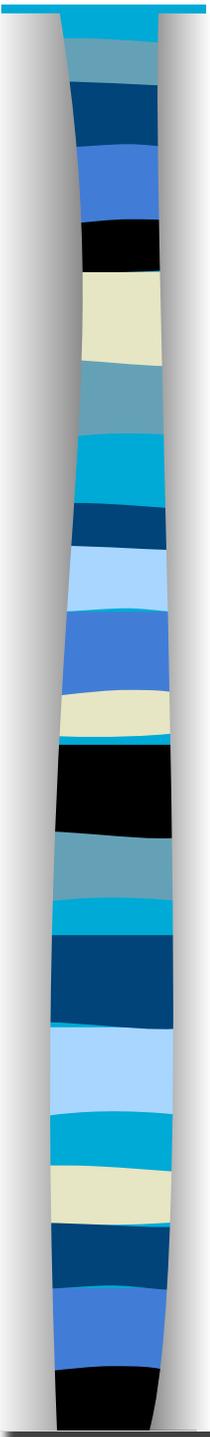


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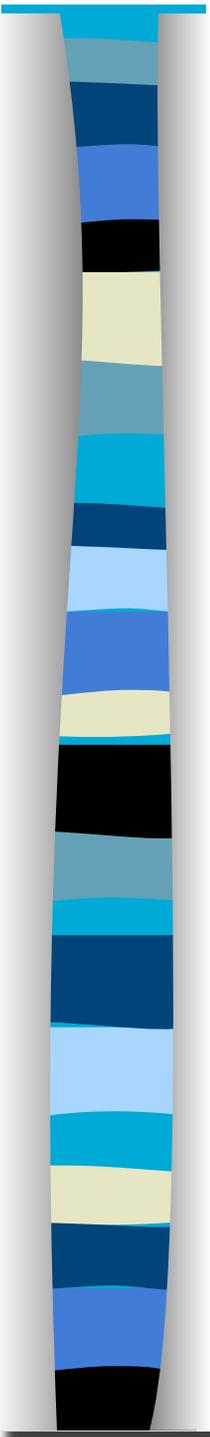


Massage Lubricants

Which is the most appropriate lubricant application for deep tissue massage?

- A. Copious amount of almond oil
- B. No lubrication used
- C. Moderate amount of massage cream
- D. Copious amount of massage lotion

Q

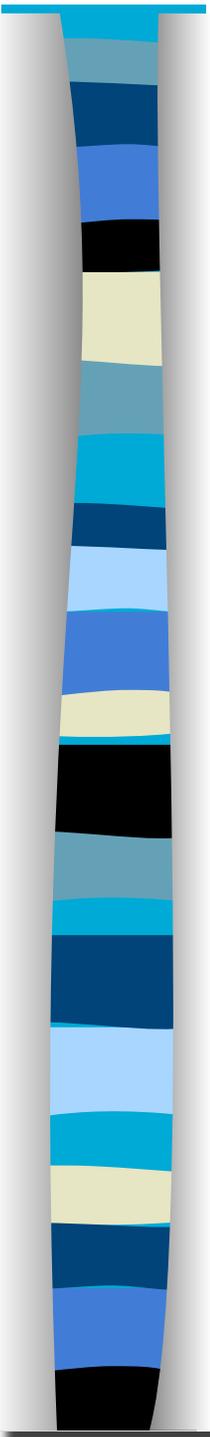


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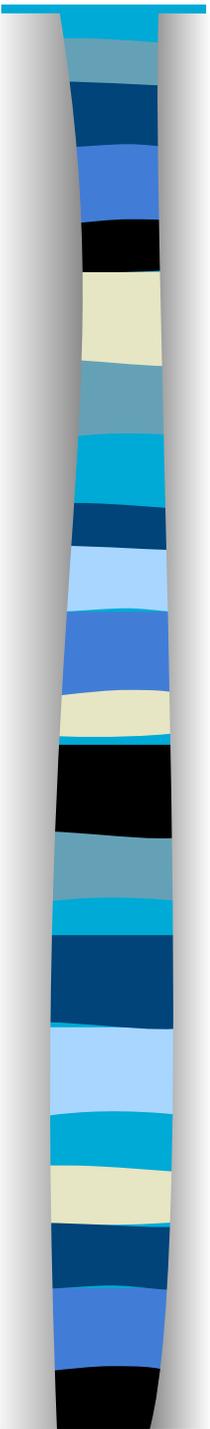


Massage Lubricants

The most important thing to remember about massage lubricants is:

- A. Practitioners should choose lubricants based on the fragrances they want to smell all day in their practices
- B. Clients should bring their own lubricants if they want something specific
- C. Clients should know their options and have a choice in which lubricants are applied to them
- D. Practitioners should choose lubricants based on the price

Q

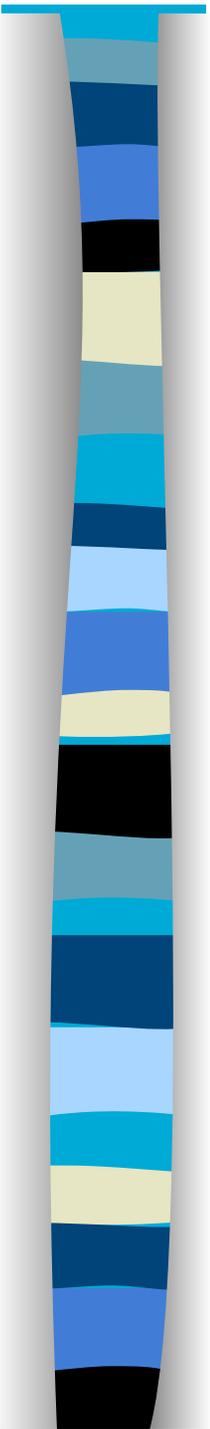


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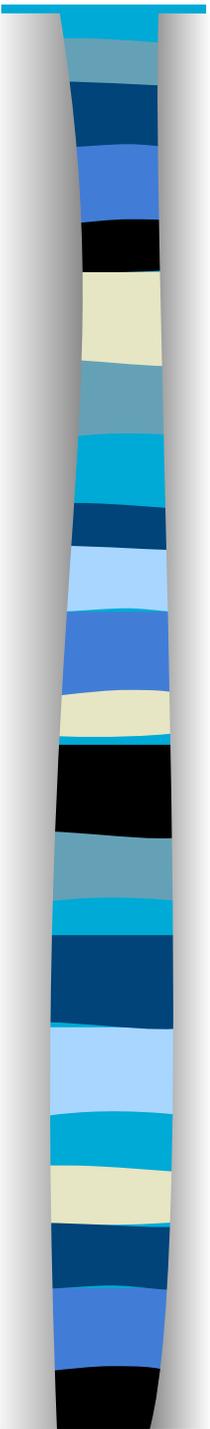


Massage Lubricants

In order to assure that the massage lubricant is readily available:

- A. Place the jar of lubricant between the client's feet
- B. Use a lotion holster, worn around the waist
- C. Scoop out a large amount of cream and wipe it on the upper arm
- D. Put the lotion bottle in the back pocket

Q

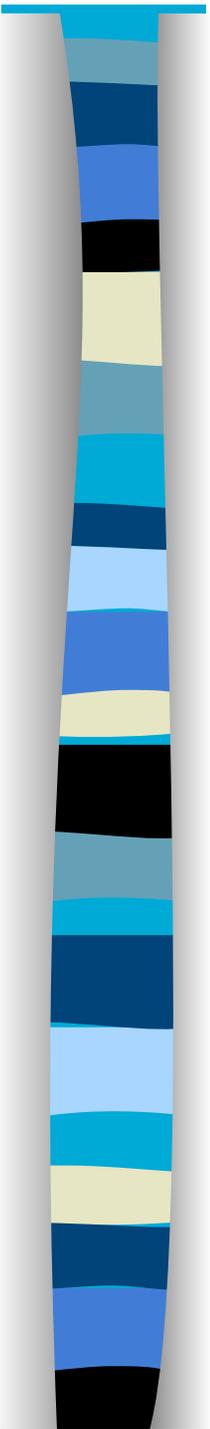


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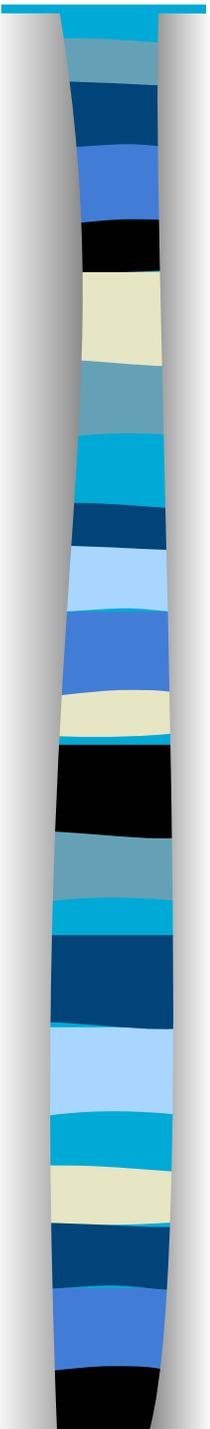


Massage Lubricants

Clients with heavy body hair may prefer a massage lubricant that is:

- A. Made of cream to encourage body hair to mat together
- B. Made of a mix of cream and oil that allows some hair matting, but not too much
- C. Made with a dry product like talc, because all lubricants cause painful hair matting
- D. Made of oil to prevent body hair from matting painfully

Q

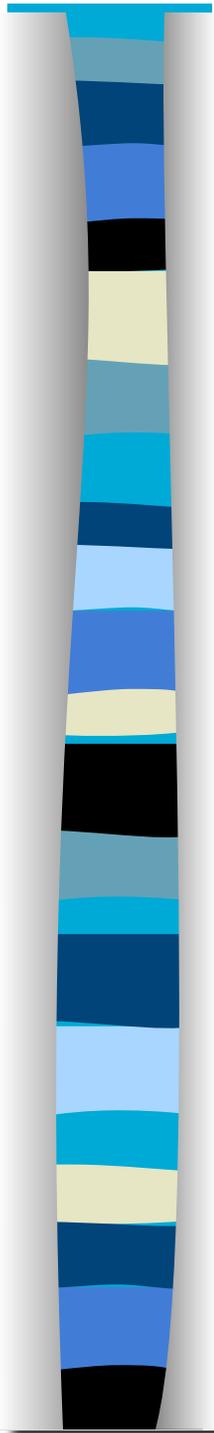


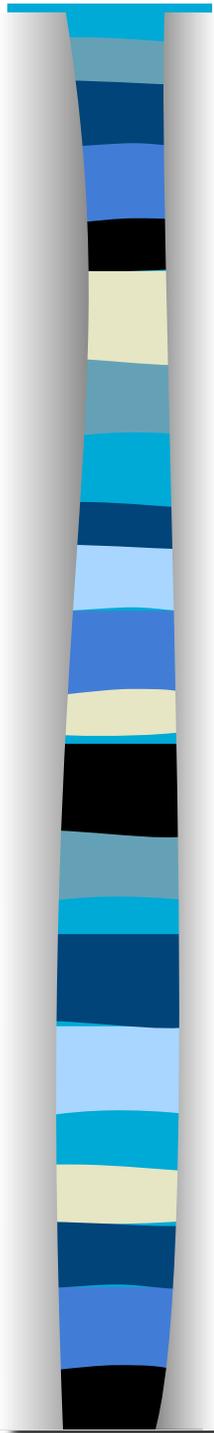
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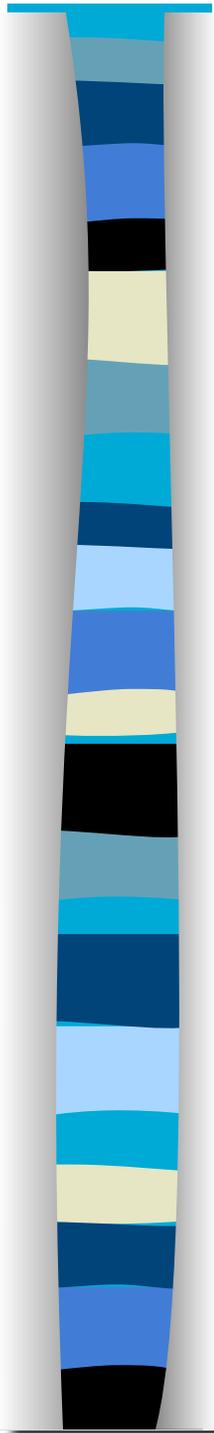
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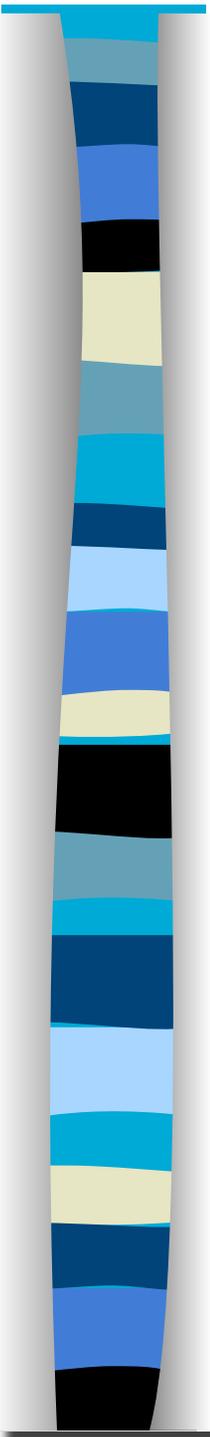
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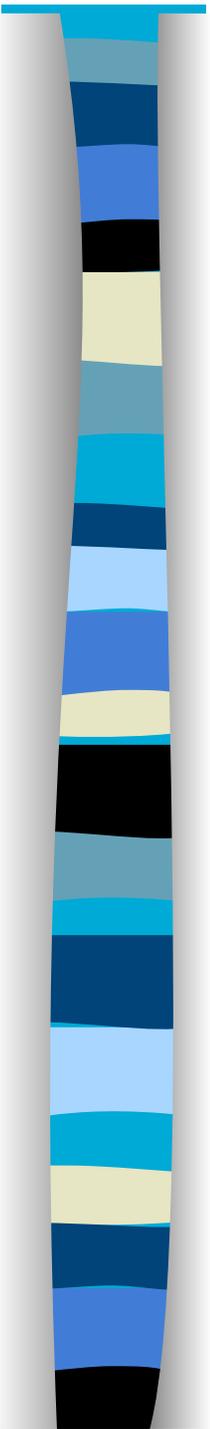




ABMP Exam Coach

Massage Professional Practices:
Equipment & Safety

Safety

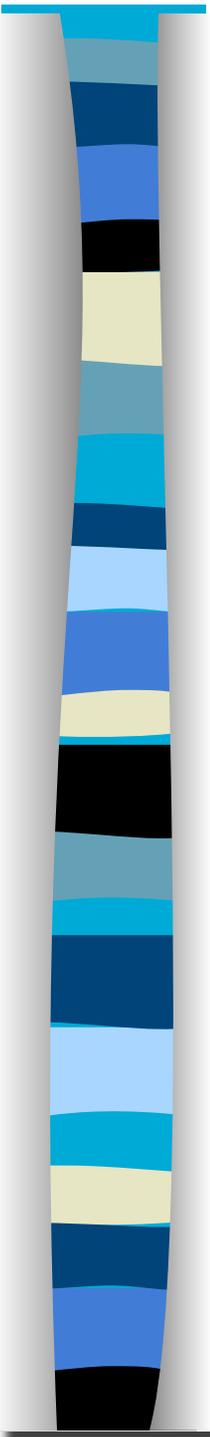


Safety

This type of list is an important safety reference that can make a difference in a crisis situation:

- A. Business expenses
- B. Referrals
- C. Emergency phone numbers
- D. Business competitors

Q

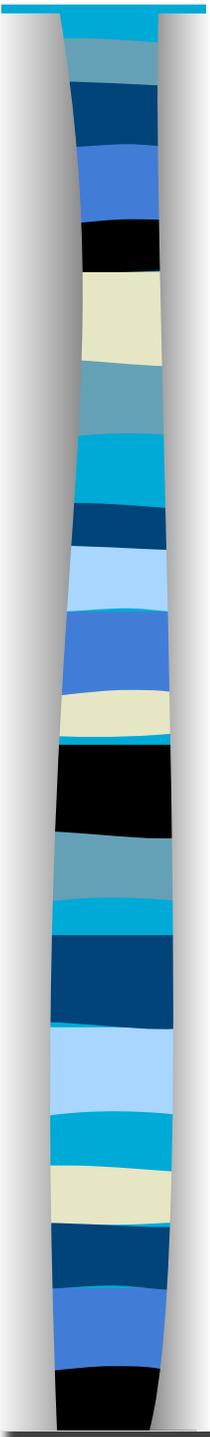


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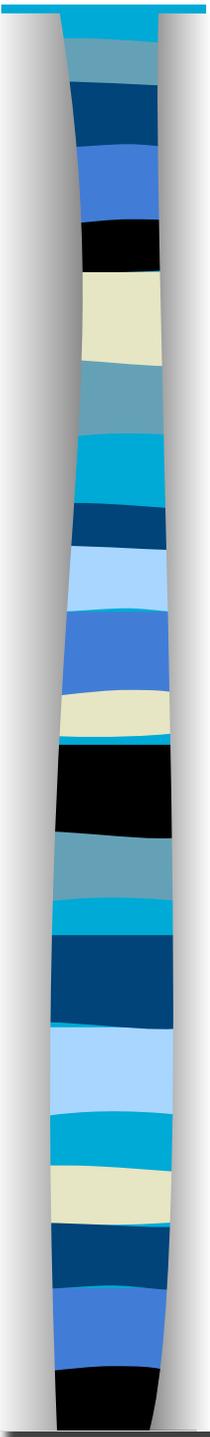


Safety

Which type of environment would provide the most security for female practitioners concerned about safety when working with unfamiliar male clients?

- A. Working in a clinic with other practitioners
- B. Renting space in an office building
- C. Traveling to client's homes for outcalls
- D. Working out of their own homes

Q

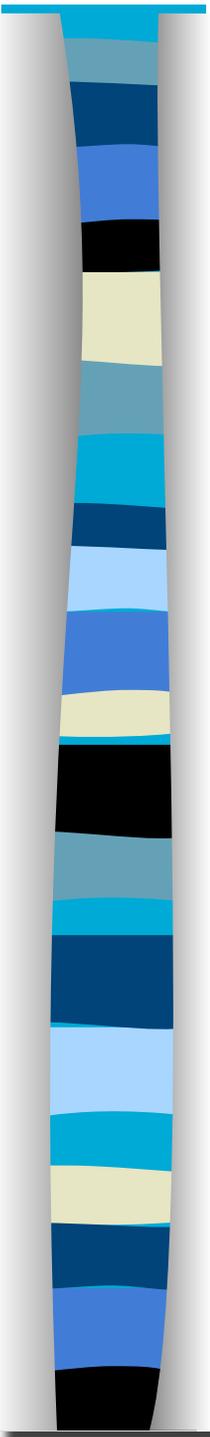


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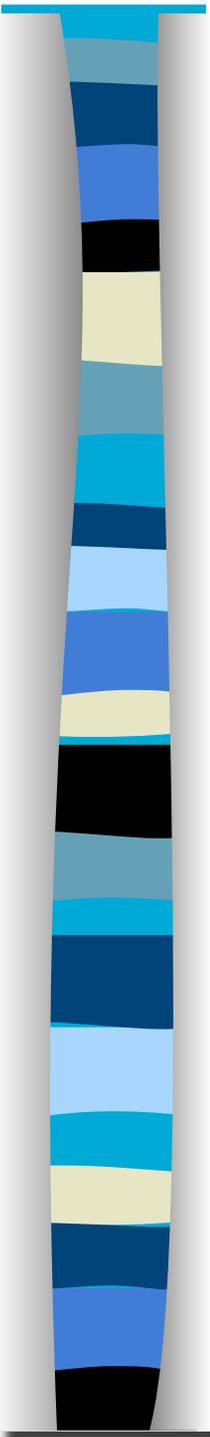


Safety

If a practitioner who works as an employee notices that there is a safety issue at her place of employment, she should:

- A. Report it to the client
- B. Report it to other practitioners
- C. Report it to the health department
- D. Report it to her supervisor

Q

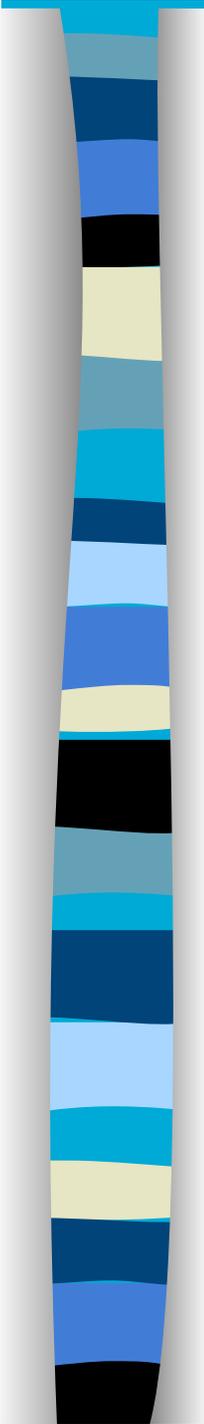


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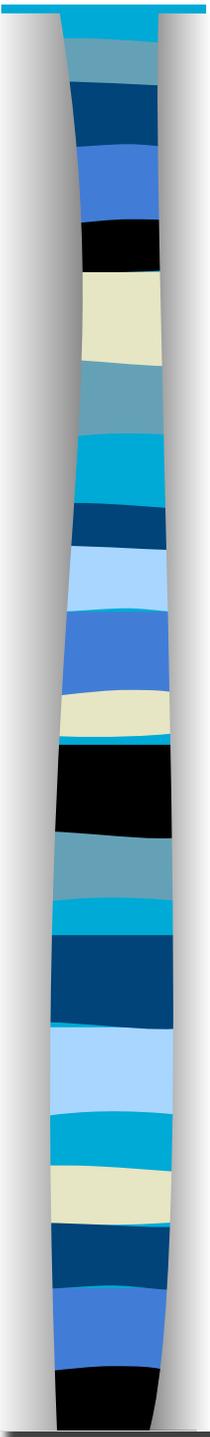


Safety

During a health intake, to ensure the client's safety, it is very important to ask clients:

- A. About what type of music the client likes
- B. About allergies to the vinyl covering on the massage table
- C. About the use of cotton sheets for warmth and draping
- D. About allergies to nuts or other substances that might be included in lubricants

Q

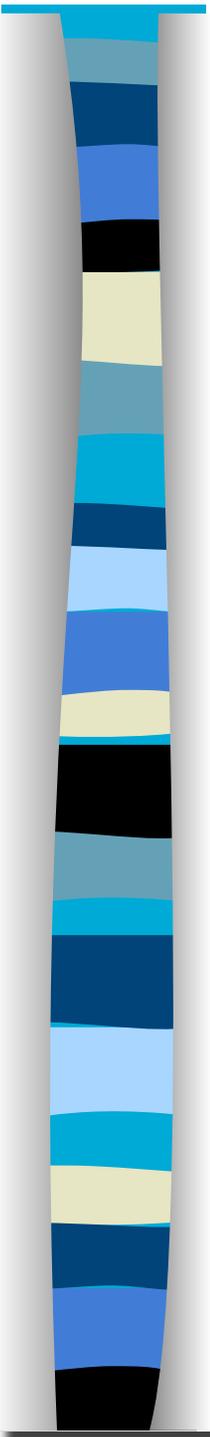


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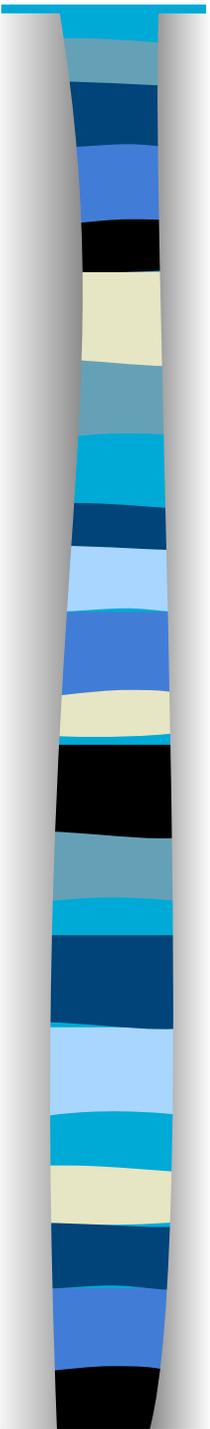


Safety

One way to ensure client safety is to:

- A. Only use water and vinegar to clean equipment to eliminate the use of cleaning products
- B. Use area rugs in all common areas to prevent noise pollution
- C. Walk a client back to the session room and stay with her or him while they undress to keep an eye out for issues
- D. Look up all unknowns related to the client's health in reference books

Q

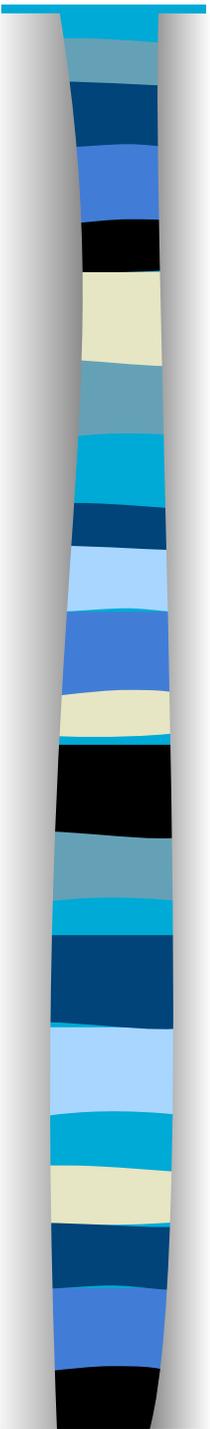


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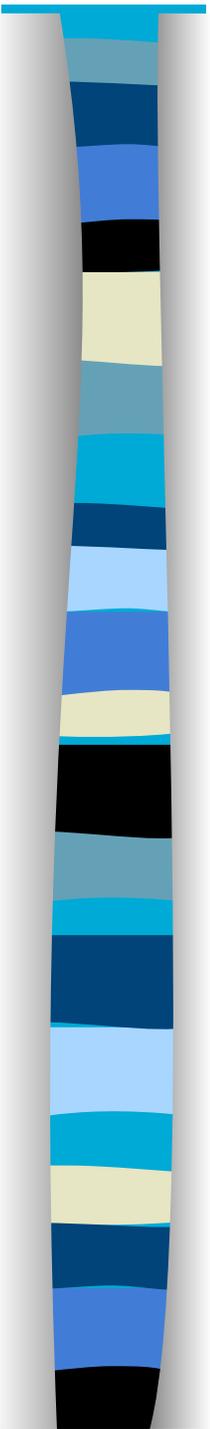


Safety

One way to ensure client safety is to:

- A. Hang a sign that reminds clients that they enter the facility at their own risk
- B. Wear cleaning gloves when using chemicals to sanitize the treatment room
- C. Stay up-to-date with CPR and first aid
- D. Purchase a heavy front door that can be locked tightly

Q

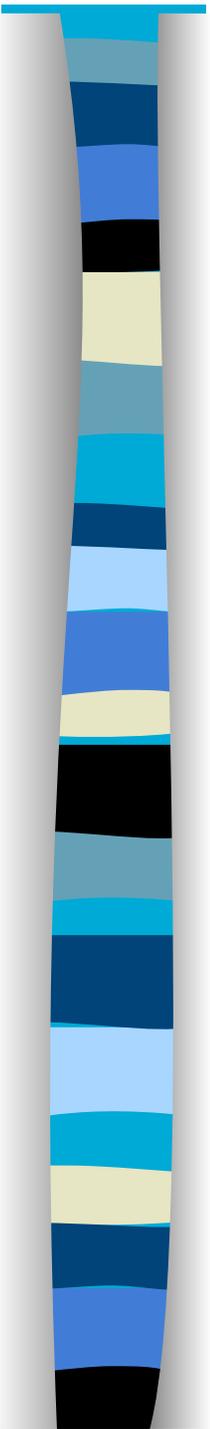


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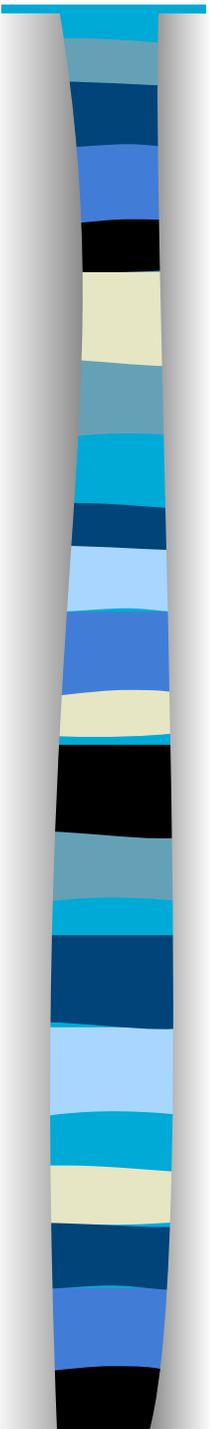


Safety

When assessing the safety of the facility be sure that:

- A. The water fountain in the reception area uses only filtered water
- B. All common areas are free of area rugs
- C. The magazines in the reception area are free of misleading advertisements
- D. The fish in the fish tank get regular feeding

Q

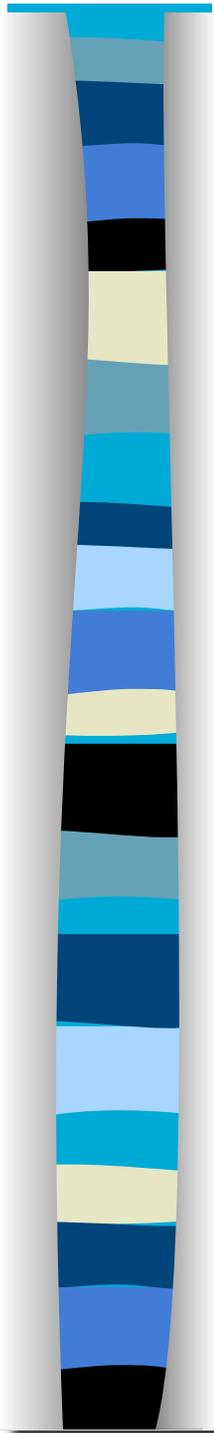


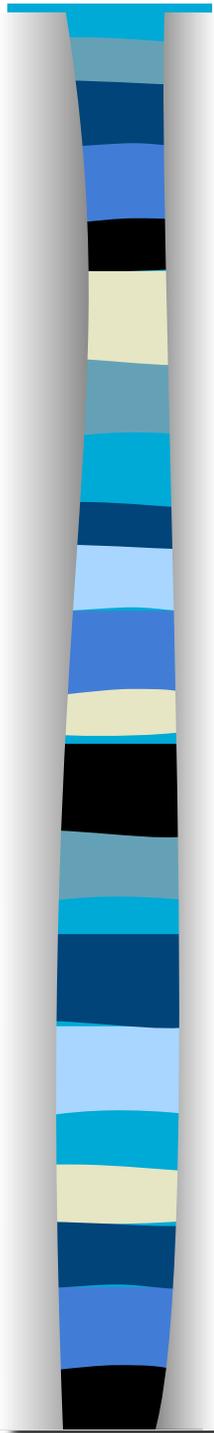
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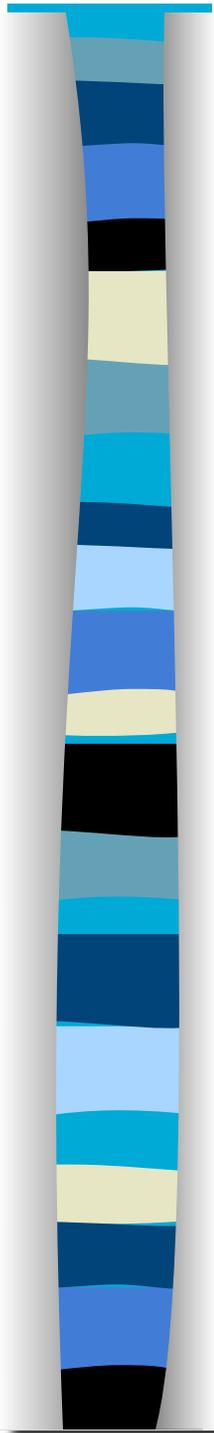
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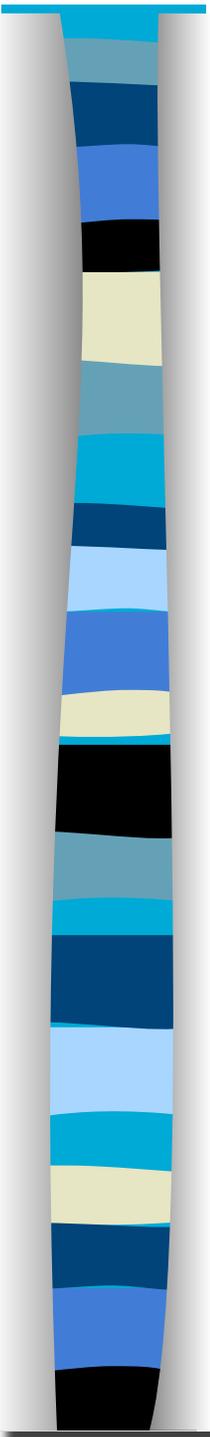
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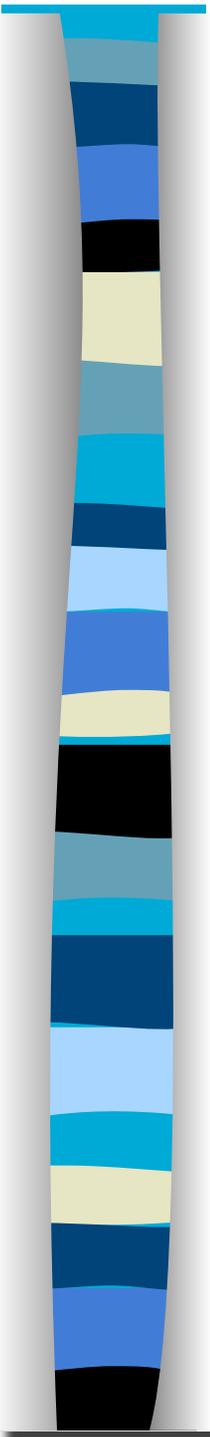




ABMP Exam Coach

Massage Professional Practices:
Equipment & Safety

Cleaning, Sanitation, and Odors

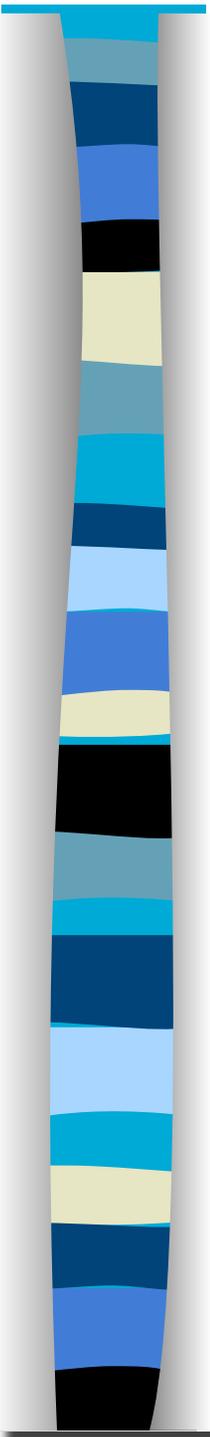


Cleaning, Sanitation, & Odors

Because client odors, such as heavy perfume or cigarette smoke, can linger in the massage room after treatment, the use of this practice is important between sessions:

- A. The use of fragrance sprays in the treatment room
- B. Burning incense in the treatment room
- C. Burning scented candles in the treatment room
- D. Ventilation of the treatment room

Q

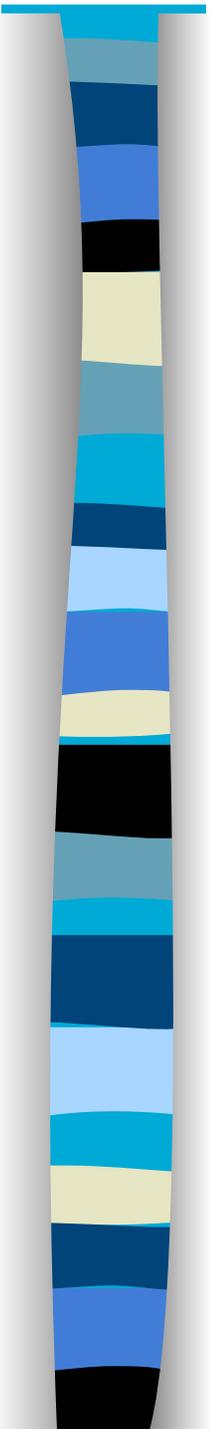


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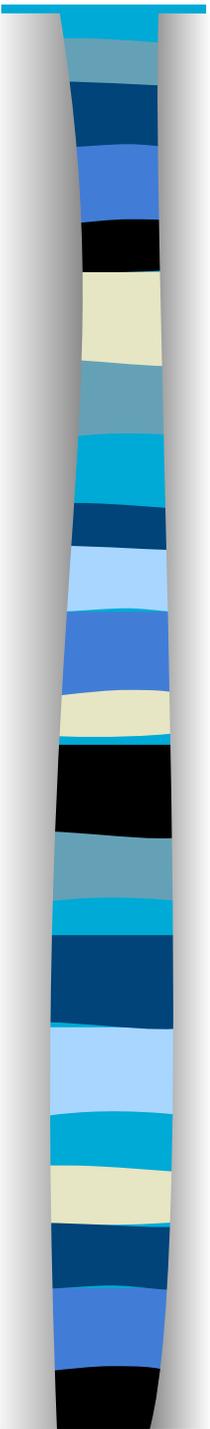


Cleaning, Sanitation, & Odors

When using cleaning products, practitioners should:

- A. Wear heavy gloves, a face mask, and protective eyewear
- B. Close all doors to consolidate fumes in the treatment space and eliminate airborne pathogens
- C. Clean everything at once so that supplies are only brought out of closets one time a day
- D. Avoid wiping any doorknobs or massage tables if a new client is coming for a session

Q

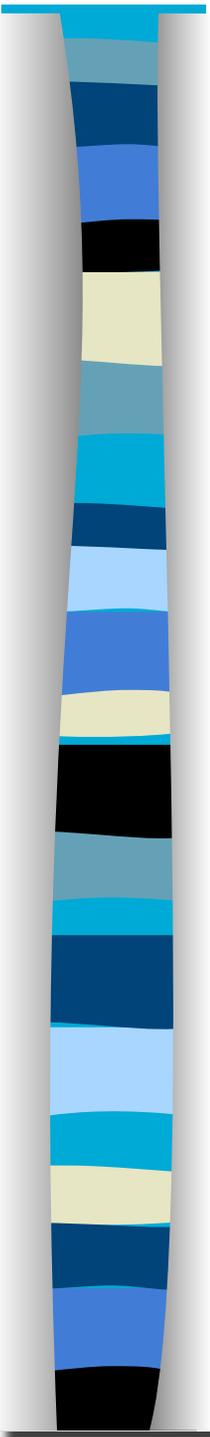


Cleaning, Sanitation, & Odors

When using cleaning products, practitioners should:

- A. Wear heavy gloves, a face mask, and protective eyewear**
- B. Close all doors to consolidate fumes in the treatment space and eliminate airborne pathogens
- C. Clean everything at once so that supplies are only brought out of closets one time a day
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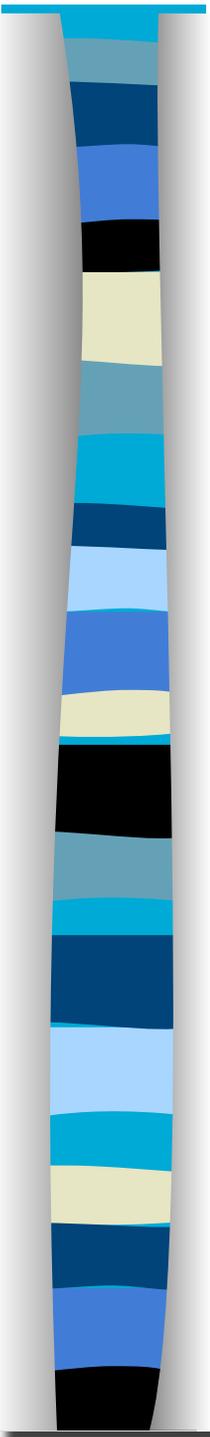


Cleaning, Sanitation, & Odors

All of the following are effective safety precautions when using strong cleaning chemicals EXCEPT:

- A. Thick cleaning gloves
 - B. A protective mask
 - C. Keeping doors and windows closed while cleaning
- Adequate ventilation in the area being cleaned

Q



Cleaning, Sanitation, & Odors

All of the following are effective safety precautions when using strong cleaning chemicals EXCEPT:

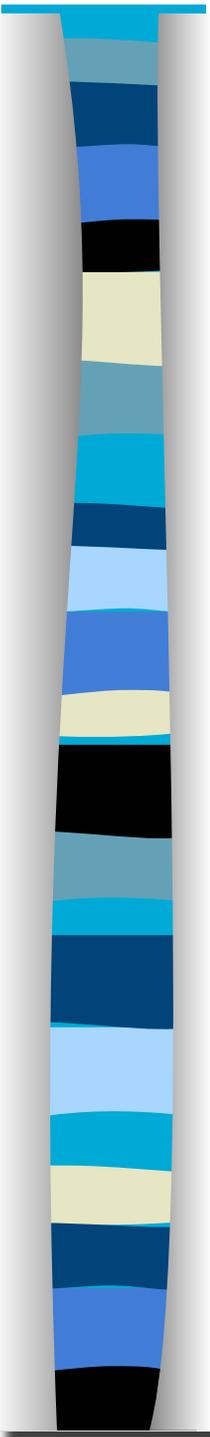
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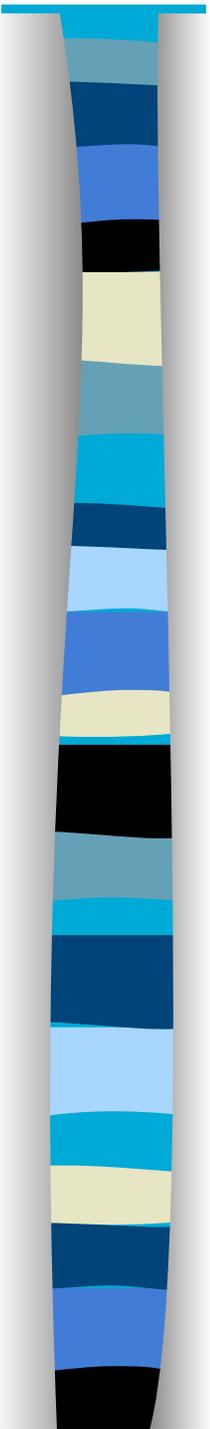


Cleaning, Sanitation, & Odors

Between clients, you should:

- A. Use a variety of fragrant blooms and flowers in a vase to improve the room's aroma
- B. Use candles with a strong aroma throughout the session to improve the room's aroma
- C. Open windows and doors and circulate the air with a fan to improve ventilation
- D. Spray windows and floors with a fragrance spray to improve the room's aroma

Q

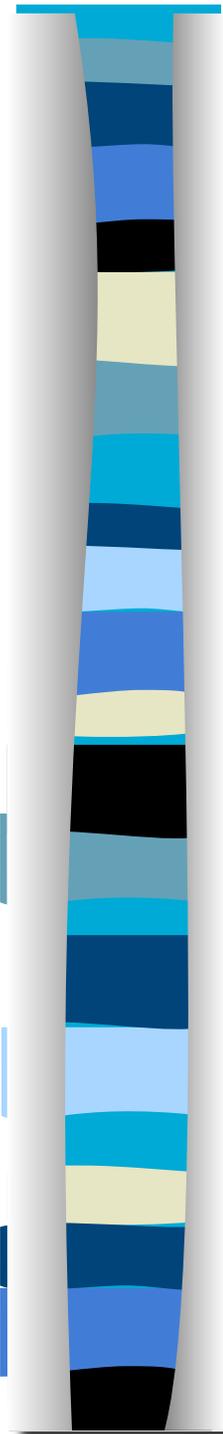


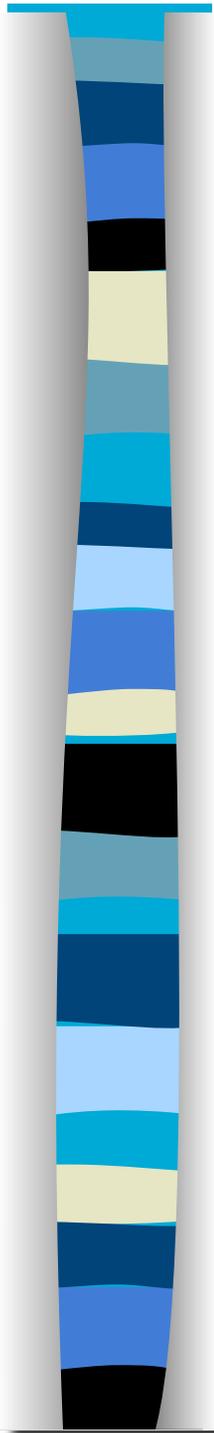
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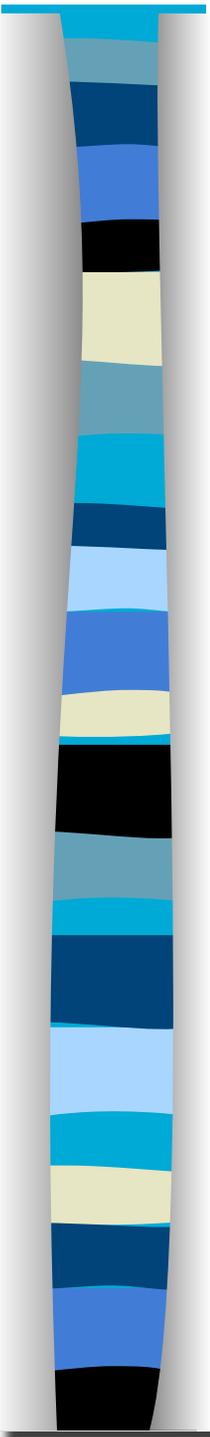
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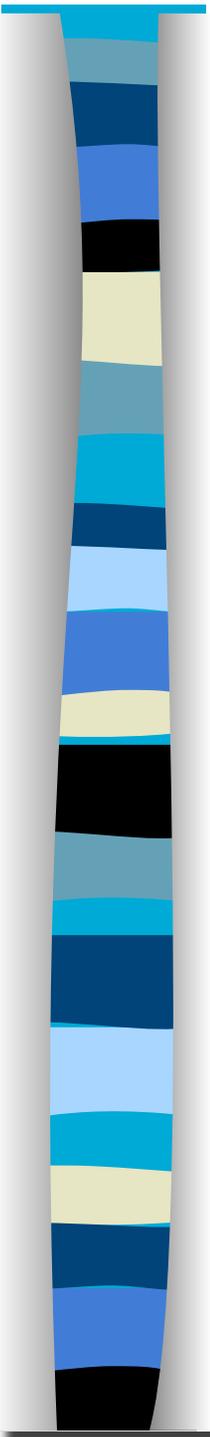




ABMP Exam Coach

Massage Professional Practices:
Equipment & Safety

Fire Safety

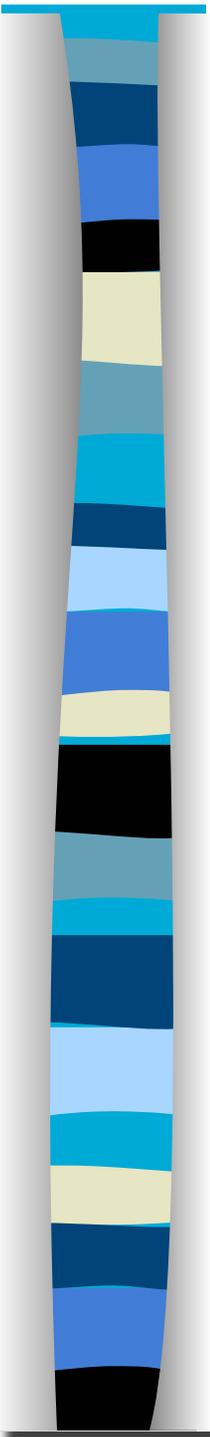


Fire Safety

All of the following safety considerations apply especially to clients with mobility issues EXCEPT:

- A. Electrical cords crossing floor surface
- B. Uneven pavement on walkway outside treatment building
- C. Smoke detectors
- D. Loose rugs

Q



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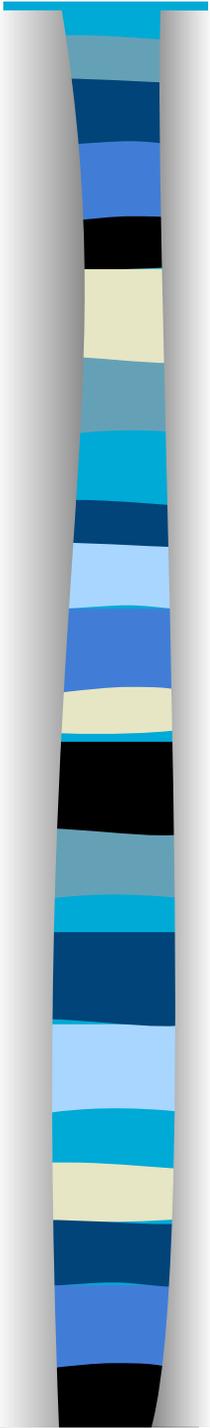
A

Fire Safety

Check the fire extinguisher and smoke detectors:

- A. Monthly
- B. Weekly
- C. Yearly
- D. Daily

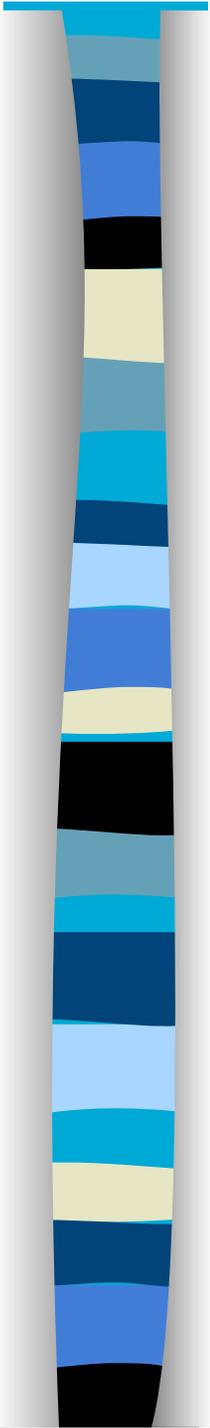
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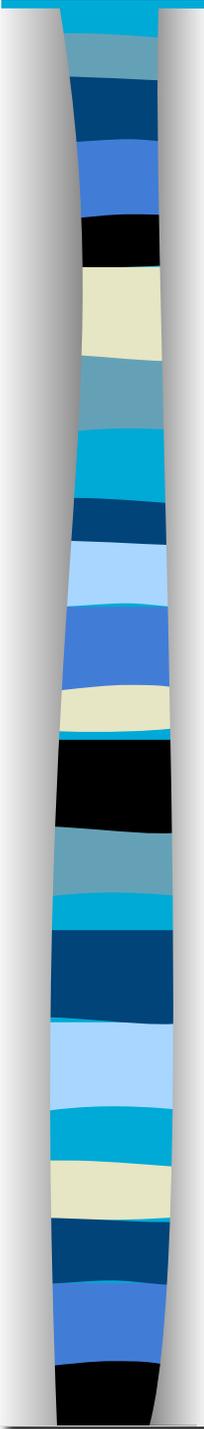


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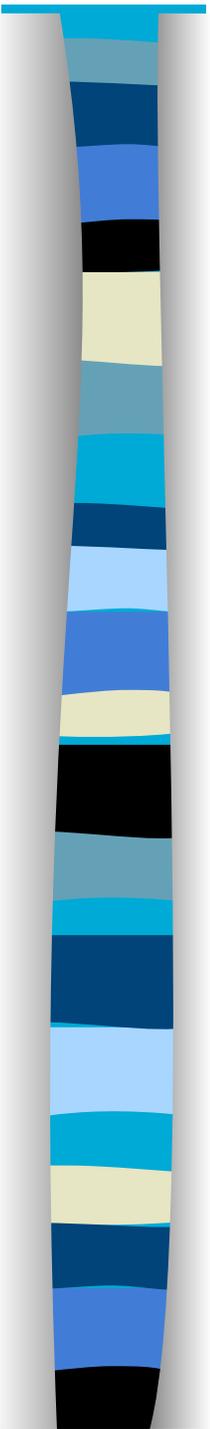


Fire Safety

When choosing lighting for a treatment room and the application of massage to clients:

- A. Candles should always be avoided as a safety hazard
- B. Lights should be very low so that the session room is almost completely dark
- C. Lights should be bright to ensure the environment is clean and sanitary
- D. Candles are used to promote relaxation and reflection

Q

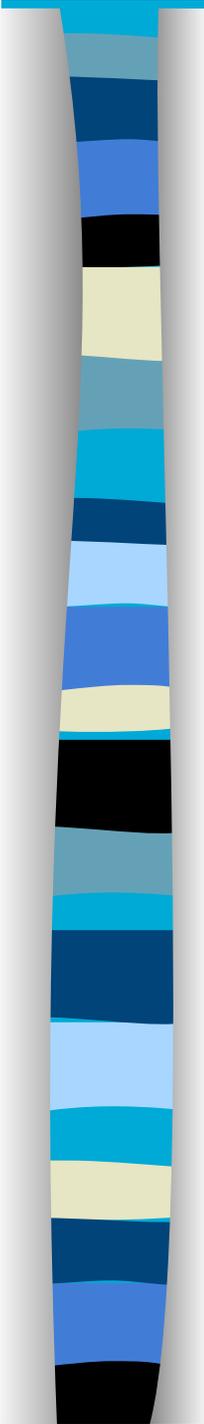


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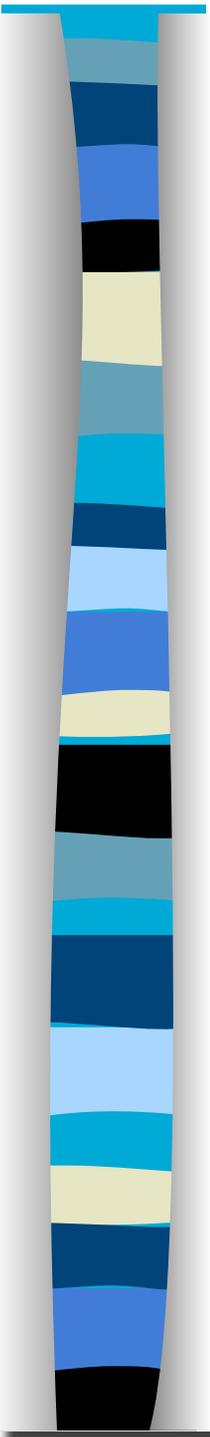


Fire Safety

When planning the safety of a massage practice:

- A. The number for the fire department should be listed in each session room
- B. At least two fire extinguishers should be in plain view
- C. At least one fire extinguisher should be in plain view
- D. The number for the police department should be listed in each session room

Q

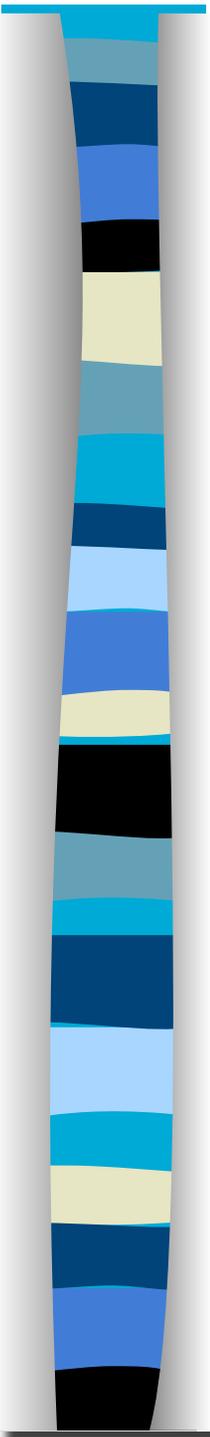


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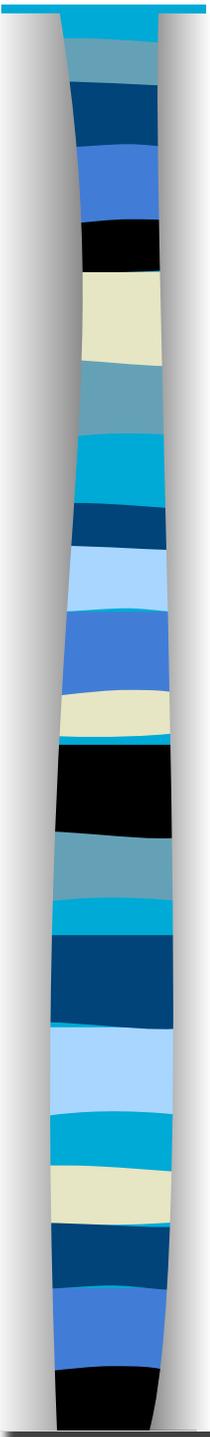


Fire Safety

A practitioner can minimize the fire risk in his professional environment by making sure these items are correctly placed and regularly tested:

- A. Window screens
- B. Incense burners
- C. Smoke detectors**
- D. Candles

Q

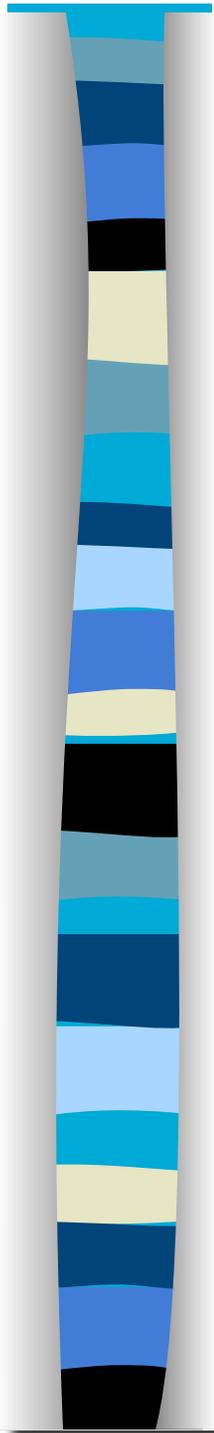


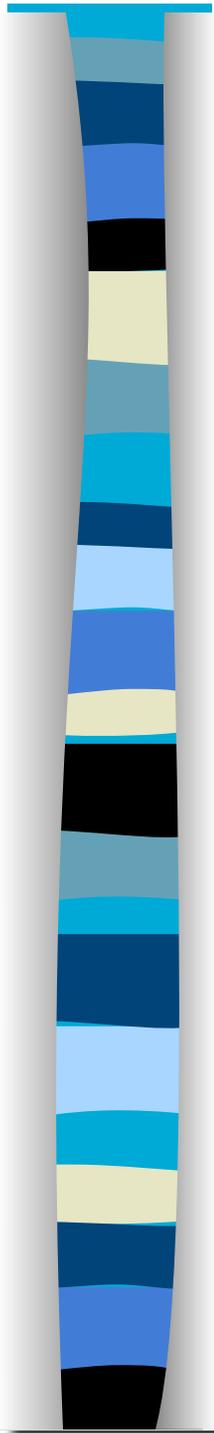
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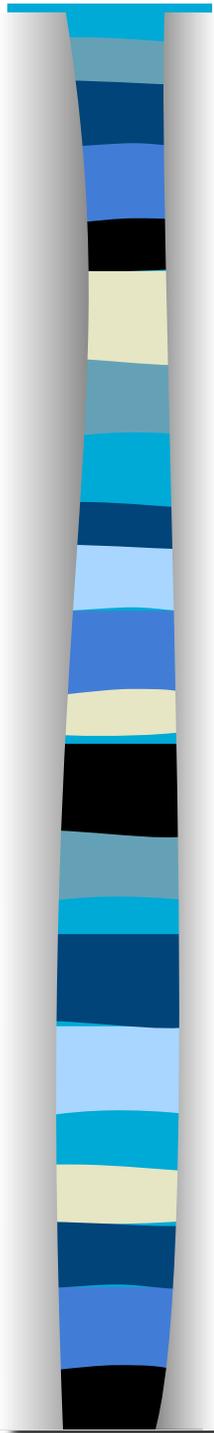
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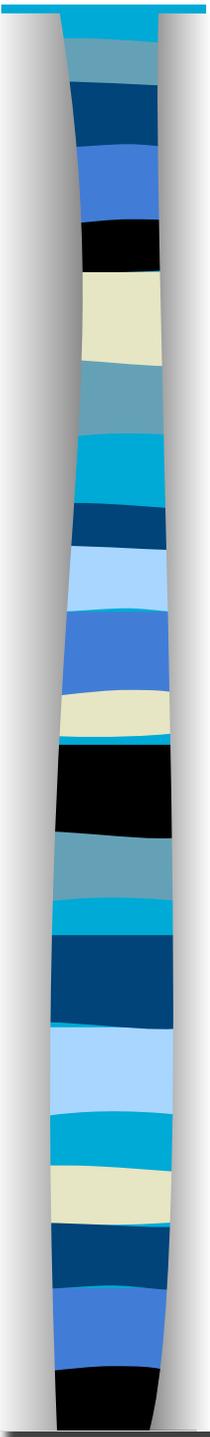
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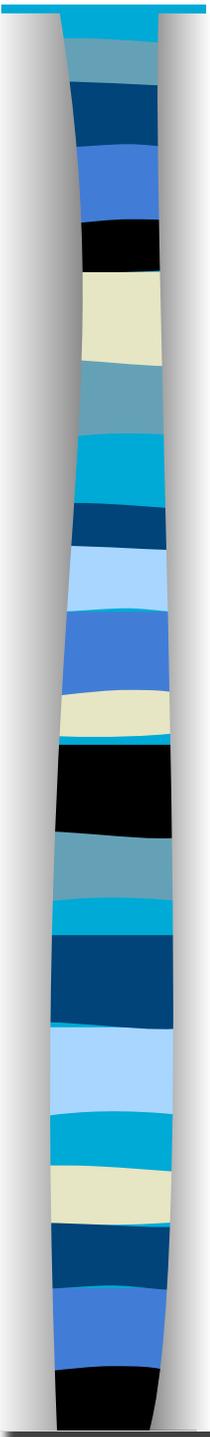




ABMP Exam Coach

Massage Professional Practices:
Equipment & Safety

Treatment Room

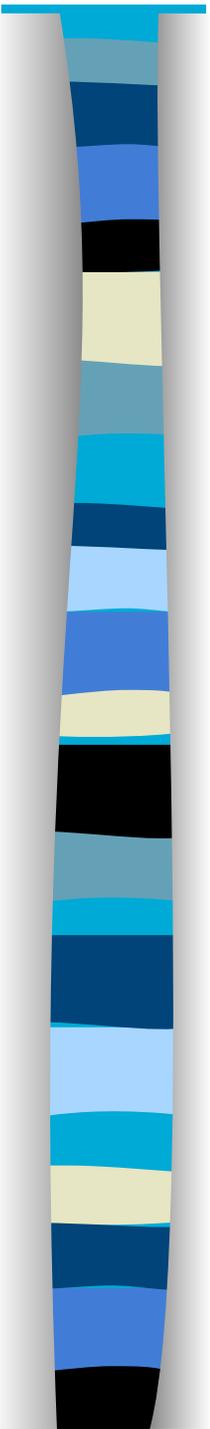


Treatment Room

A well-planned treatment room for a business focusing on relaxation and stress management would most likely have:

- A. Soothing color combinations and images of natural beauty
- B. Neutral colors, medical charts, and anatomical models
- C. Bright colors and trendy images of pop icons
- D. Dark colors like black and gray and not use images at all

Q

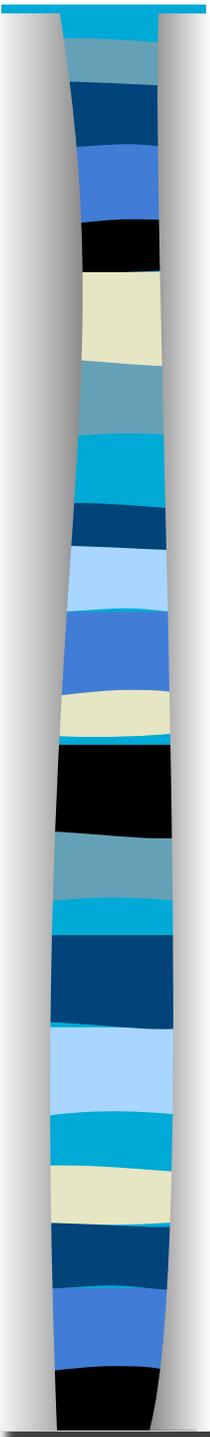


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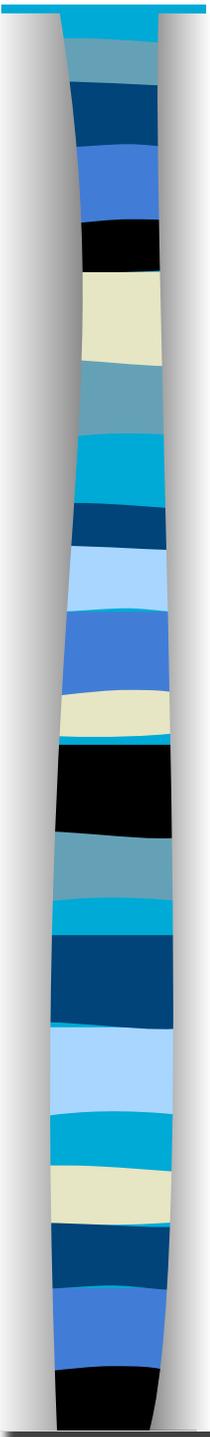


Treatment Room

This item should be readily available in the treatment room for any minor injuries that may occur during the session:

- A. Bottle of mace
- B. List of emergency phone numbers
- C. Fire extinguisher
- D. First aid kit

Q

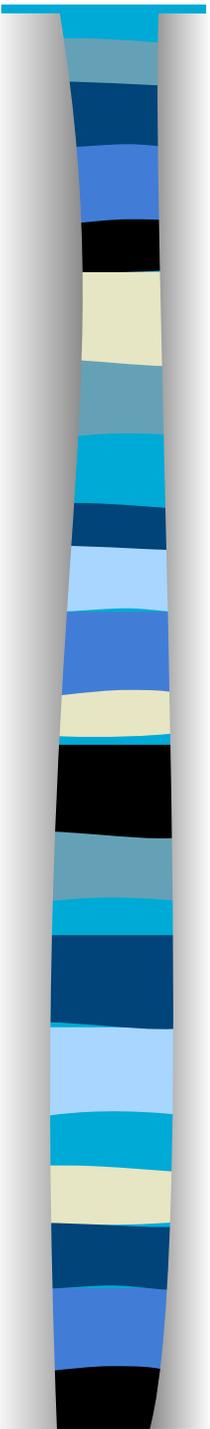


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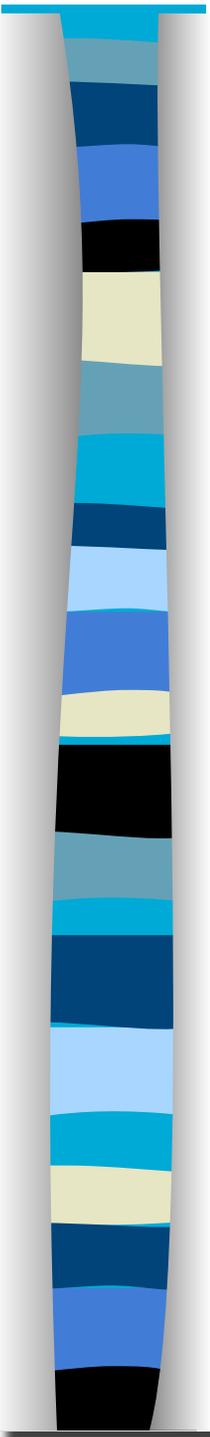


Treatment Room

An essential safety tool in every massage practice is:

- A. A good surround-sound music system
- B. A chart that shows all the muscles of the body
- C. A reference library with a medical dictionary, drug reference, and pathology reference
- D. A storage area and a wastebasket

Q

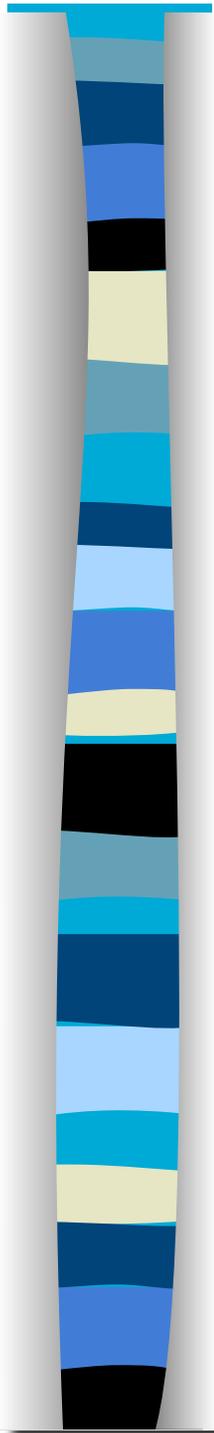


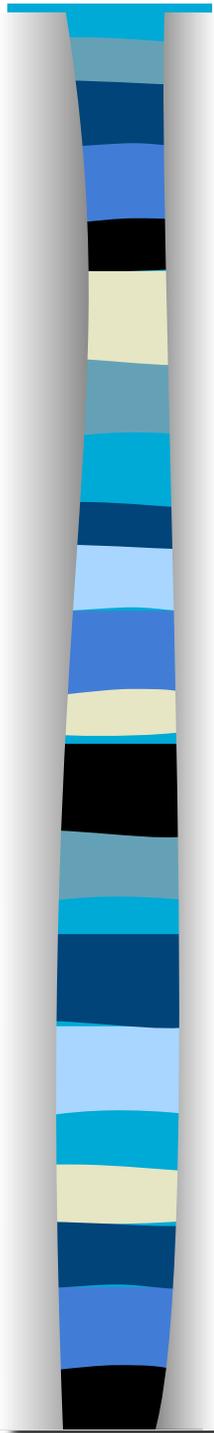
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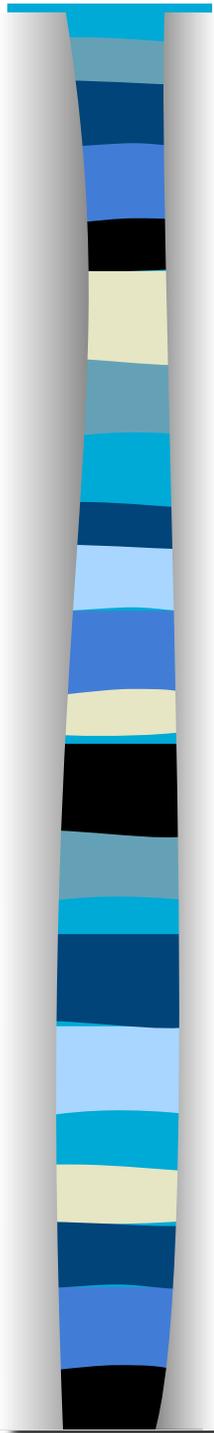
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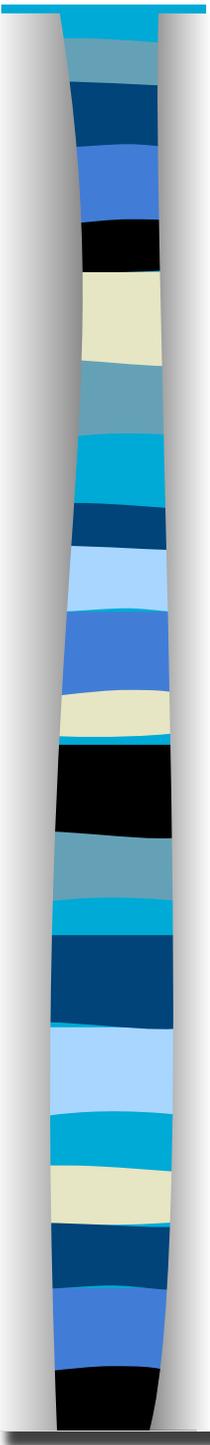
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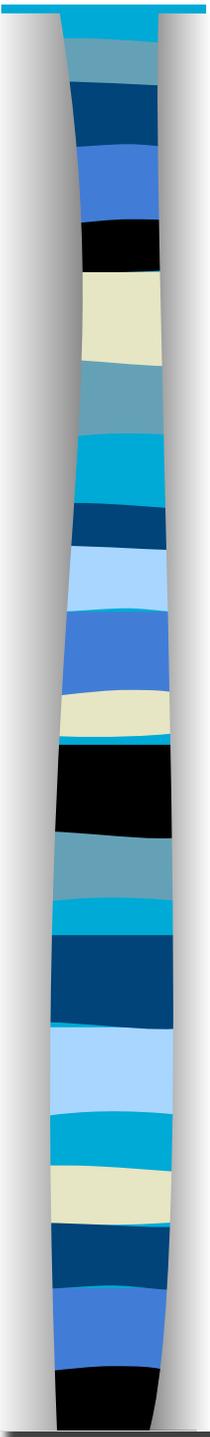




ABMP Exam Coach

Massage Professional Practices:
Equipment & Safety

Facility Safety & Injury Prevention

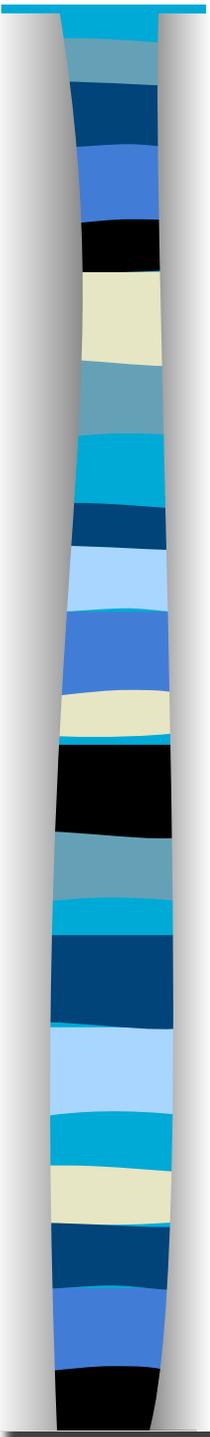


Facility Safety & Injury Prevention

A place where conditions that may cause injury have been eliminated is considered a(n):

- A. Injury zone
- B. Sanitary environment
- C. Clear zone
- D. Safe environment

Q

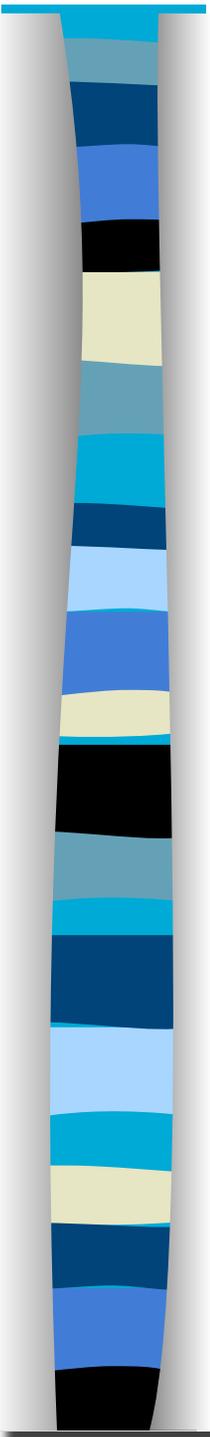


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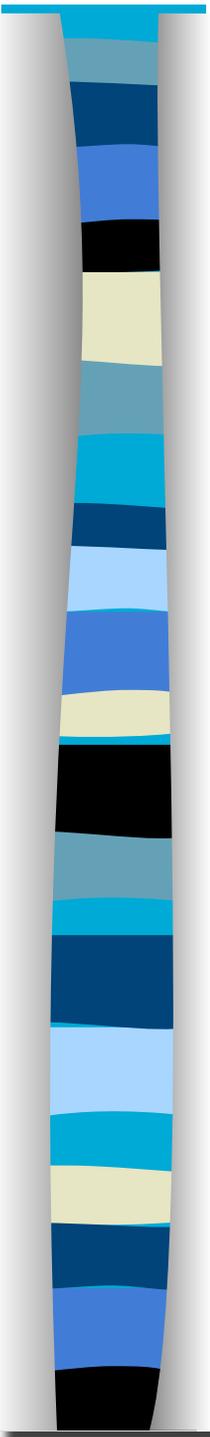


Facility Safety & Injury Prevention

When assessing the safety of the facility be sure that:

- A. The water fountain in the reception area uses only filtered water
- B. All common areas are free of area rugs
- C. The magazines in the reception area are free of misleading advertisements
- D. The fish in the fish tank get regular feeding

Q

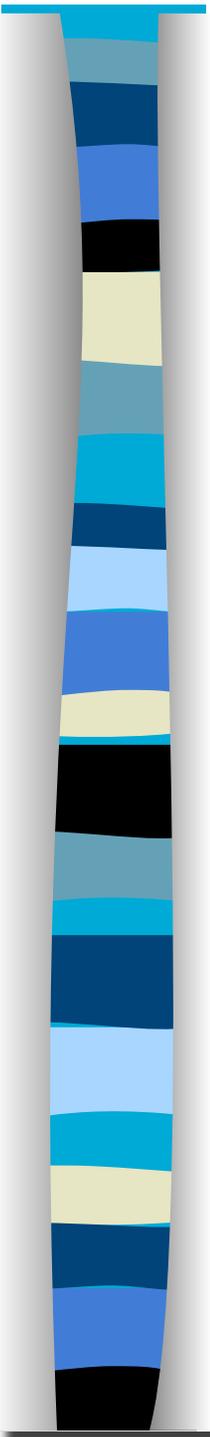


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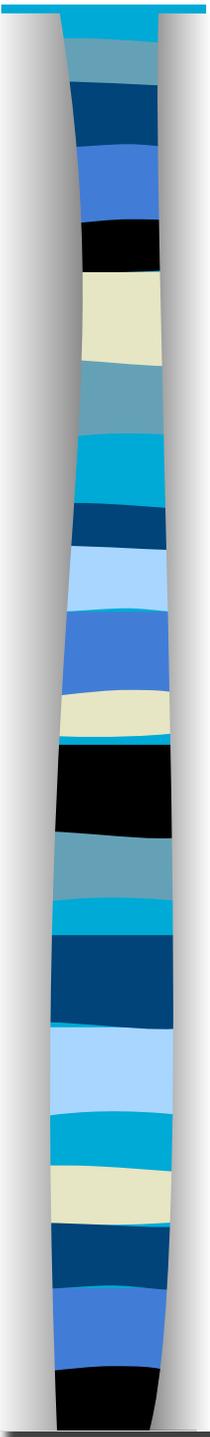


Facility Safety & Injury Prevention

When assessing the safety of the facility, be sure that:

- A. There is good lighting in parking lots and common areas
- B. Bathrooms use liquid soap in a dispenser
- C. The lighting is dim and soothing throughout the facility
- D. Area rugs in common areas prevent noise pollution

Q

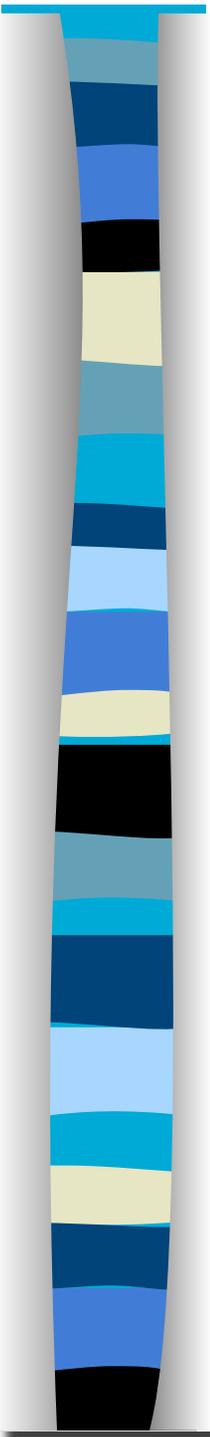


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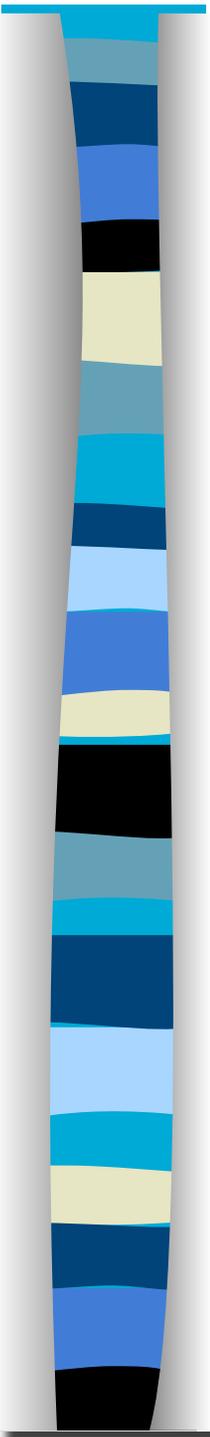


Facility Safety & Injury Prevention

How can a practitioner best protect himself from legal ramifications if a client is injured on his premises?

- A. Have the client sign a waiver agreeing not to hold the practitioner responsible
- B. Practitioner should consult with a lawyer to familiarize himself with this issue
- C. Be sure to have adequate insurance from a professional association or reliable insurance company
- D. Practitioner should not practice out of his home so that liability is not an issue

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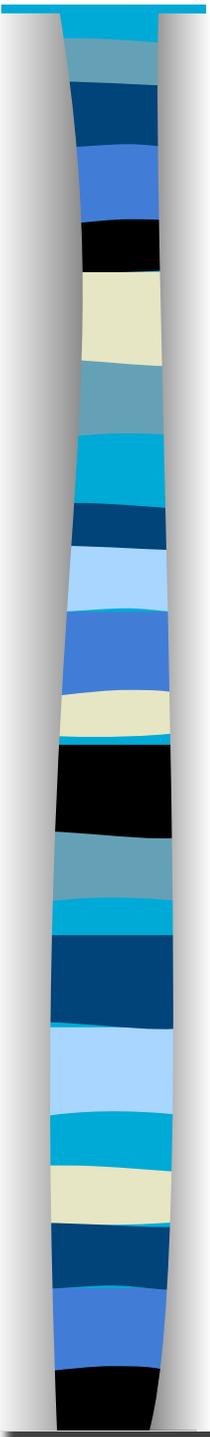


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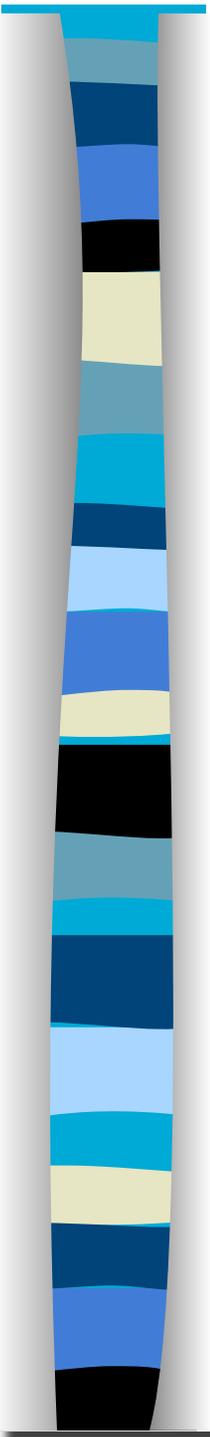


Facility Safety & Injury Prevention

When addressing business accessibility, this should be a major consideration:

- A. Doorways, hallways, and room spaces should remain closed unless a practitioner is chaperoning a client
- B. Doorways, hallways, and room spaces should be wide enough to accommodate a wheelchair
- C. Doorways, hallways, and room spaces should be low-lit to increase relaxation
- D. Doorways, hallways, and room spaces should be cozy and homey

Q

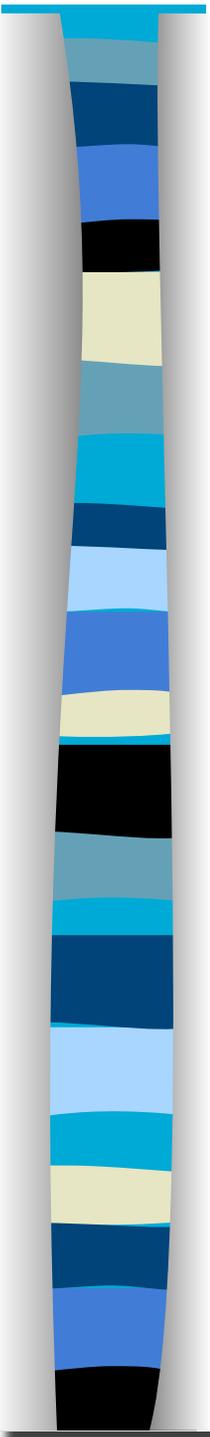


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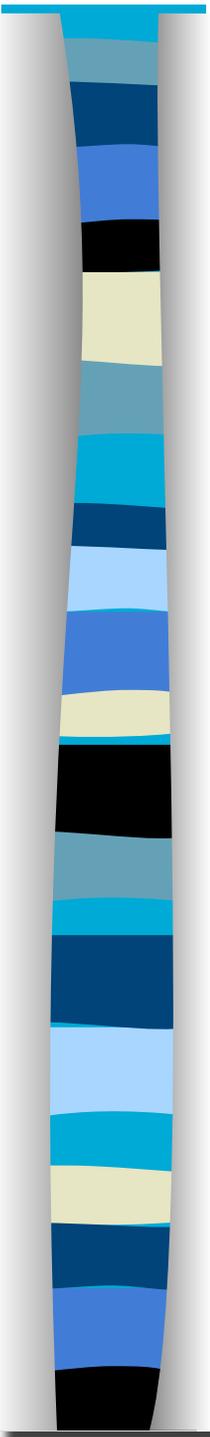


Facility Safety & Injury Prevention

All of the following represent a tripping hazard for the client EXCEPT:

- A. Carpeted floors
- B. Loose area rugs
- C. Loose electrical cords
- D. Bolsters left on the floor

Q

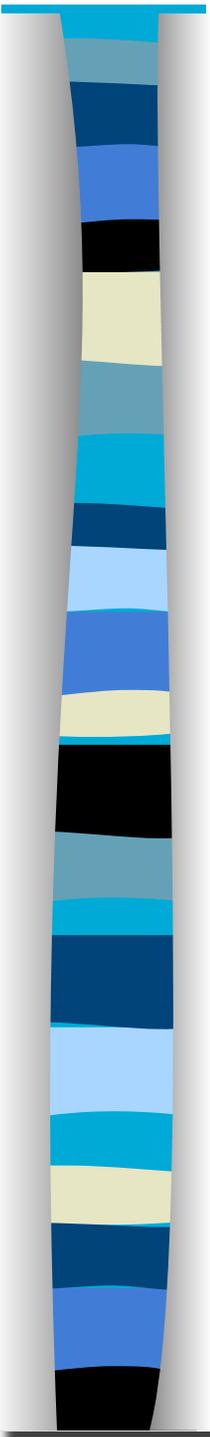


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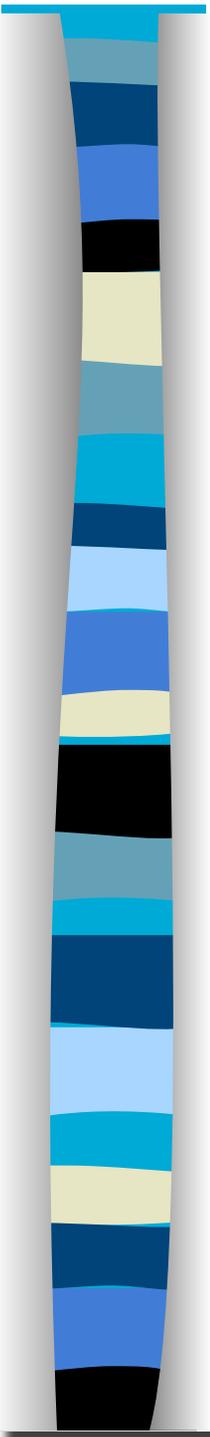


Facility Safety & Injury Prevention

When assessing the safety of the facility, be sure that:

- A. The parking lot pavement is smooth and even
- B. The plants in front of the building are neatly trimmed
- C. The front door is heavy and soundproof
- D. Parking spaces are clearly marked

Q

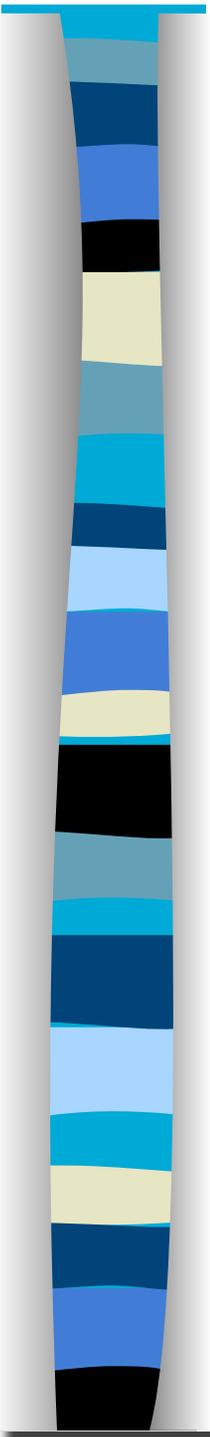


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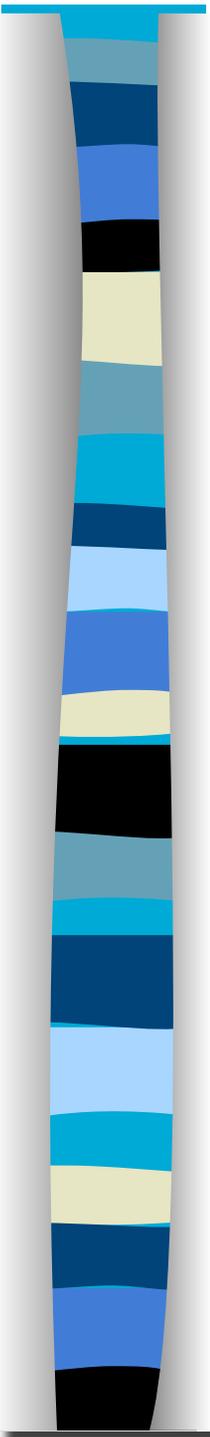
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Facility Safety & Injury Prevention

Bathrooms should include these items for clients in wheelchairs:

- A. Area rugs
- B. Handrails
- C. Dim lighting
- D. Telephones

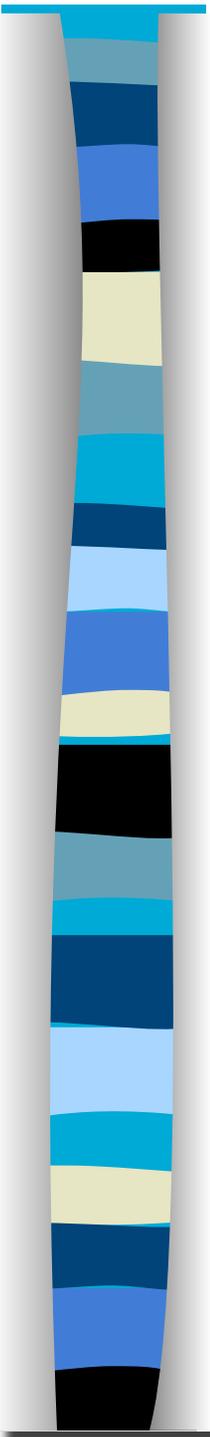


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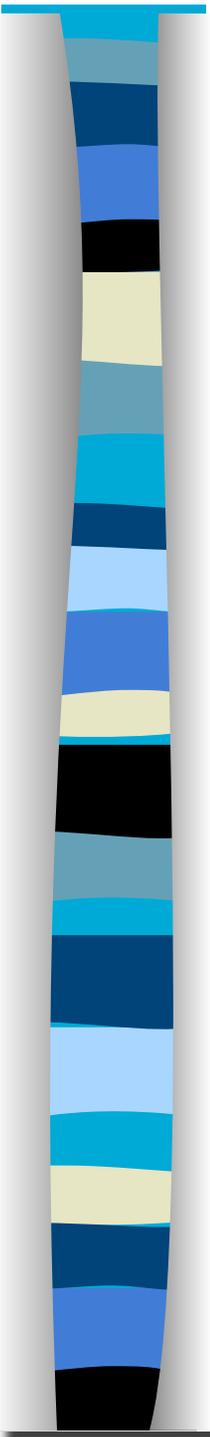


Facility Safety & Injury Prevention

When assessing the safety of the facility be sure that the:

- A. Bathrooms and doorways are wheelchair accessible
- B. The front door is heavy and soundproof
- C. The lighting is dim and soothing
- D. Parking spaces are clearly marked

Q

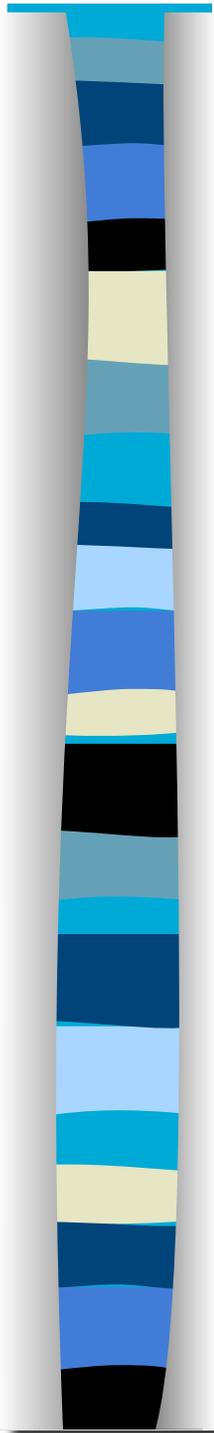


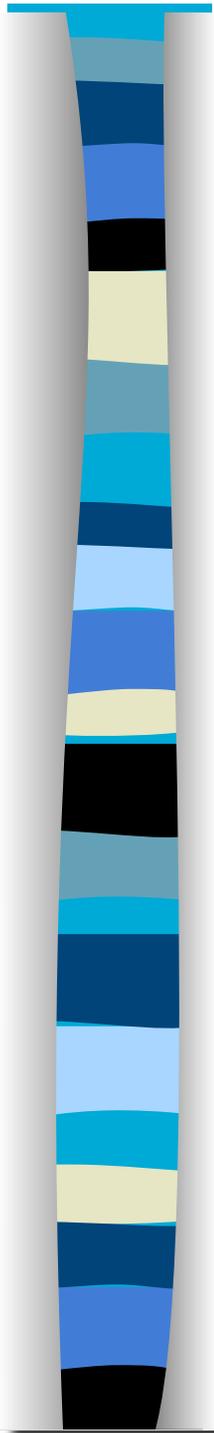
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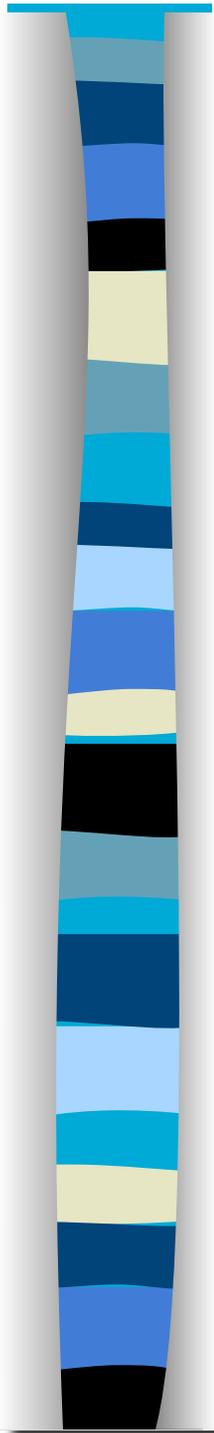
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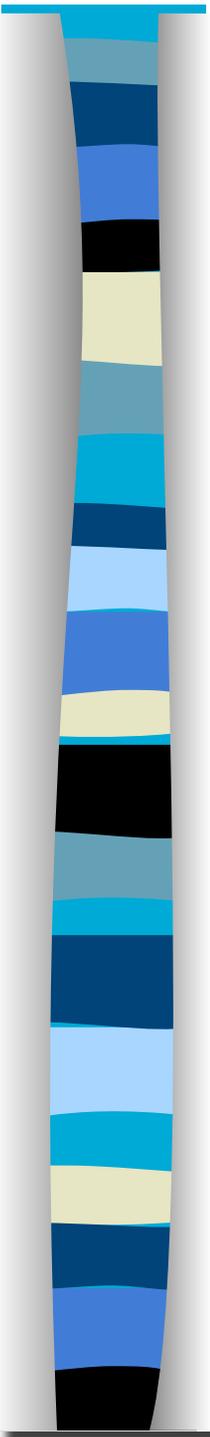
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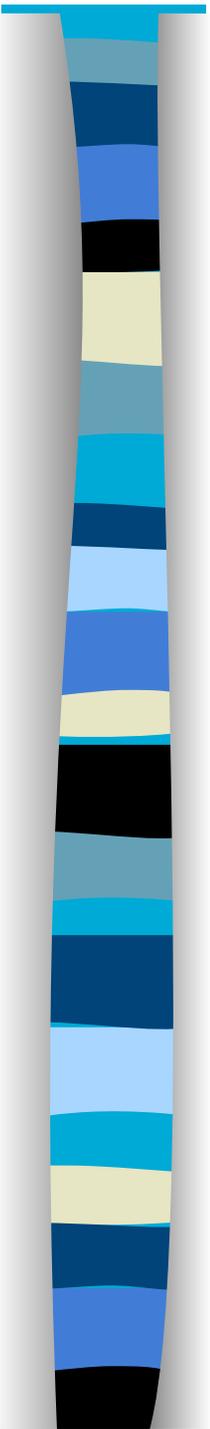




ABMP Exam Coach

Massage Professional Practices:
Equipment & Safety

Treatment Room Form & Function

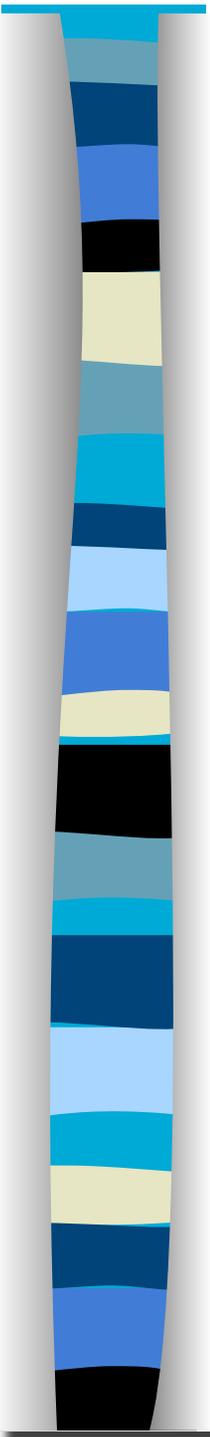


Treatment Room Form & Function

A well-planned treatment room for a business focusing on clinical massage would most likely have:

- A. Neutral colors, medical charts, and anatomical models
- B. Dark colors like black and gray and not use images at all
- C. Bright colors and trendy images of pop icons
- D. Soothing color combinations and images of natural beauty

Q

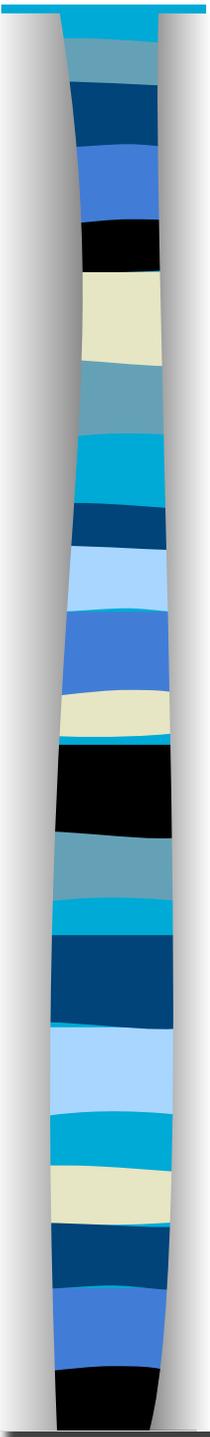


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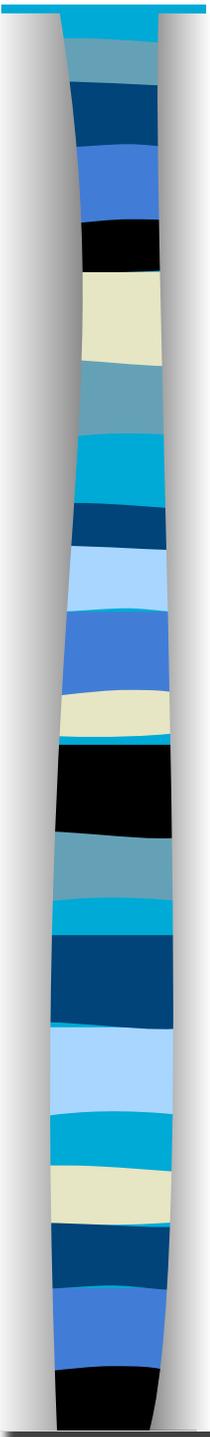


Treatment Room Form & Function

A well-planned treatment room for a business focusing on relaxation and stress management would most likely have:

- A. Soothing color combinations and images of natural beauty
- B. Dark colors like black and gray and not use images at all
- C. Neutral colors, medical charts, and anatomical models
- D. Bright colors and trendy images of pop icons

Q

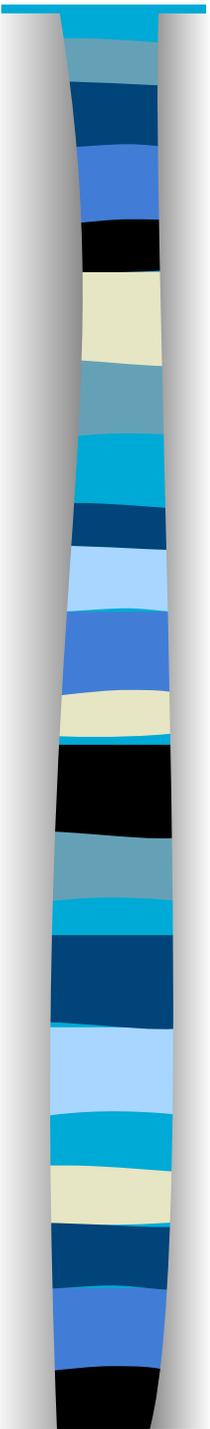


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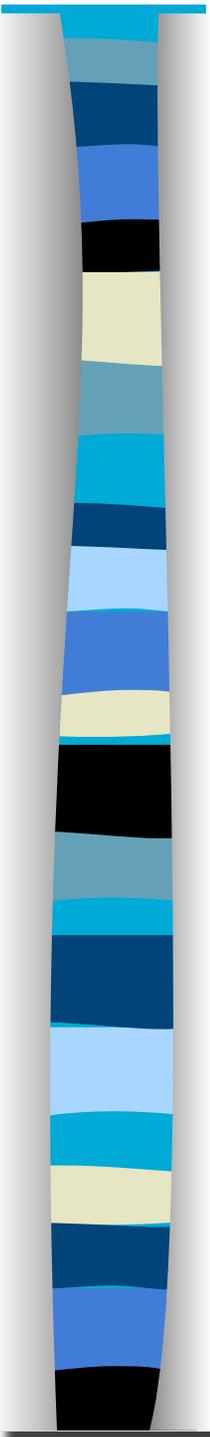


Treatment Room Form & Function

How can a practitioner best adapt his setup to accommodate larger-framed clients?

- A. Place bolsters on either side of the client
- B. Purchase side extensions for the massage table
- C. Ask the client to cross his arms over his chest
- D. Ask the client to let his arms hang off the table

Q

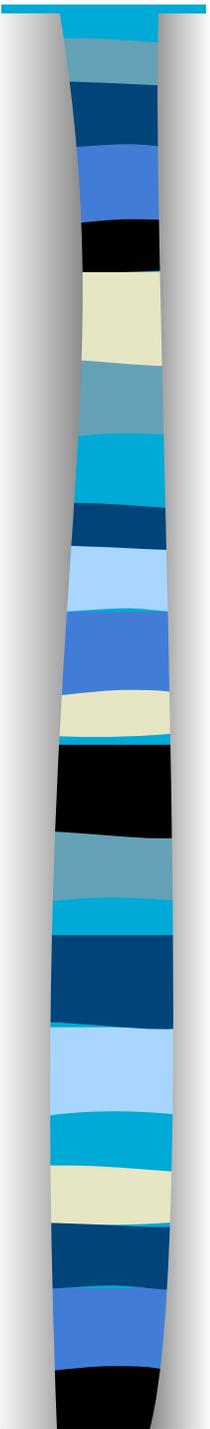


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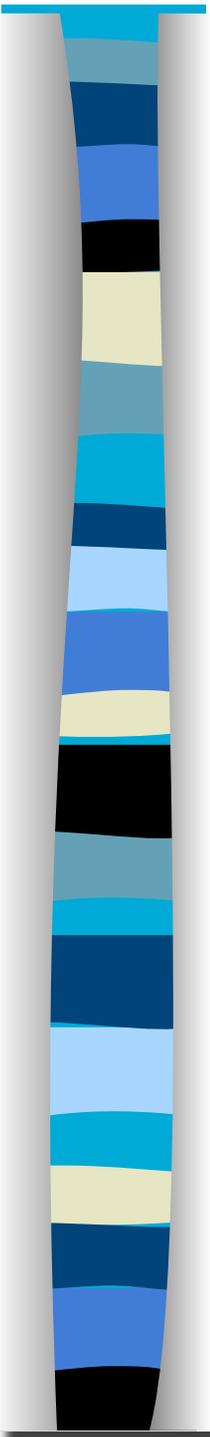


Treatment Room Form & Function

When choosing images for a treatment room and the application of massage to clients, the best choices are:

- A. Images that show beautiful bodies in motion (e.g., tasteful nudes of dancers or athletes, etc.)
- B. Images of athletic icons like sports stars that encourage clients to reach their full physical potential
- C. Appropriate images for the type of work you do (e.g., images of natural beauty for relaxation, anatomical charts for clinical massage, etc.)
- D. Images of cultural icons like movie stars that encourage clients to care about their external image

Q

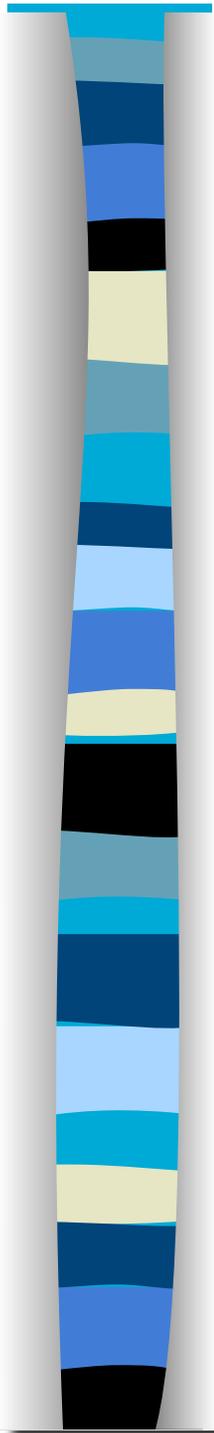


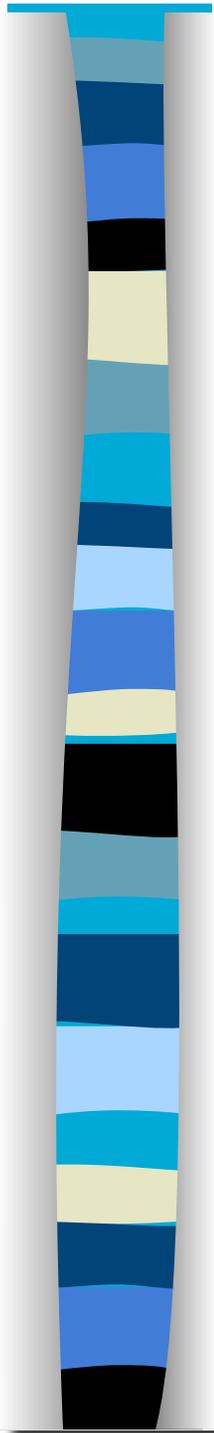
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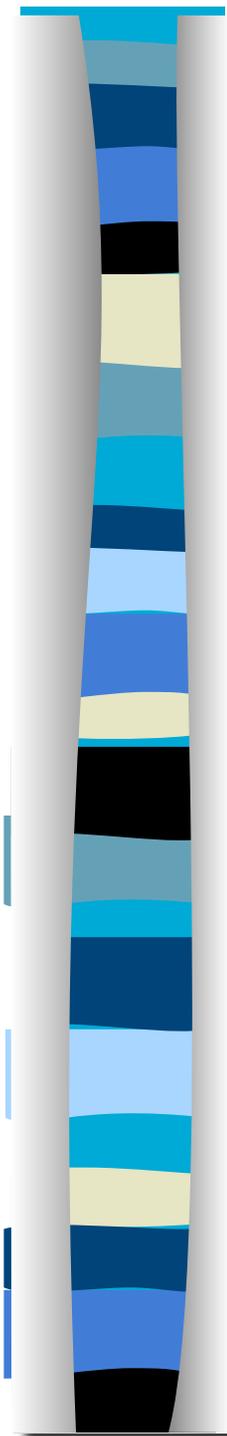
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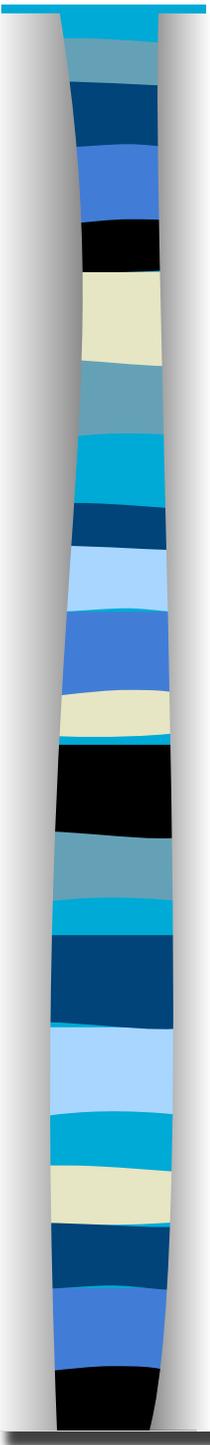
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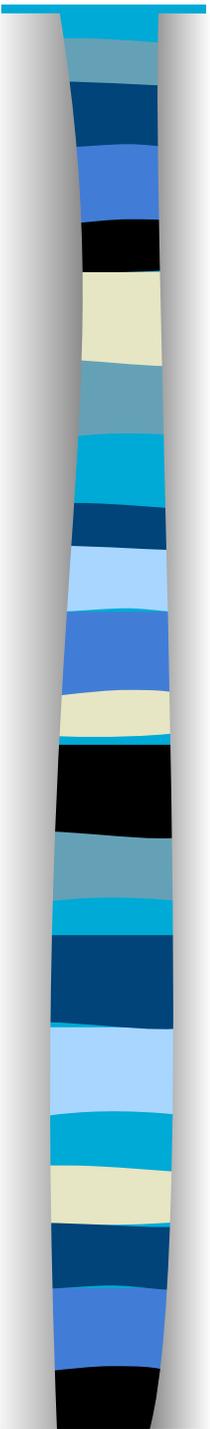




ABMP Exam Coach

Massage Professional Practices:
Equipment & Safety

Bolstering & Positioning



Bolstering & Positioning

When a client is in the prone position, a bolster is placed:

- A. Under the neck
- B. Under the low back
- C. Under the knees
- D. Under the ankles

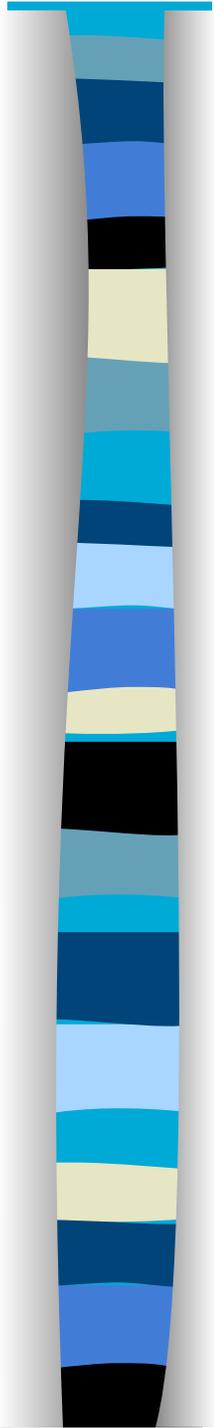
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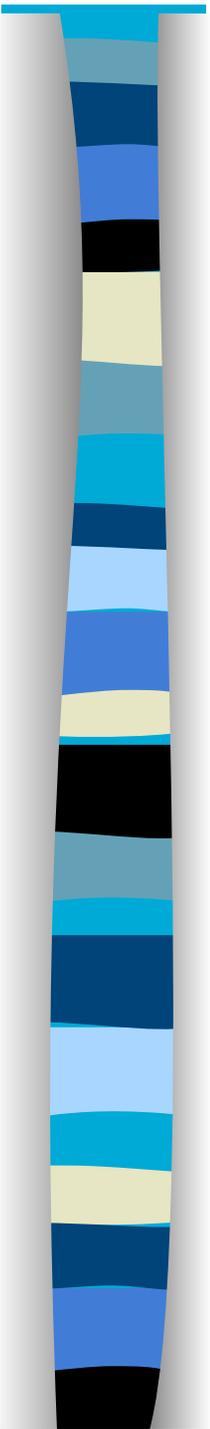
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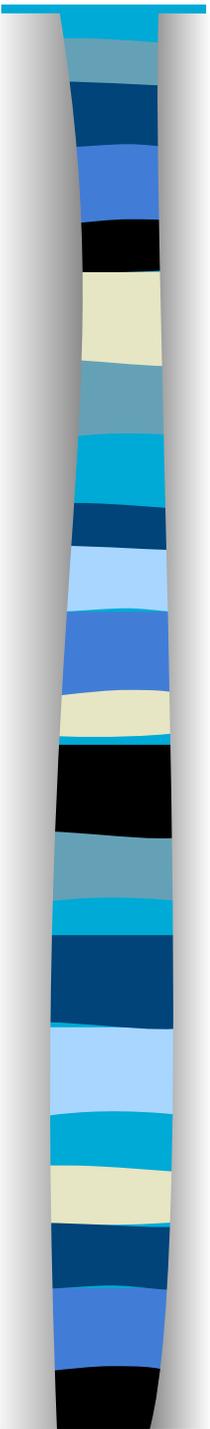


Bolstering & Positioning

Which of the following best describes the proper placement of bolsters?

- A. Place the bolster directly underneath the client, between top and bottom sheet
- B. Wrap a towel around the bolster and place it underneath the bottom sheet
- C. Place the bolster underneath all table material including any table warmers
- D. Place the bolster underneath the bottom sheet or inside a washable cover

Q

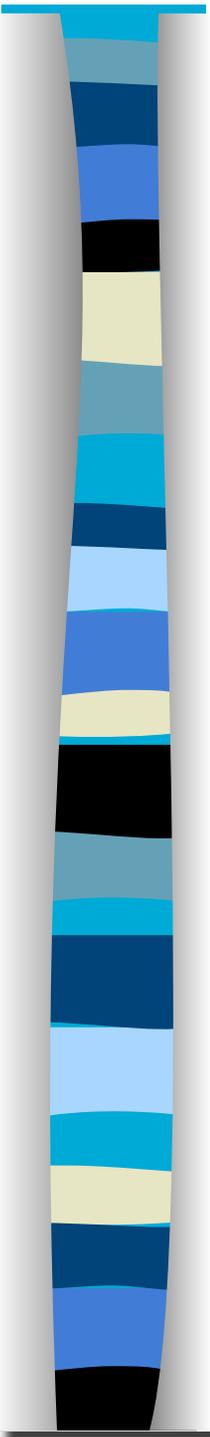


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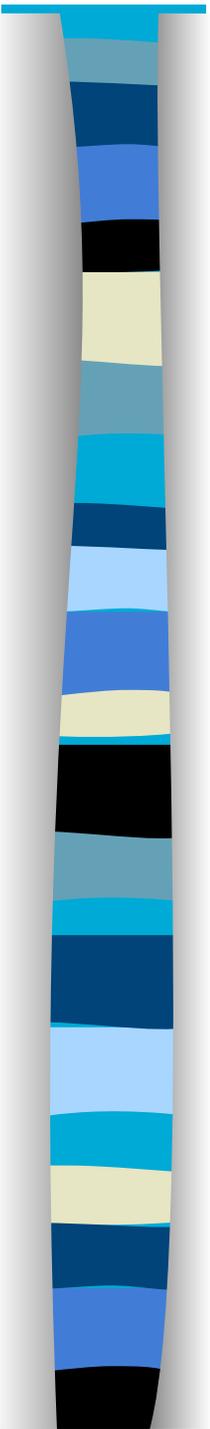


Bolstering & Positioning

Which of the following statements best describes the proper use of bolsters?

- A. Place the bolster directly underneath the client
- B. Place the bolster underneath the bottom sheet or inside a washable cover
- C. Place the bolster underneath all table material including table warmers
- D. Avoid the use of bolsters if possible

Q

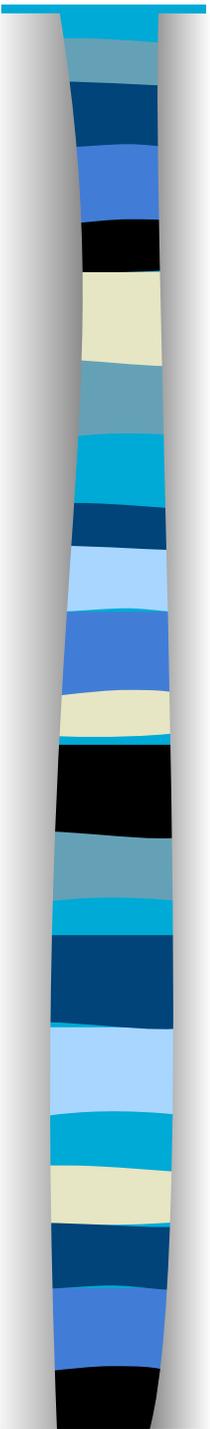


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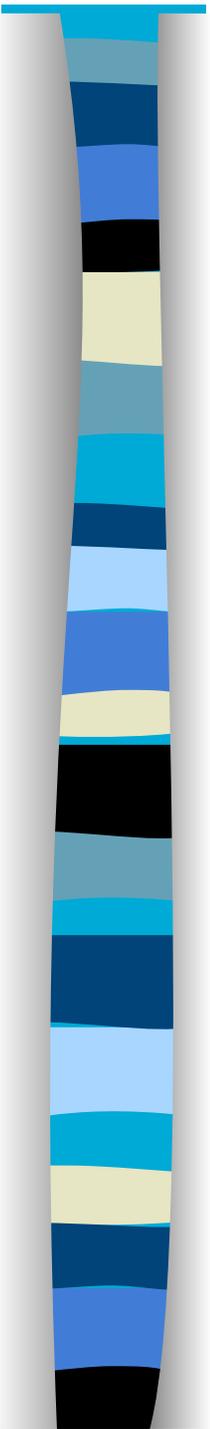


Bolstering & Positioning

Bolsters are:

- A. Specialized table features that make the table wider
- B. Specialized supports the therapist uses to protect his/her wrists
- C. Specialized pillows used for client support that come in a variety of shapes and sizes
- D. Specialized window treatments used to block out light

Q



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Bolstering & Positioning

Choose this type of face cradle so that you can position the client's head and neck properly:

- A. Light base
- B. Fixed
- C. Heavy base
- D. Adjustable

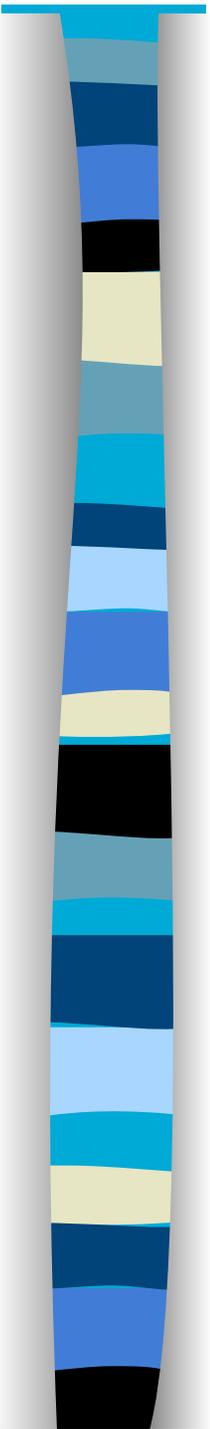
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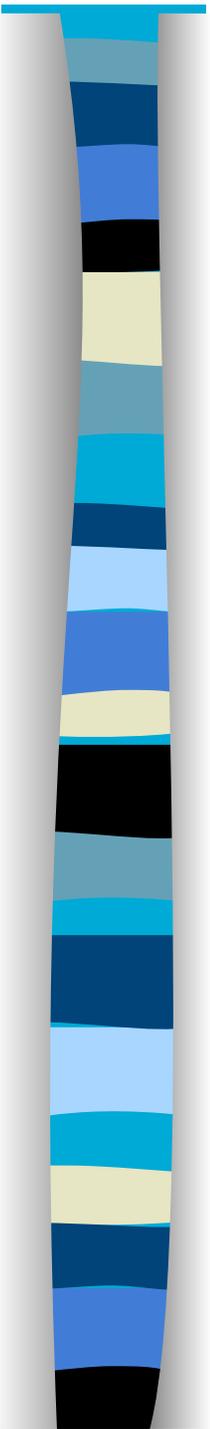


Bolstering & Positioning

In order to avoid damage, and to prolong the life of the vinyl covering on a massage table:

- A. Condition the vinyl with a vegetable-based oil
- B. Disinfect it with bleach on a daily basis
- C. Avoid exposing it to direct sunlight or excessive temperatures
- D. Apply a chemical vinyl protectant between each client session

Q

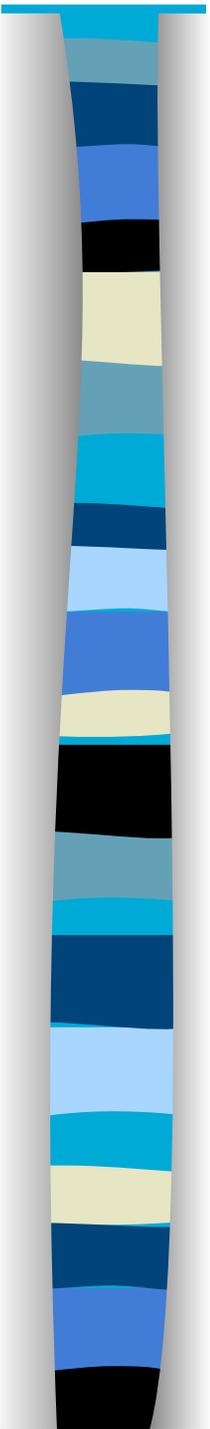


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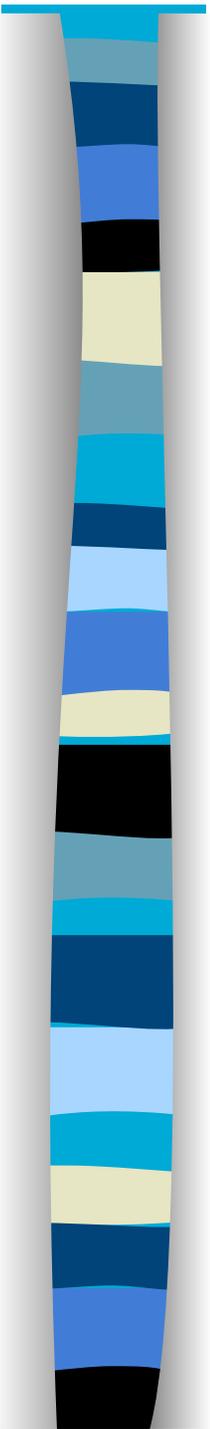


Bolstering & Positioning

Most face rests are adjustable to allow for optimal range of motion in the client's neck in this movement:

- A. Flexion
- B. Extension
- C. Rotation
- D. Mobility

Q



Bolstering & Positioning

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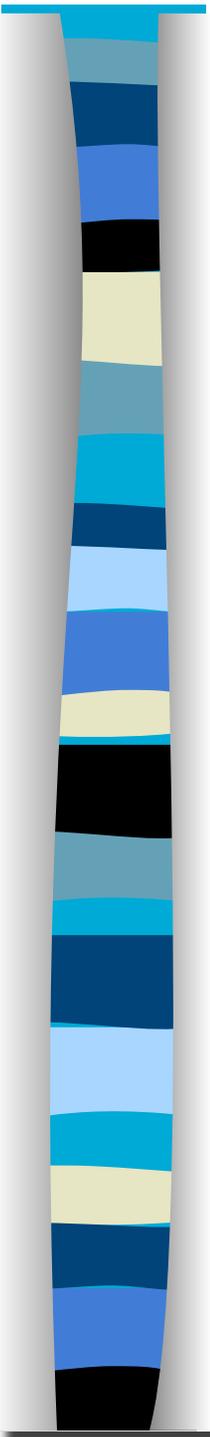
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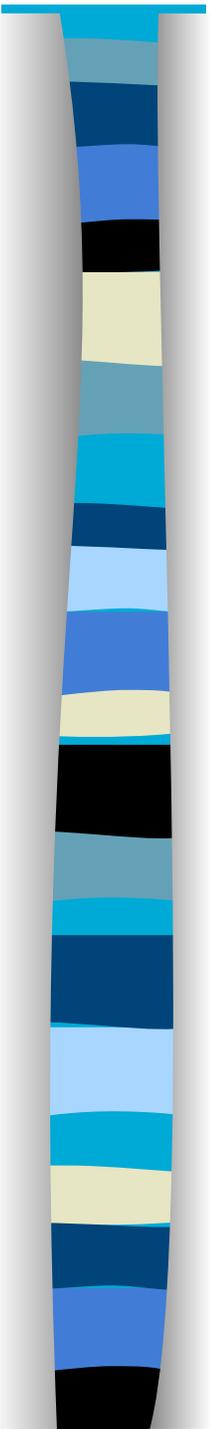


Bolstering & Positioning

If a client reports discomfort in her low back when lying supine, the practitioner can offer her a bolster under which part of her body?

- A. Low back
- B. Knees
- C. Ankles
- D. Neck

Q



Bolstering & Positioning

If a client reports discomfort in her low back when lying supine, the practitioner can offer her a bolster under which part of her body?

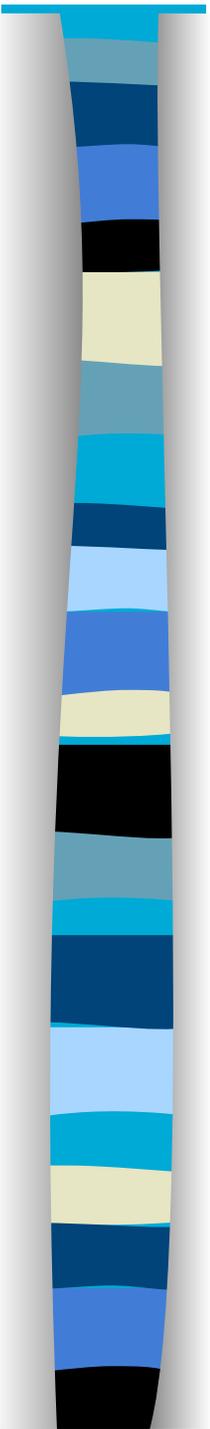
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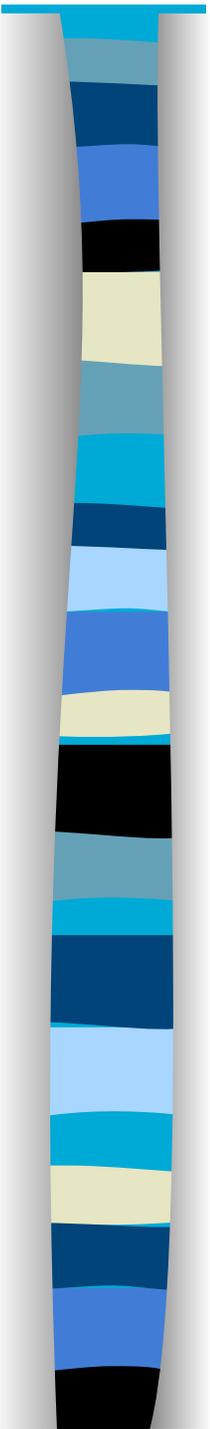


Bolstering & Positioning

When a client is in the supine position and reports discomfort in her low back, a bolster is placed:

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- B. Under the ankles
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Q

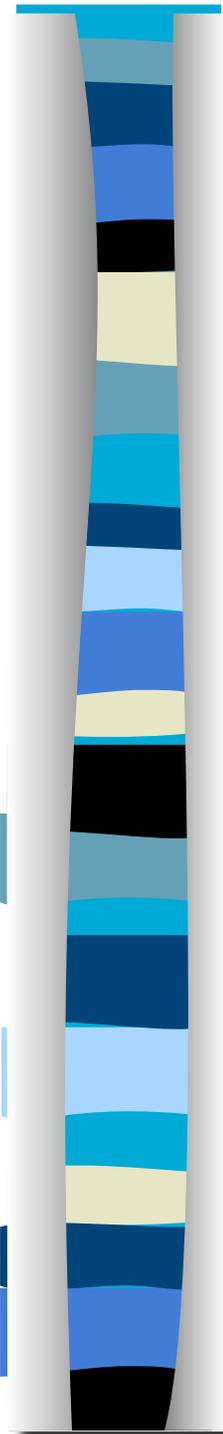


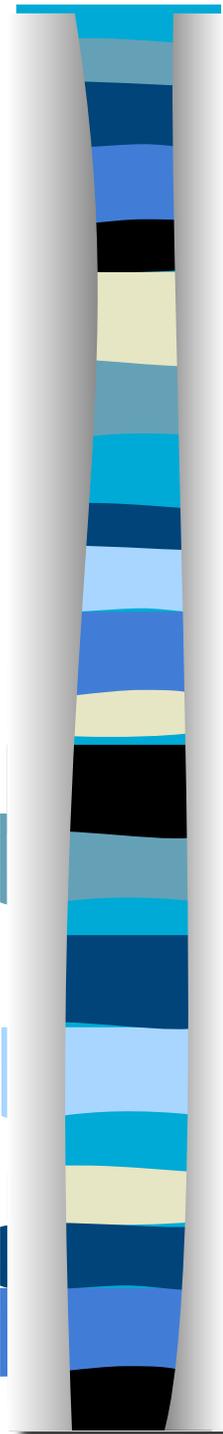
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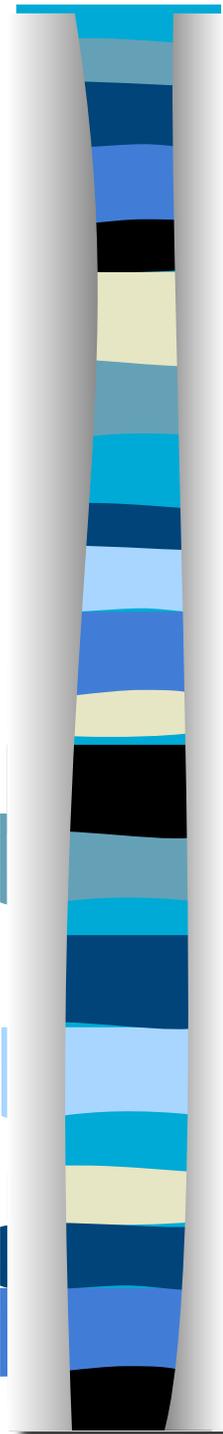
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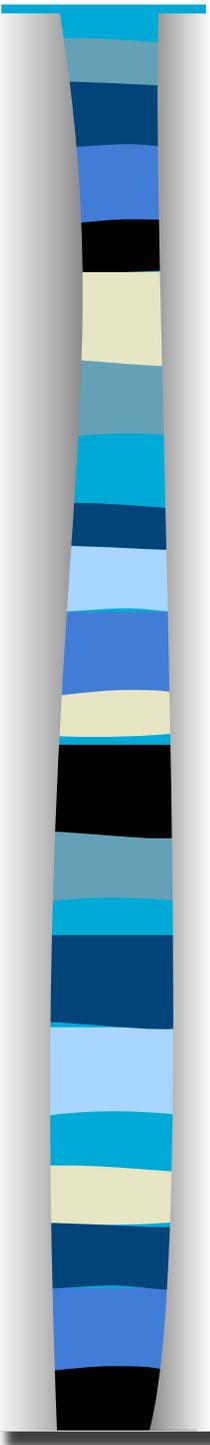
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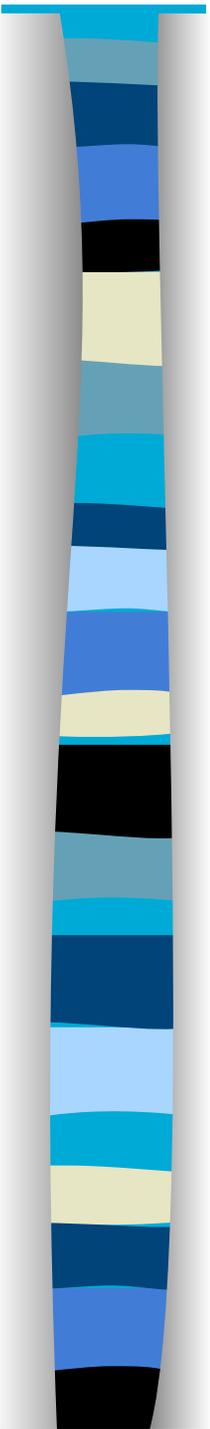




ABMP Exam Coach

Massage Professional Practices:
Equipment & Safety

Massage Tables & Chairs

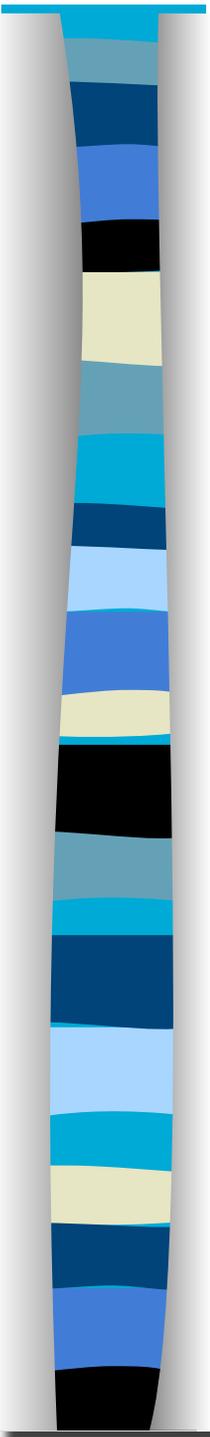


Massage Tables & Chairs

If the practitioner's low back is sore after a day of massage, the table is likely:

- A. Too soft
- B. Too low
- C. Too high
- D. Too narrow

Q

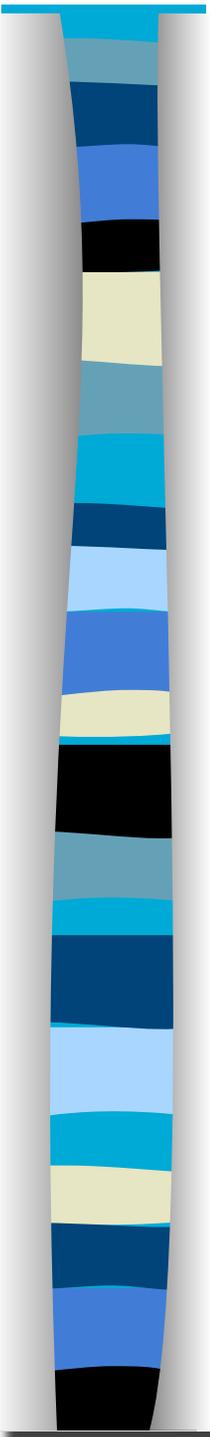


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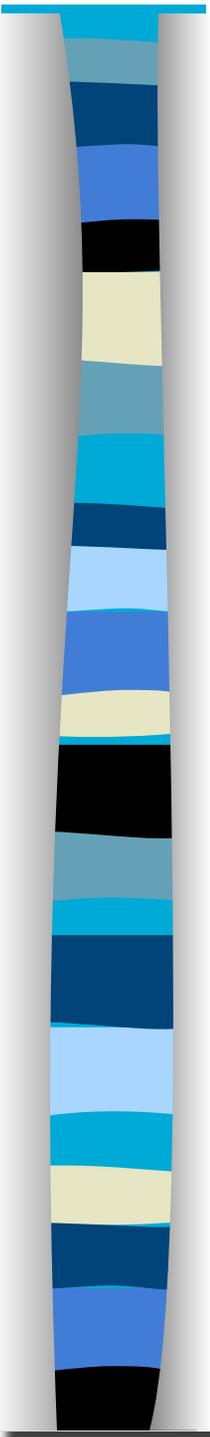


Massage Tables & Chairs

Wool or fleece table warming pads:

- A. Should never be used because they cause shivering after the session
- B. Provide extra softness and warmth on the massage table
- C. Should never be used with clients who have a pathology
- D. Are only used for relaxation massage

Q

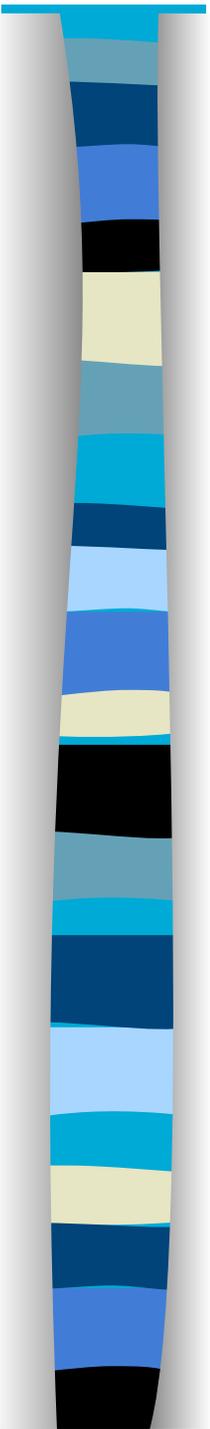


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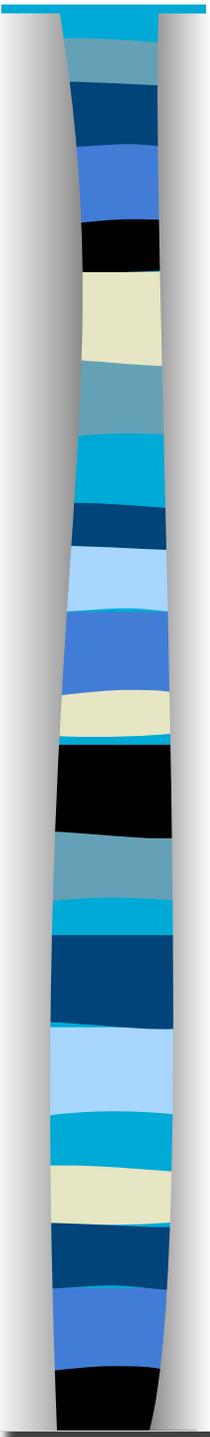


Massage Tables & Chairs

Firm table padding is often preferred by therapists who offer:

- A. Relaxation massage because firm tables are more comfortable
- B. Deep-tissue techniques because the client doesn't drop away from the stroke
- C. Energetic bodywork techniques because firm tables support client energy
- D. Spa treatments because firm tables resist water

Q

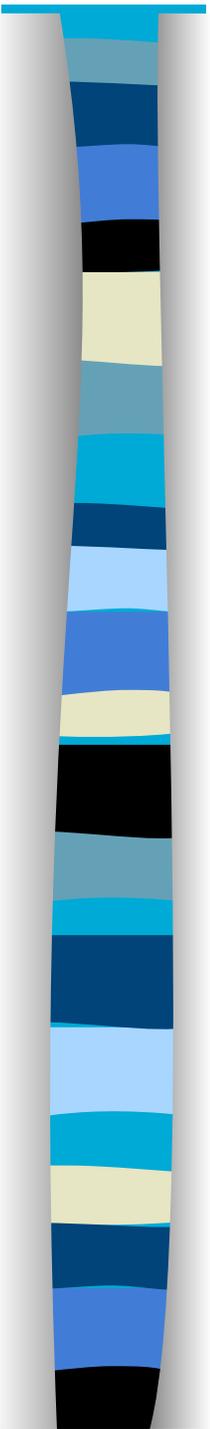


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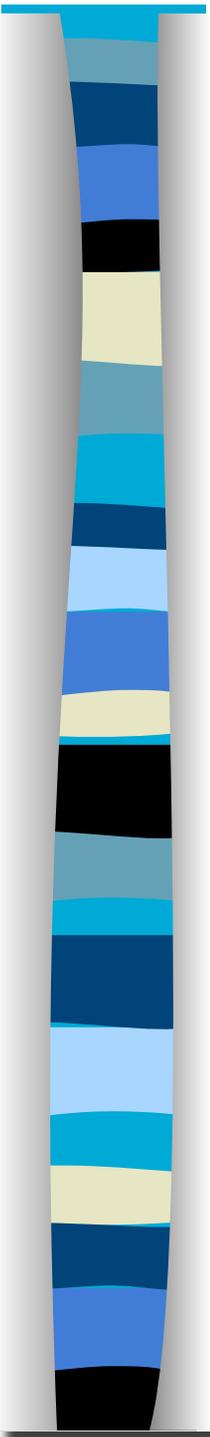


Massage Tables & Chairs

This type of massage table is designed to fold up for easy transport:

- A. Light base
- B. Portable
- C. Heavy base
- D. Stationary

Q

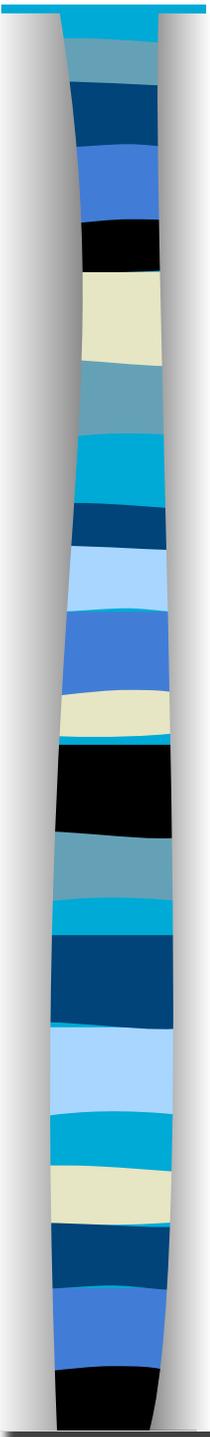


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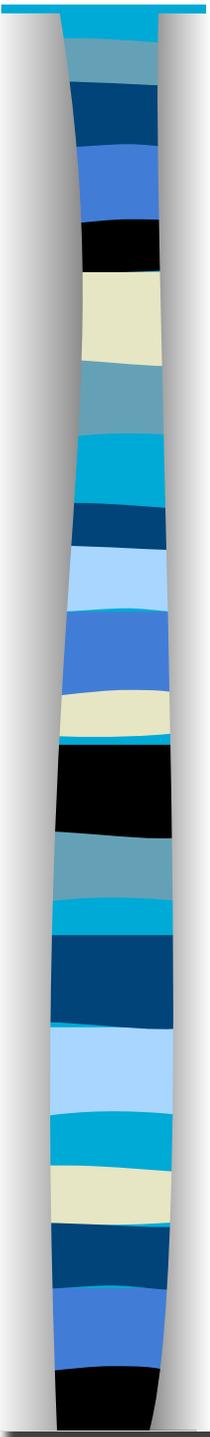


Massage Tables & Chairs

The main consideration in purchasing a massage chair, in terms of client comfort and safety, is:

- A. If it has a carbon-fiber frame
- B. How sturdy and stable the chair is
- C. If it can be set up on a desktop
- D. The material of the upholstery

Q

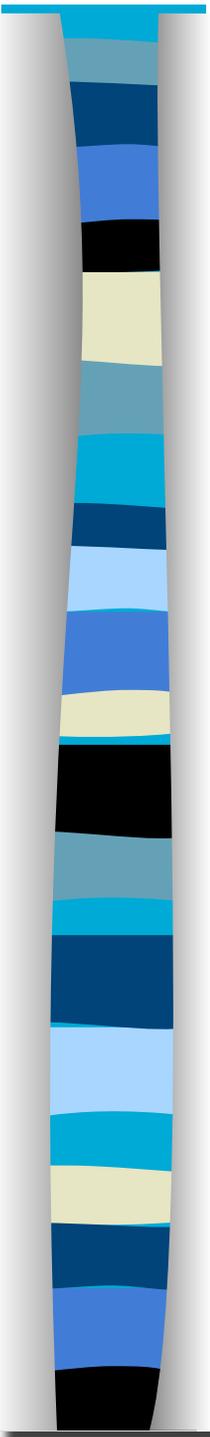


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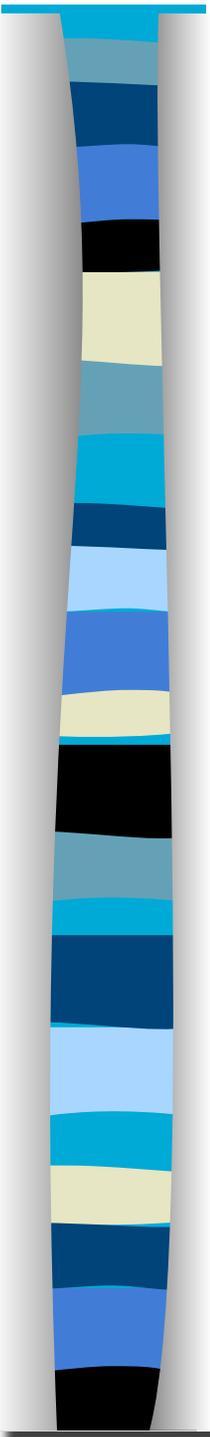


Massage Tables & Chairs

The bolts on massage table legs should be:

- A. Checked and tightened at the end of the work day
- B. Checked and tightened regularly each month
- C. Checked and tightened at the end of the work week
- D. Checked and tightened before and after each session

Q

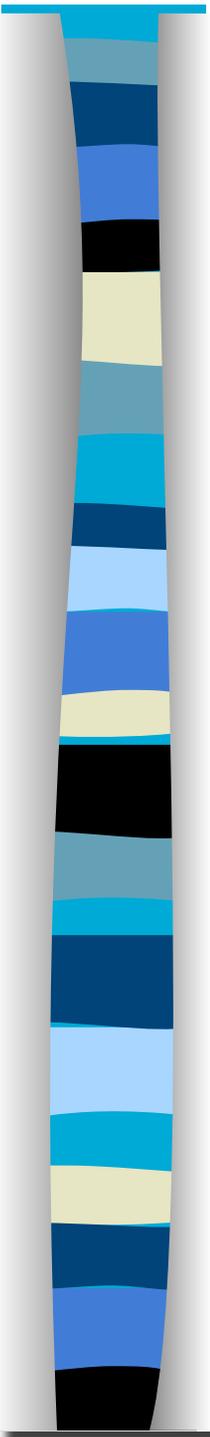


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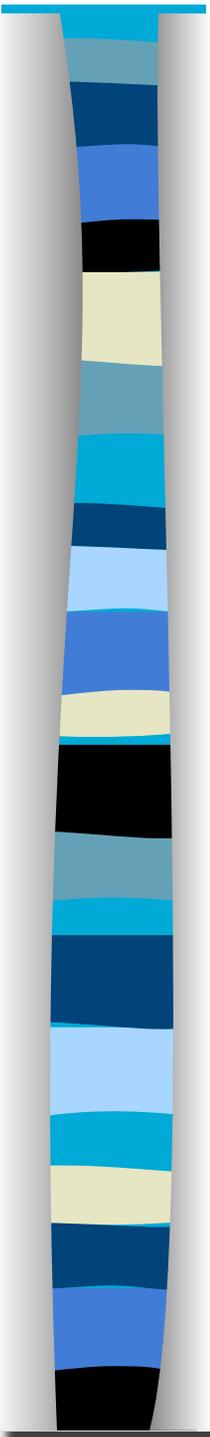


Massage Tables & Chairs

Professional massage chairs used by massage practitioners:

- A. Are used for on-site massage in offices or at sporting events
- B. Have an adjustable setting so you can pick the massage you want
- C. Are used as an alternative to a massage practitioner in professional settings
- D. Lay flat on the floor and are sometimes referred to as a mat

Q

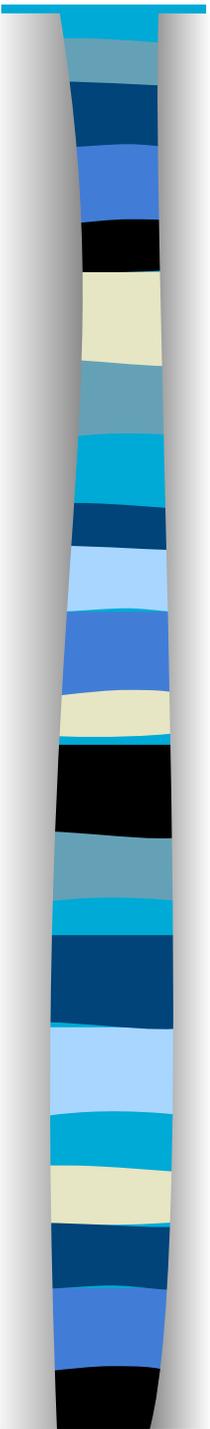


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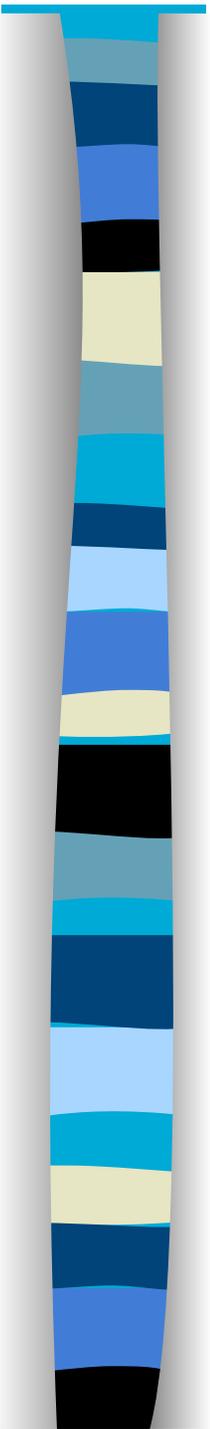


Massage Tables & Chairs

All of the following components of the massage table could present a safety hazard for the client EXCEPT:

- A. Knobs/screws on the table legs
- B. Face cradle hinges
- C. The upholstery
- D. The hinges

Q

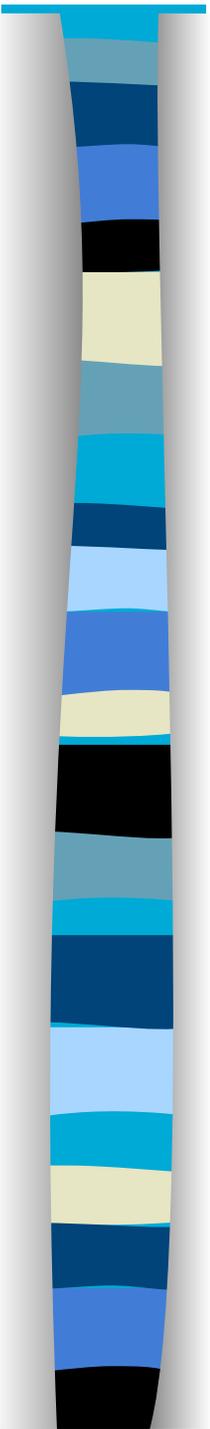


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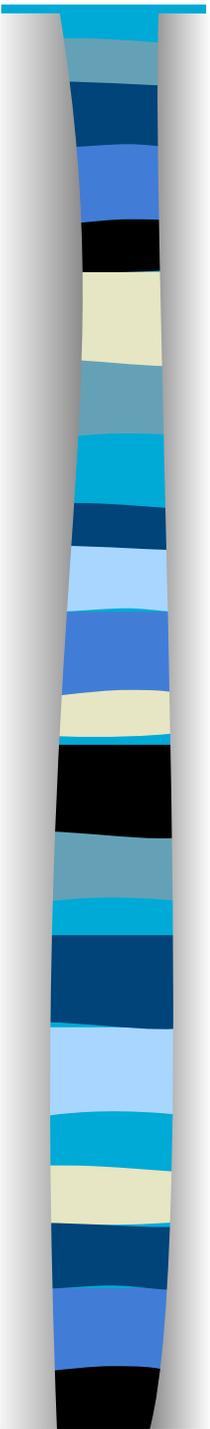


Massage Tables & Chairs

This essential item of massage equipment supports the client in a reclining position:

- A. Face cradle
- B. Massage stool
- C. Bolster
- D. Massage table

Q

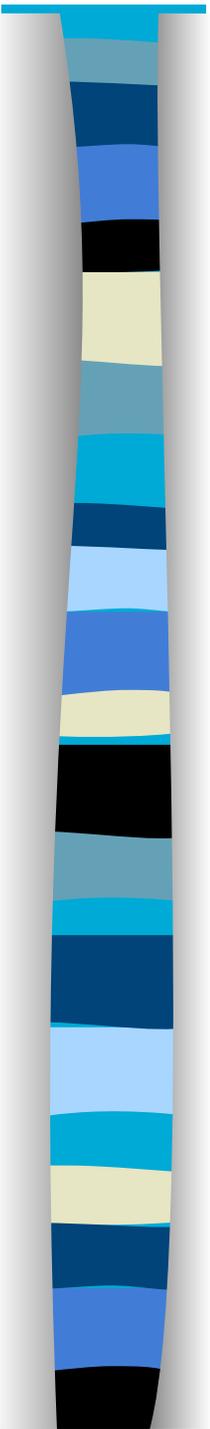


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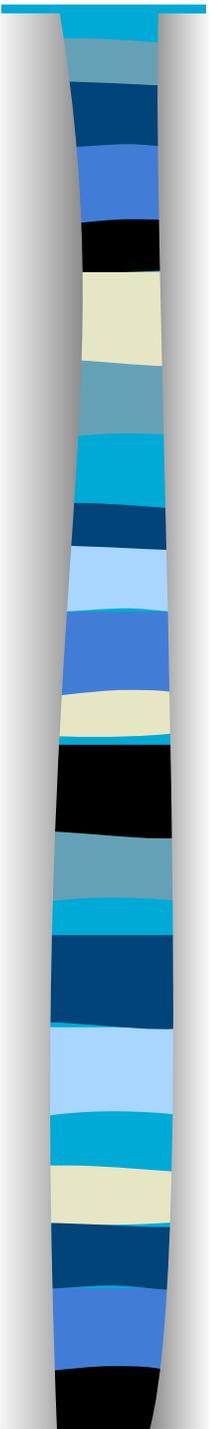


Massage Tables & Chairs

Your height as a practitioner, the size of the client, and the type of massage techniques you use will influence:

- A. The use of a stationary or portable table
- B. The use of a heavy-base or light-base table
- C. The use of bolsters during the massage
- D. The height of the massage table

Q

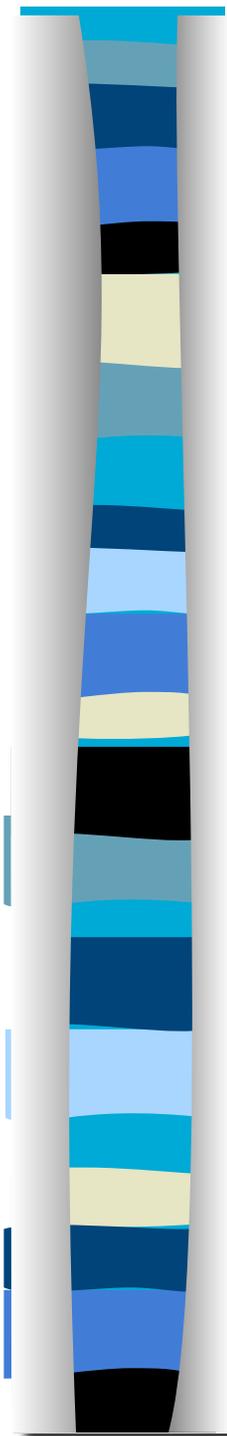


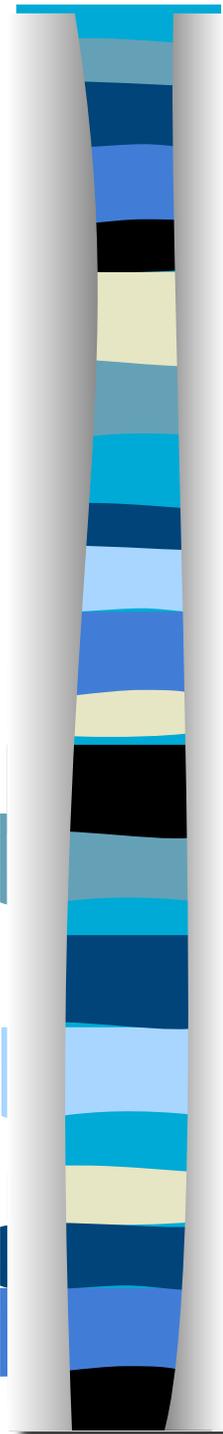
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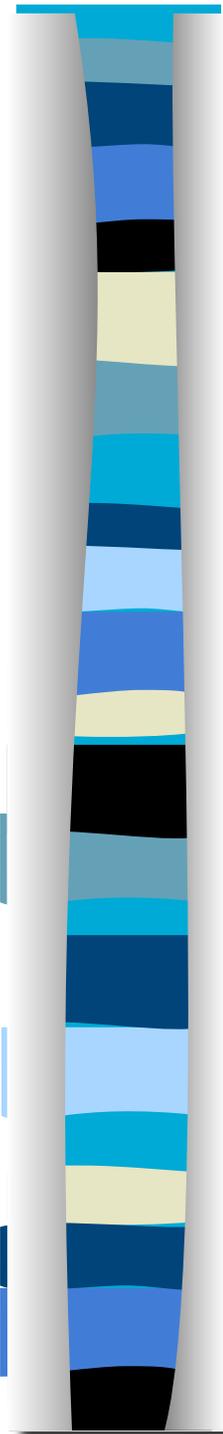
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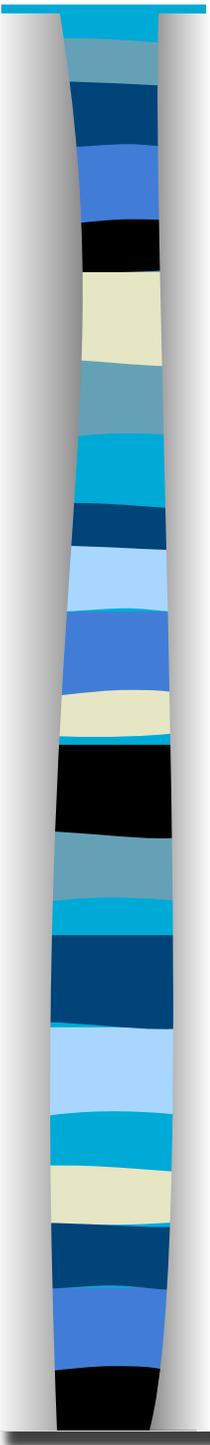
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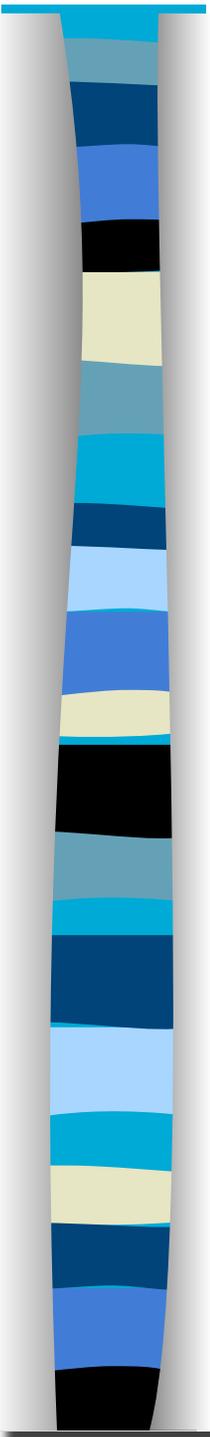




ABMP Exam Coach

Massage Professional Practices:
Hygiene & Sanitation

Standards of Professional Hygiene

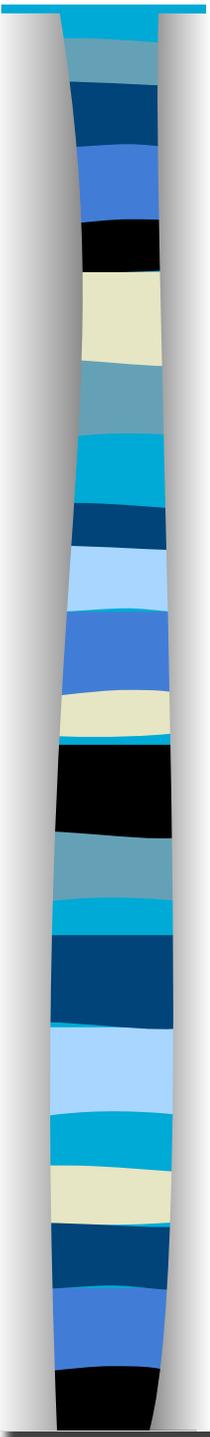


Standards of Professional Hygiene

Standards of professional hygiene include:

- A. Avoiding the use of scented body care products on days when you have sessions
- B. Using fragranced antiperspirants, but avoiding perfumes or aftershaves on days you have sessions
- C. Using scented body care products to mask body odors on days you have sessions
- D. Avoiding scented body care products, but using a fragrant hand lotion before massage sessions

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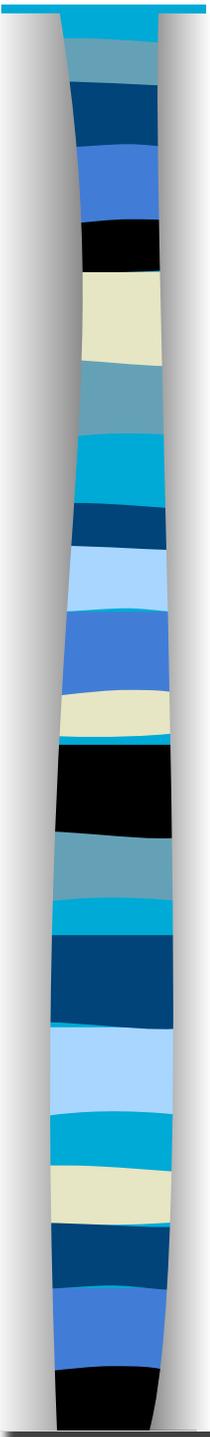


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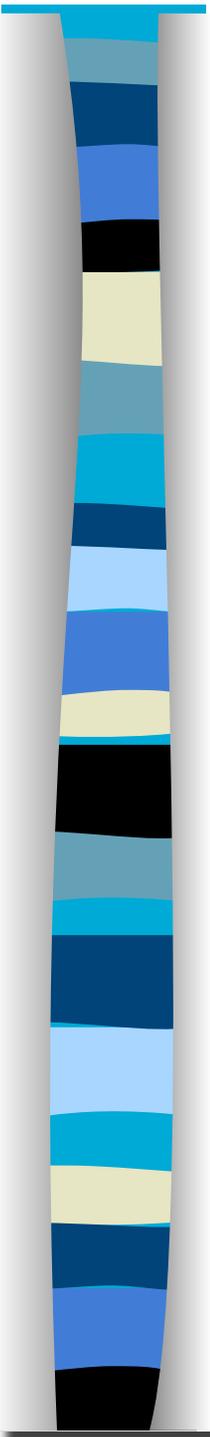


Standards of Professional Hygiene

Standards of professional hygiene include:

- A. Showering daily and washing the hair every other day
- B. Showering daily and washing the hair before each shift
- C. Showering daily and washing the hair weekly
- D. Showering daily and washing the hair after each shift

Q

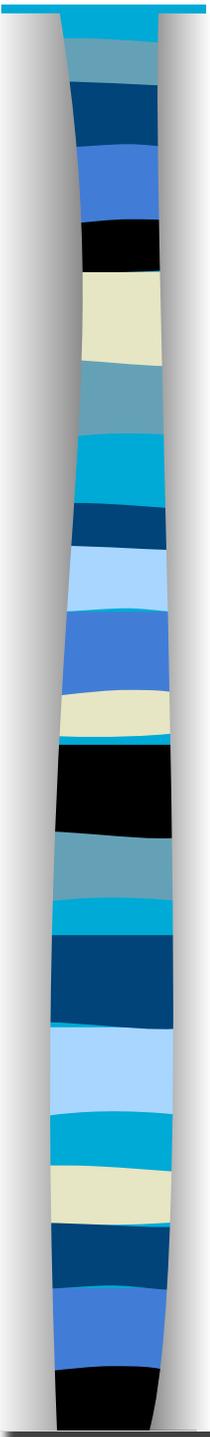


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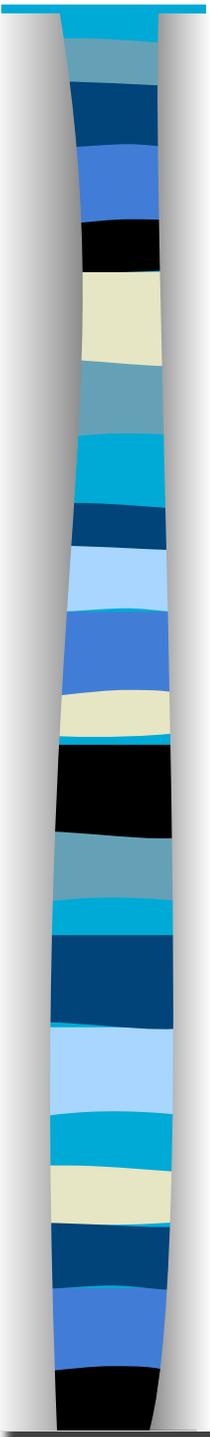


Standards of Professional Hygiene

To adhere to professional hygiene standards:

- A. Launder work uniforms or clothing at the end of the week
- B. Launder work uniforms or clothing as necessary when they show signs of being unclean
- C. Launder work uniforms or clothing at the end of the week, unless they are contaminated by blood or body fluid
- D. Launder work uniforms or clothing at the end of each working day

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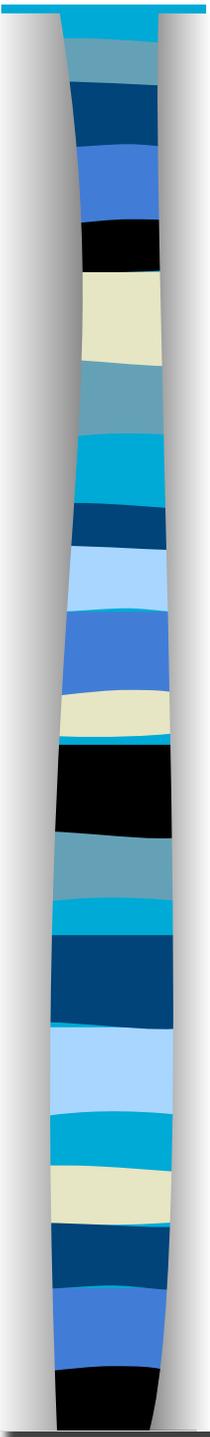


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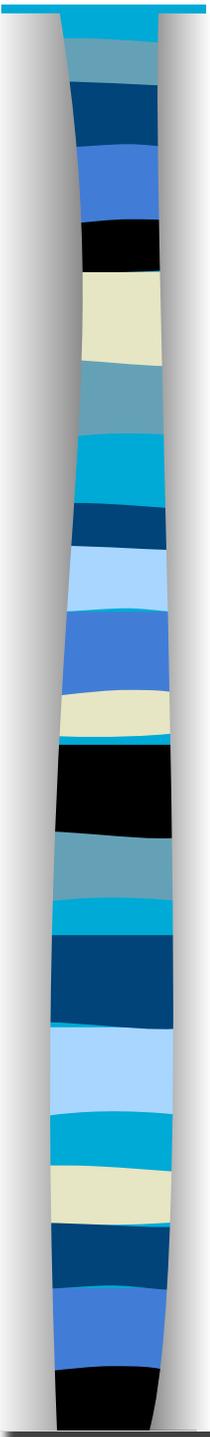


Standards of Professional Hygiene

Practitioners who perspire heavily while giving massage should:

- A. Work through a drape instead of directly on the client
- B. Use strong antiperspirants to avoid body odor
- C. Shower between sessions to avoid body odor
- D. Wear sweatbands on the forehead and wrist to prevent droplets of sweat from getting on the client

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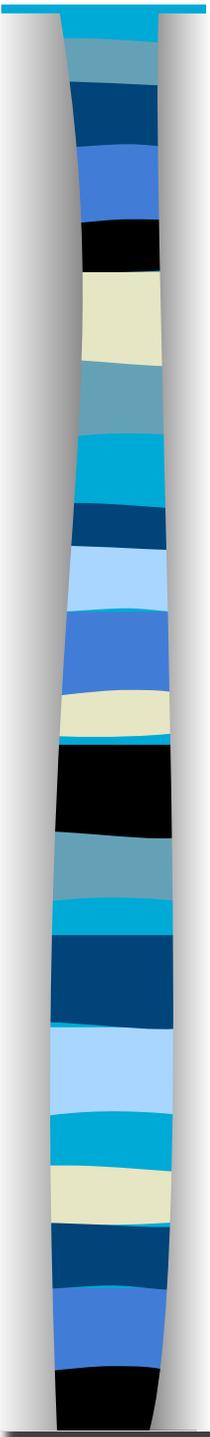


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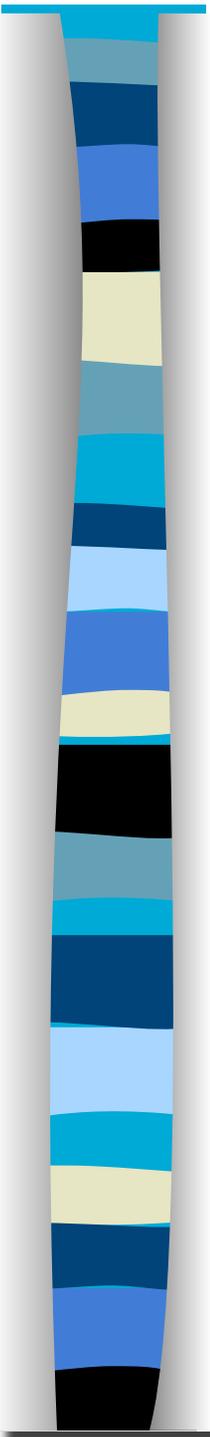


Standards of Professional Hygiene

Safety protocols include:

- A. Fire and accident prevention
- B. Sanitation of the treatment room equipment
- C. General cleanliness of the facility
- D. Therapist hygiene

Q

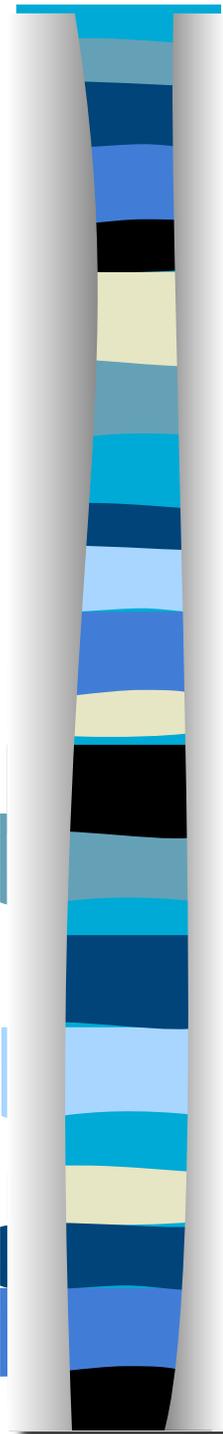


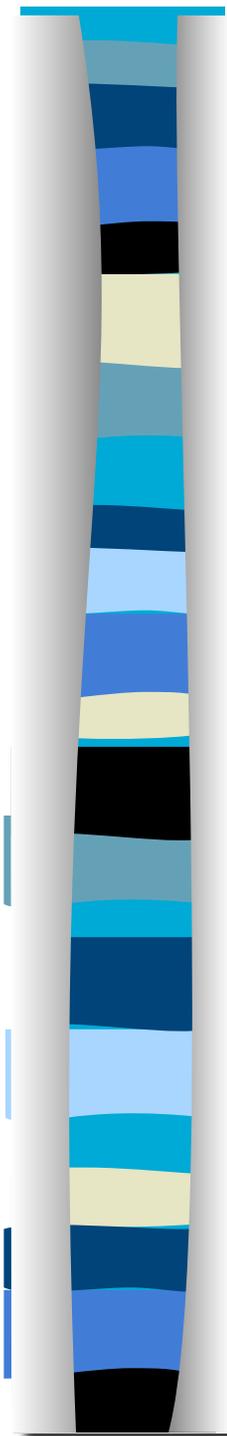
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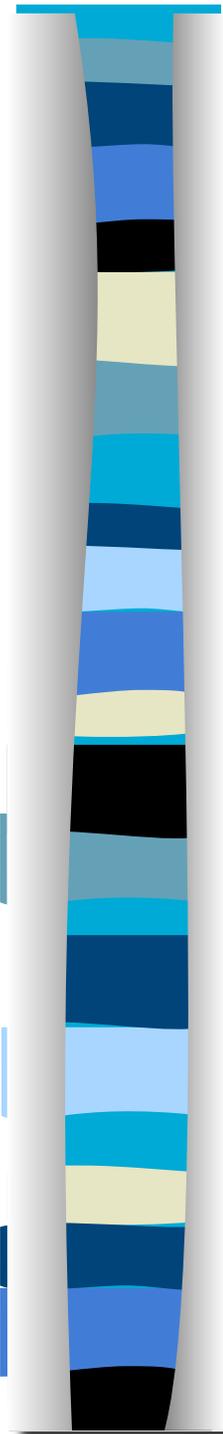
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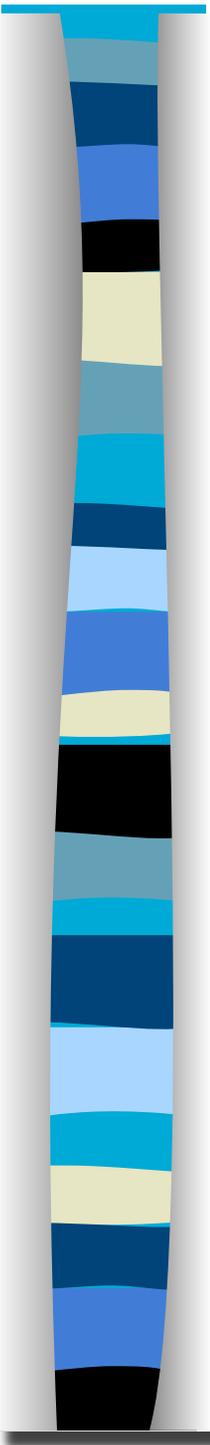
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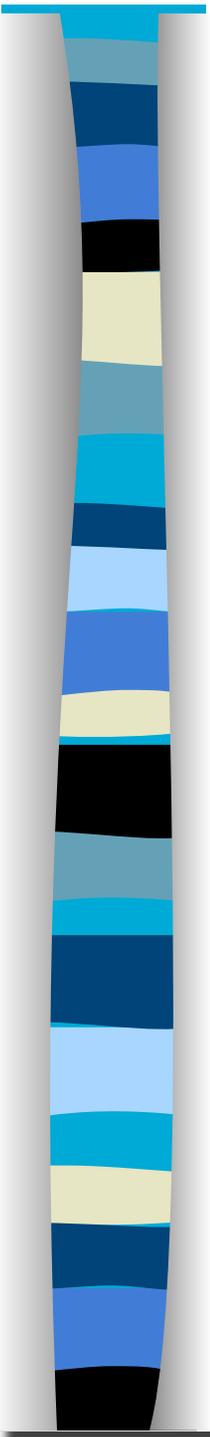




ABMP Exam Coach

Massage Professional Practices:
Hygiene & Sanitation

Standard Precautions

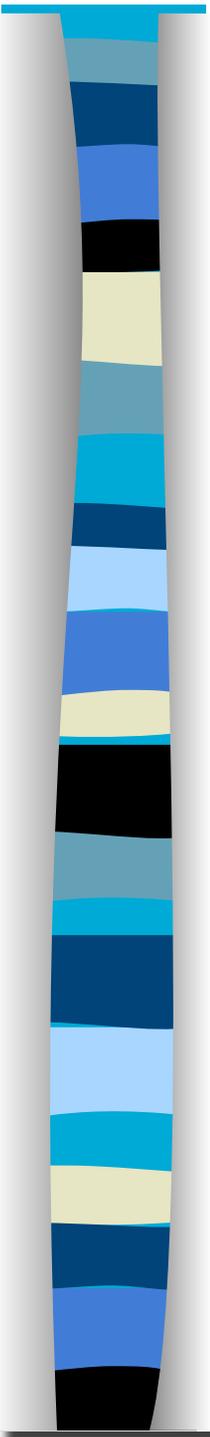


Standard Precautions

The US Centers for Disease Control (CDC) and Prevention policy for controlling the transmission of infections carried in blood and bodily fluids is called:

- A. Preventative precautions
- B. Blood and bodily fluid precautions
- C. Standard precautions
- D. Regulated precautions

Q

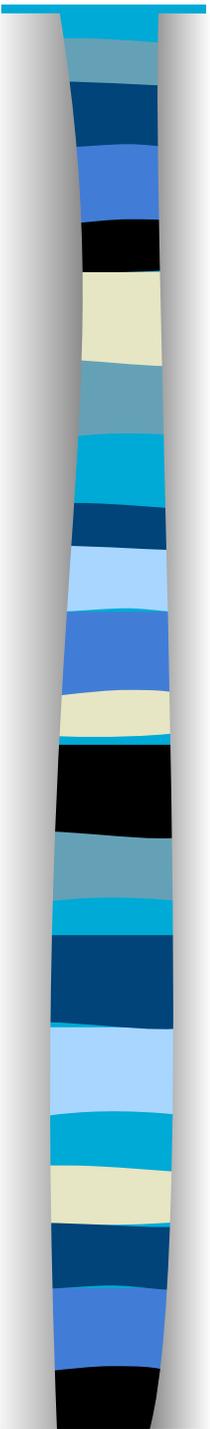


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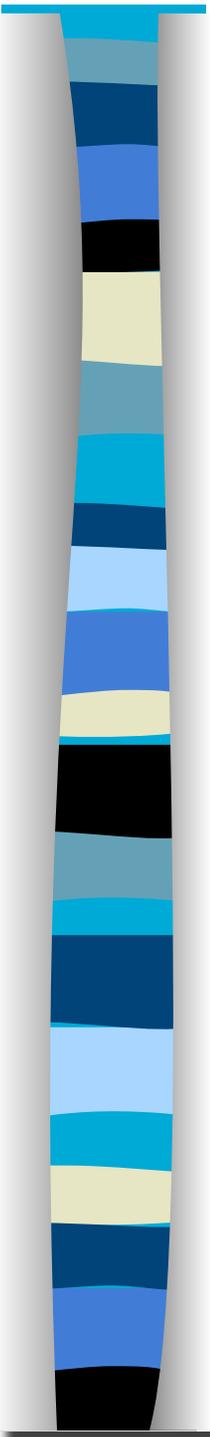


Standard Precautions

If you have cuts or hangnails on your hands, practice:

- A. Preventative precautions
- B. Blood and body fluid precautions
- C. Regulated precautions
- D. Standard precautions

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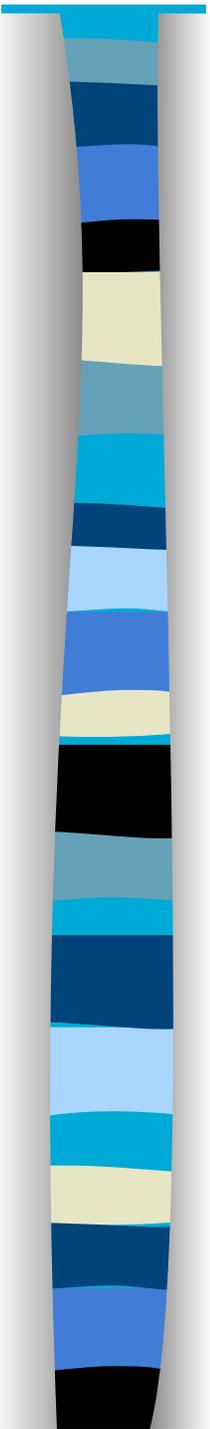


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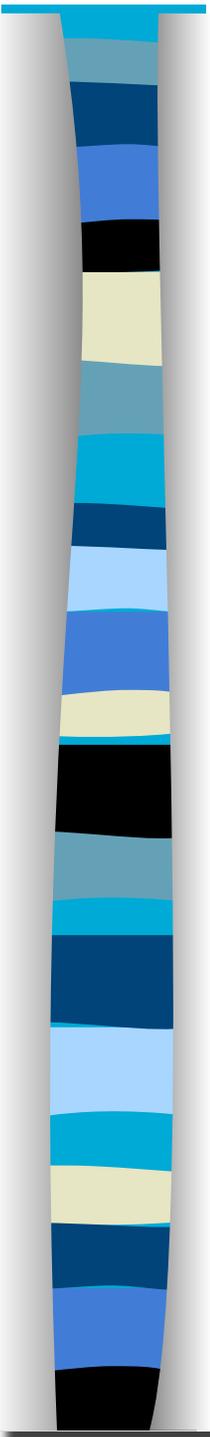


Standard Precautions

If a client has broken skin, practice:

- A. Blood and body fluid precautions
- B. Regulated precautions
- C. Preventative precautions
- D. Standard precautions

Q

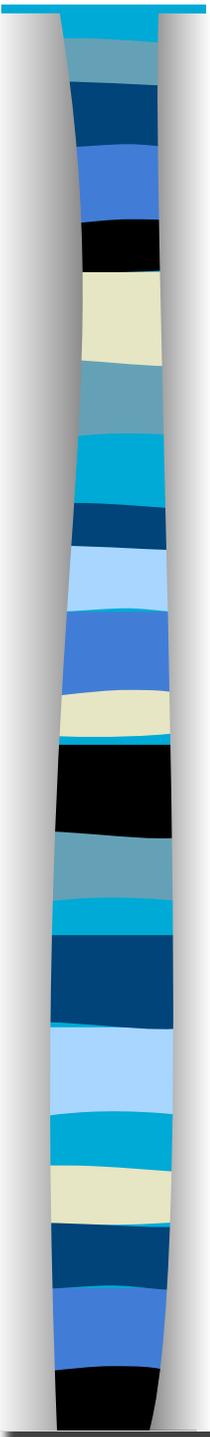


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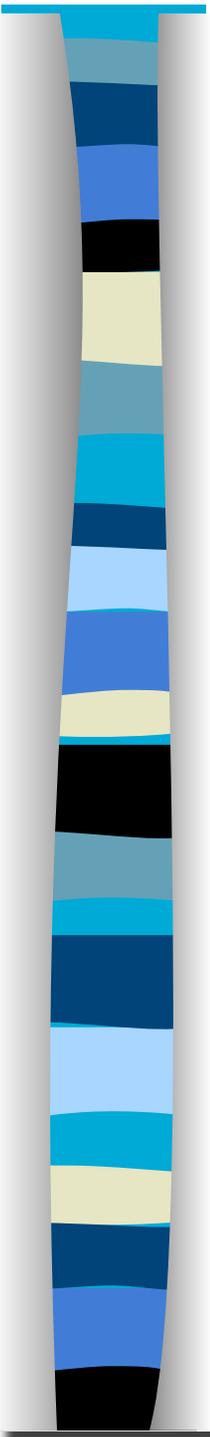


Standard Precautions

The purpose of standard precautions is to:

- A. Protect health-care workers from blood-borne diseases
- B. Protect health-care workers from parasitic animals like lice or mites
- C. Protect clients from parasitic animals like lice or mites
- D. Protect clients from blood-borne diseases

Q

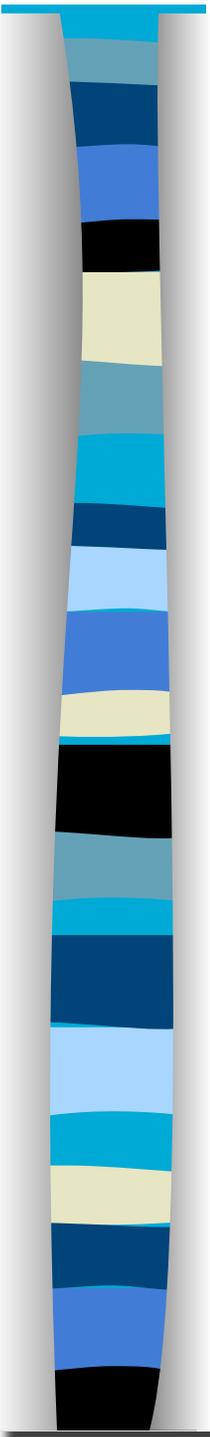


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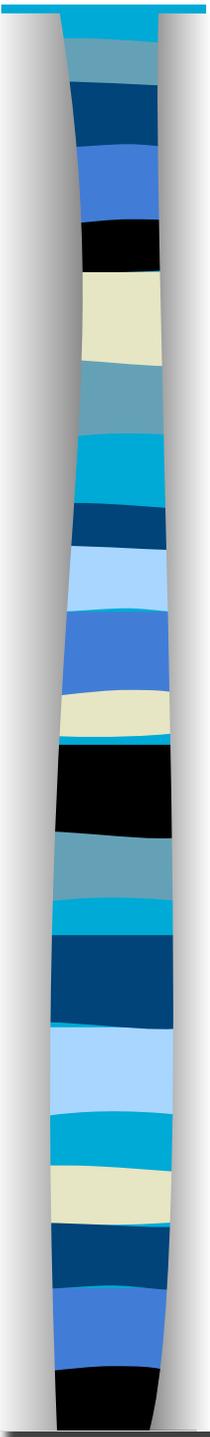


Standard Precautions

Components of standard precautions include:

- A. The proper storage of linens
- B. The general cleanliness of the session room
- C. The proper changing of the wastebasket
- D. The correct use of gloves

Q

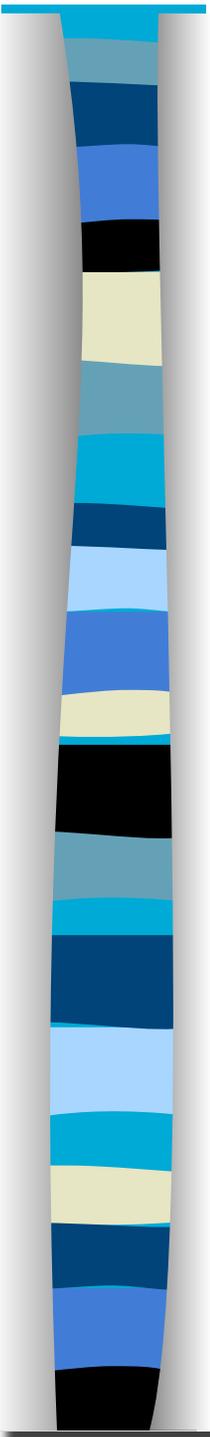


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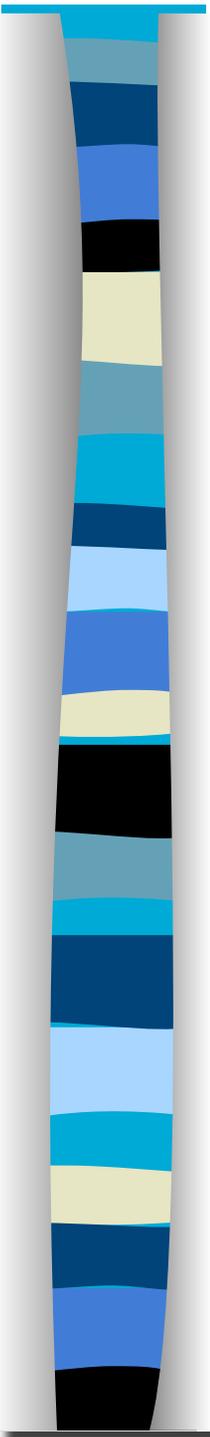


Standard Precautions

Use gloves if:

- A. The client has broken skin such as a scratch, cut, or blemish
- B. The client has not showered before the session
- C. The client has a communicable full-body rash
- D. The client has a local contraindication

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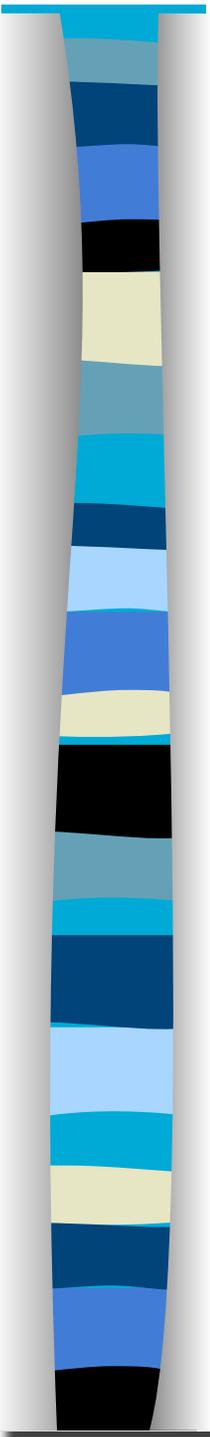


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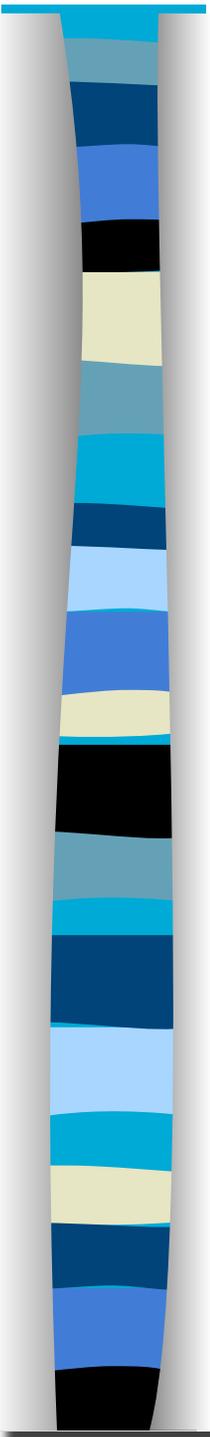


Standard Precautions

In instances where gloves are used during the session, a practitioner:

- A. Washes his/her hands and decontaminates them with an alcohol-based gel before putting on the gloves
- B. Puts on the gloves as needed and promptly decontaminates the hands with an alcohol-based hand gel when removing the gloves
- C. Washes his/her hands before putting on the gloves
- D. Puts on and takes off the gloves as needed during the session

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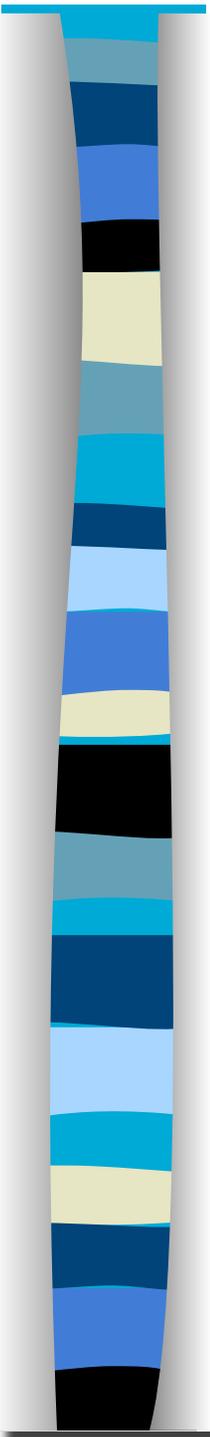


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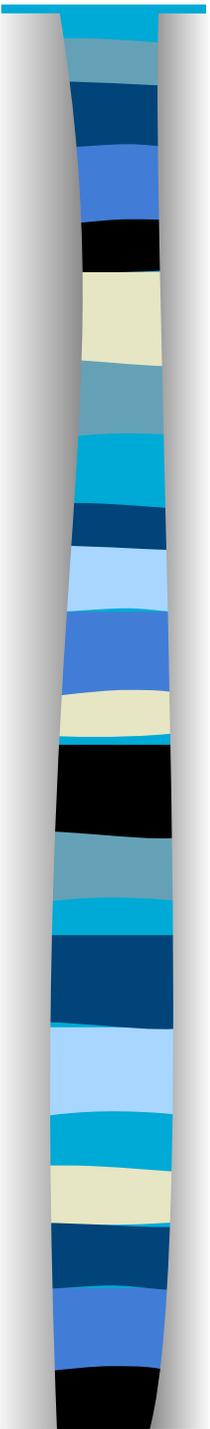


Standard Precautions

Components of standard precautions include:

- A. The proper storage of linens
- B. The general cleanliness of the session room
- C. Properly cleaning linen soiled with blood or bodily fluid
- D. The proper sanitation of the lubricant bottle

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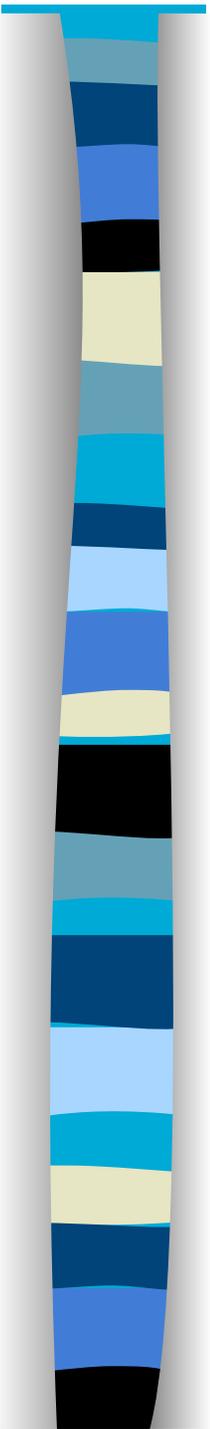


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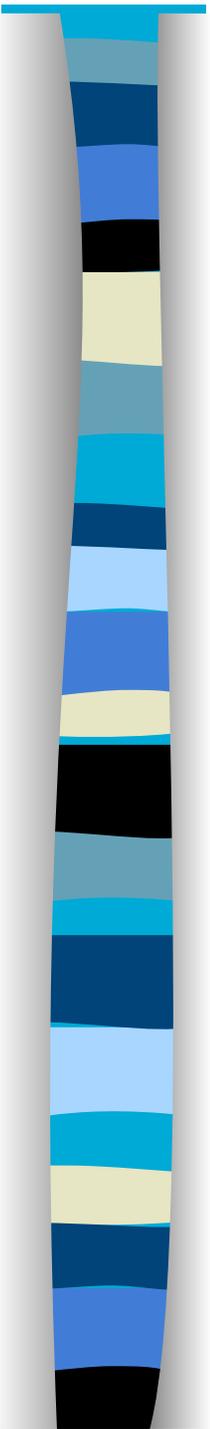


Standard Precautions

What is the correct procedure for dealing with linens that have been exposed to bodily fluids?

- A. Discard the linens, placing them in a biohazard bag in an outside trash can
- B. Spot treat the linens with soap and warm water, scrubbing vigorously
- C. Remove linens with gloved hands and wash in hot water with $\frac{1}{4}$ cup of bleach and detergent
- D. Spray the linens with rubbing alcohol and wash as normal

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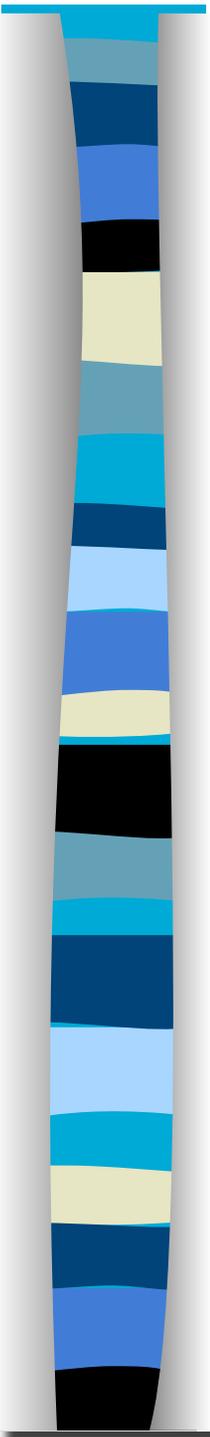


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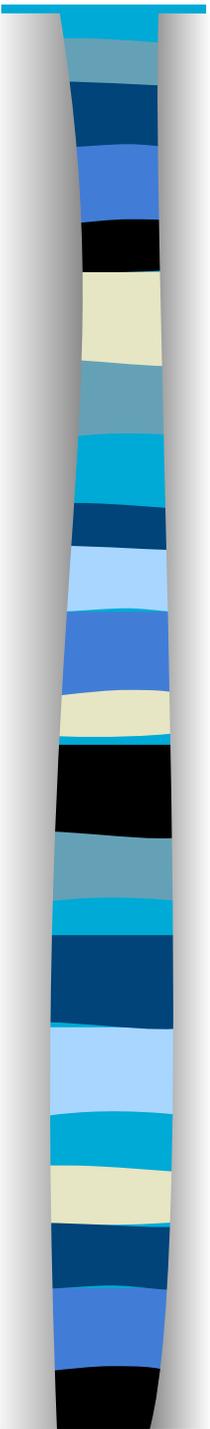


Standard Precautions

Linens soiled with blood or bodily fluids are handled with:

- A. Gloves and stored in a ventilated container until they can be laundered properly
- B. Gloves and stored in a ventilated container outside the session room
- C. Gloves and stored in a ventilated container inside the session room
- D. Gloves and stored in a leak-proof bag until they can be laundered properly

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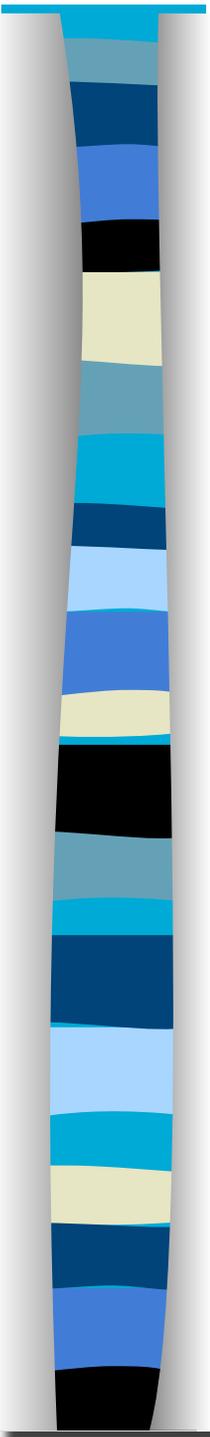


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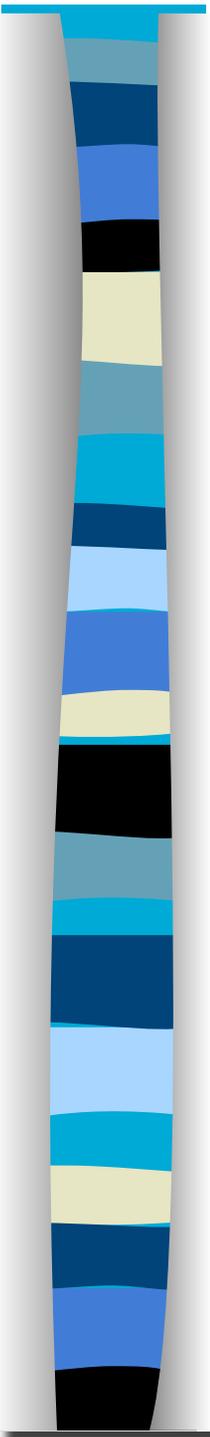


Standard Precautions

When cleaning up blood or bodily fluid on hard surfaces:

- A. Iodine is used
- B. Fragrance sprays are used
- C. Rubbing alcohol is used
- D. A 10% bleach solution is used

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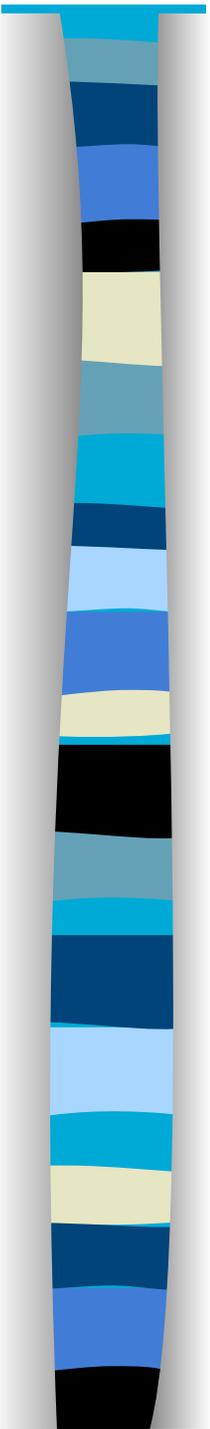


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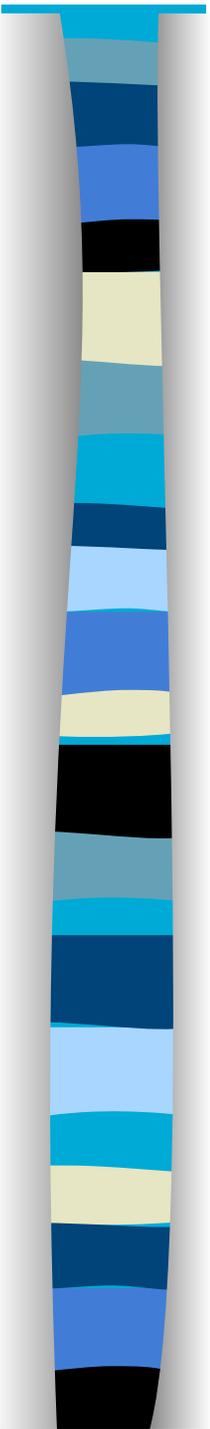


Standard Precautions

When treating hard surfaces that have been contaminated with blood or bodily fluids, practitioners should use this on the affected area:

- A. Soap and water
- B. A 10% bleach solution
- C. Hand sanitizer
- D. An antiseptic

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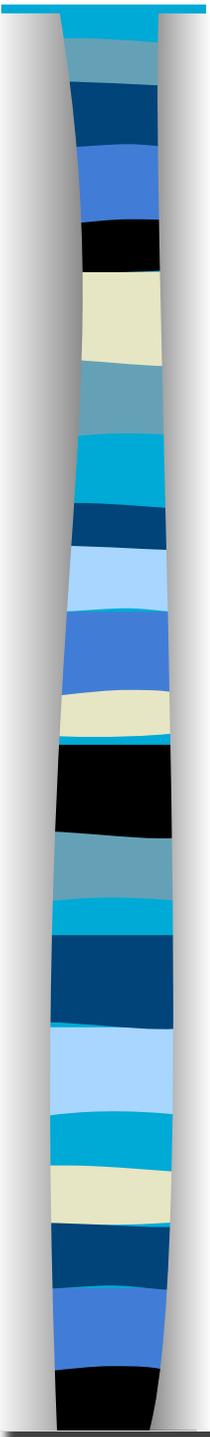


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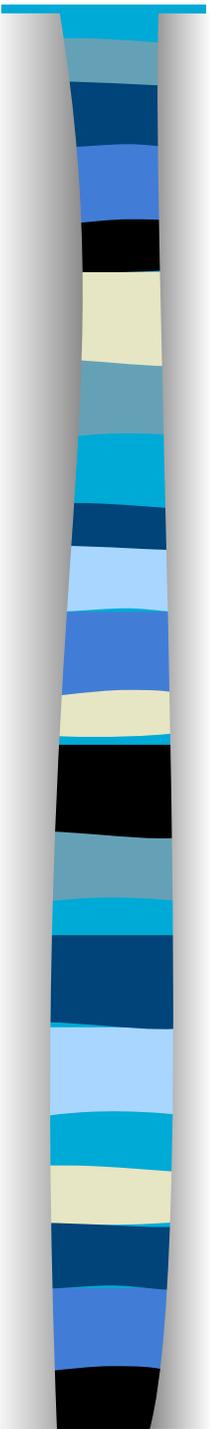


Standard Precautions

If blood or bodily fluids are present, a practitioner would clean up with:

- A. Iodine
- B. Rubbing alcohol
- C. Hand soap
- D. Quaternary ammonium compounds

Q

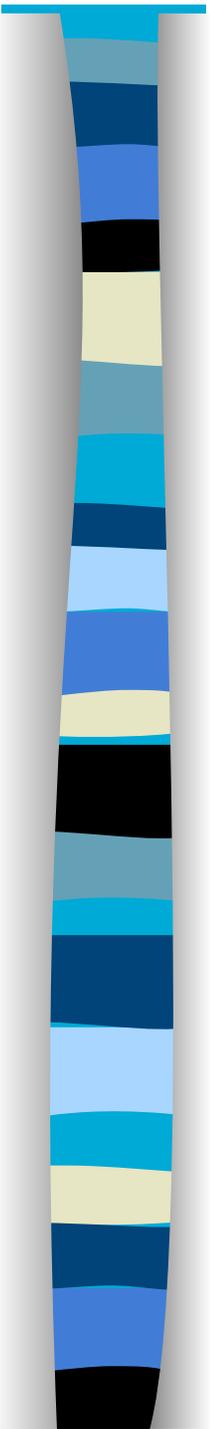


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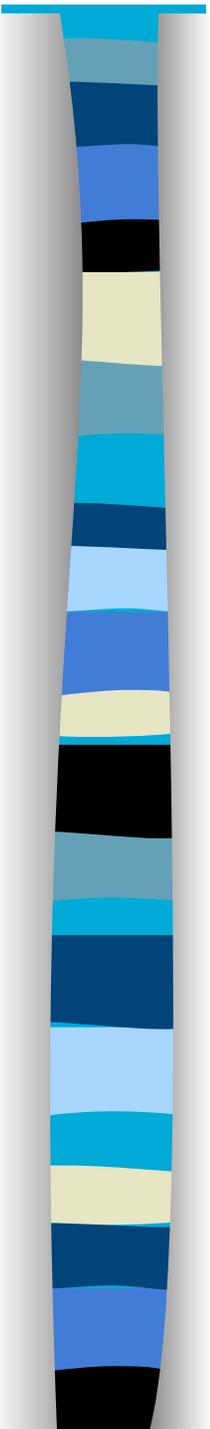


Standard Precautions

Linens soiled with blood or body fluids:

- A. Are washed with other linens in hot water and detergent, dried with heat, and stored in a closed container
- B. Are laundered separately from other linens
- C. Are promptly disposed of in a dumpster
- D. Are handled with gloves and stored in a ventilated container inside the session room

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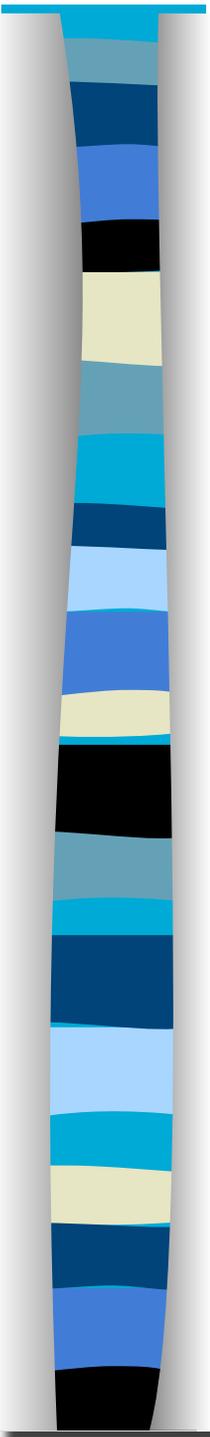


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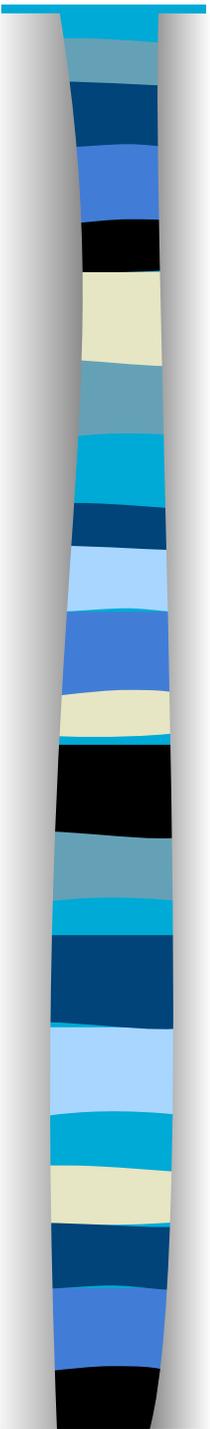


Standard Precautions

To correctly sanitize and store linens:

- A. Wash them in hot water with detergent, dry them with heat, and store them in a closed container
- B. Wash them with warm water, detergent, and bleach, and dry them on a line with sun exposure
- C. Wash them in hot water with detergent, dry them with heat, and store them in a ventilated container
- D. Wash them with cold water and detergent, dry them on a low setting, and store them on open shelves

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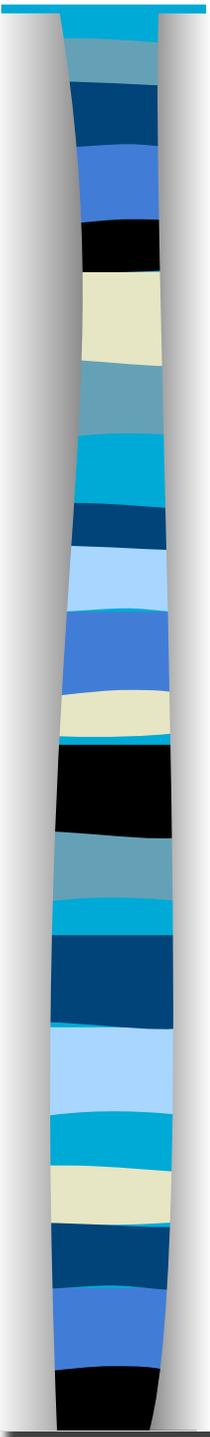


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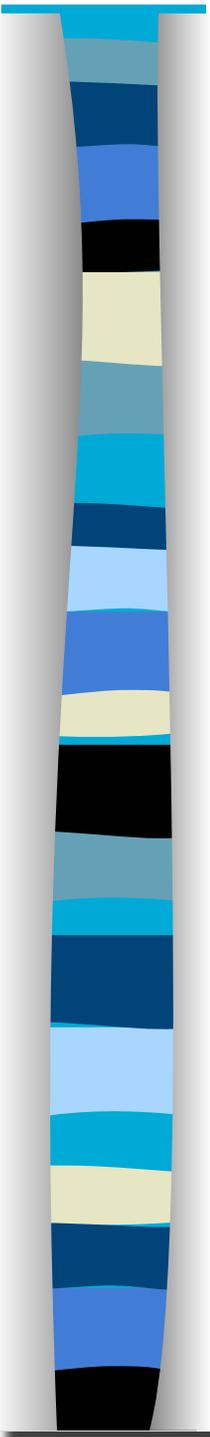


Standard Precautions

Blood-borne diseases a health-care worker might encounter include:

- A. HIV / AIDS and hepatitis
- B. Hepatitis and the common cold
- C. HIV / AIDS and the common cold
- D. Tuberculosis and diabetes

Q

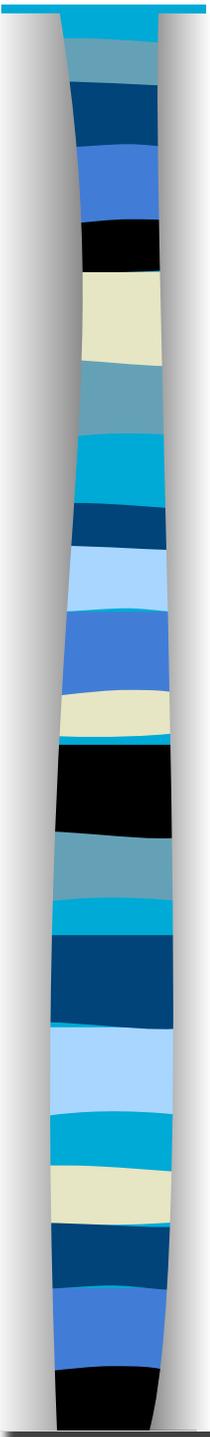


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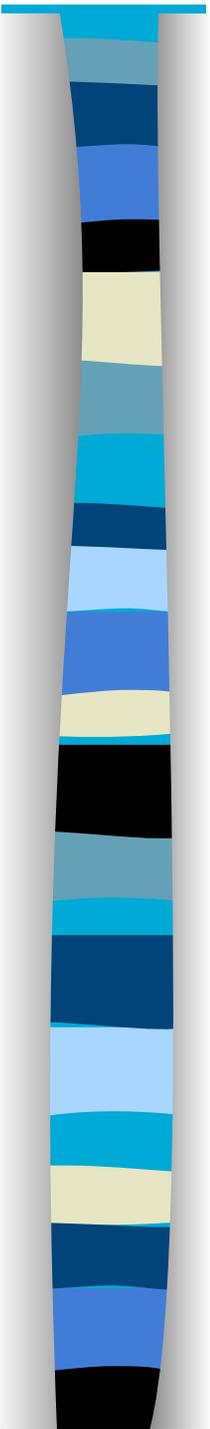


Standard Precautions

Components of standard precautions include:

- A. The proper storage of linens
- B. The general cleanliness of the session room
- C. Properly cleaning linen soiled with blood or bodily fluid
- D. The proper sanitation of the lubricant bottle

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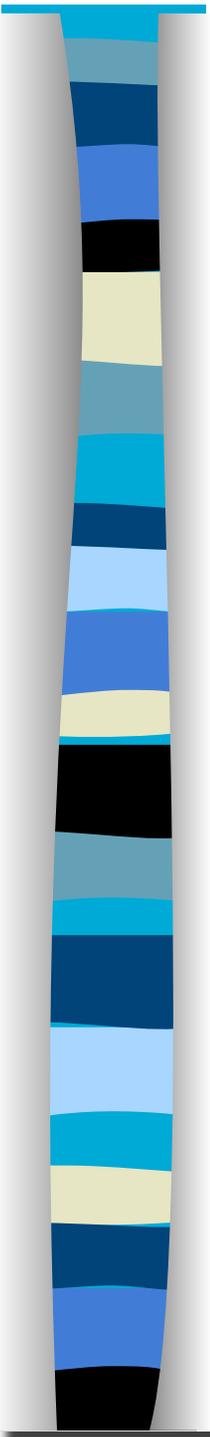


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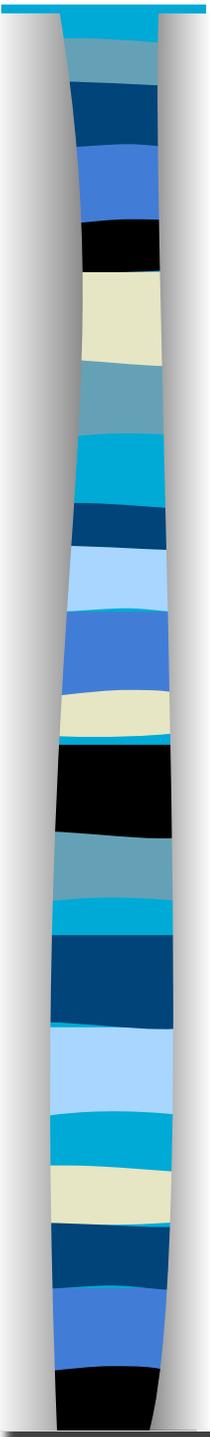


Standard Precautions

Use gloves if:

- A. The practitioner started to sneeze during the workday
- B. The practitioner has hangnails or cuts on the hands
- C. The client has not showered before the session
- D. The client has a communicable full-body rash

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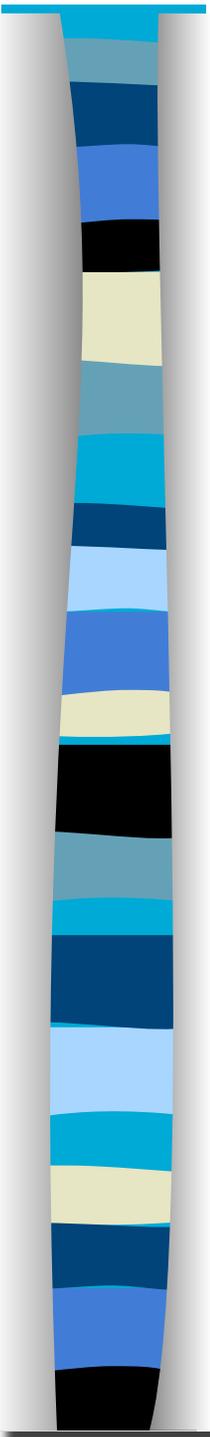


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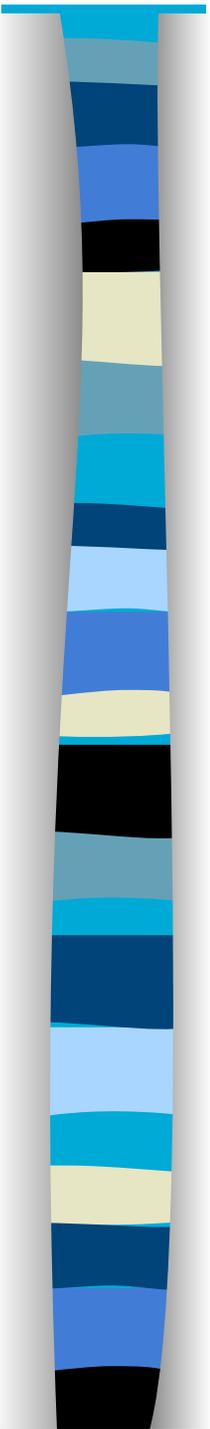


Standard Precautions

These items are coverings for individual fingers that practitioners can use if there is a cut on a single finger:

- A. Liquid bandages
- B. Medical tapes
- C. Finger cots
- D. Gloves

Q

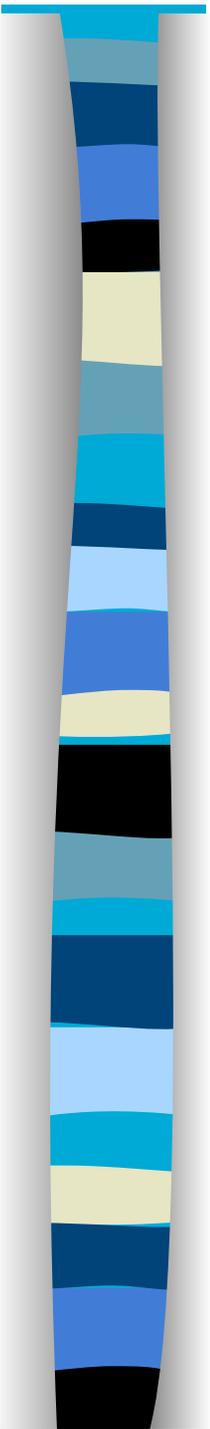


Standard Precautions

These items are coverings for individual fingers that practitioners can use if there is a cut on a single finger:

- A. Liquid bandages
- B. Medical tapes
- C. Finger cots**
- D. Gloves

A

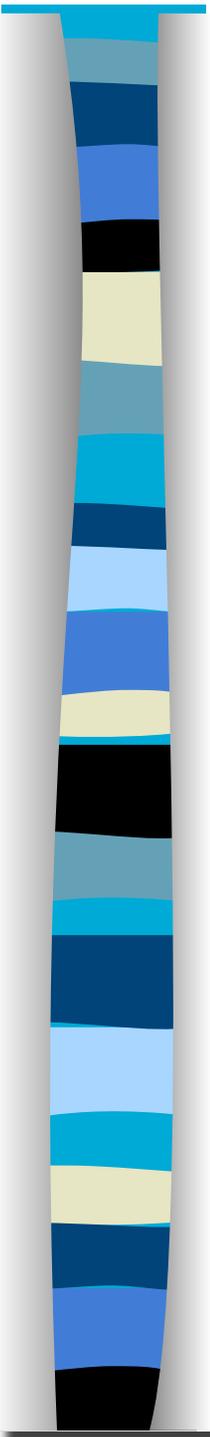


Standard Precautions

Practitioners adopt standard sanitation procedures to prevent:

- A. The health department's acceptance of the massage profession
- B. The spread of noninfectious diseases
- C. Public acceptance of the massage profession
- D. The spread of infectious diseases

Q



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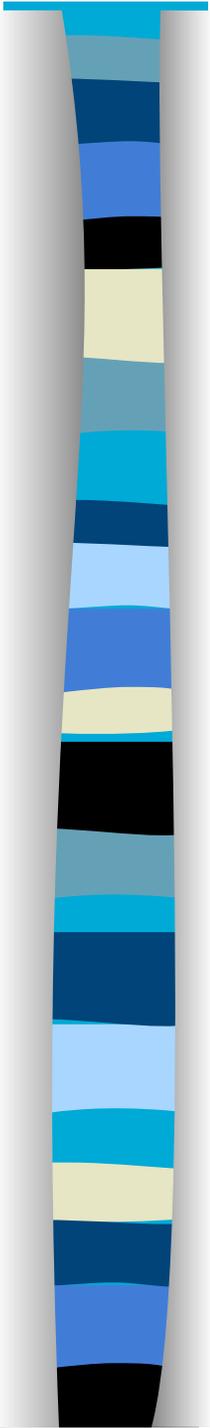
A

Standard Precautions

All of the following are considered mucous membranes EXCEPT:

- A. Nose
- B. Mouth
- C. Cuticles
- D. Eyes

Q

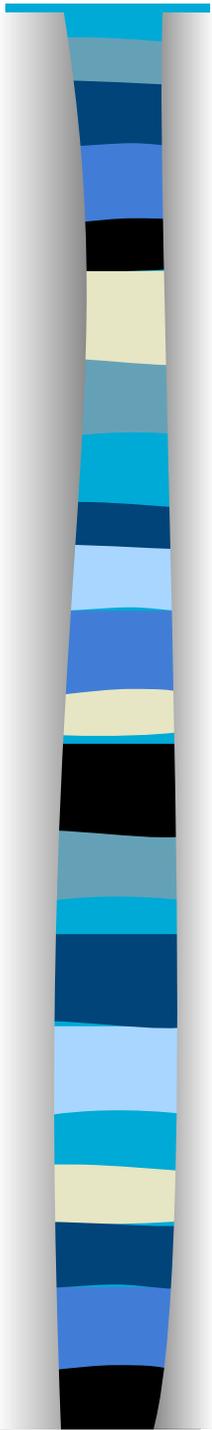


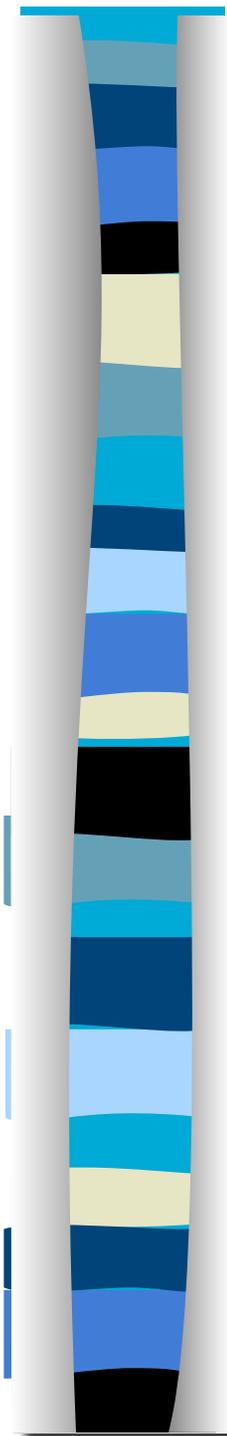
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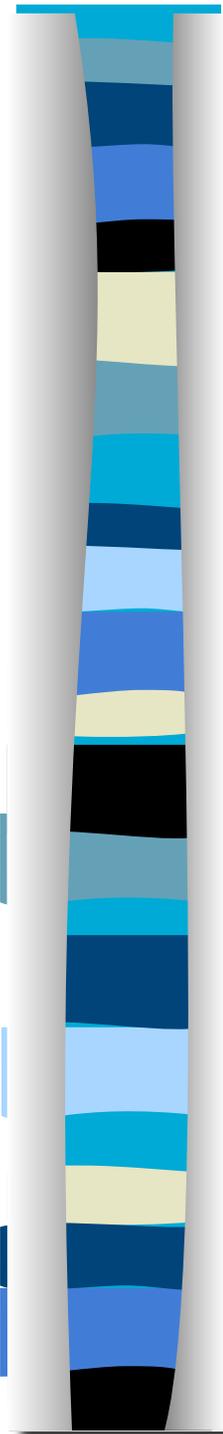
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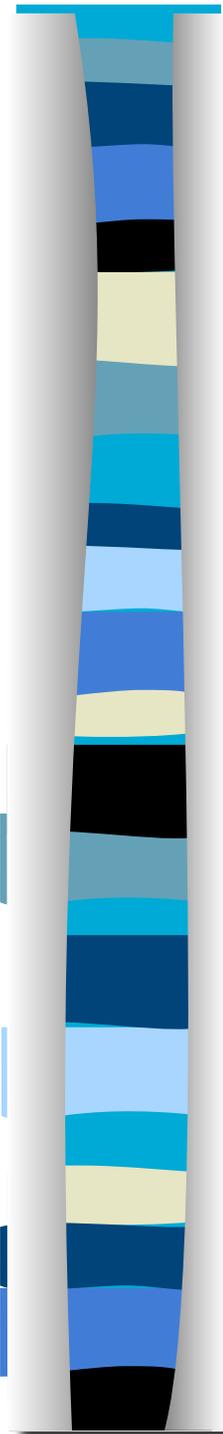
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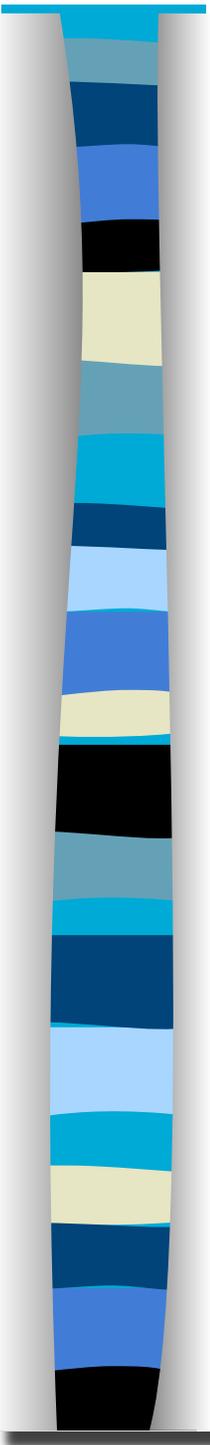
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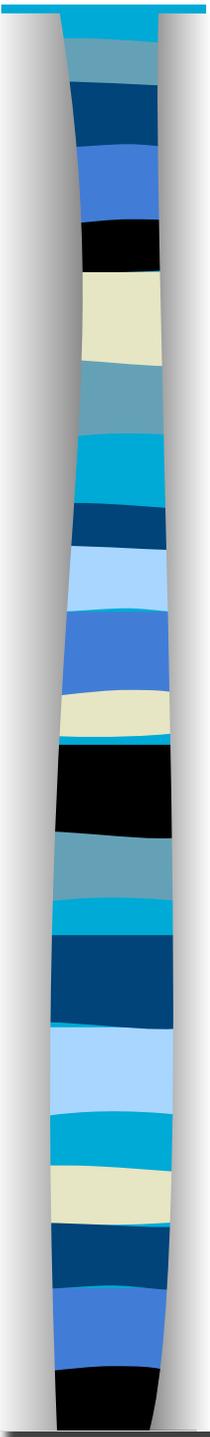




ABMP Exam Coach

Massage Professional Practices:
Hygiene & Sanitation

Sanitation & Cleaning Products

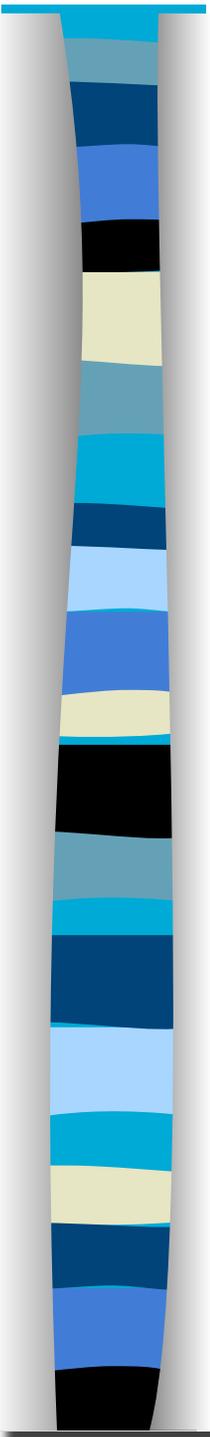


Sanitation & Cleaning Products

The application of measures to promote a healthful, disease-free environment is known as:

- A. Hygiene
- B. Sanitation
- C. Direct contact
- D. Cross-contamination

Q

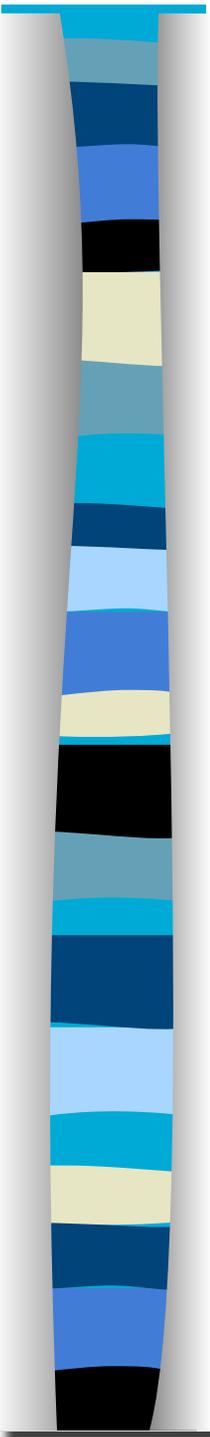


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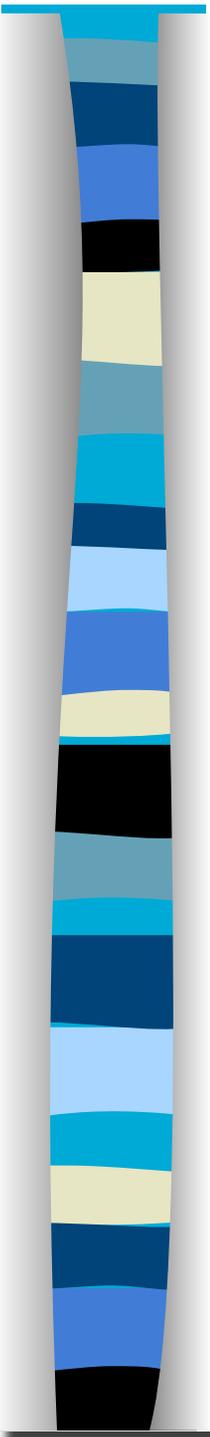


Sanitation & Cleaning Products

Sanitation protocols include:

- A. Practitioner use of professional health-care hygiene practices
- B. Practitioner warmth and friendliness to clients
- C. The types of internal ingredients in warm packs used on clients
- D. The ingredients included in massage lubricants

Q

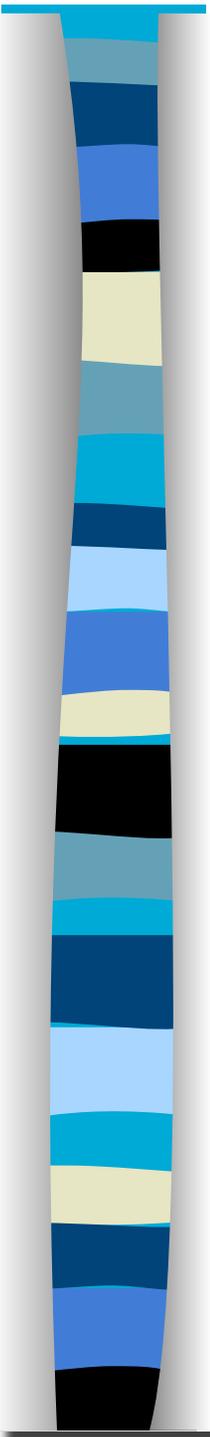


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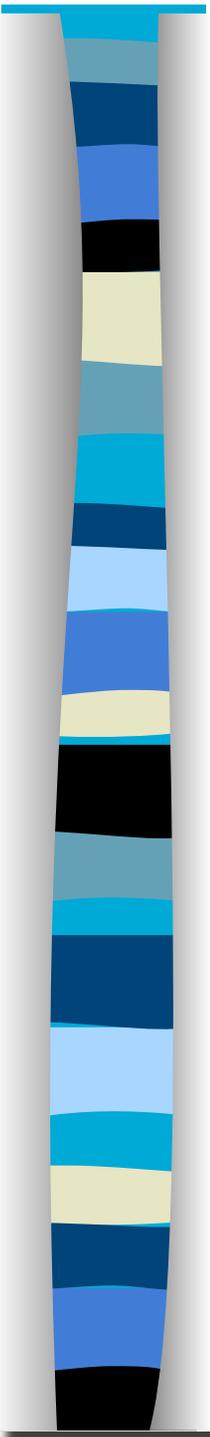


Sanitation & Cleaning Products

Sanitation protocols include:

- A. Practitioner warmth and friendliness to clients
- B. Using warm packs when clients have low-back issues
- C. General cleanliness of the facility
- D. Keeping cold stones refrigerated

Q

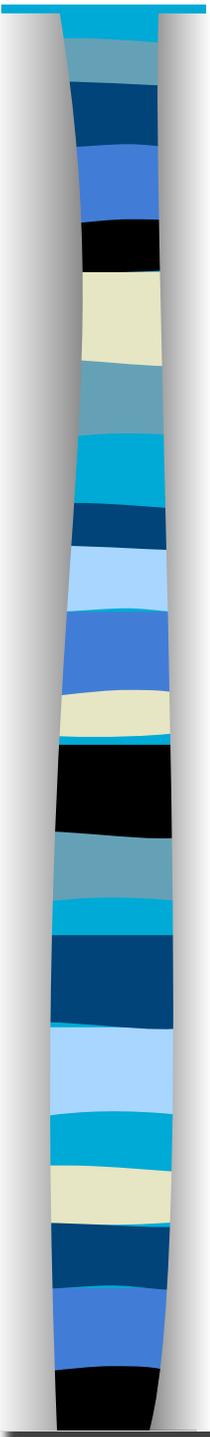


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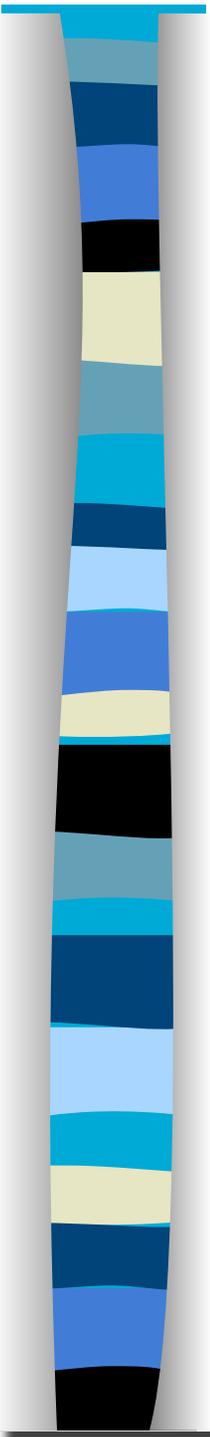


Sanitation & Cleaning Products

When handling cleaning products:

- A. Inhale natural essential oils at the conclusion of cleaning to protect the bronchial pathways
- B. Inhale pure oxygen at the conclusion of cleaning to protect the bronchial pathways
- C. Open the windows and run ceiling fans to increase ventilation
- D. Use a shop vacuum running at full strength to suck up all of the fumes

Q

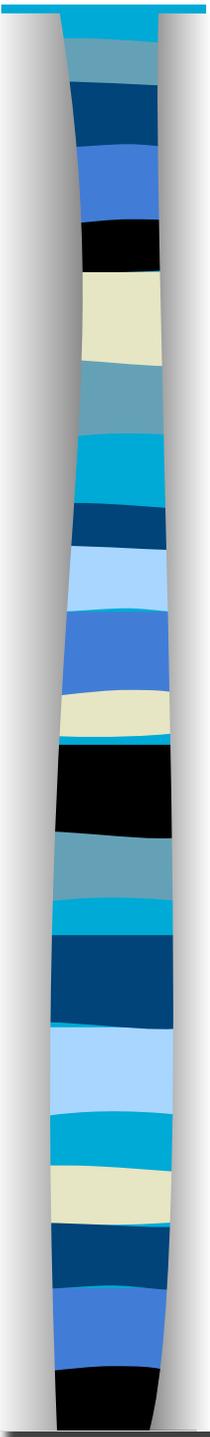


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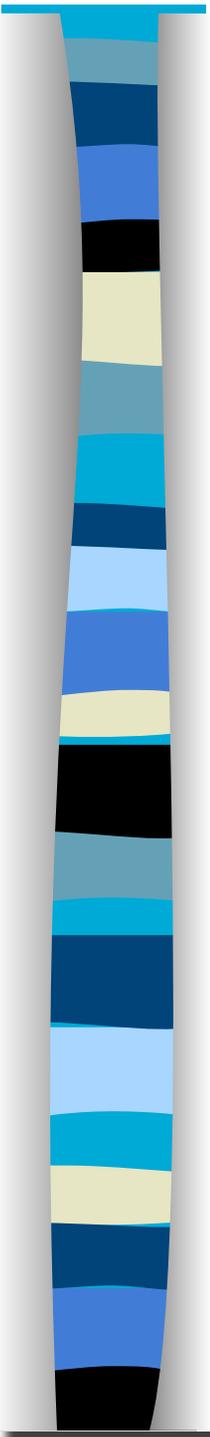


Sanitation & Cleaning Products

When cleaning up blood or bodily fluid on hard surfaces:

- A. Iodine is used
- B. A face mask should be worn
- C. Gloves should be worn
- D. Rubbing alcohol is used

Q

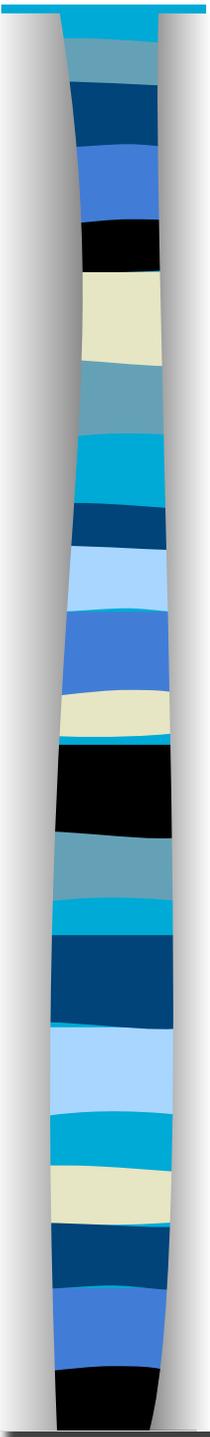


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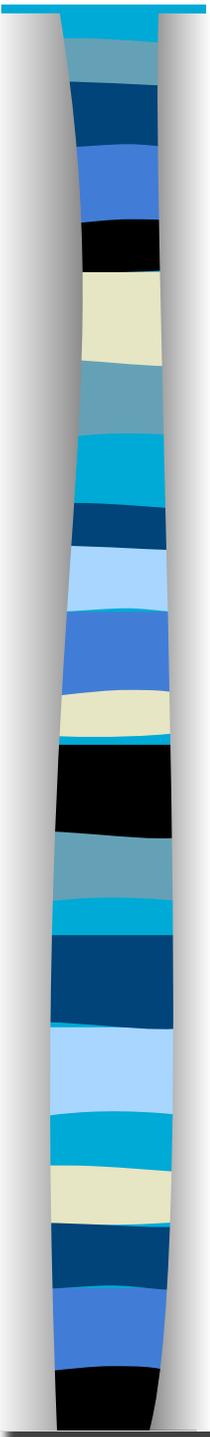


Sanitation & Cleaning Products

When using cleaning products, practitioners should protect themselves by:

- A. Making no adjustments; there is no need to protect oneself from cleaning products - they are safe
- B. Wearing cleaning gloves, a face mask, and a heavy-duty apron
- C. Wearing cleaning gloves, a face mask, and eye protection
- D. Wearing a plastic full-body cleaning suit

Q

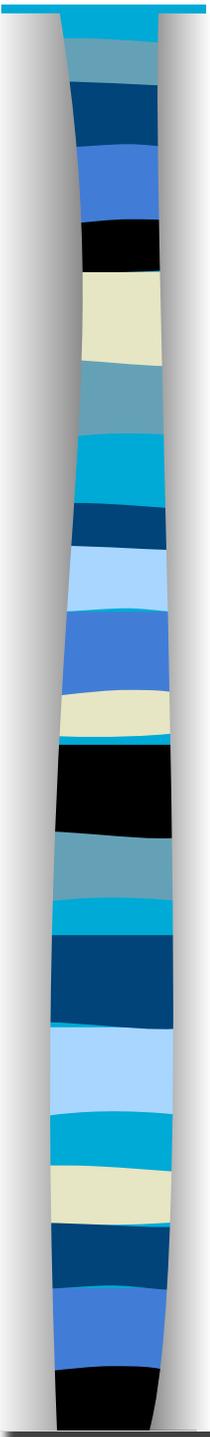


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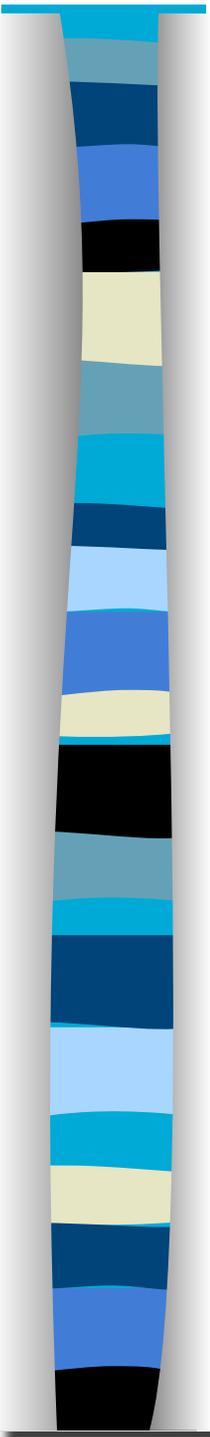


Sanitation & Cleaning Products

Commonly used antiseptics include:

- A. Quaternary ammonium compounds
- B. Rubbing alcohol
- C. Bleach solutions
- D. Phenols

Q

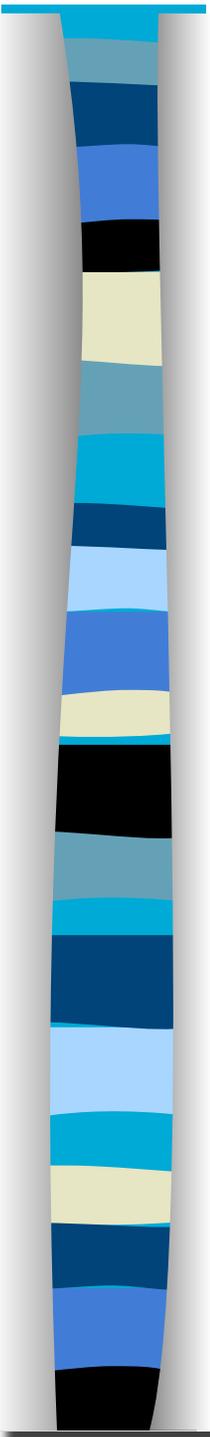


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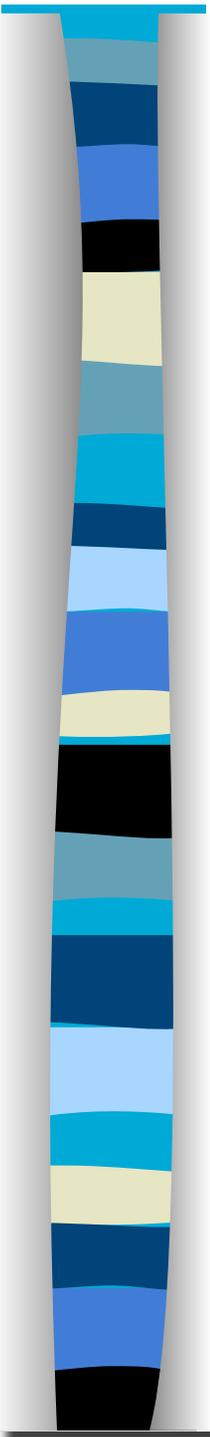


Sanitation & Cleaning Products

Antiseptics are:

- A. Weaker than disinfectants
- B. The same strength as disinfectants
- C. Stronger than disinfectants
- D. The exact same thing as a disinfectant

Q

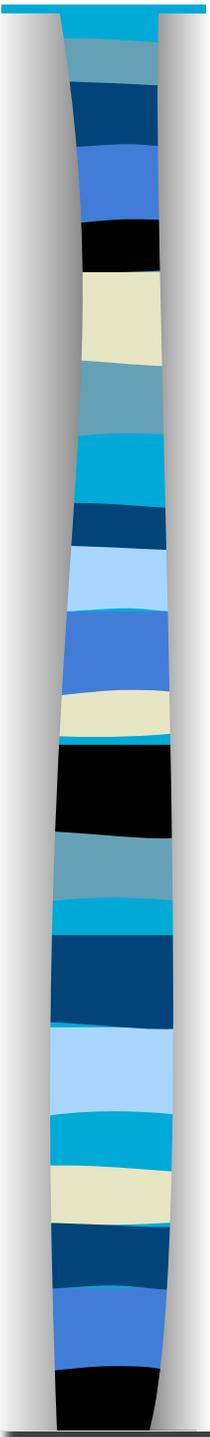


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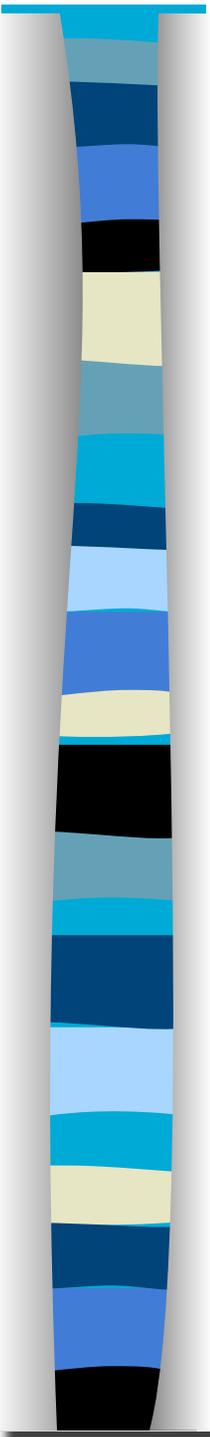


Sanitation & Cleaning Products

Disinfectants are:

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Q

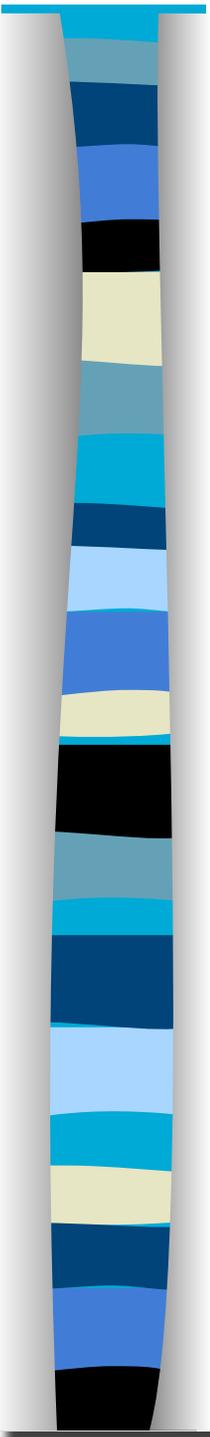


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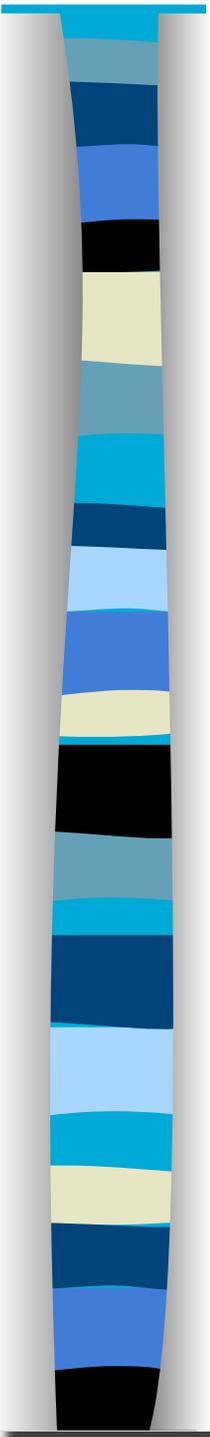


Sanitation & Cleaning Products

These disinfectant compounds are irritating to the skin and respiratory system:

- A. Iodine
- B. Hand soap
- C. Phenols**
- D. Rubbing alcohol

Q

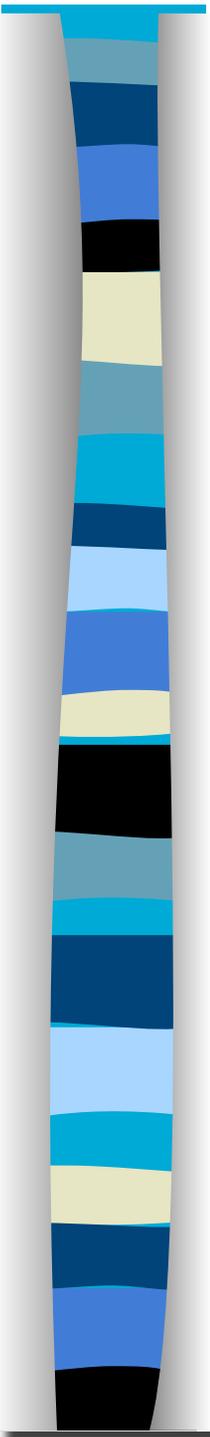


Sanitation & Cleaning Products

All of the following are considered disinfectants EXCEPT:

- A. Phenols
- B. Bleach
- C. Quaternary ammonium compounds
- D. Antiseptics

A

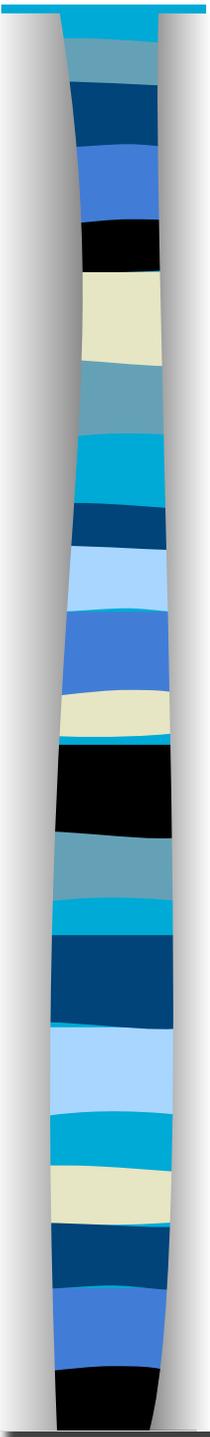


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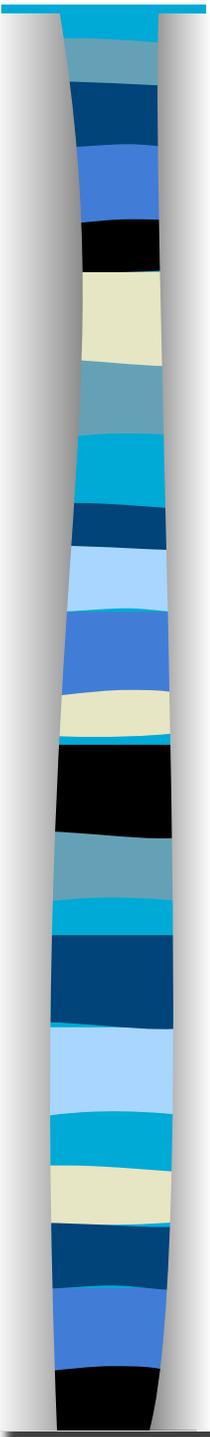


Sanitation & Cleaning Products

When treating hard surfaces that have been contaminated with blood or bodily fluids, practitioners should use this on the affected area:

- A. Soap and water
- B. A 10% bleach solution
- C. Hand sanitizer
- D. An antiseptic

A

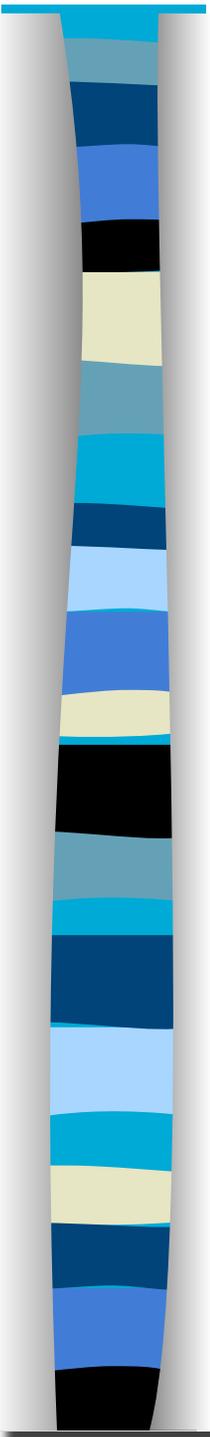


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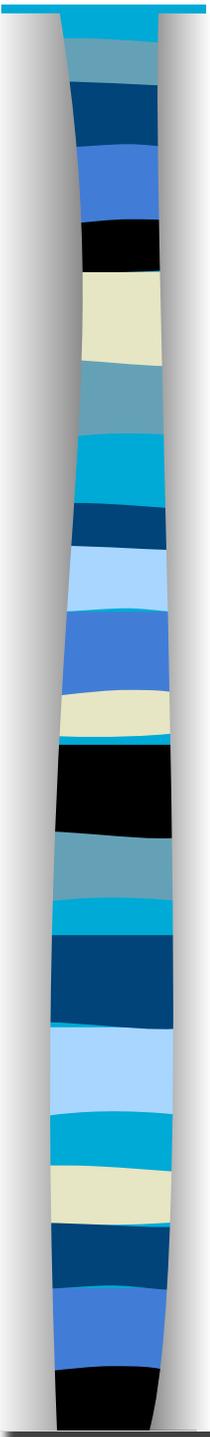


Sanitation & Cleaning Products

If blood or bodily fluids are present, a practitioner would clean up with:

- A. Iodine
- B. Hand soap
- C. Bleach solutions
- D. Rubbing alcohol

A

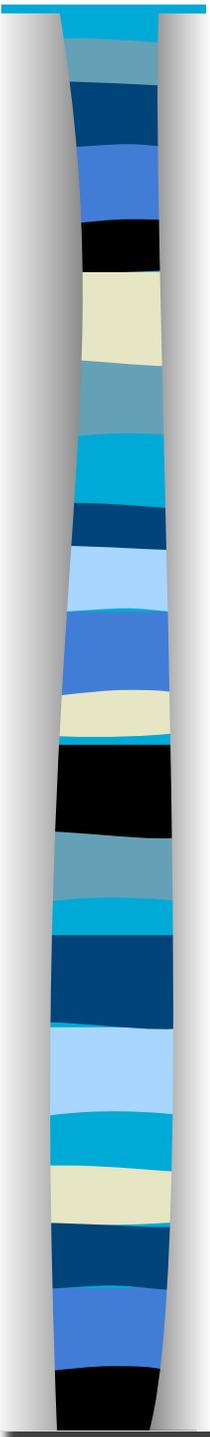


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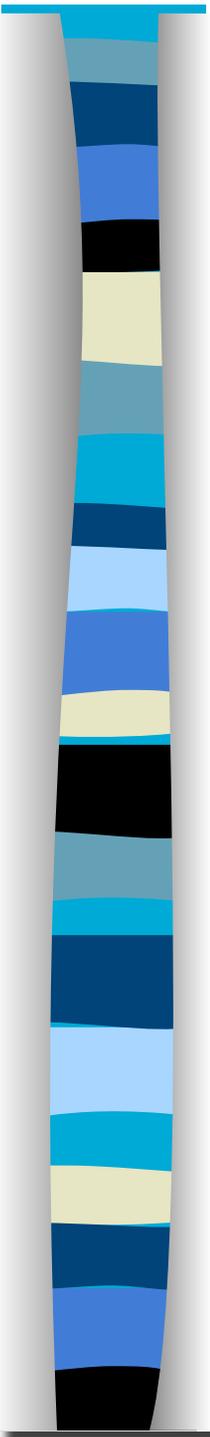


Sanitation & Cleaning Products

To clean hard surfaces at the end of the work day, use a:

- A. 10% iodine solution
- B. 10% bleach solution
- C. 100% hand soap and hot water
- D. 100% rubbing alcohol

A

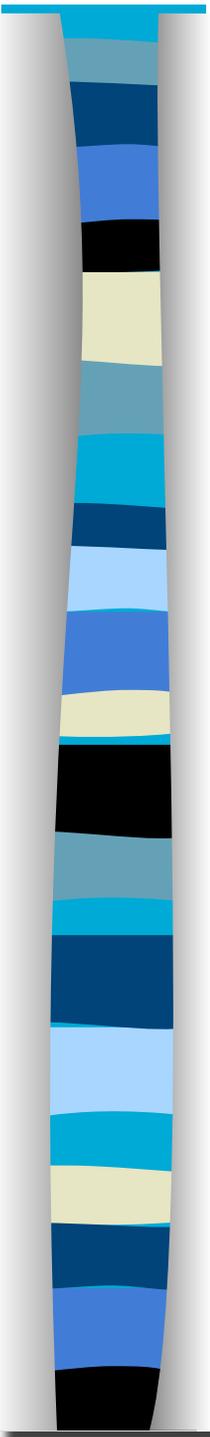


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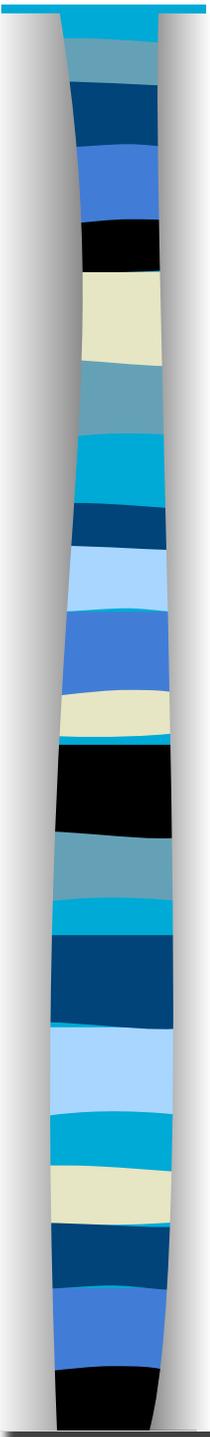


Sanitation & Cleaning Products

What is the appropriate soaking agent for stones, T-bars, and other massage tools that become contaminated during the massage?

- A. Warm water mixed with dish soap
- B. Half a cup of bleach and 2 cups of water
- C. 10% bleach solution
- D. 100% isopropyl alcohol

A

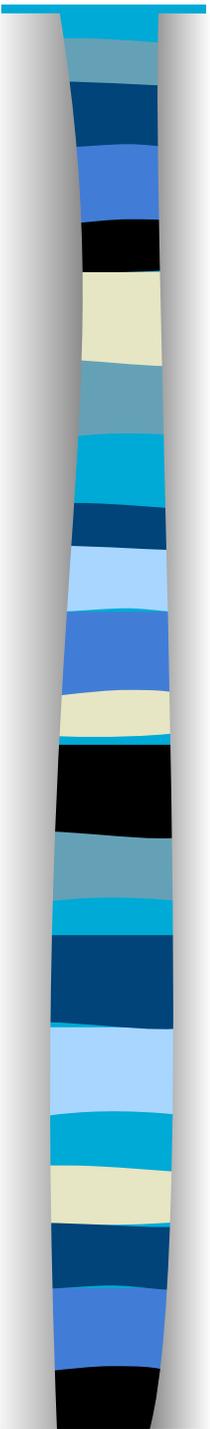


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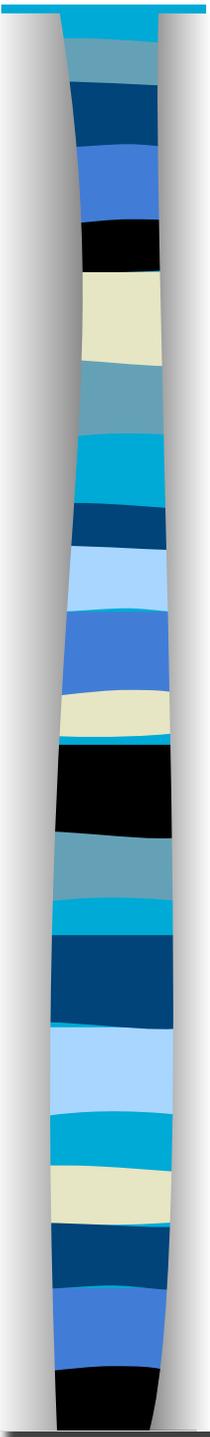


Sanitation & Cleaning Products

Disinfectants are:

- A. Safe for use on the skin
- B. Unsafe for use on the skin
- C. Unsafe for use on the hands and feet only
- D. Safe for use on the hands and feet only

A

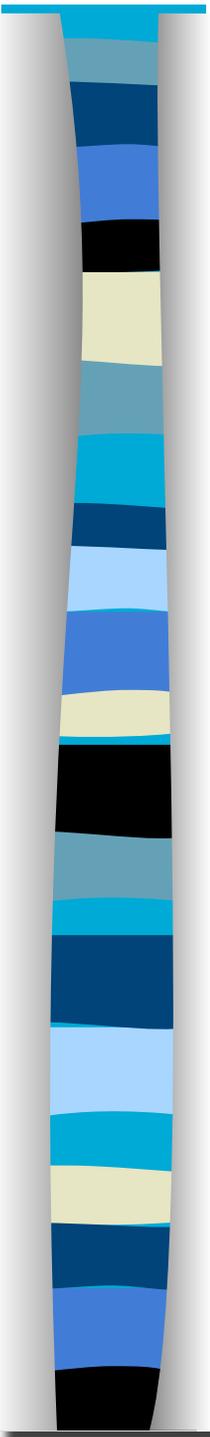


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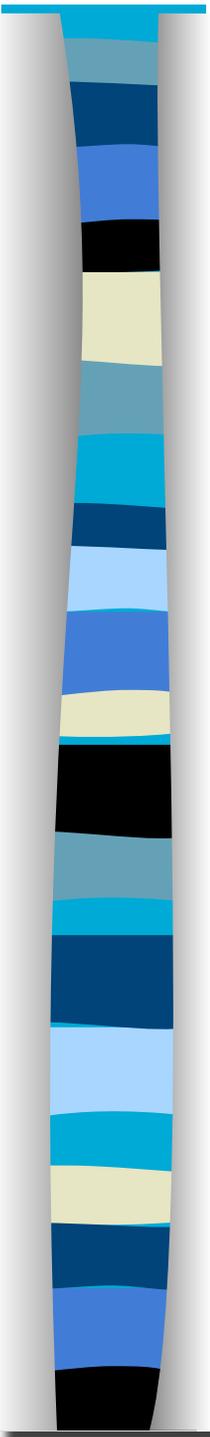


Sanitation & Cleaning Products

Commonly used disinfectants are:

- A. Hand soap
- B. Quaternary ammonium compounds
- C. Iodine
- D. Rubbing alcohol

A

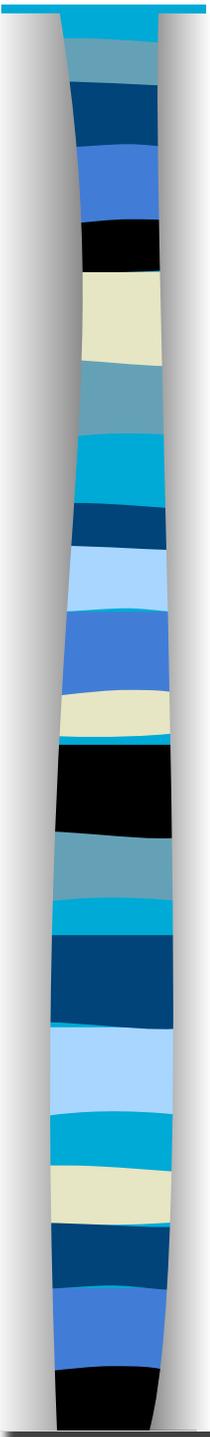


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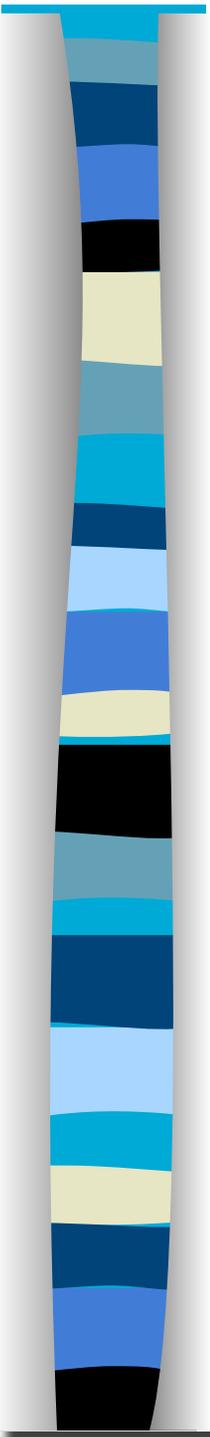


Sanitation & Cleaning Products

Commonly used antiseptics include:

- A. Hand soap
- B. Phenols
- C. Bleach solutions
- D. Quaternary ammonium compounds

A



Sanitation & Cleaning Products

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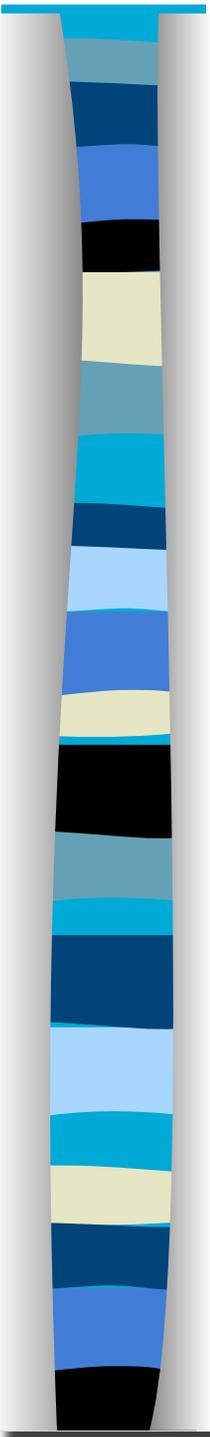
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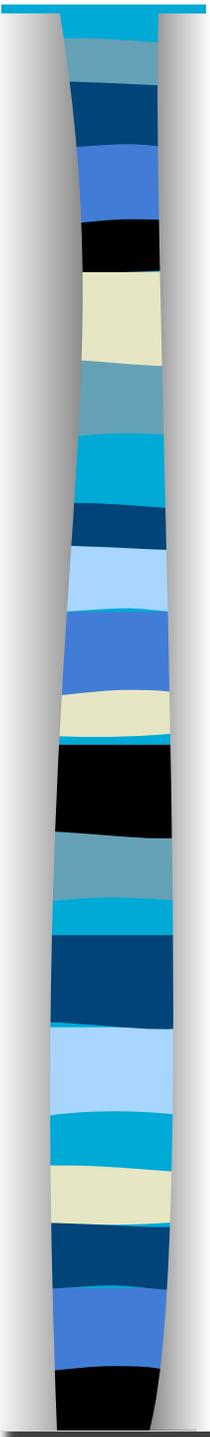


Sanitation & Cleaning Products

Antiseptics are:

- A. Not appropriate for use in a massage setting because they are too weak
- B. Not appropriate for use in a massage setting because they are too strong
- C. Appropriate for use in a massage setting when blood or body fluid is present
- D. Appropriate for use in a massage setting when no blood or body fluid is present

A

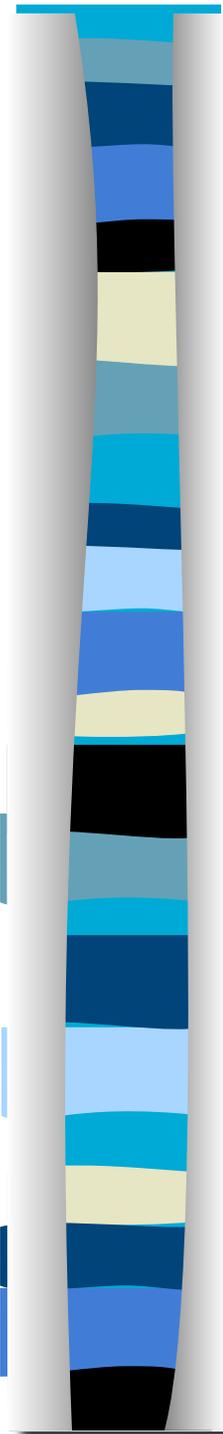


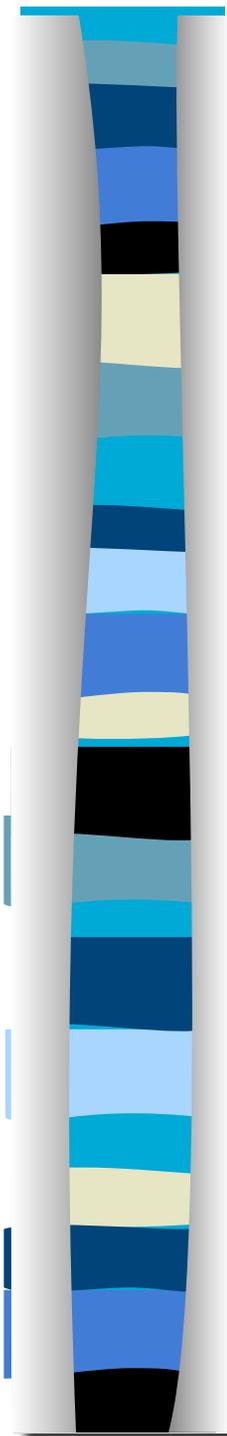
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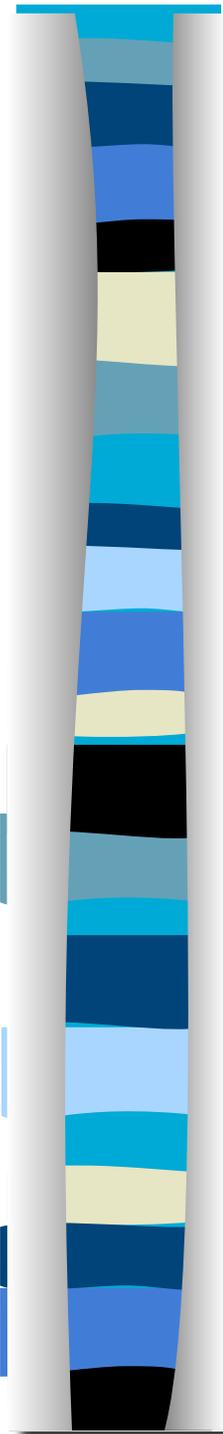
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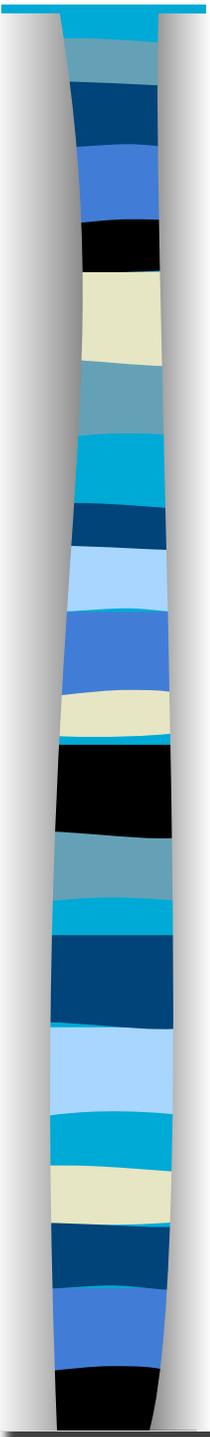
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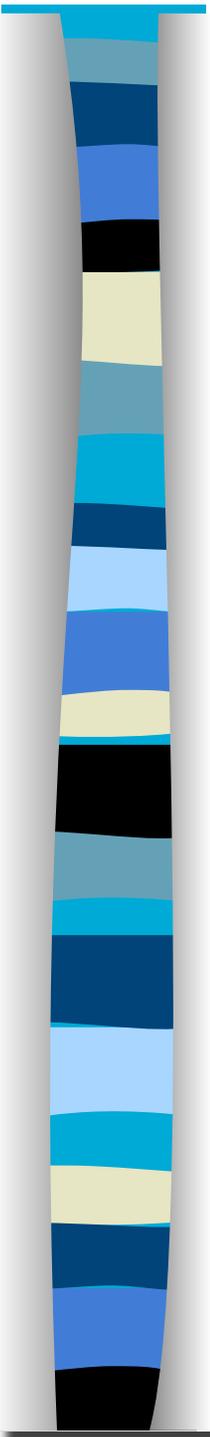




ABMP Exam Coach

Massage Professional Practices:
Hygiene & Sanitation

Smoking

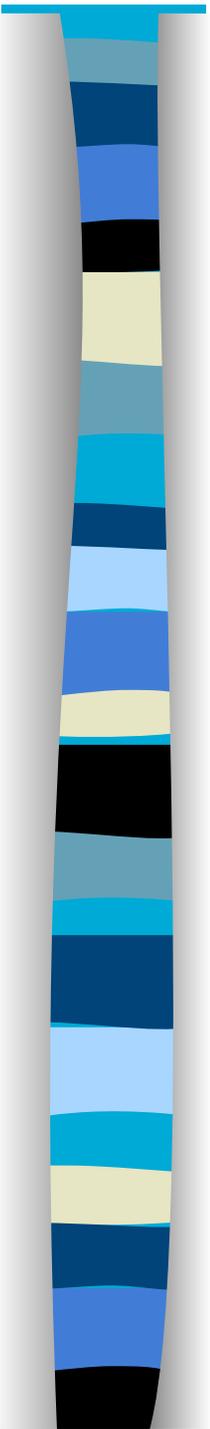


Smoking

All of the following are recommended hygienic measures for smoking practitioners EXCEPT:

- A. Using a salt scrub on the hands before work
- B. Using mouthwash before each session
- C. Applying perfume before each session**
- D. Avoiding smoking until after work

Q

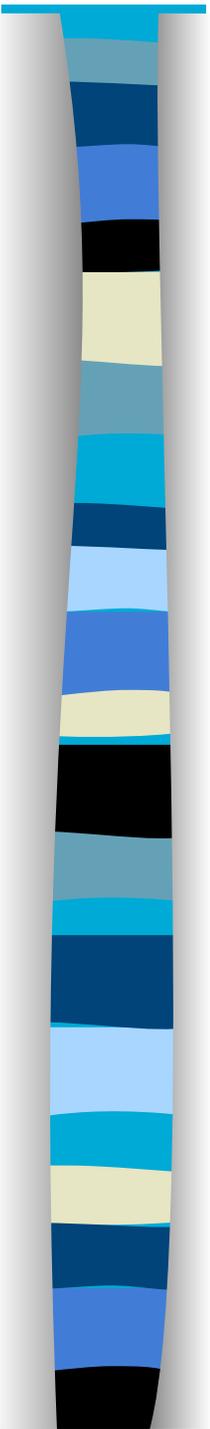


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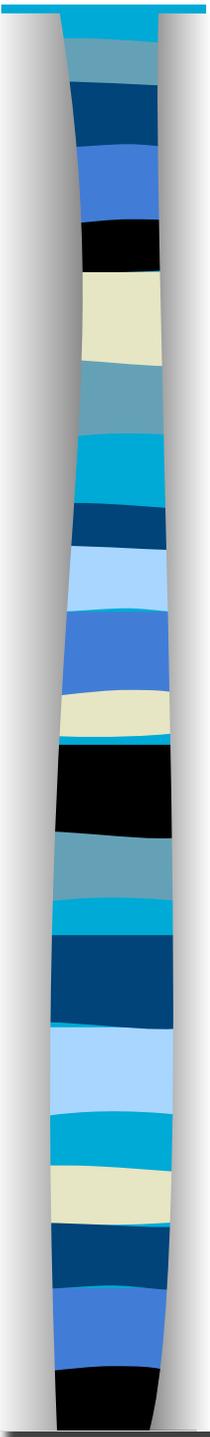


Smoking

In the best-case scenario, practitioners who are smokers should:

- A. Wash their hands and brush their teeth after smoking during breaks between shifts
- B. Smoke when needed but carefully brush the teeth and rinse the mouth with mouthwash afterward
- C. Smoke before showering, washing the hair, dressing, and brushing the teeth and not smoke again until the end of the workday
- D. Smoke at the place of business directly before sessions begin but not between sessions

Q

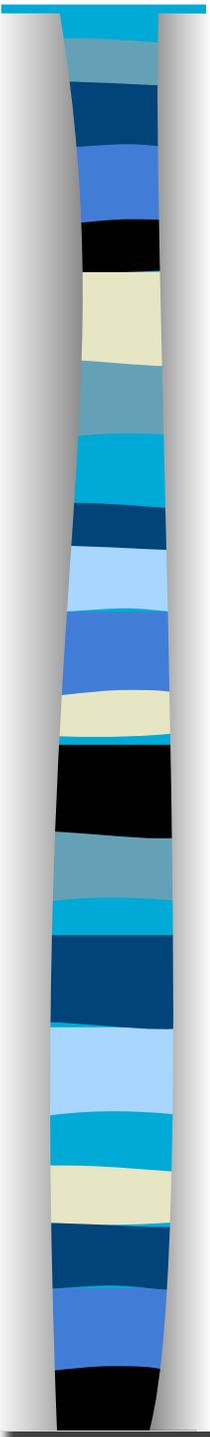


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A



Smoking

Smoking should not be allowed:

- A. Anywhere in the massage business facility or parking lot
- B. In the massage facility, but it is allowed in the parking lot
- C. In the parking lot, but it is allowed in the break room
- D. In the session room, but it is allowed in the break room

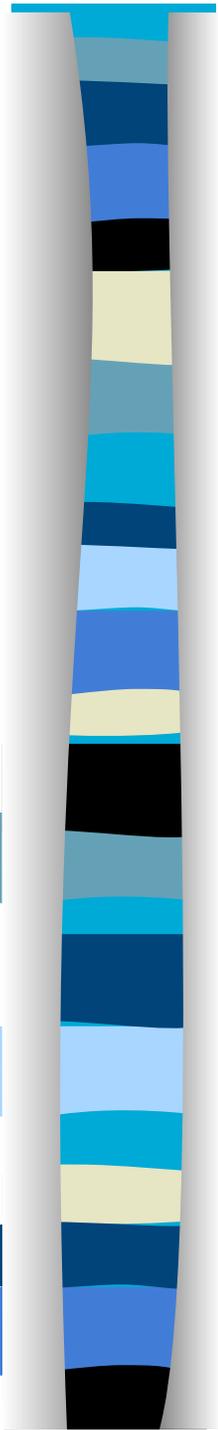
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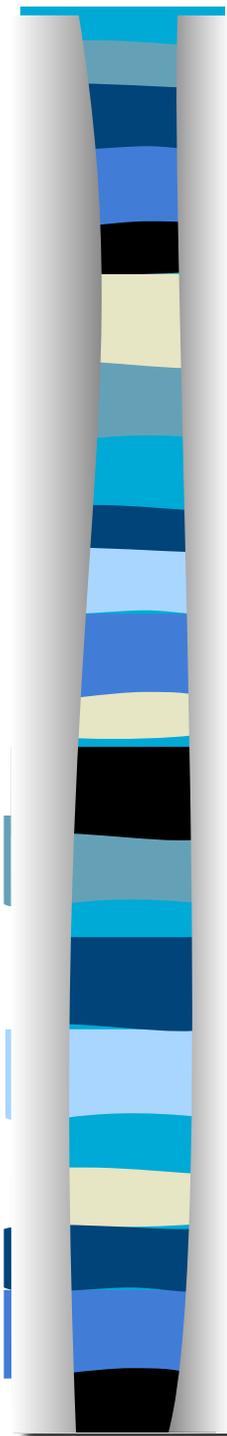
Smoking

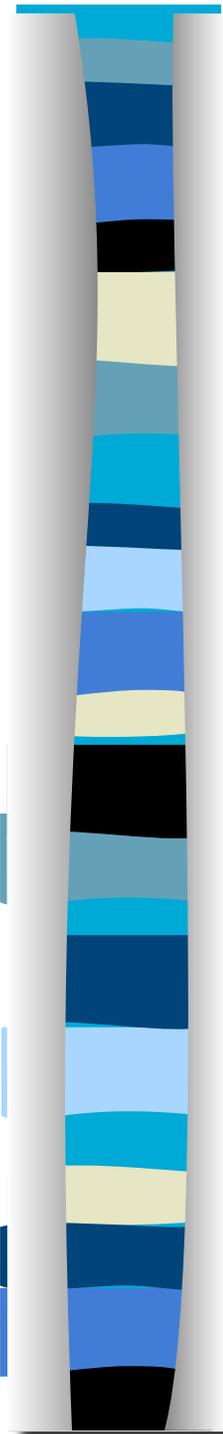
Smoking should not be allowed:

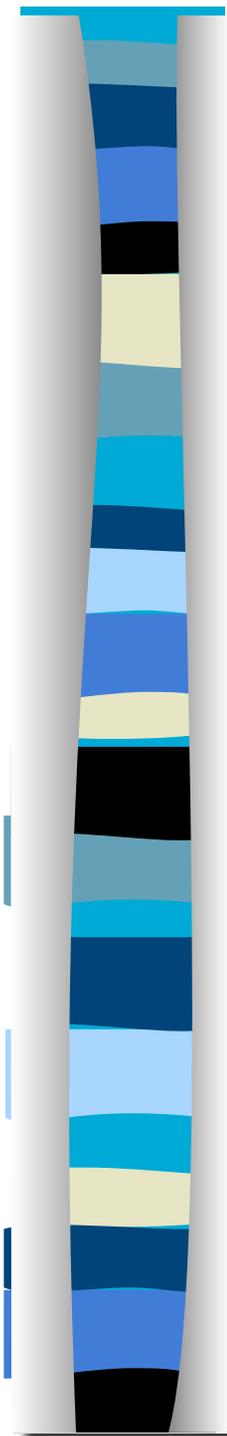
- A. Anywhere in the massage business facility or parking lot**
- B. In the massage facility, but it is allowed in the parking lot
- C. In the parking lot, but it is allowed in the break room
- D. In the session room, but it is allowed in the break room

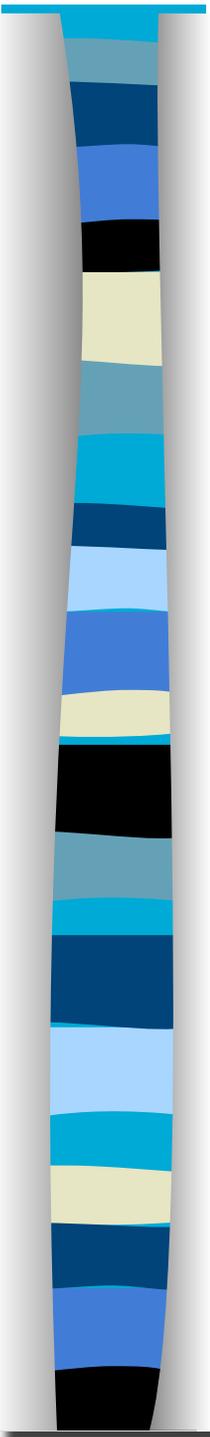
A







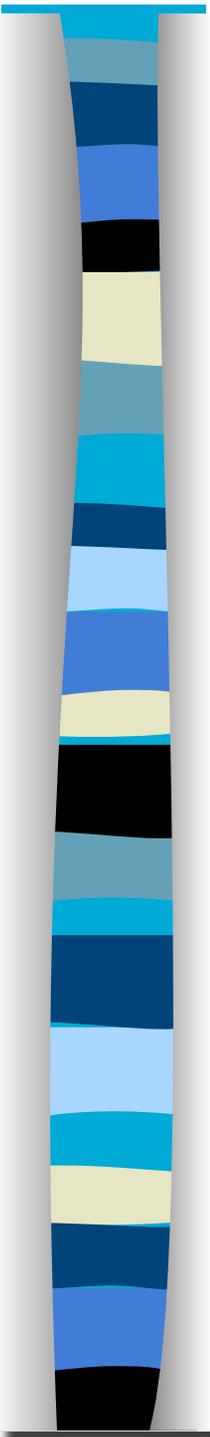




ABMP Exam Coach

Massage Professional Practices:
Hygiene & Sanitation

Hand Hygiene & Sanitation

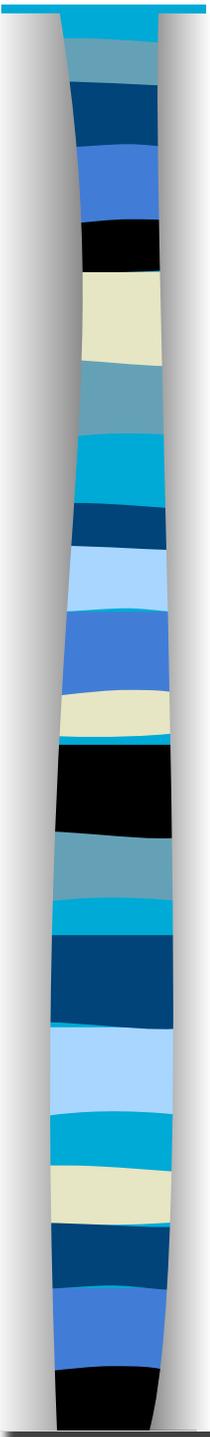


Hand Hygiene & Sanitation

The US Centers for Disease Control and Prevention has determined that this practice is the single most important element of infection prevention:

- A. Use of gloves
- B. Avoiding contact with broken skin
- C. Adequate hydration and nutrition
- D. Hand washing

Q



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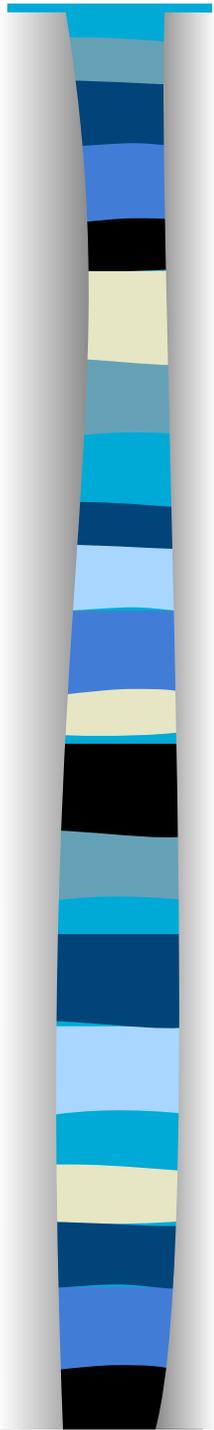
A

Hand Hygiene & Sanitation

Practitioners should wash their hands up to this level to ensure thorough sanitation:

- A. Wrists
- B. Knuckles
- C. Mid-forearms
- D. Elbows

Q

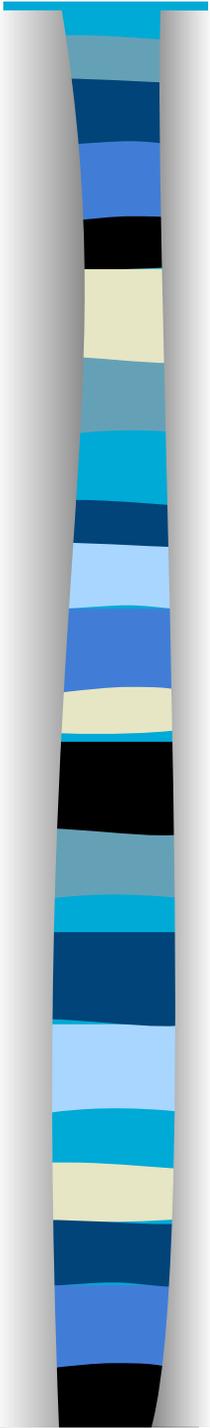


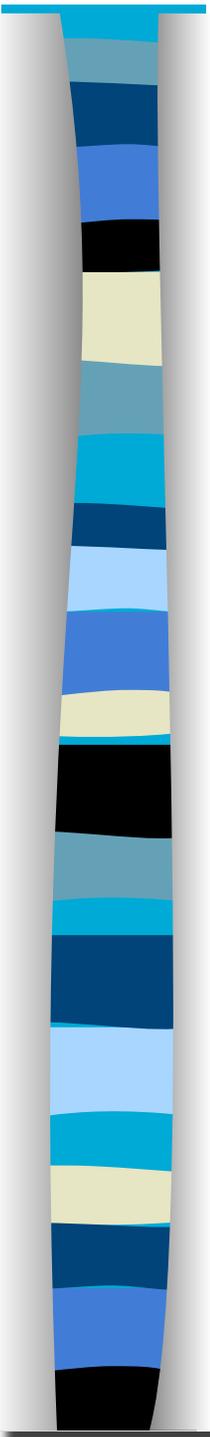
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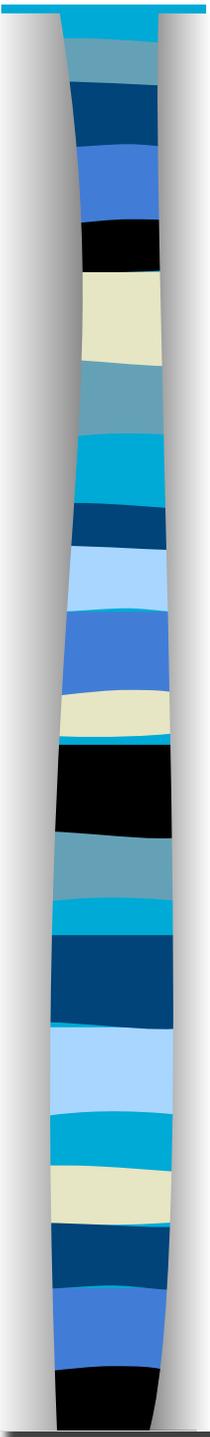


Hand Hygiene & Sanitation

The most important sanitation protocol for practitioners is:

- A. The proper sanitation of the massage lubricant with microwave heat between sessions
- B. The proper sanitation of the hands before sessions
- C. The proper sanitation of the carpet leading into the session room
- D. The proper sanitation of the feet for ensuring clean flooring

Q

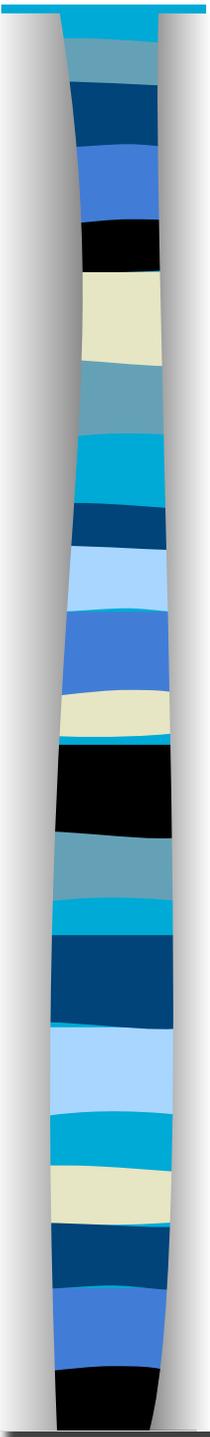


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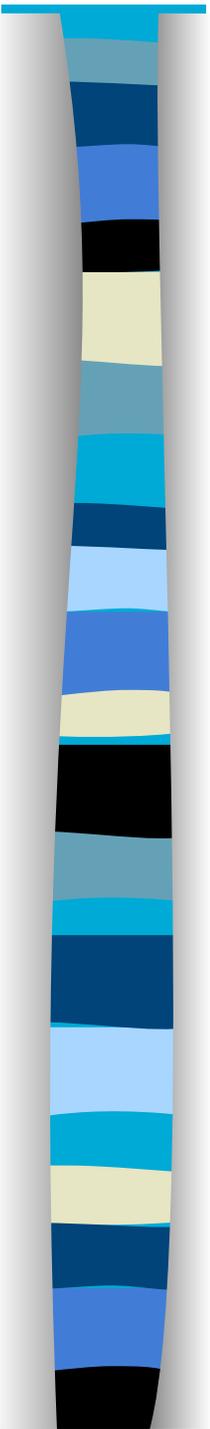


Hand Hygiene & Sanitation

Practitioners should use this item after massaging a client's feet and before moving to another body area:

- A. Hand sanitizer
- B. Fragrance spray
- C. Baby powder
- D. Gloves

Q

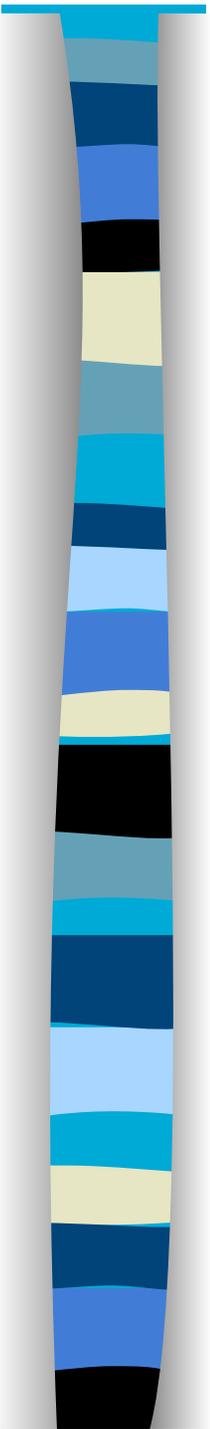


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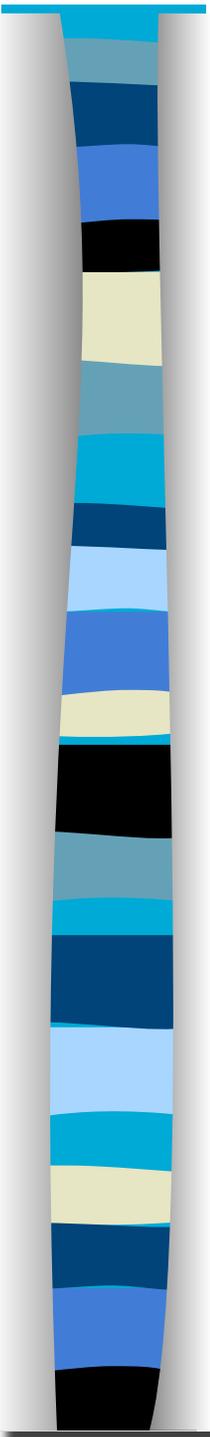


Hand Hygiene & Sanitation

To decontaminate the hands when moving from a potentially contaminated area of the client's body (like the feet) to a clean area like the face), use:

- A. A non-alcohol-based hand gel
- B. Lemon essential oil
- C. A bleach solution
- D. An alcohol-based hand gel

Q

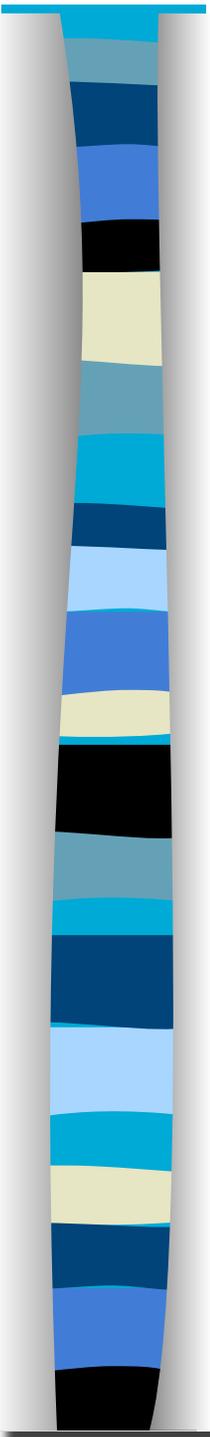


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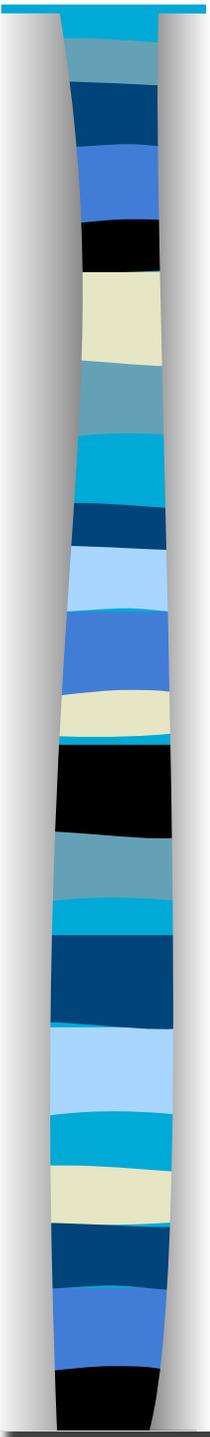


Hand Hygiene & Sanitation

The practitioner should apply hand sanitizer at all of the following points throughout the session EXCEPT:

- A. After touching an unsanitized object in the room
- B. After touching her own hair or face
- C. When moving from the client's hands to the legs
- D. After working the client's feet

Q

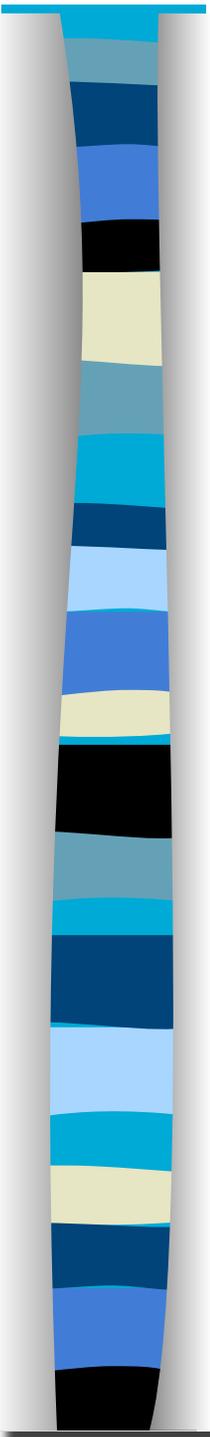


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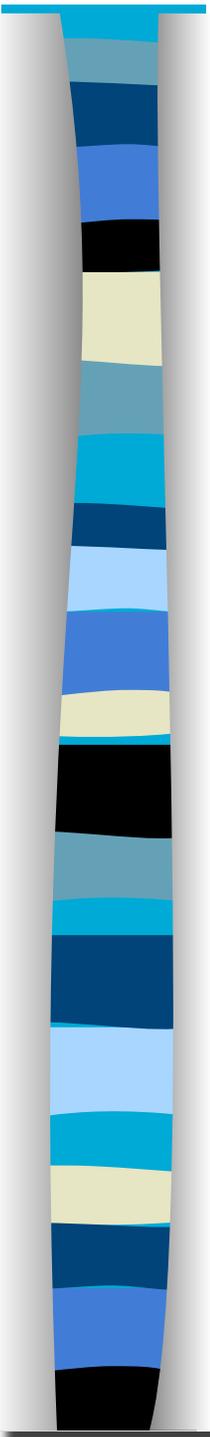


Hand Hygiene & Sanitation

If you touch your own hair during a session, you should:

- A. Proceed with the massage so long as you washed your hair that morning
- B. Decontaminate your hands before touching the client again
- C. Discontinue the massage to avoid the spread of lice
- D. Decontaminate your hands before you touch your hair to avoid oils from massage lubricants

Q



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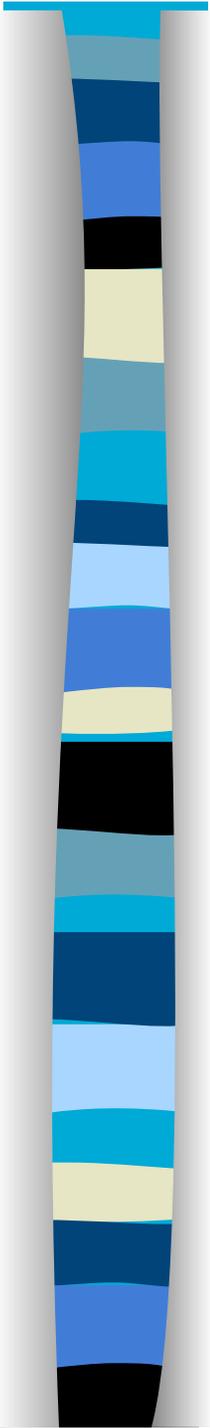
A

Hand Hygiene & Sanitation

The types of gloves recommended for massage and bodywork application are:

- A. Lubricating
- B. Latex
- C. Greaseless
- D. Vinyl

Q

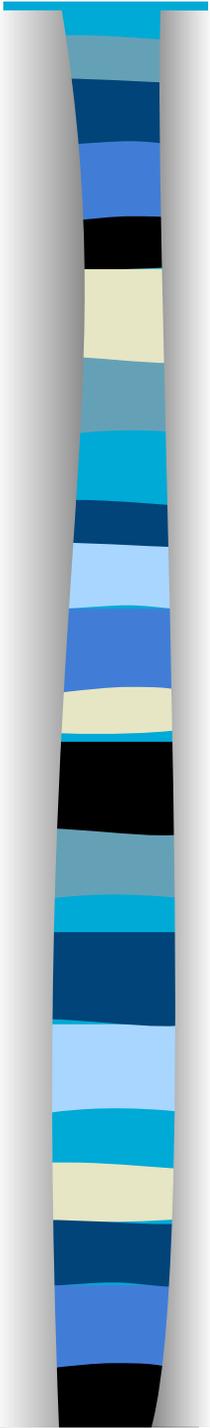


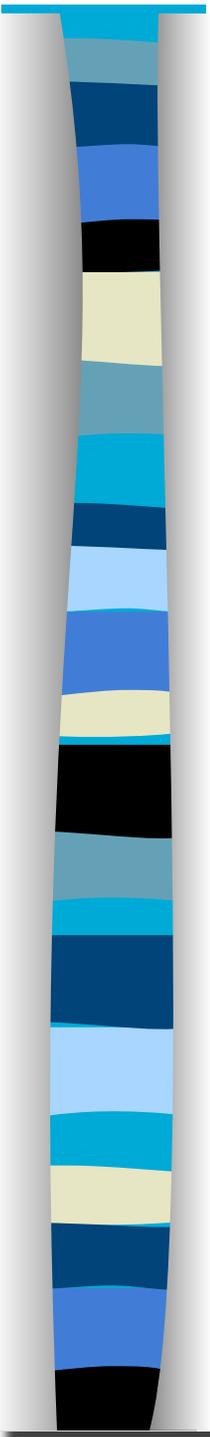
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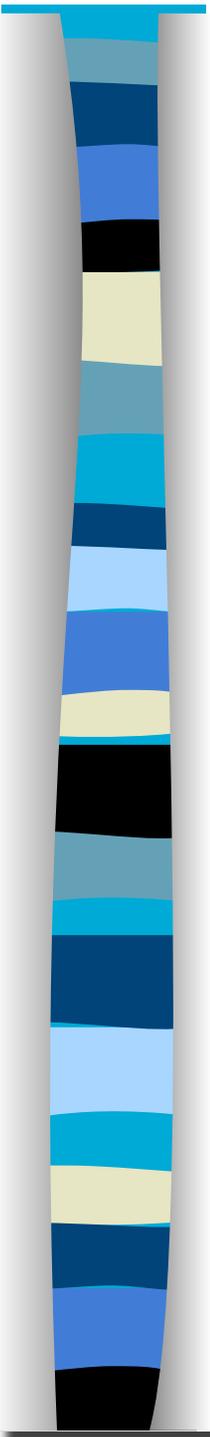


Hand Hygiene & Sanitation

To properly sanitize the hands before sessions, use:

- A. Hard bar soap on the hands and to the elbows
- B. Foaming liquid soap on the hands and wrists
- C. Hard bar soap on the hands and wrists
- D. Foaming liquid soap on the hands and up to the elbows

Q

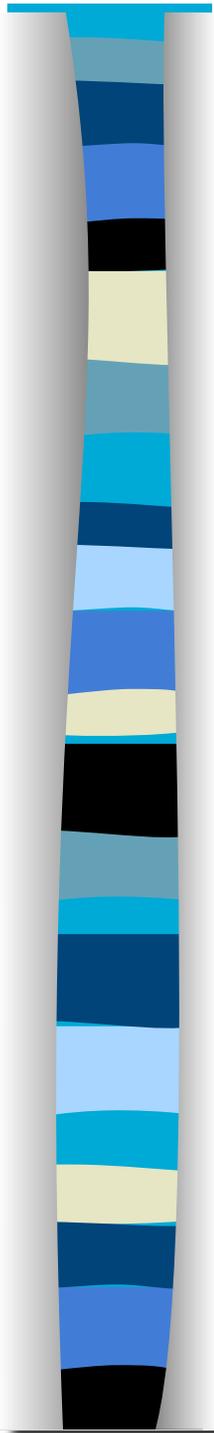


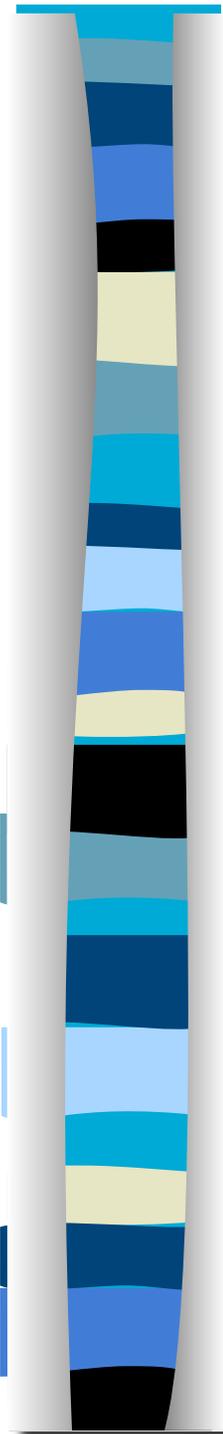
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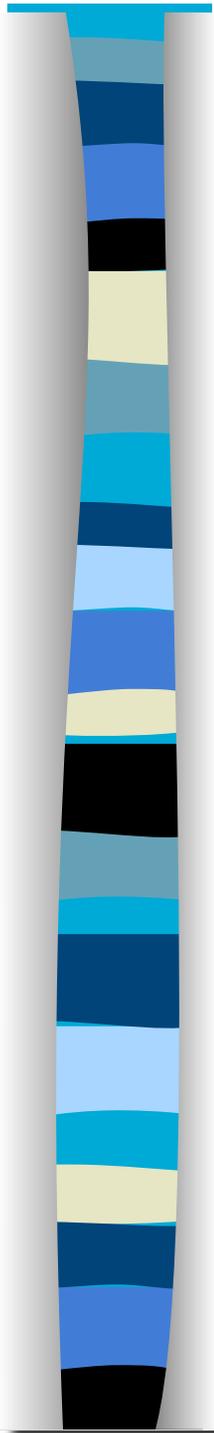
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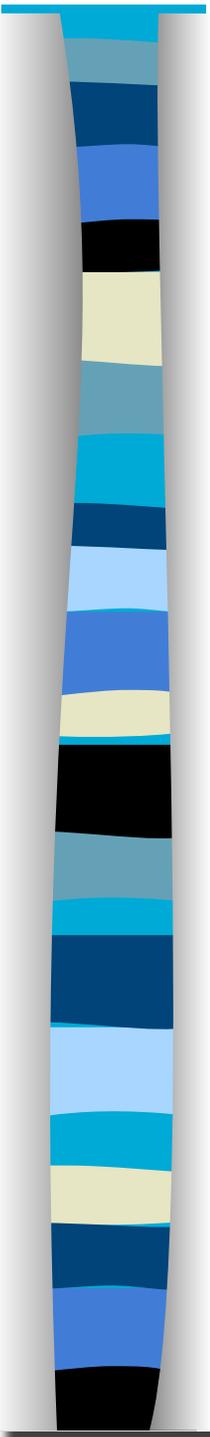
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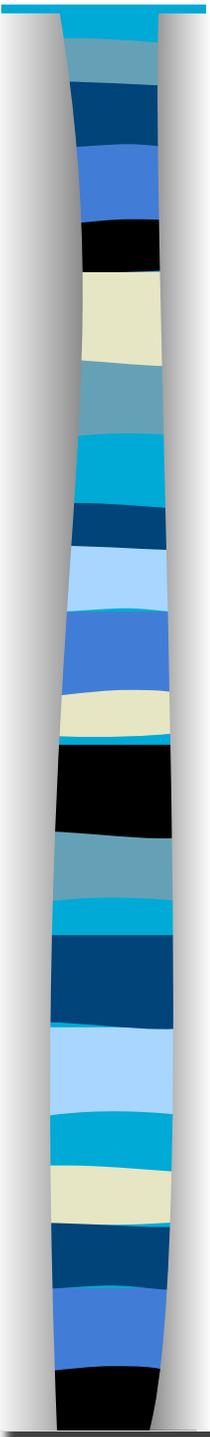




ABMP Exam Coach

Massage Professional Practices:
Hygiene & Sanitation

Linens & Lubricants

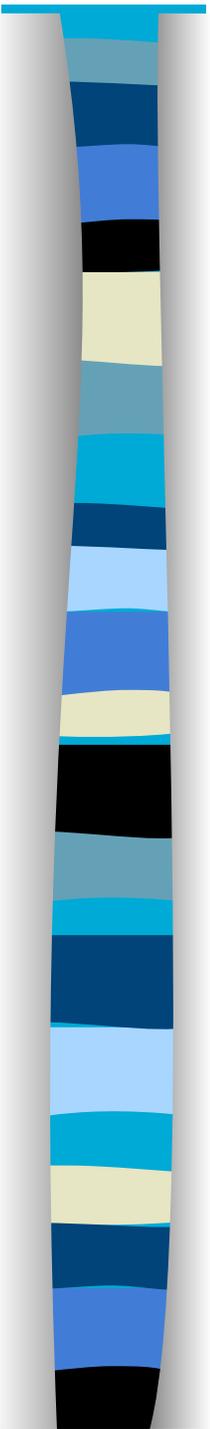


Linens & Lubricants

When changing the linens on the massage table:

- A. Decontaminate your hands before touching soiled linens and removing them from the table
- B. Decontaminate your hands after placing linens in a closed container
- C. Decontaminate your hands after touching soiled linens before picking up fresh linens
- D. Decontaminate your hands directly after placing linens on the massage table

Q

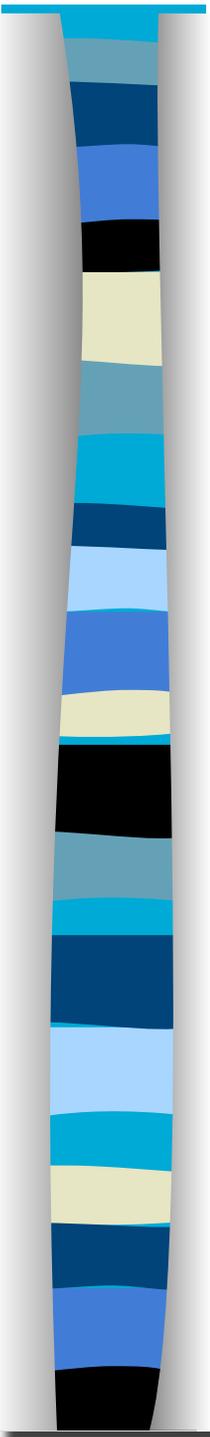


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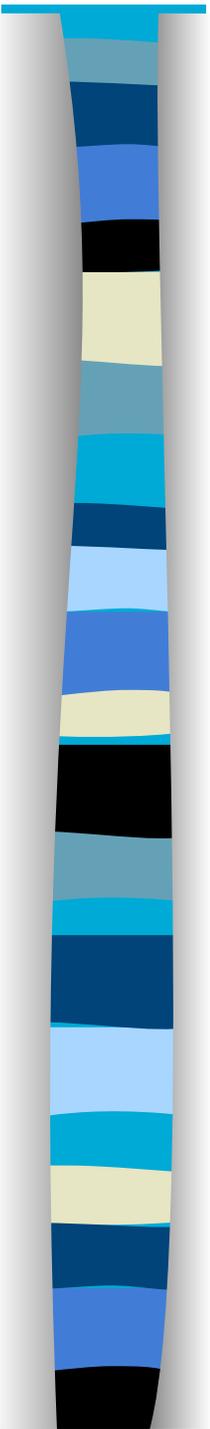


Linens & Lubricants

Clean linens should be:

- A. Stored in a closed cabinet until used
- B. Stacked on the massage table in layers for quicker changes between clients
- C. Stacked under the massage table in an open container until used
- D. Stored on open shelves until used

Q

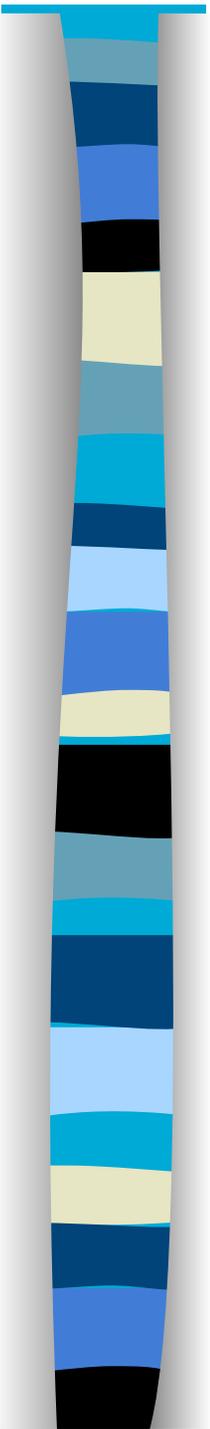


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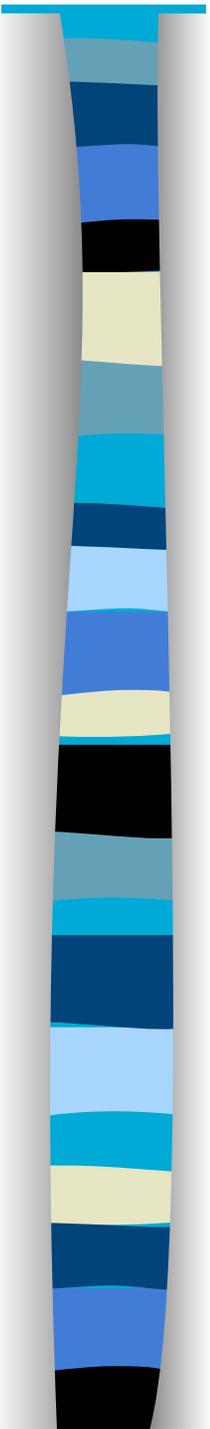


Linens & Lubricants

The proper sanitation of linens and equipment in a massage environment is important because:

- A. Some viruses, like the herpes simplex virus, can linger on surfaces and infect a person via indirect contact
- B. Some fungi, like the herpes simplex fungi, are passed via inhaled aromas from linens
- C. Some protozoa, like the herpes simplex fungi, can linger on surfaces and infect a person via indirect contact
- D. Some viruses, like the herpes simplex virus, are passed via inhaled aromas from linens

Q

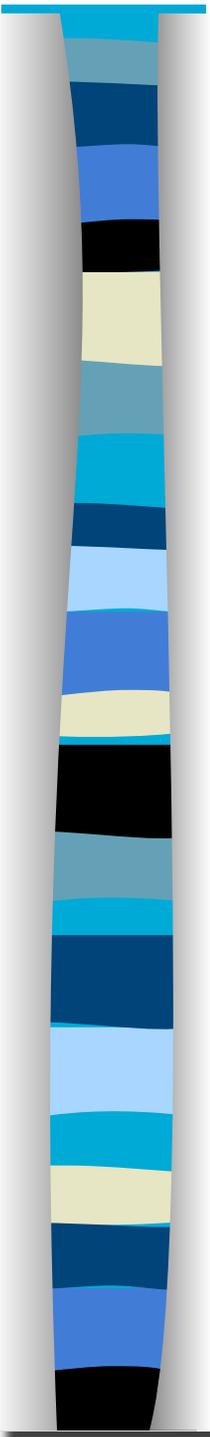


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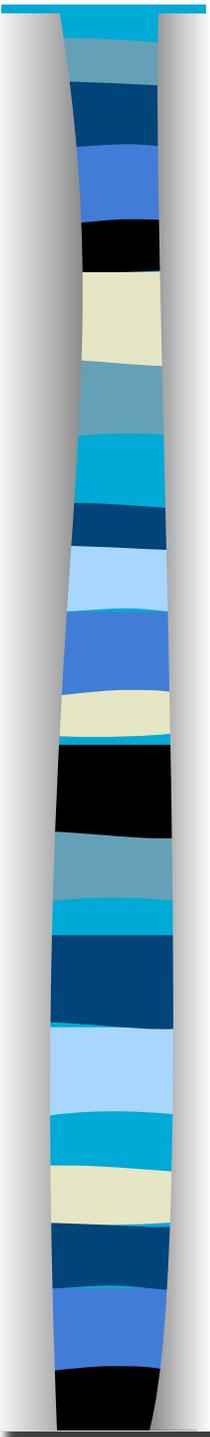


Linens & Lubricants

A bathrobe worn by a client:

- A. Should be spritzed with rubbing alcohol between clients
- B. Should be laundered at the end of the workday
- C. Should be spritzed with phenols between clients
- D. Should be laundered between clients

Q

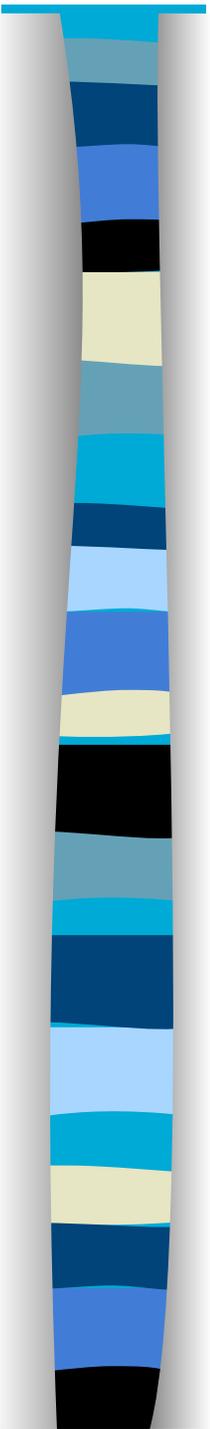


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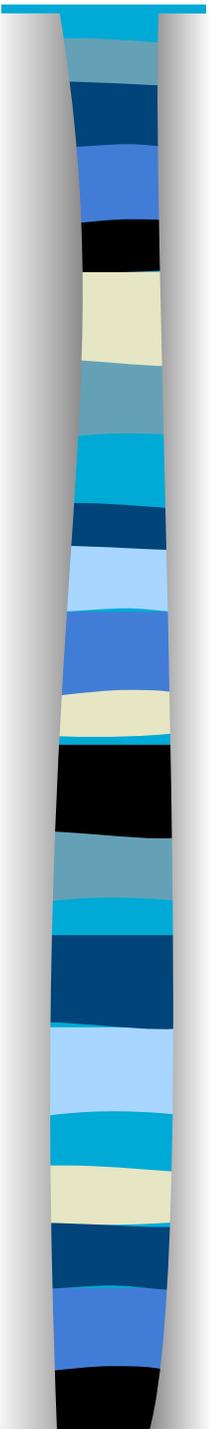


Linens & Lubricants

Soiled linens:

- A. Can be tossed in a bin under the massage table until the bin is full
- B. Should be stored in the treatment room until the end of the work week
- C. Should be stored in the treatment room until the end of the workday
- D. Should be moved to the laundry room directly after each session

Q

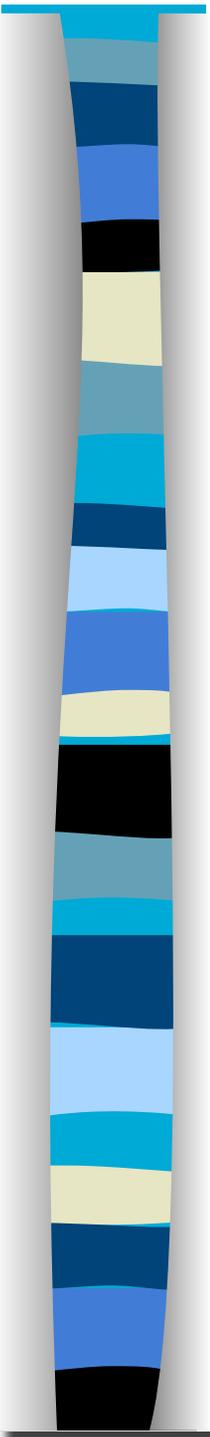


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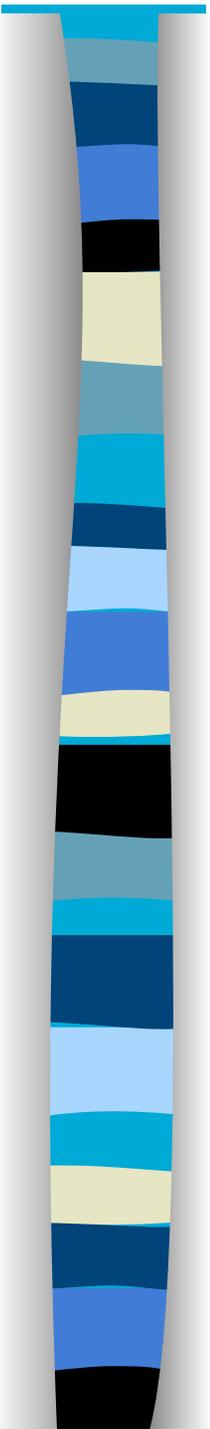


Linens & Lubricants

If the bolster is wrapped in a pillowcase and placed directly under the client's legs during a session:

- A. The bolster should be removed from the pillowcase and wiped with an antiseptic
- B. The pillowcase on the bolster should be changed between clients
- C. The pillowcase on the bolster should be sprayed with rubbing alcohol between clients
- D. The bolster should be removed from the pillowcase and wiped with a disinfectant

Q

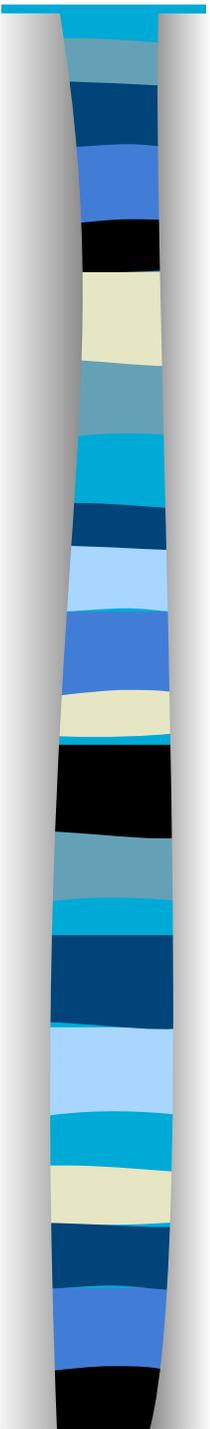


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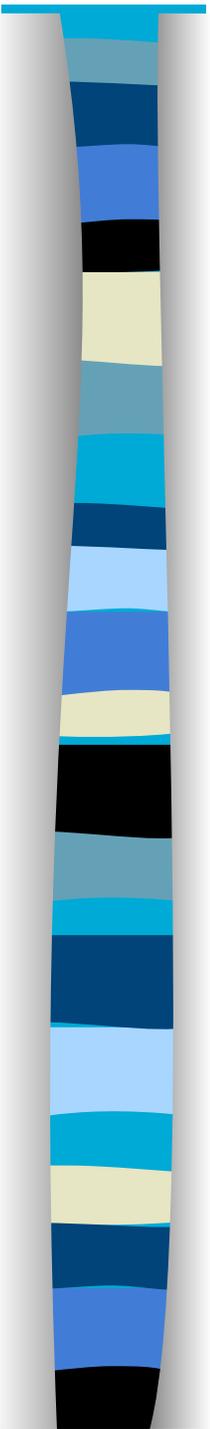


Linens & Lubricants

Which container for massage lubricant will best prevent cross-contamination?

- A. A bottle with pump dispenser
- B. A bottle with screw top
- C. A 2-oz jar of cream
- D. A bottle with flip-top

Q

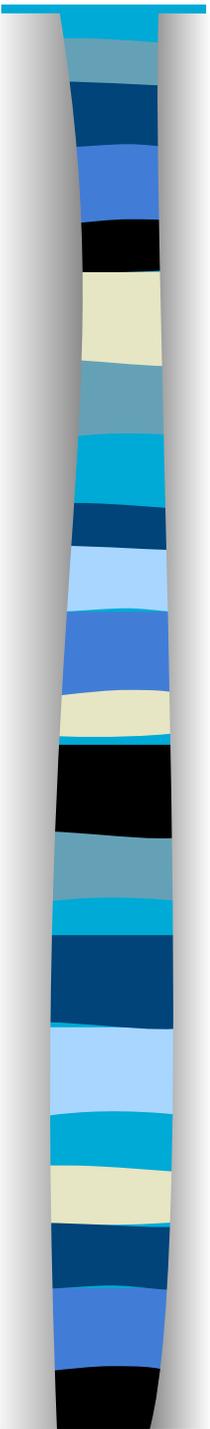


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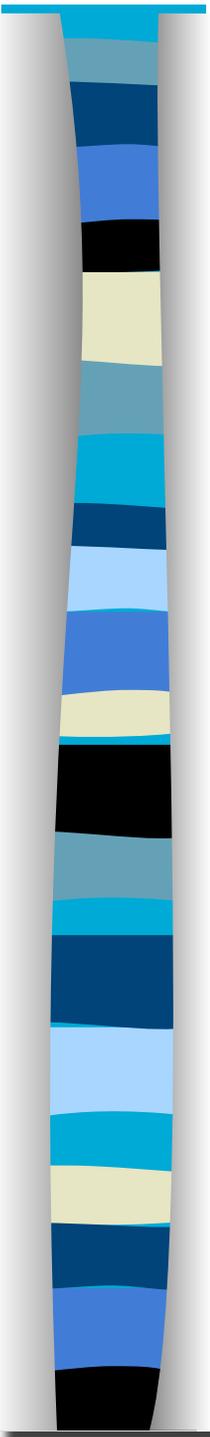


Linens & Lubricants

The bottle holding the lubricant should be:

- A. Wiped with an antiseptic at the end of the workday
- B. Wiped with a disinfectant at the end of the workday
- C. Wiped with an antiseptic between clients
- D. Wiped with a disinfectant between clients

Q

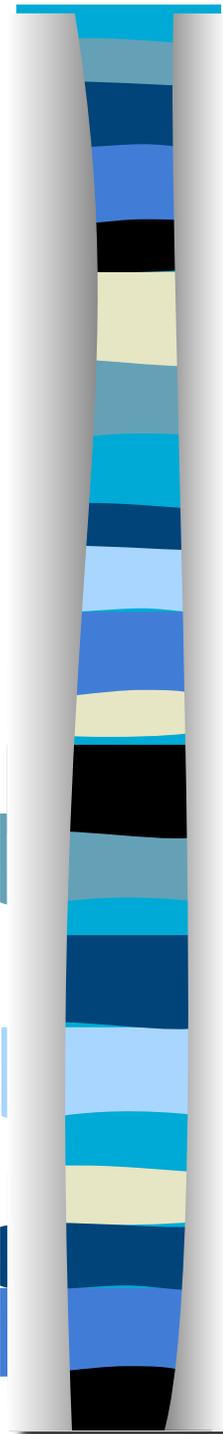


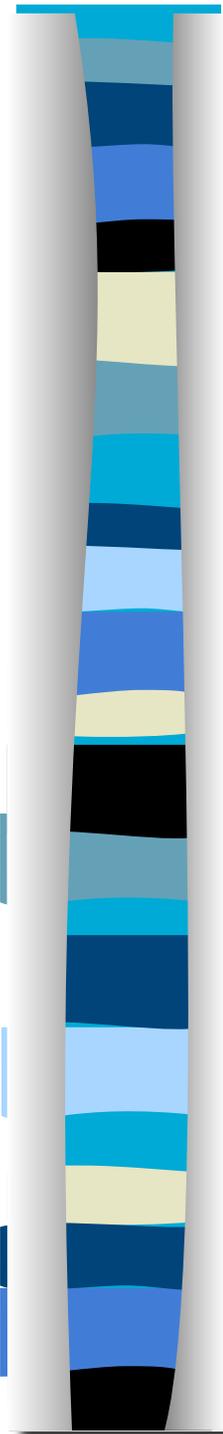
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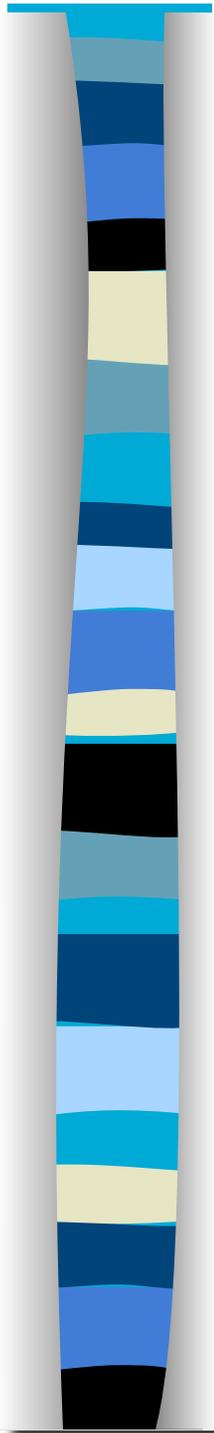
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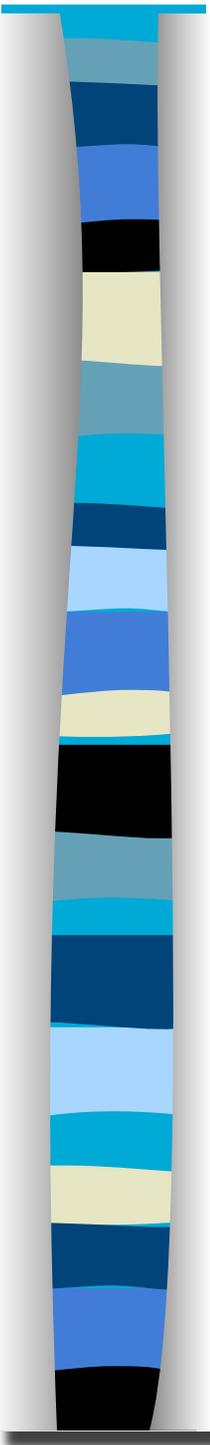
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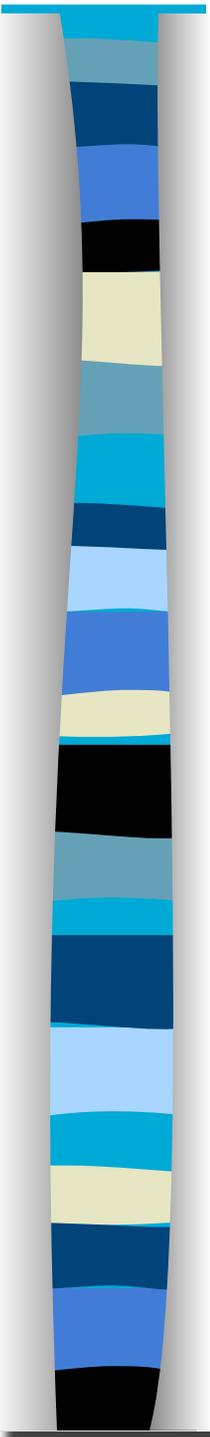




ABMP Exam Coach

Massage Professional Practices:
Hygiene & Sanitation

Clothing & Grooming

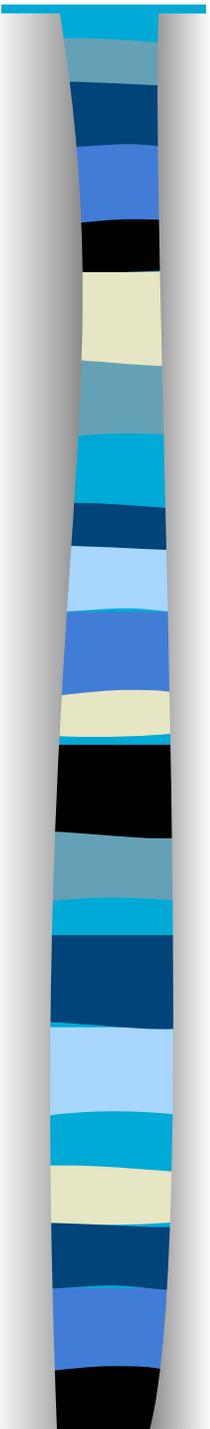


Clothing & Grooming

Practitioners should pull long hair back so that it does not touch a client because:

- A. The hair can act as a reservoir for pathogens
- B. The hair can smell of body care products and give sensitive clients allergies
- C. The hair can be suggestive and call a practitioner's ethics into question
- D. The hair can transfer pathogens via vectors

Q

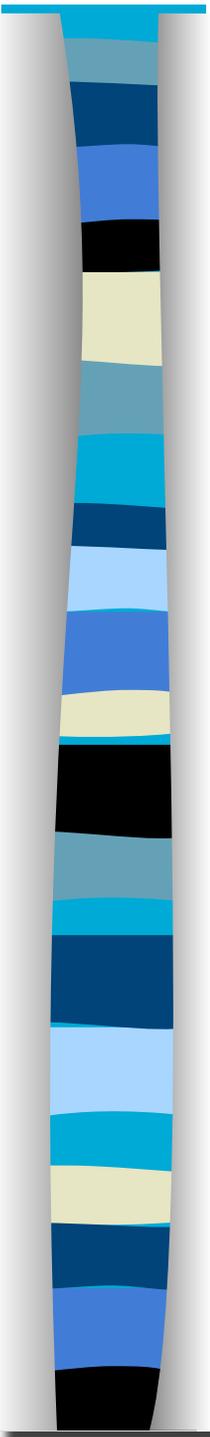


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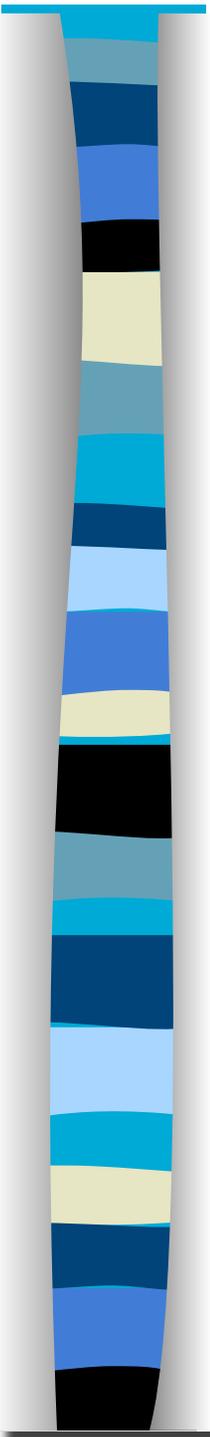


Clothing & Grooming

What type of shirt is most appropriate for massage practitioners?

- A. Skin tight
- B. Tank top
- C. Long sleeved
- D. Short sleeved

Q

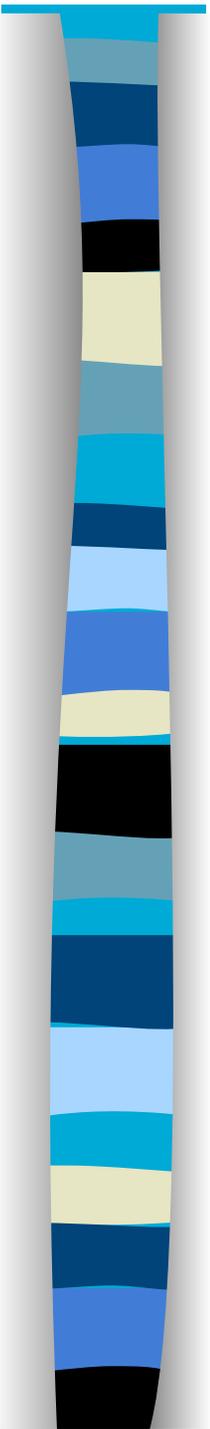


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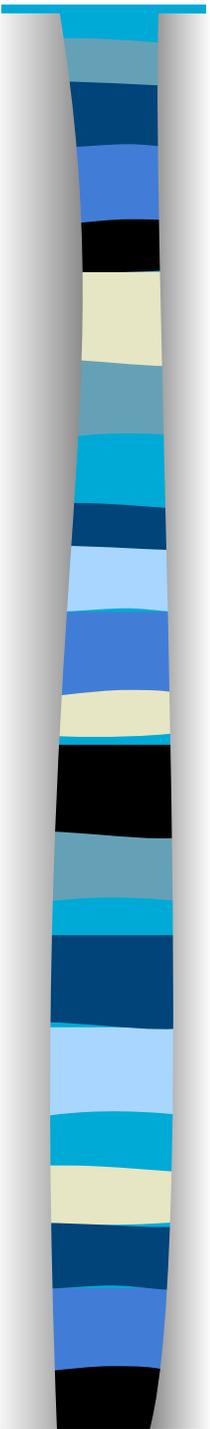


Clothing & Grooming

For hygienic purposes, practitioners choose to wear short sleeves during sessions because:

- A. Long sleeves feel too hot while giving massage
- B. Long sleeves look less attractive than short sleeves
- C. Long sleeves get damp when practitioners wash their hands
- D. Long sleeves might touch the client's skin and become contaminated

Q

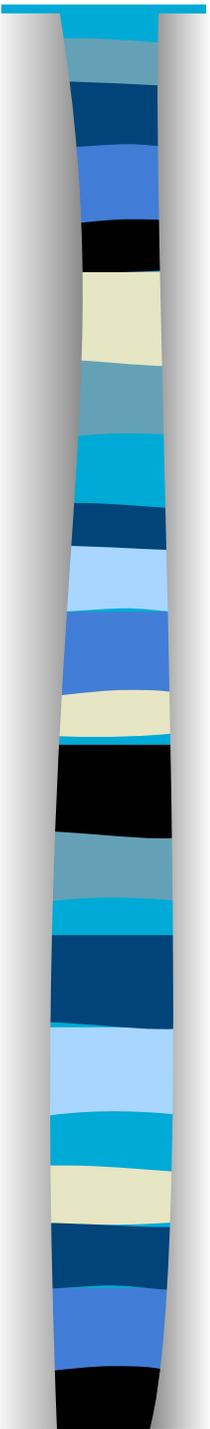


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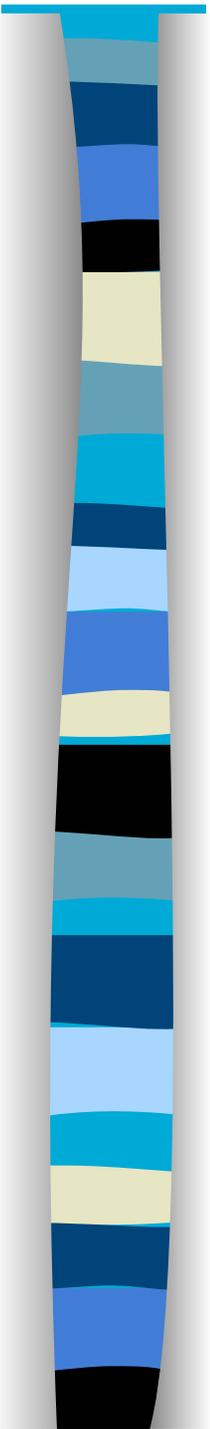


Clothing & Grooming

For hygienic purposes, working barefoot is not advised because:

- A. The feet may harbor lice, which might be spread to a client
- B. The feet may harbor undetected fungal infections, which might be spread to a client
- C. The feet may harbor mites, which might be spread to a client
- D. The feet may harbor a protozoa, which might be spread to a client

Q

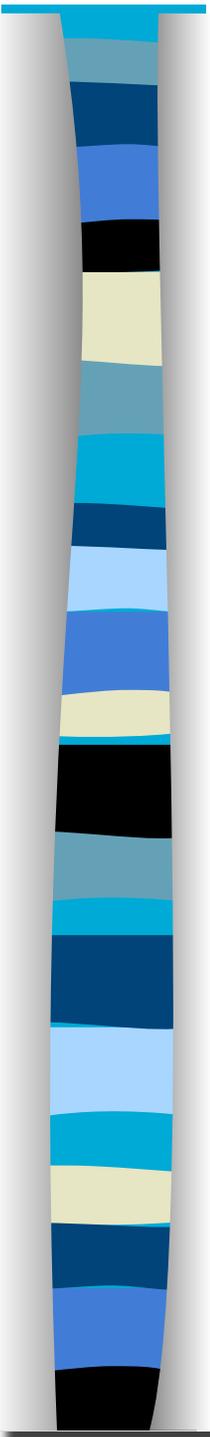


Clothing & Grooming

For hygienic purposes, working barefoot is not advised because:

- A. The feet may harbor lice, which might be spread to a client
- B. The feet may harbor undetected fungal infections, which might be spread to a client**
- C. The feet may harbor mites, which might be spread to a client
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A

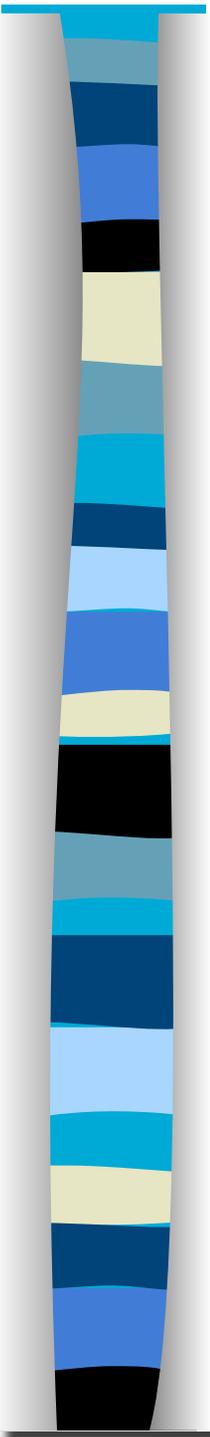


Clothing & Grooming

Which of these protocols best describes proper nail care for a massage therapist or bodyworker:

- A. Nails are moderate length, polished with nude lacquer, and filed to a smooth edge
- B. Nails are short, polished with clear lacquer, and filed to a smooth edge
- C. Nails are short, natural, and filed to a smooth edge
- D. Nails are moderate length, with acrylic overlays that protect the nail from damage

Q

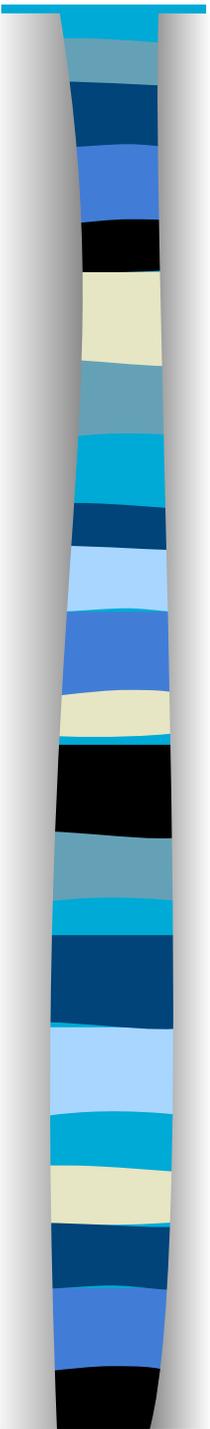


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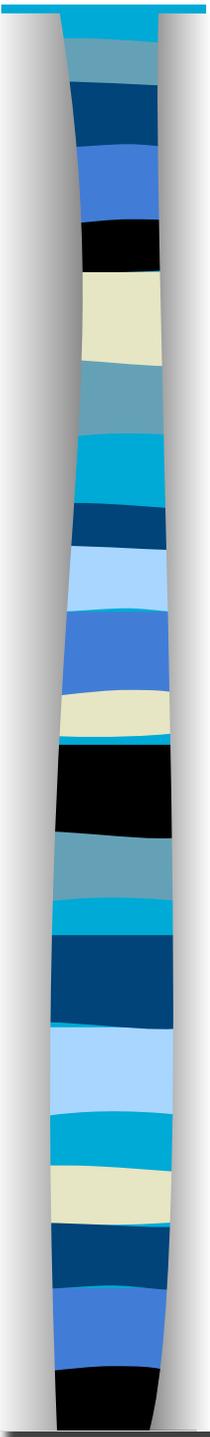


Clothing & Grooming

Which of the following is acceptable and recommended care of a practitioner's fingernails?

- A. Hypoallergenic nail polish can be worn
- B. Apply a neutral-colored polish weekly
- C. Acrylic nails can be worn if they are kept short
- D. Keep nails trimmed short, clean, and free of polish

Q

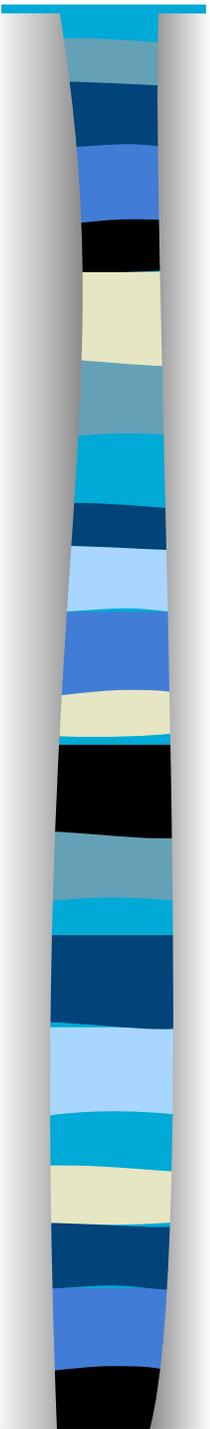


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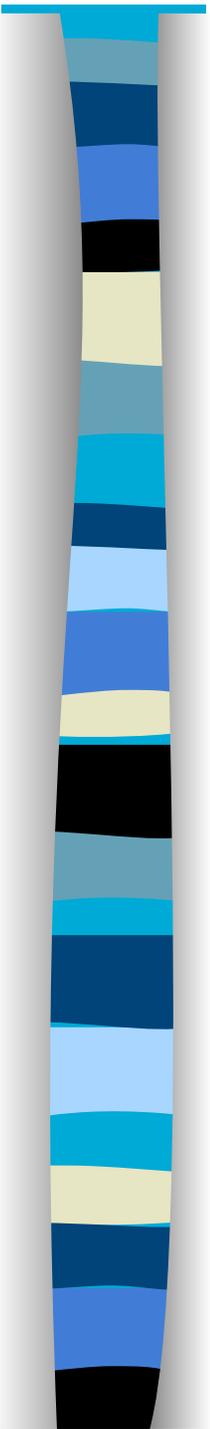


Clothing & Grooming

Reduce the spread of pathogens by keeping your nails:

- A. Acrylic
- B. Short
- C. Polished
- D. Long

Q

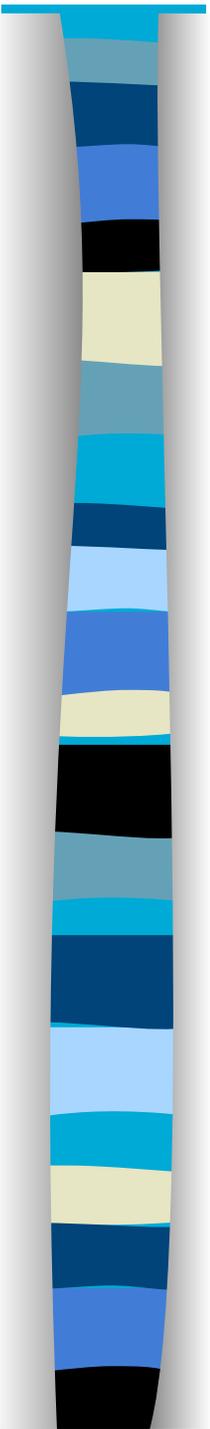


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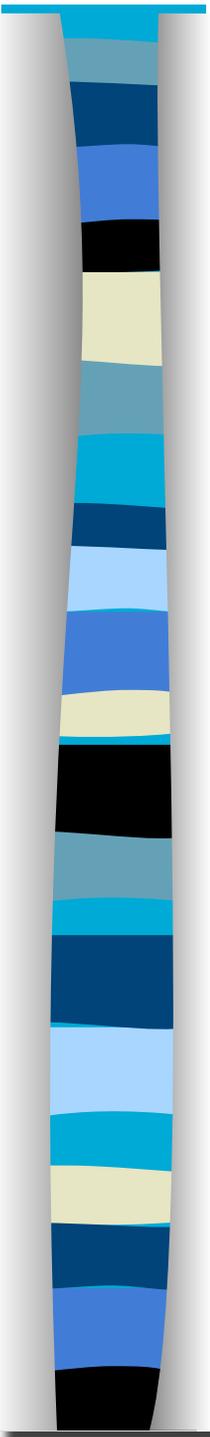


Clothing & Grooming

Before sessions, practitioners should:

- A. Remove their jewelry because items might contain small crevices that harbor bacteria or sharp edges that might scratch a client
- B. Remove their rings because they have sharp edges, but leave on long necklaces or bracelets
- C. Remove their jewelry because it violates ethical standards and might attract client attention
- D. Remove anything sharp from the hands but leave on bracelets or long necklaces as long as they have smooth edges

Q

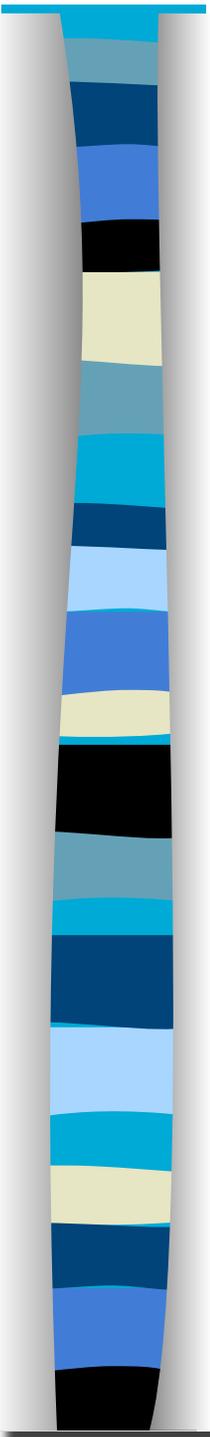


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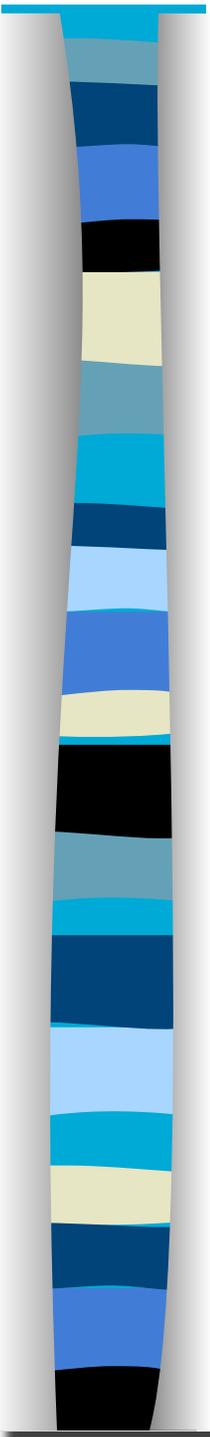


Clothing & Grooming

Which of the following types of jewelry can the practitioner keep on during a massage?

- A. Watches
- B. Simple bracelets
- C. Plain wedding bands
- D. Small earrings

Q

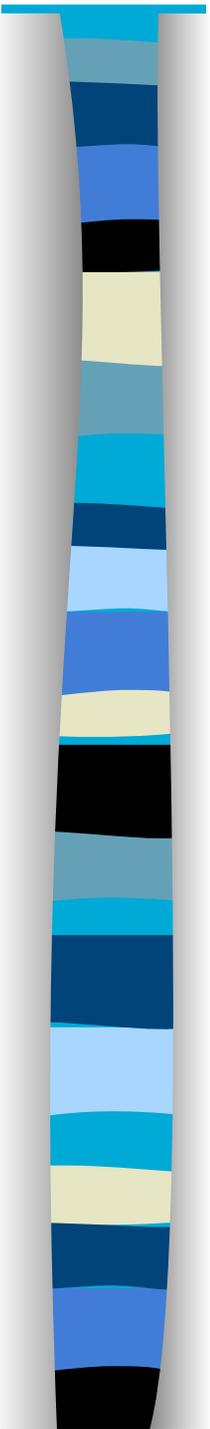


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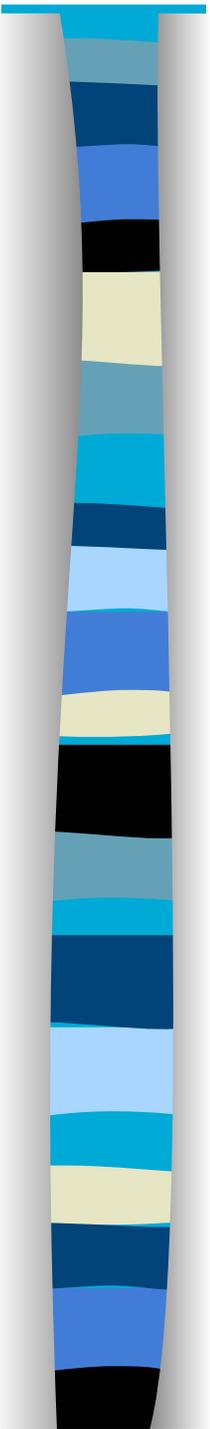


Clothing & Grooming

Directly after eating on a lunch break during a massage shift, practitioners should:

- A. Wash the face around the nose
- B. Brush and floss the teeth
- C. Wash the feet if shoes are not worn
- D. Place a hair net over the hair

Q

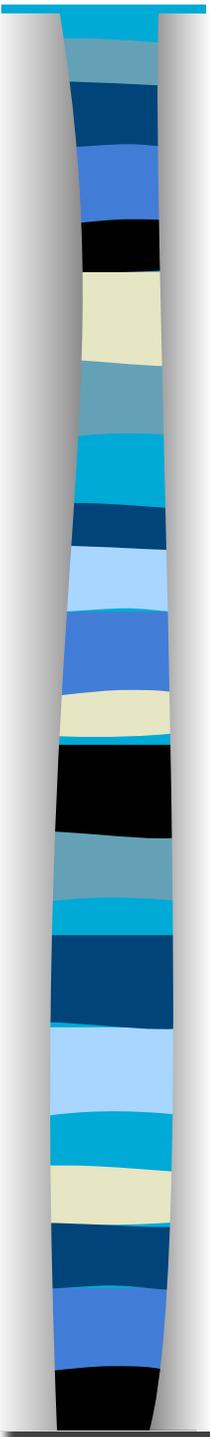


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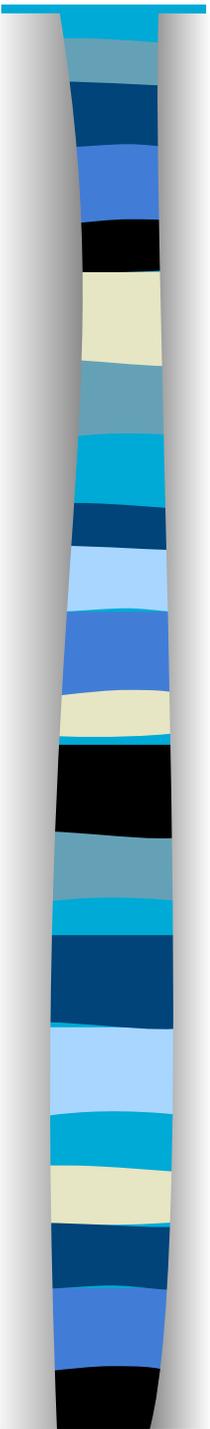


Clothing & Grooming

All of the following are recommended hygienic measures to avoid body odor EXCEPT:

- A. Using antiperspirant or deodorant
- B. Bathing or showering daily
- C. Avoiding strong-smelling foods before work
- D. Using perfume or scented lotion

Q

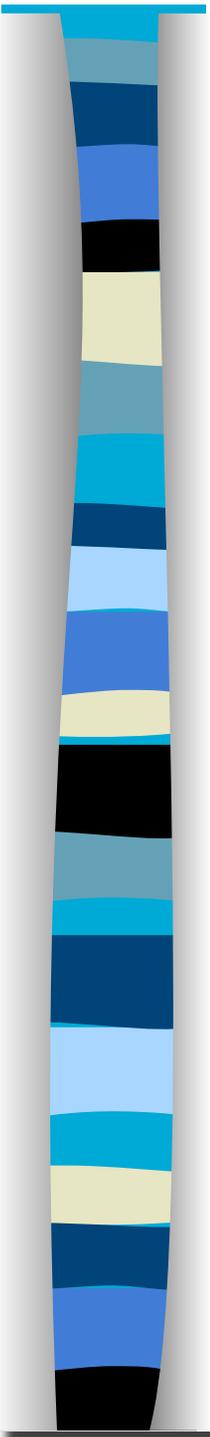


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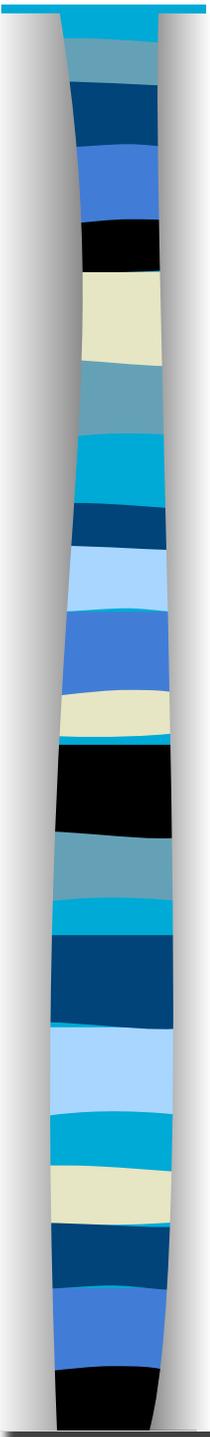


Clothing & Grooming

Practitioners should avoid the personal use of scented body care products because these may cause _____ in clients.

- A. Allergic reactions
- B. Contagion
- C. Diseases
- D. Pathogens

Q



Clothing & Grooming

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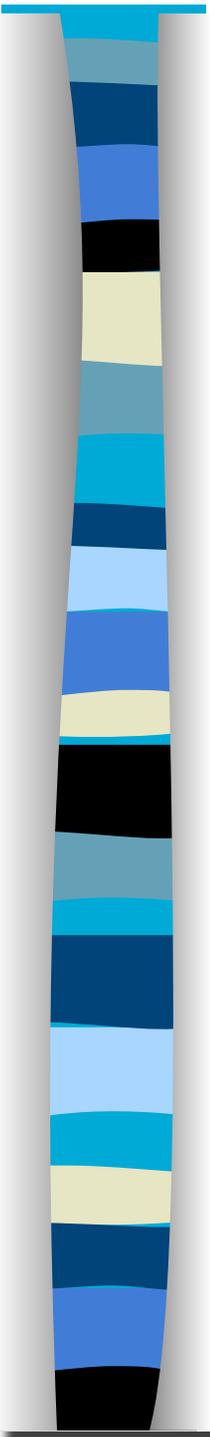
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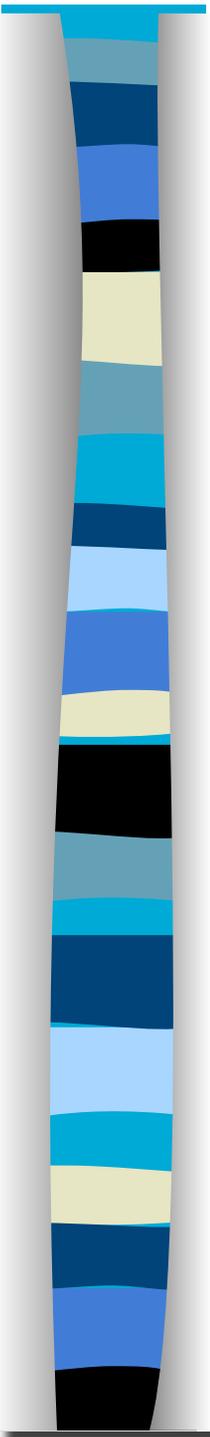


Clothing & Grooming

If a practitioner is experiencing symptoms from allergies, all of the following are helpful to protect clients EXCEPT:

- A. Wearing a face mask if sneezing is an issue
- B. Wearing gloves throughout the session to avoid spreading pathogens
- C. Informing clients of the allergy so they do not assume the practitioner is ill
- D. Monitoring body temperature to ensure symptoms are due to allergies and not illness

Q

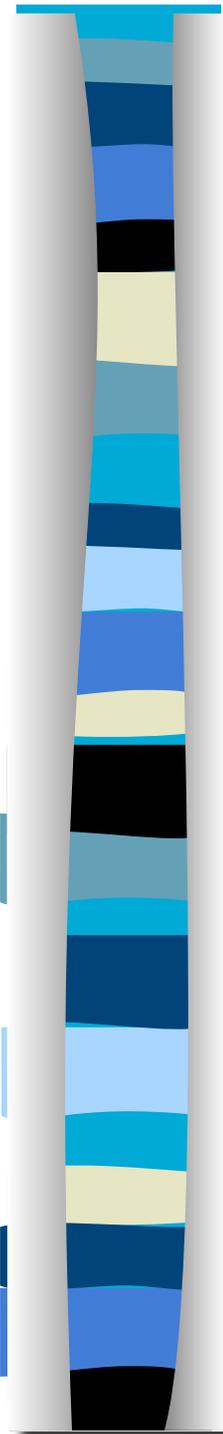


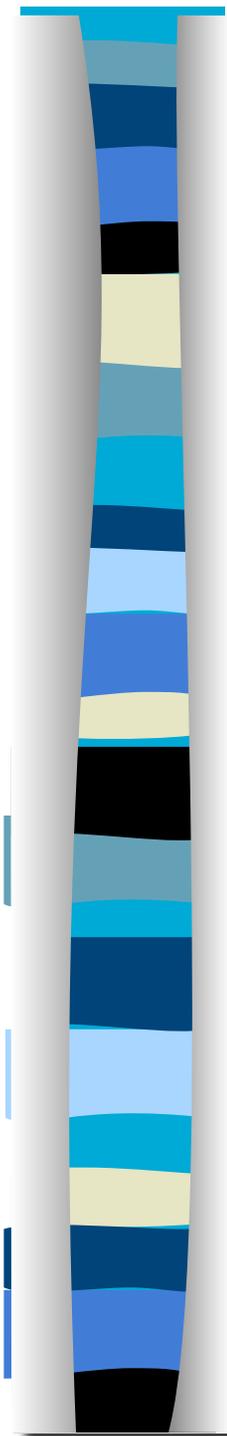
Clothing & Grooming

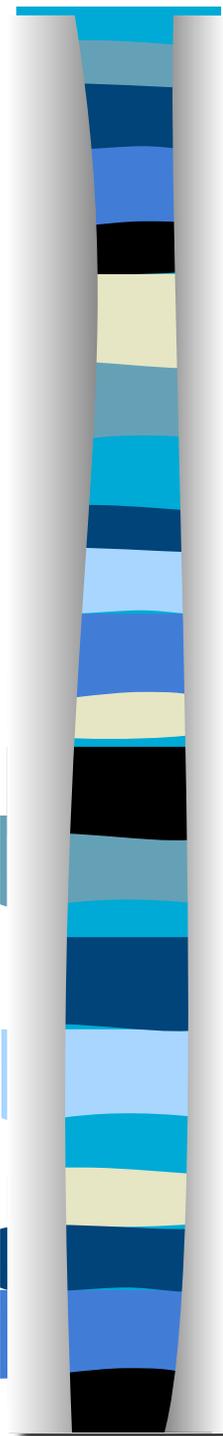
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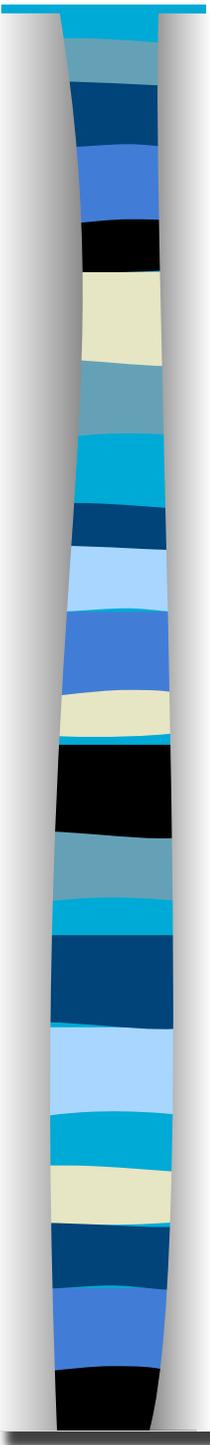
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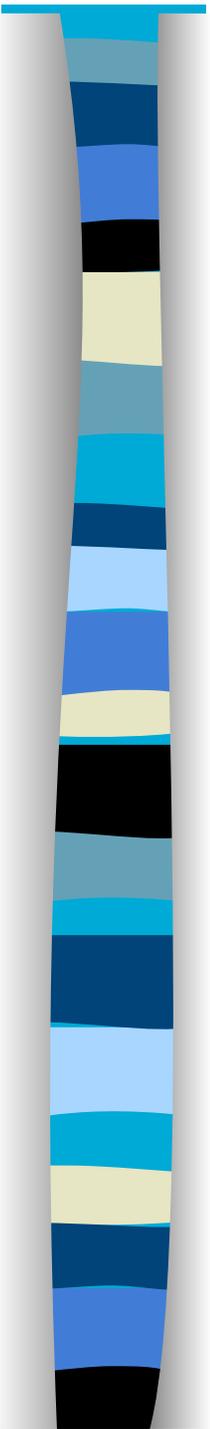




ABMP Exam Coach

Massage Professional Practices:
Hygiene & Sanitation

Day to Day Sanitation

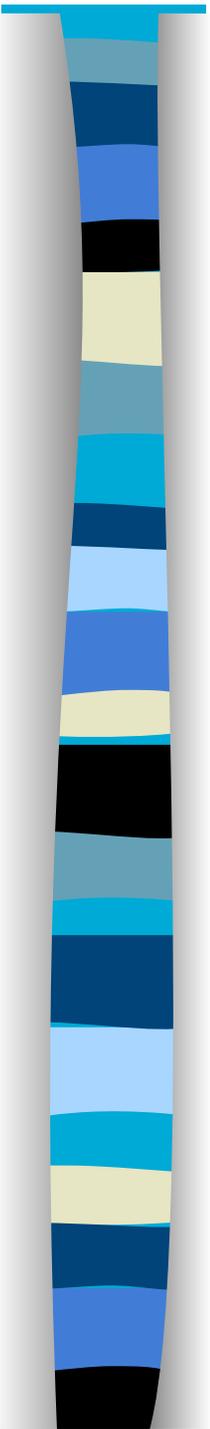


Day to Day Sanitation

The wastebasket in the treatment room should have:

- A. A lid operated with a foot pedal
- B. A wicker pattern to it
- C. At least a 22-gallon capacity
- D. A prominent place in the treatment room

Q

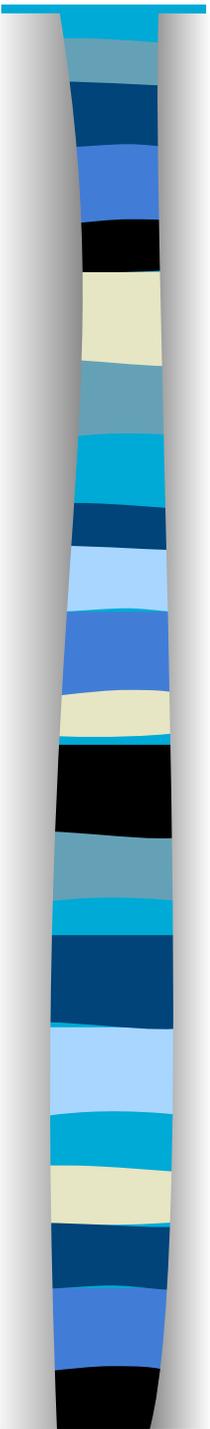


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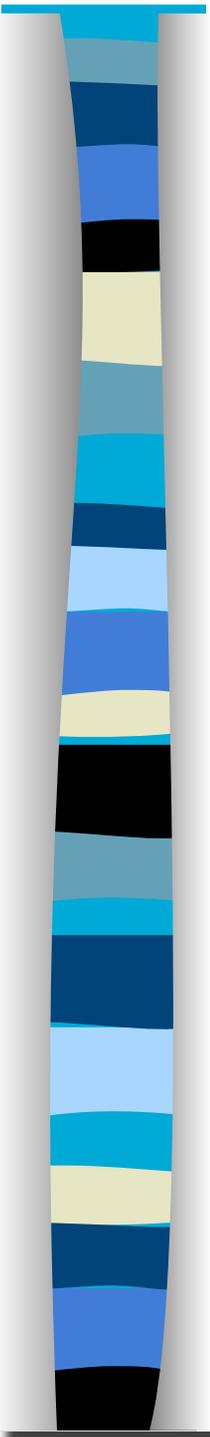


Day to Day Sanitation

Which of the following is NOT a sanitary restroom item?

- A. Liquid soap
- B. Disposable combs
- C. Bar soap
- D. Spray antiperspirant

Q

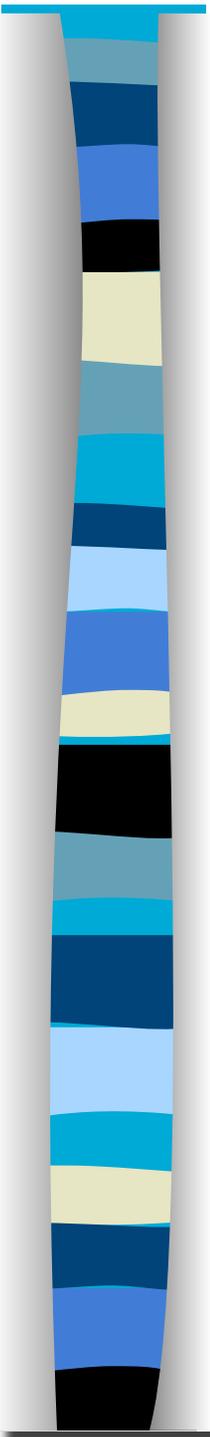


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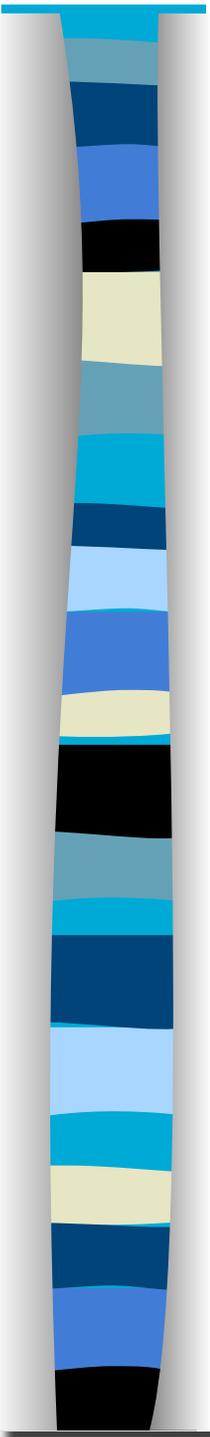


Day to Day Sanitation

In massage clinic bathrooms, only provide:

- A. Bleach solutions
- B. Liquid soap
- C. Hard soap bars
- D. Iodine solutions

Q

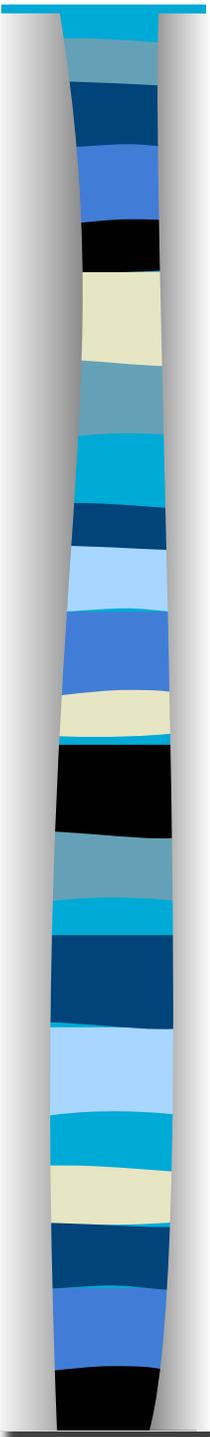


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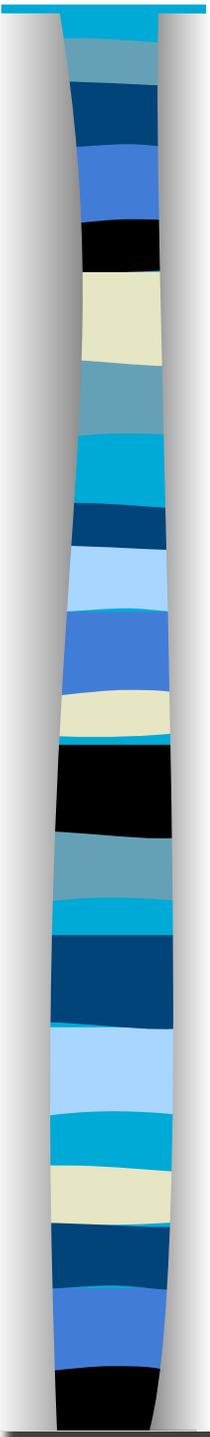


Day to Day Sanitation

At the end of the workday, deep clean the facility with:

- A. Rubbing alcohol
- B. A disinfectant
- C. An antiseptic
- D. Iodine

Q

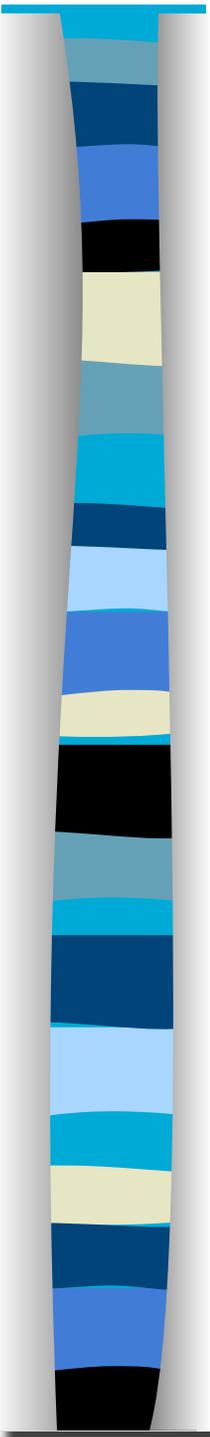


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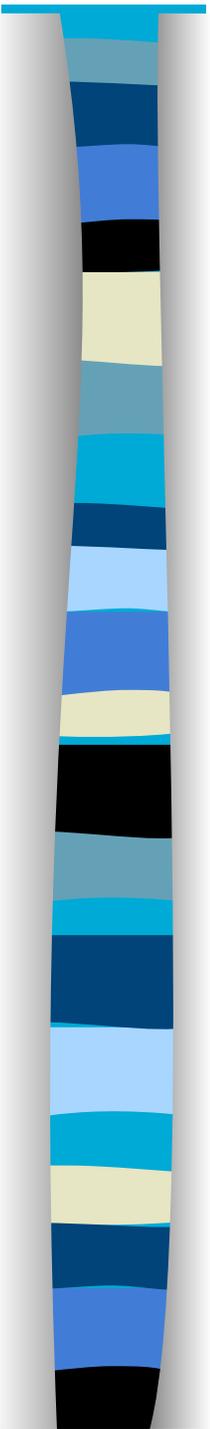


Day to Day Sanitation

Deep clean bathrooms and empty trash bins:

- A. Between sessions
- B. Monthly
- C. Weekly
- D. Daily

Q

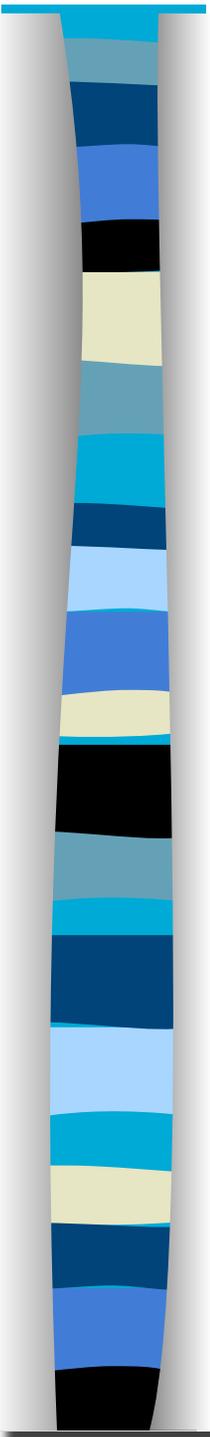


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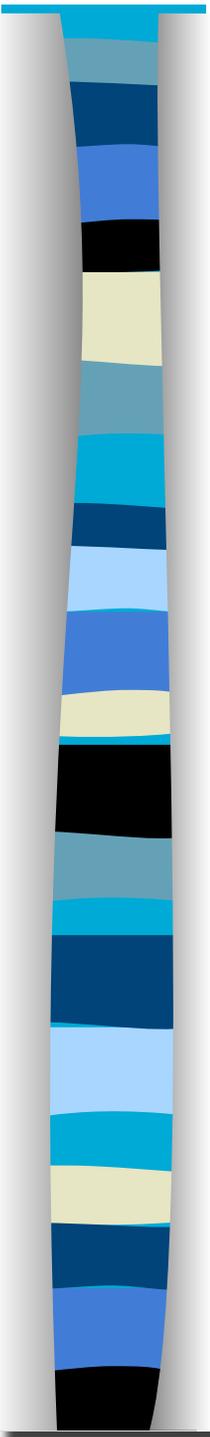


Day to Day Sanitation

Floors should be vacuumed, swept, or mopped:

- A. Daily
- B. Weekly
- C. Monthly
- D. Between sessions

Q

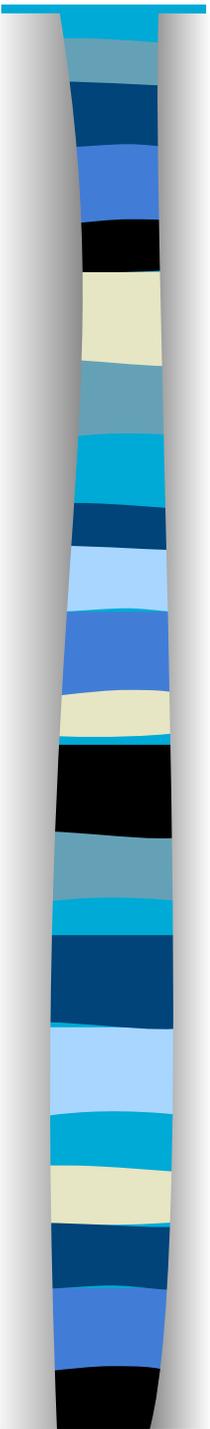


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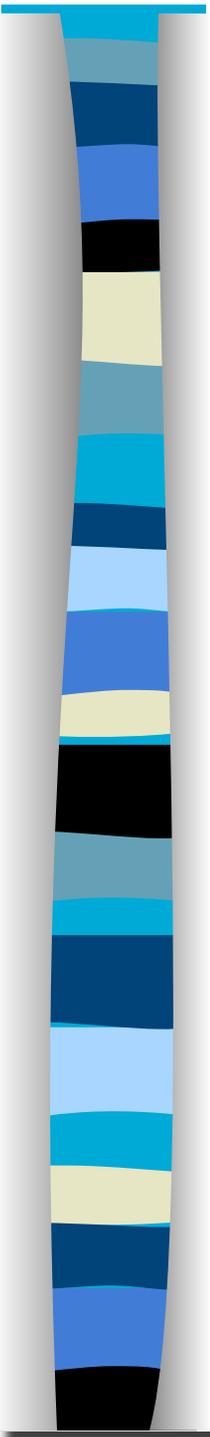


Day to Day Sanitation

Specialized equipment like a massage tool used on a client's bare skin must be:

- A. Cleaned with a disinfectant between clients
- B. Cleaned with an antiseptic at the end of the workday
- C. Cleaned with a disinfectant at the end of the workday
- D. Cleaned with an antiseptic between clients

Q

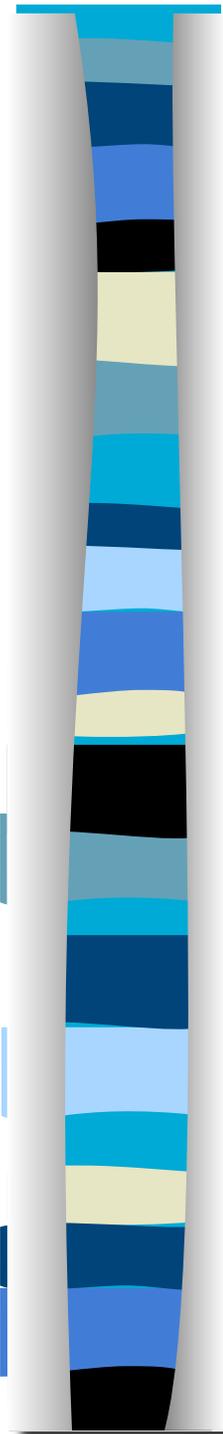


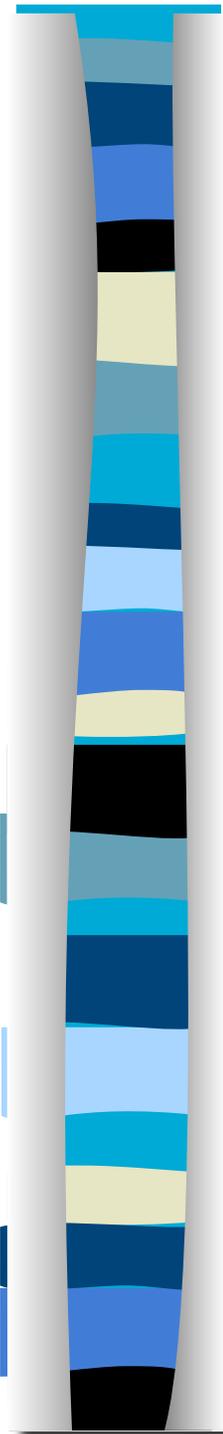
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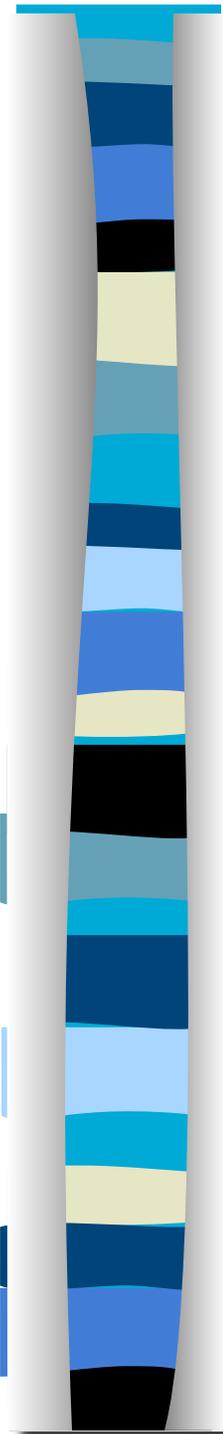
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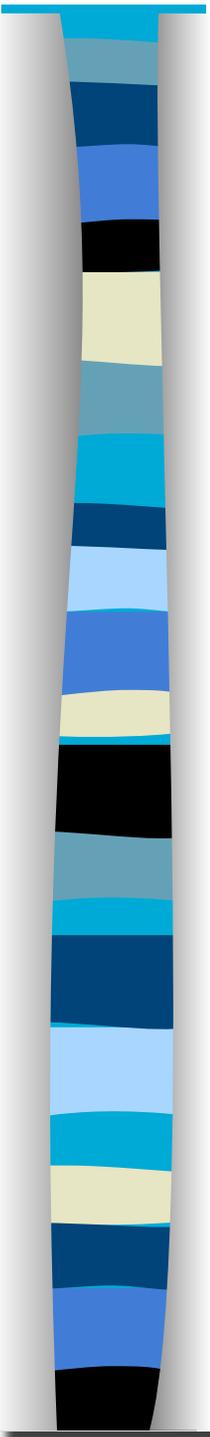
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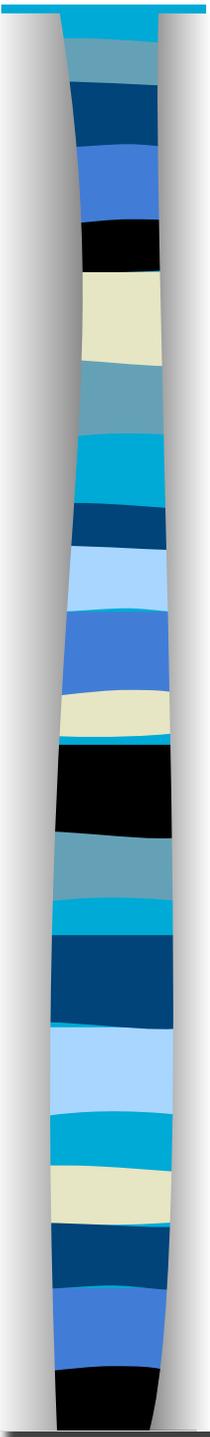




ABMP Exam Coach

Massage Professional Practices:
Hygiene & Sanitation

Pathogens & Infections

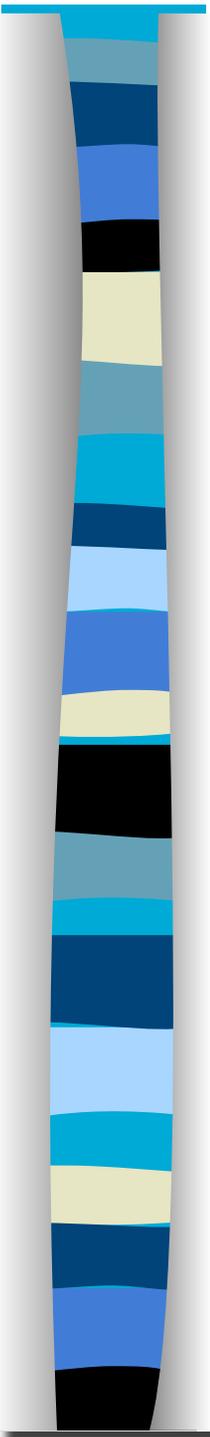


Pathogens & Infections

A biological agent capable of causing disease is referred to as a:

- A. Termite
- B. Parasite
- C. Iodine
- D. Pathogen

Q

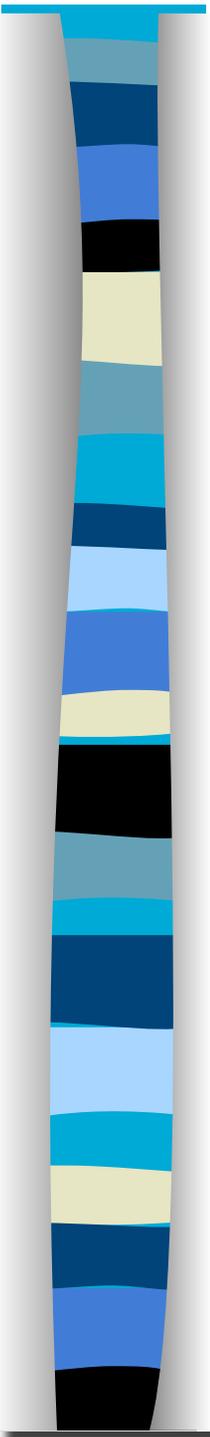


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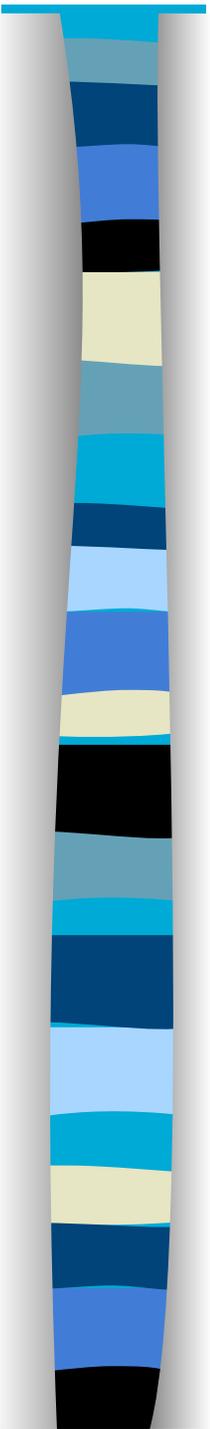


Pathogens & Infections

A producer of disease is called:

- A. A nutrient
- B. A metabolite
- C. A pathogen
- D. A genitive

Q

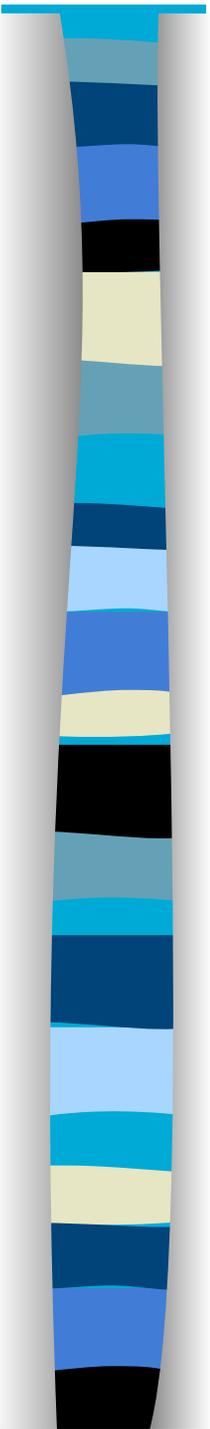


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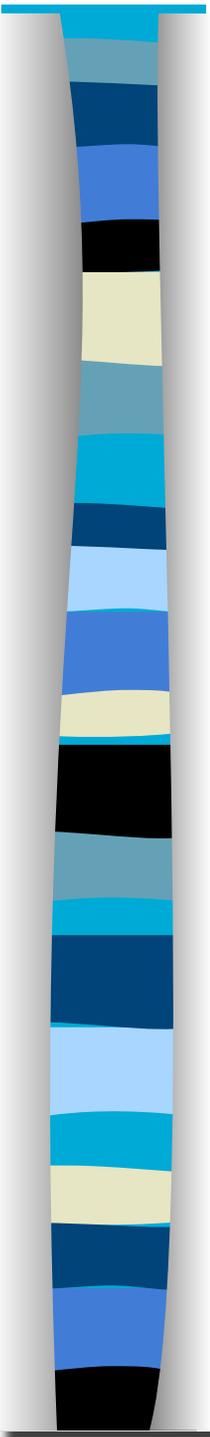


Pathogens & Infections

This type of pathogen can be passed from person to person via infected body fluids like blood, saliva, or droplets from the nose or mouth:

- A. A vector
- B. A fungi
- C. A protozoa
- D. A virus

Q

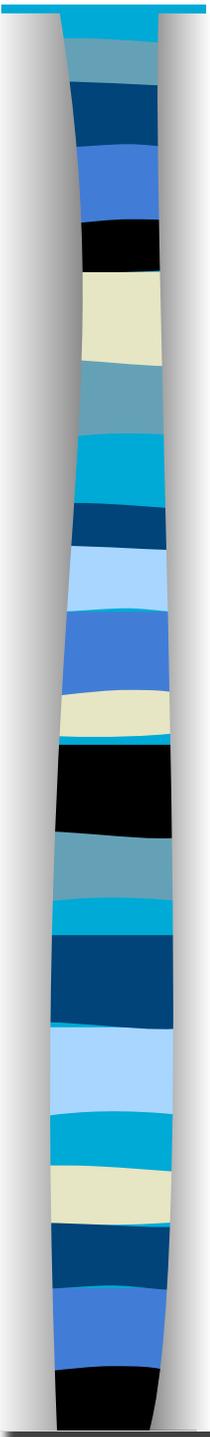


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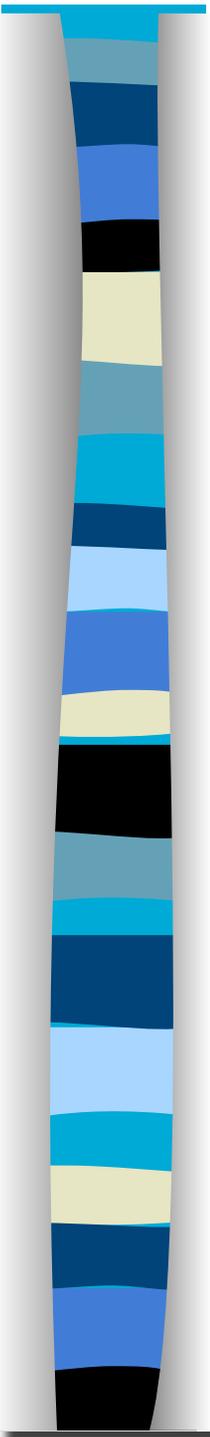


Pathogens & Infections

Warm, moist environments promote the reproduction of this type of pathogen:

- A. Fungi
- B. Bacteria
- C. Virus
- D. Protozoa

Q

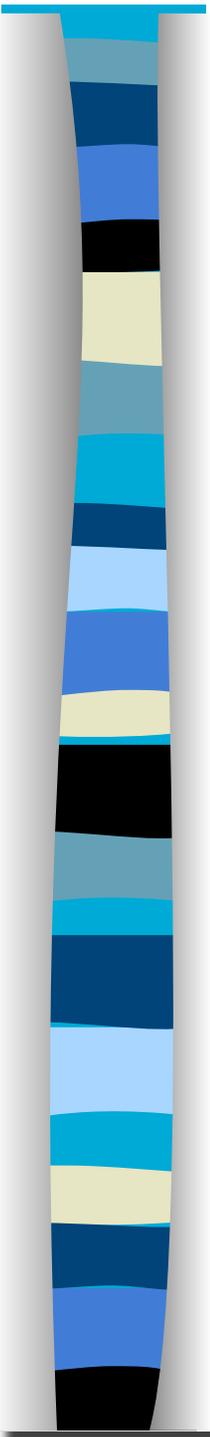


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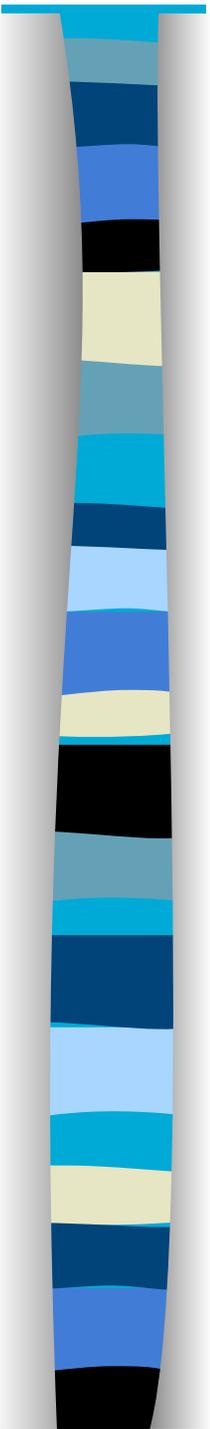


Pathogens & Infections

Types of infectious agents include:

- A. Immune cells
- B. Allergens
- C. Metabolites
- D. Bacteria

Q



Pathogens & Infections

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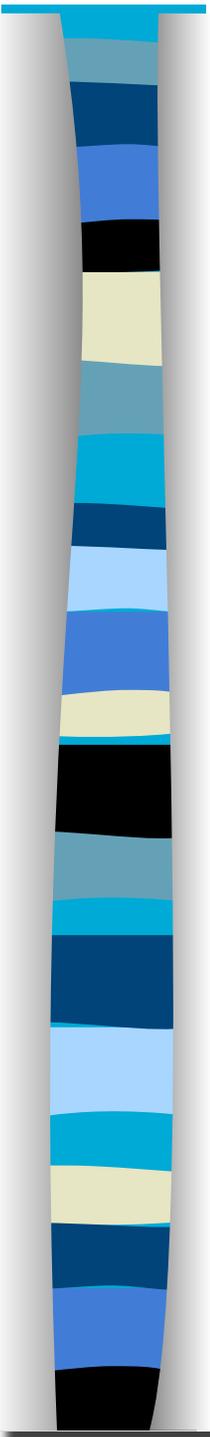
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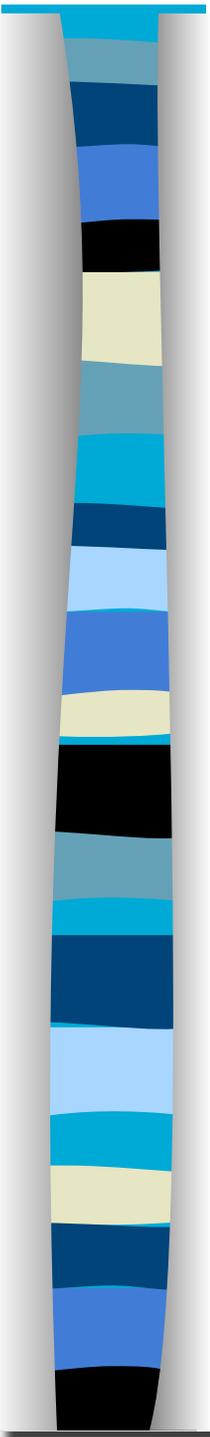


Pathogens & Infections

A practitioner who is sick or may have a contagious infection should:

- A. Pay extra attention to handwashing and sanitation until five days after the onset of symptoms
- B. Wear a face mask during massage sessions until well
- C. Wear a face mask and gloves until well
- D. Cancel their massage appointments until five days after the onset of symptoms

Q

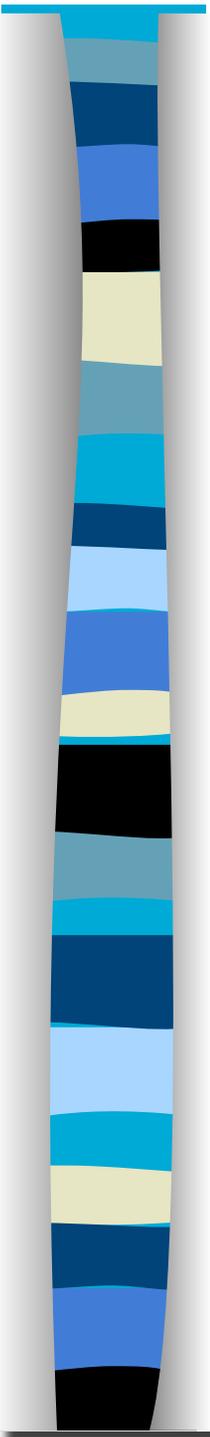


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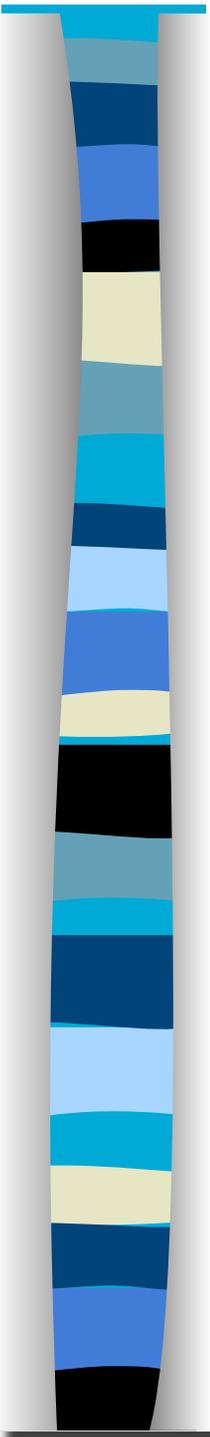


Pathogens & Infections

A common symptom of disease is:

- A. Increased appetite
- B. A fever
- C. Side effects
- D. Decreased perspiration

Q

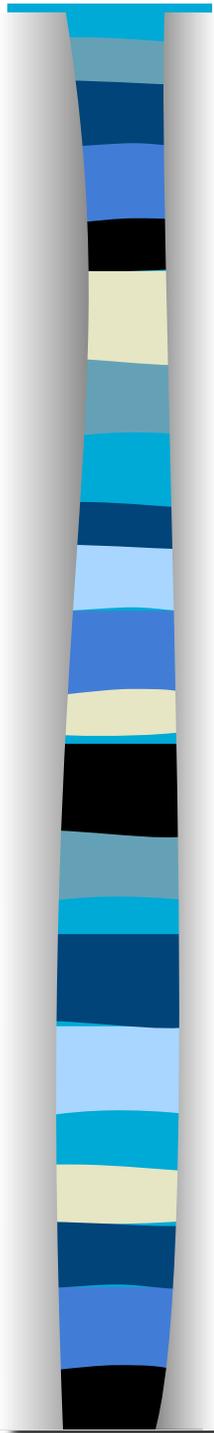


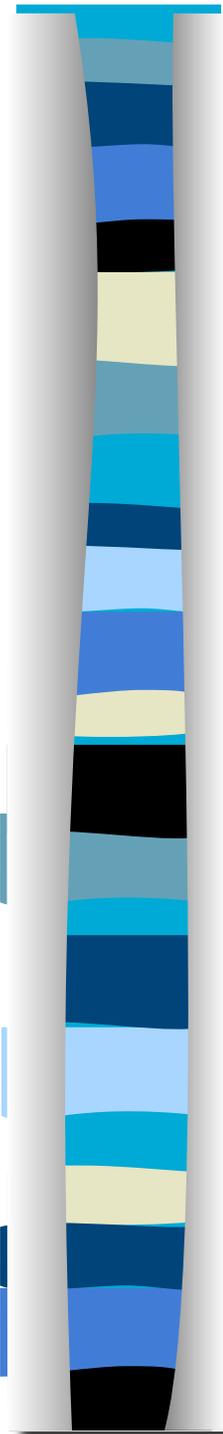
Pathogens & Infections

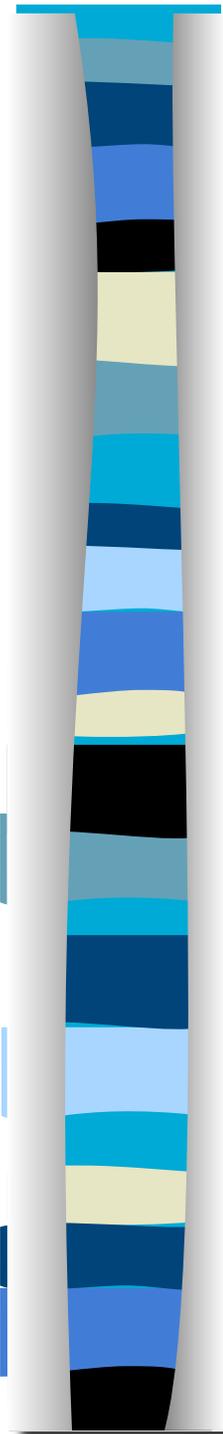
A common symptom of disease is:

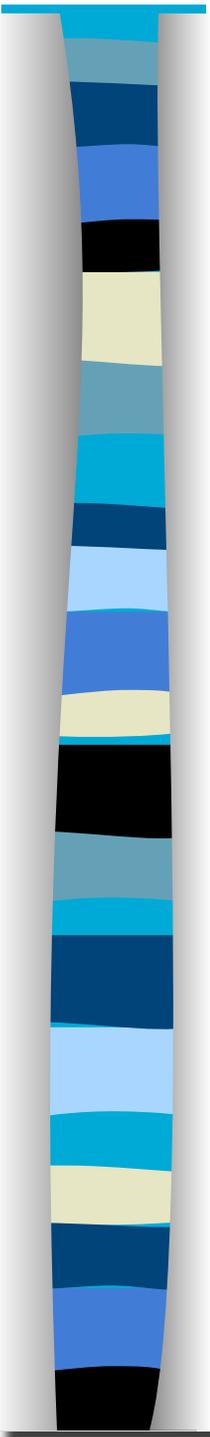
- A. Increased appetite
- B. A fever**
- C. Side effects
- D. Decreased perspiration

A





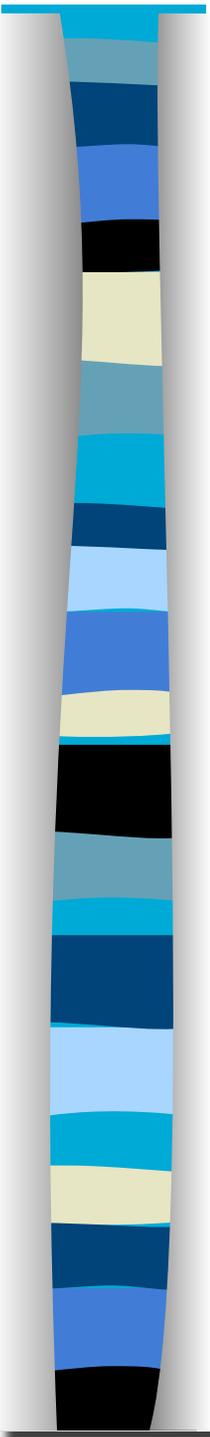




ABMP Exam Coach

Massage Professional Practices:
Hygiene & Sanitation

Disease Types

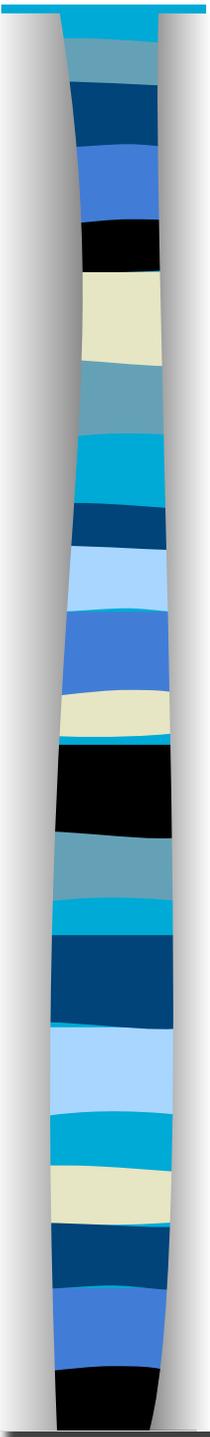


Disease Types

Autoimmune, deficiency, genetic, infectious, and metabolic are:

- A. Types of diseases
- B. Types of metabolic states
- C. Types of pathogens
- D. Types of soft-tissue injuries

Q

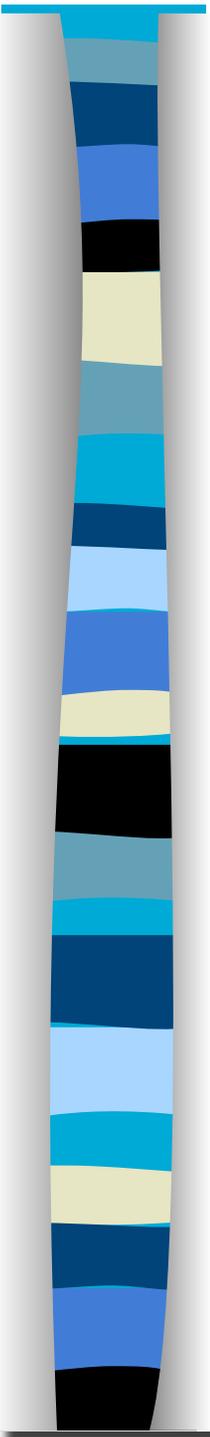


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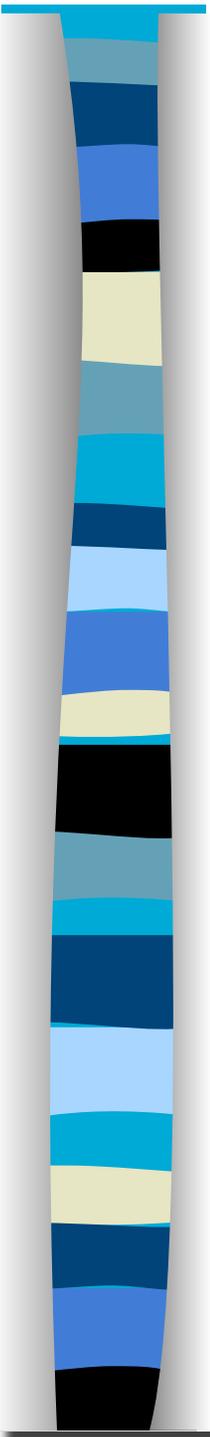


Disease Types

When the immune system attacks the body causing damage to tissue, the abnormal growth of an organ, or changes in organ function, it is called:

- A. An autoimmune disease
- B. Cancer
- C. A deficiency disease
- D. Diabetes

Q

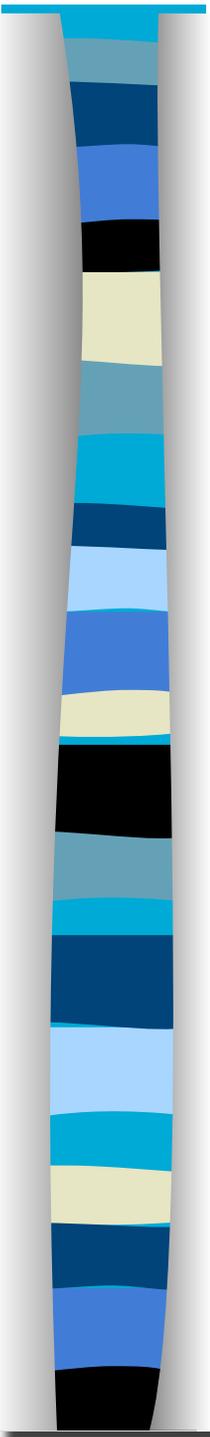


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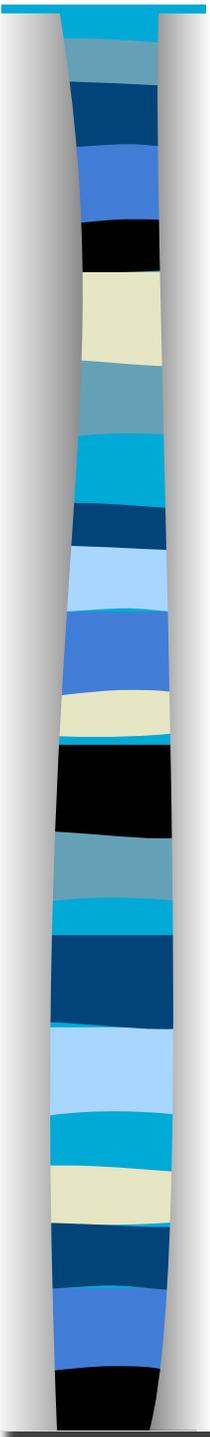


Disease Types

When the immune system malfunctions and starts to treat normal body cells and tissues like an infectious agent, it's called:

- A. An autoimmune disease
- B. An overimmune disease
- C. An interimmune disease
- D. An extrimmune disease

Q

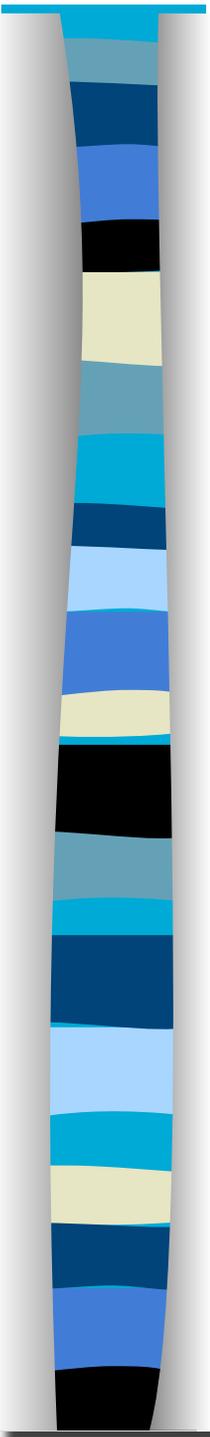


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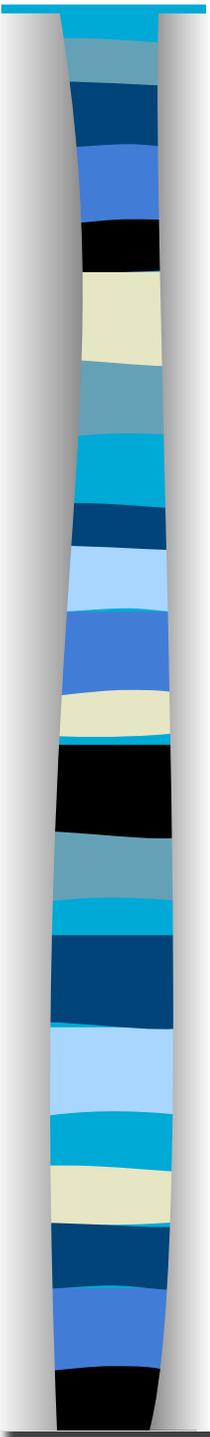


Disease Types

This type of disease is passed from parent to child and is not infectious:

- A. Autoimmune diseases
- B. Deficiency diseases
- C. Genetic diseases
- D. Cancerous diseases

Q

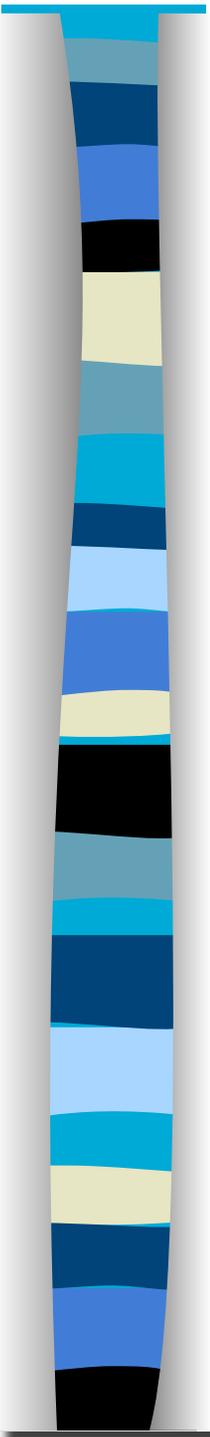


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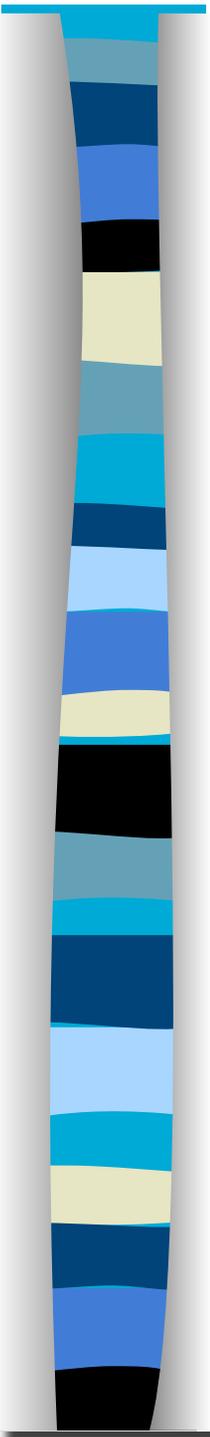


Disease Types

This type of disease is passed down from a person's parents and is not contagious:

- A. Fungal
- B. Genetic
- C. Metabolic
- D. Infectious

Q

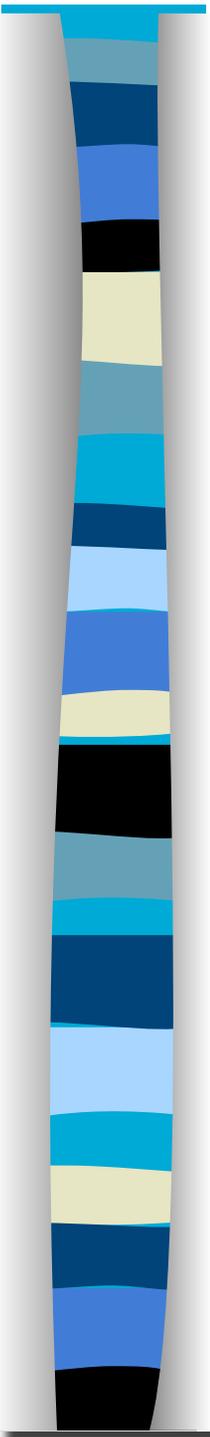


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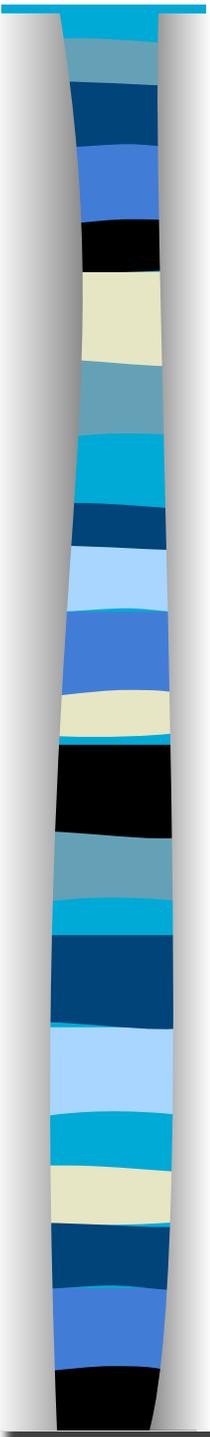


Disease Types

Insufficient supplies of vitamins, nutrients, or minerals lead to:

- A. Cancerous diseases
- B. Autoimmune diseases
- B. Genetic diseases
- D. Deficiency diseases

Q

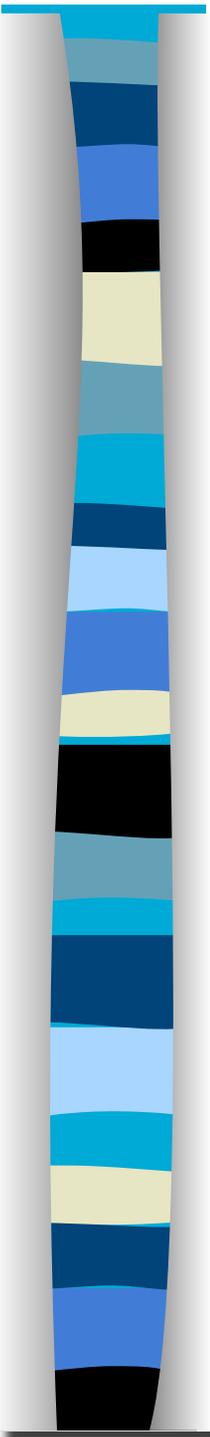


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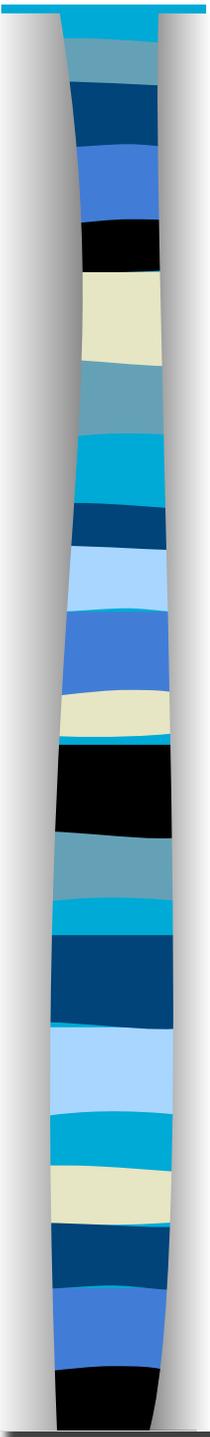


Disease Types

A lack of vitamin C in the diet could lead to:

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- B. A genetic disease
- C. An autoimmune disease
- D. A cancerous disease

Q

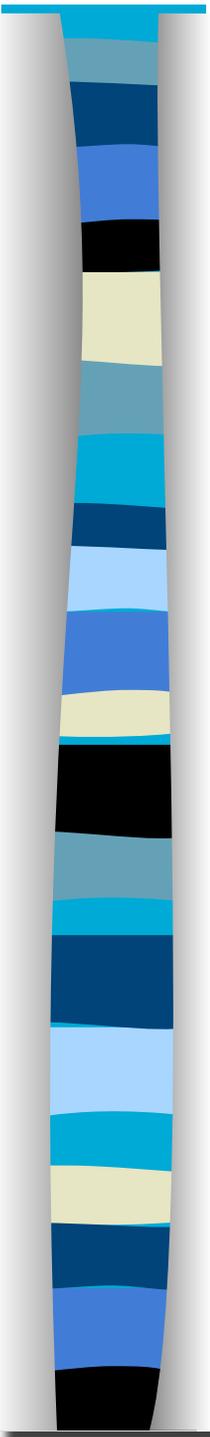


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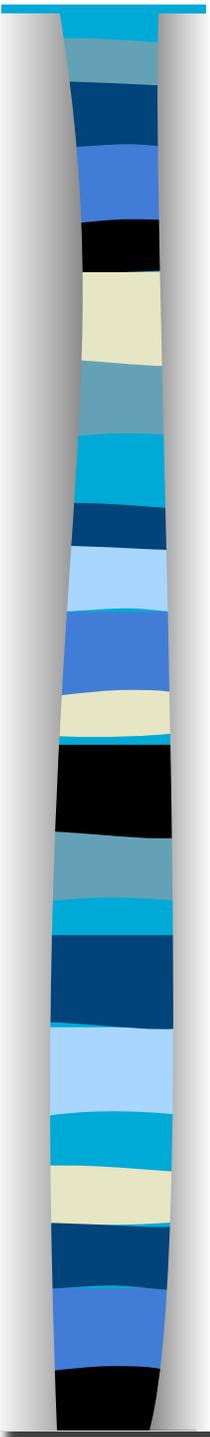


Disease Types

In the context of a massage session, a practitioner is NOT at risk for infection from which of the following?

- A. Bacteria
- B. Fungi
- C. Viruses
- D. Deficiency diseases

Q

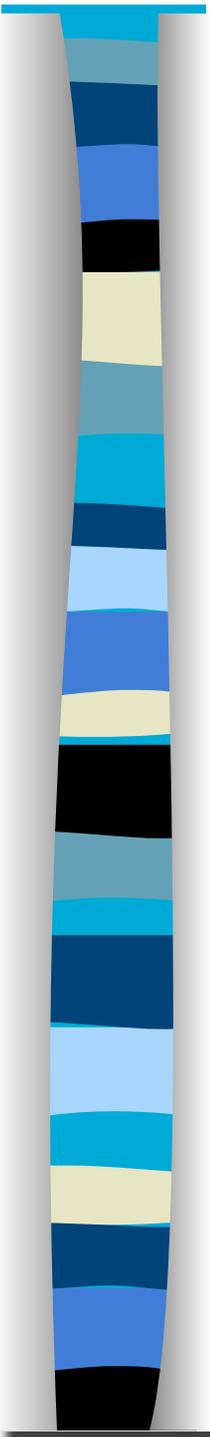


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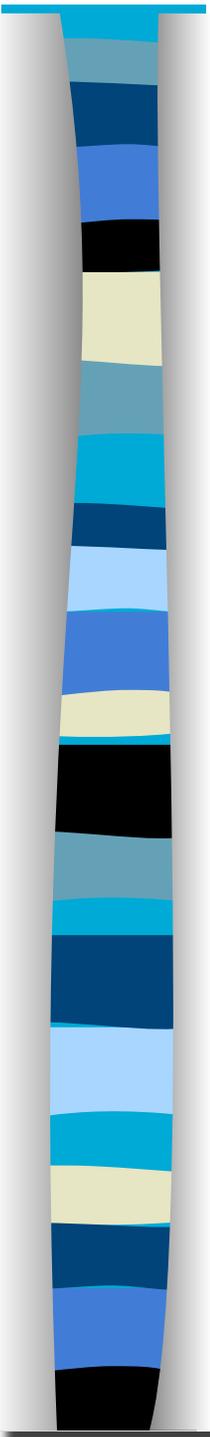


Disease Types

When a disease is spread via a pathogen, it is called:

- A. Noninfectious
- B. Infectious
- C. Pathogenic
- D. Pathotonic

Q



Disease Types

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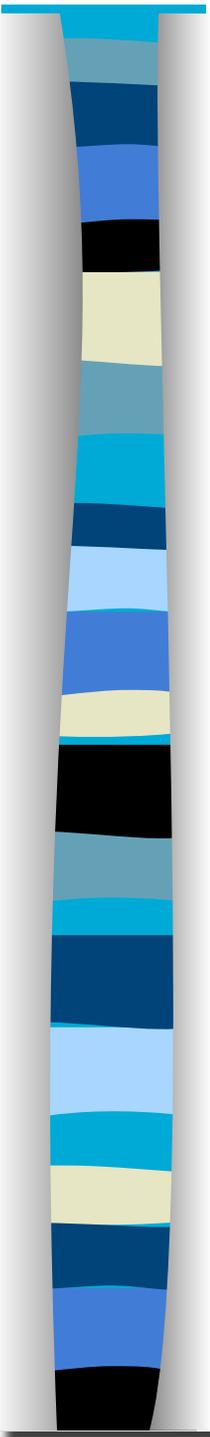
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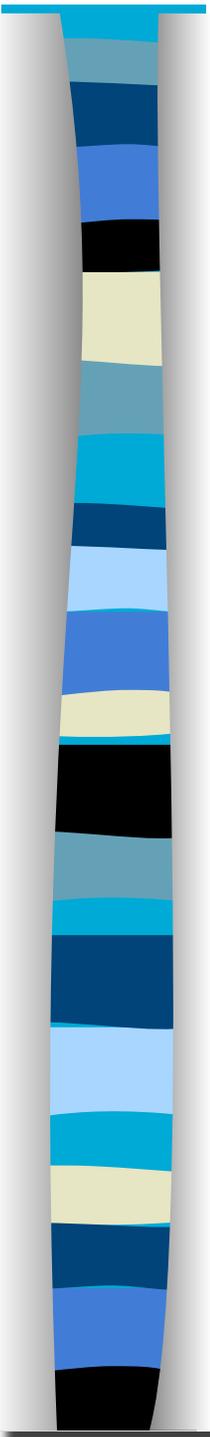


Disease Types

Infectious diseases might also be called:

- A. Passing diseases
- B. Pathogenic diseases
- C. Autoimmune diseases
- D. Communicable diseases

Q

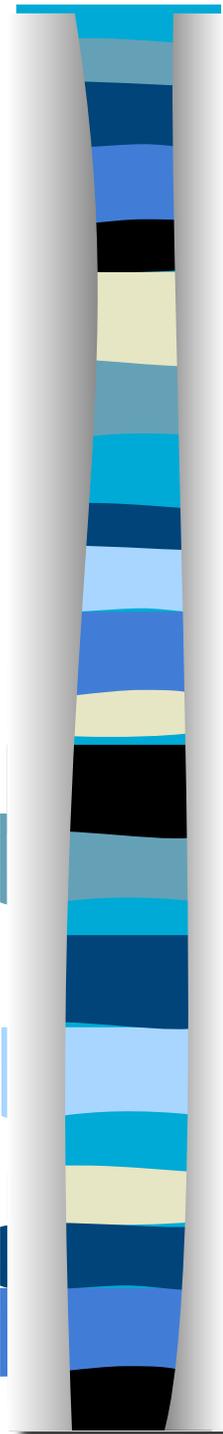


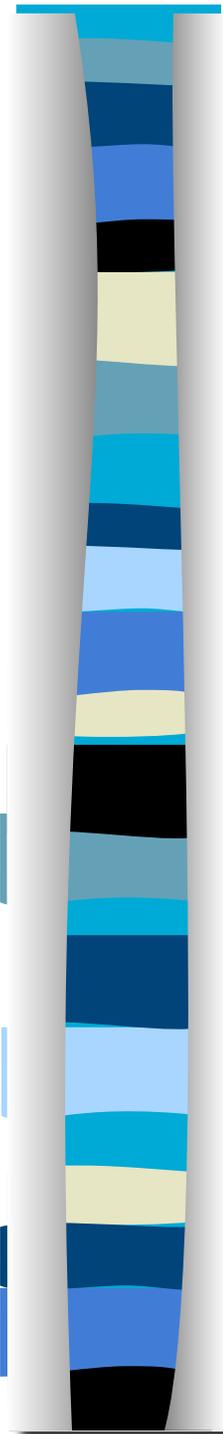
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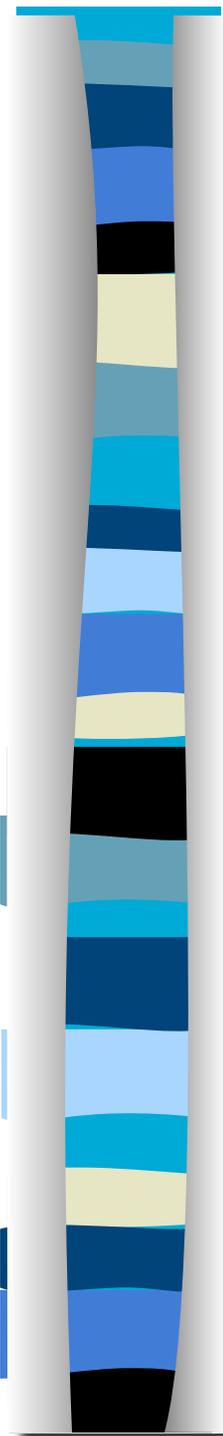
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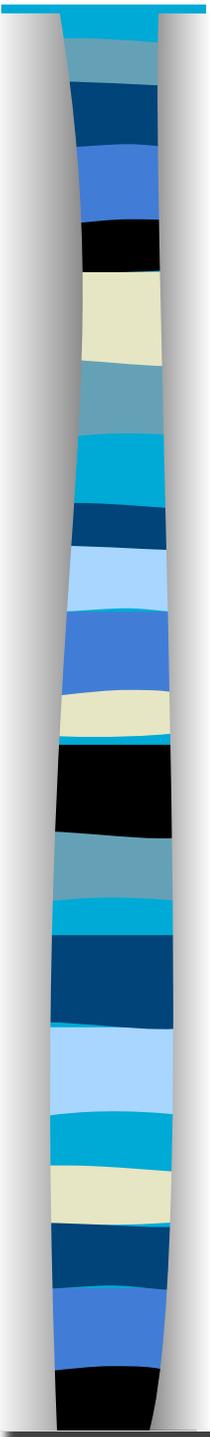
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A





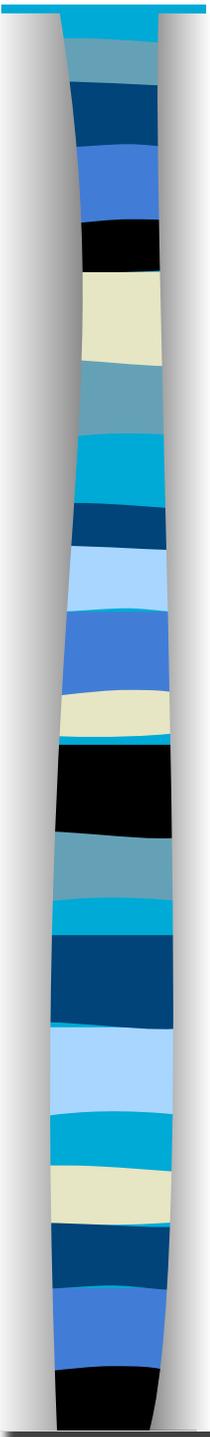




ABMP Exam Coach

Massage Professional Practices: Hygiene & Sanitation

Bacteria

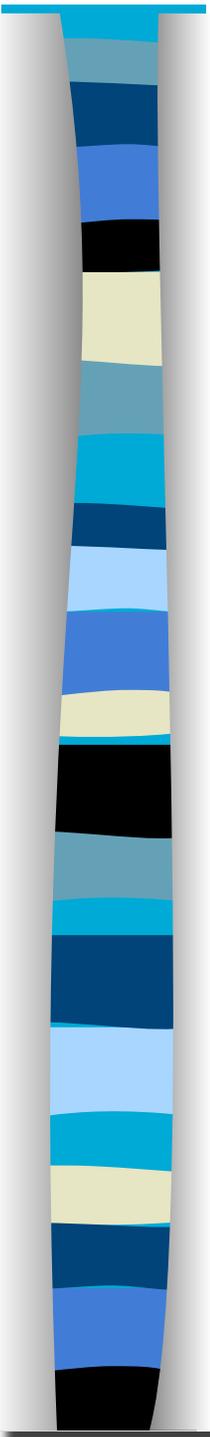


Bacteria

Pathogenic bacteria like E. coli may enter the body through:

- A. Improperly handled food or unwashed hands
- B. Human-to-animal contact with common pets like dogs and cats
- C. Hiking rugged trails with a predominance of rocky terrain
- D. Through the tsetse fly

Q



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A

Bacteria

"Staph" infections can:

- A. Pass from the practitioner to the client when the practitioner touches his/her own hair or nose and then touches the client
- B. Pass from the client to the practitioner when the client sneezes in the same room as the practitioner
- C. Pass from the client to the practitioner when the practitioner allows too much client hugging
- D. Pass from the practitioner to the client if the practitioner touches his/her own feet and then touches the client

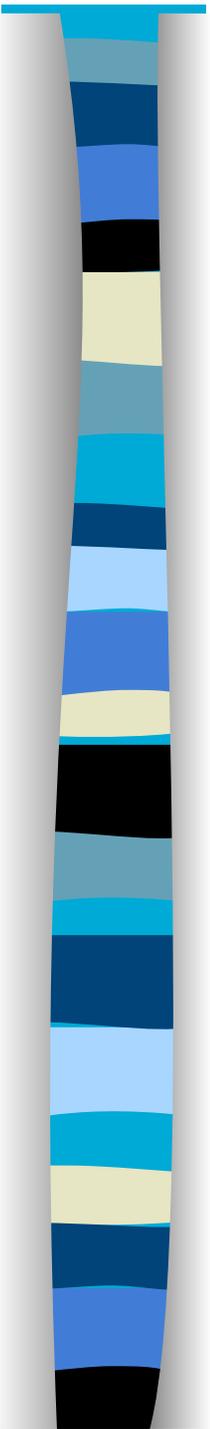
Q

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A



Bacteria

Staphylococcus aureus is a species of bacteria that causes "staph" infections and:

- A. Is most often passed when clients touch hard objects in the session room
- B. Commonly lives harmlessly on the skin and hair, and around the nose
- C. Commonly lives around the nose where it might be inhaled and produce disease
- D. Is most often passed through the air when practitioners sneeze around their clients

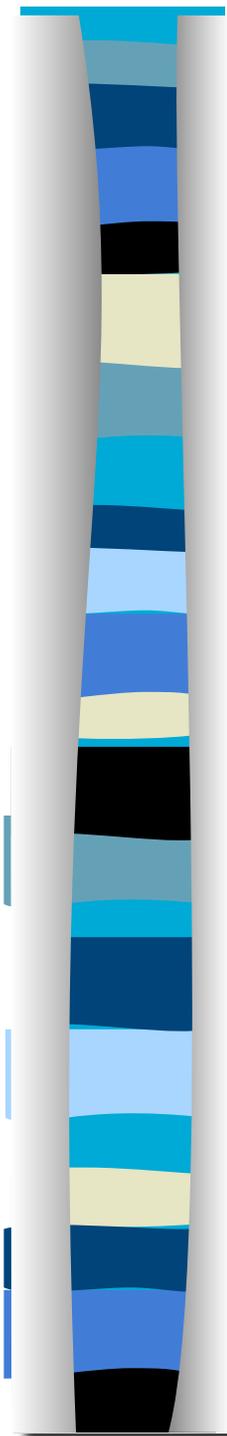
Q

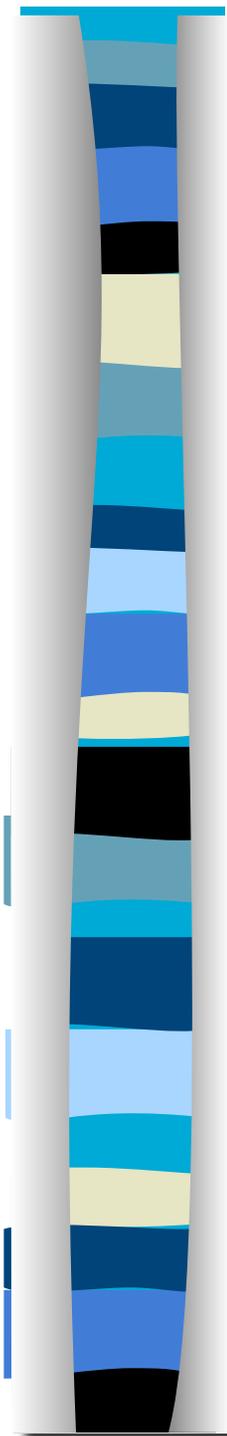
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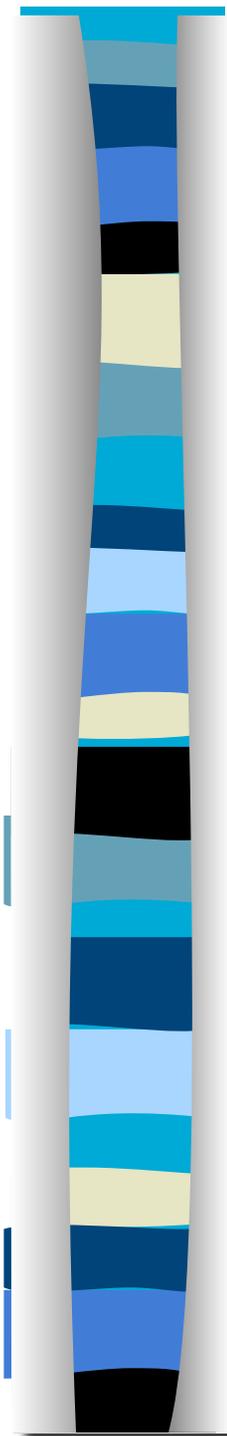
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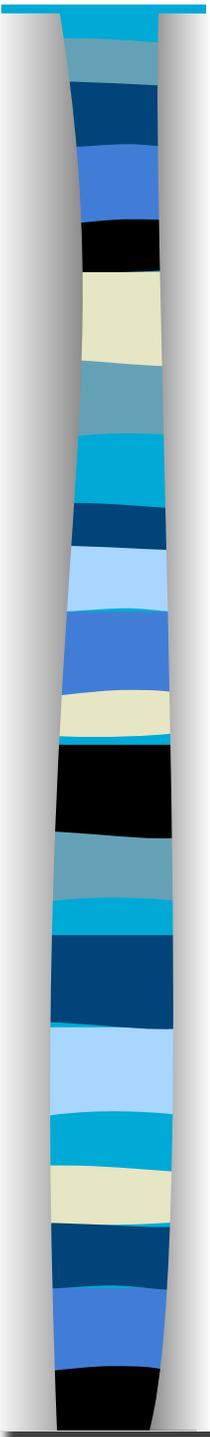
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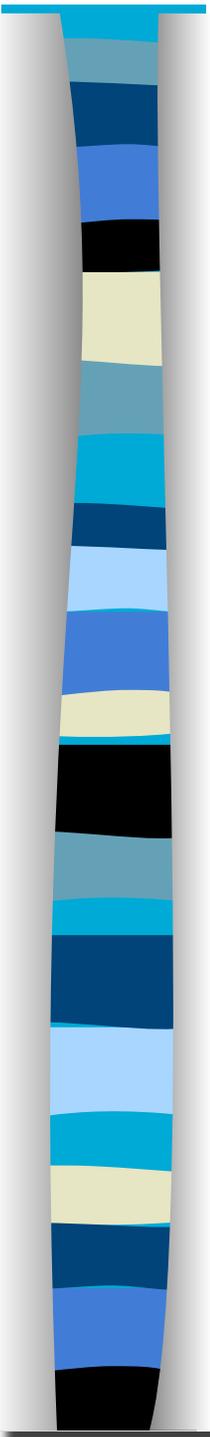




ABMP Exam Coach

Massage Professional Practices:
Hygiene & Sanitation

Animal Parasites

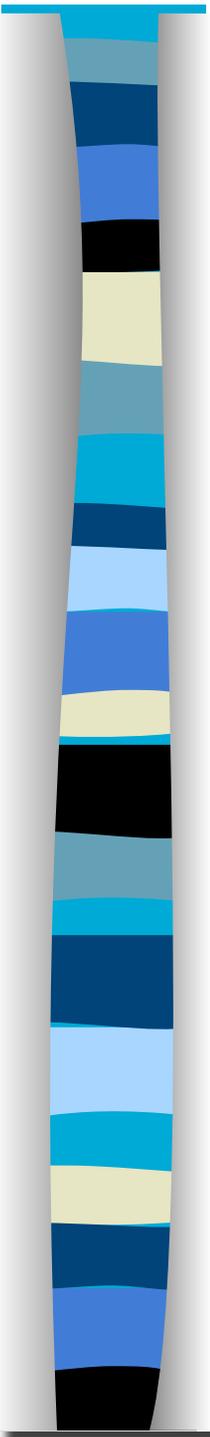


Animal Parasites

Parasitic animals can be passed:

- A. From person to person
- B. From fungi to bacteria
- C. From tabletops to other hard objects
- D. From viruses to bacteria

Q

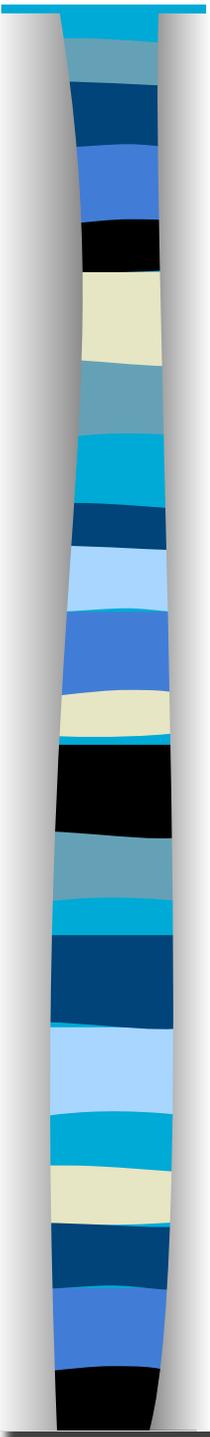


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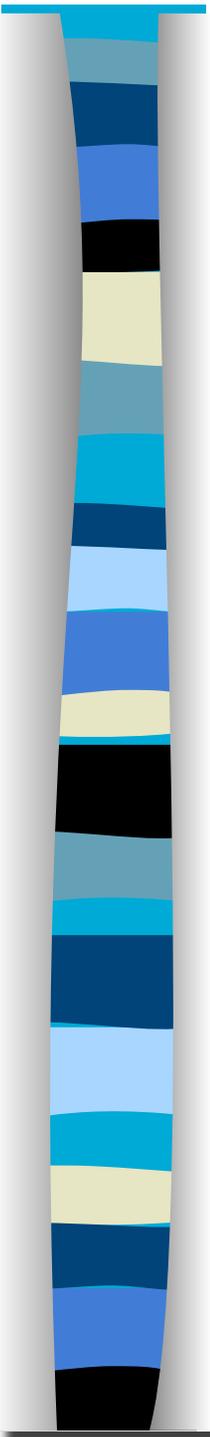


Animal Parasites

If a client received a massage yesterday and calls to inform you that she was just diagnosed with a lice infection, you should:

- A. Cancel all appointments until the facility can be deep cleaned
- B. Place any linens that came into contact with the person over the massage table to air out
- C. Advise clients to keep their socks on to avoid contact with the floor
- D. Advise clients to shower carefully after their massage sessions

Q

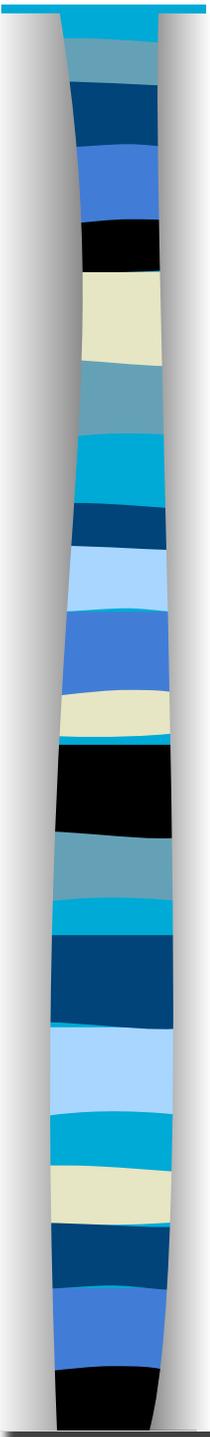


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A



Animal Parasites

Parasitic animals include:

A. Ducks

B. Lice

C. Bats

D. Flies

Q

Animal Parasites

Parasitic animals include:

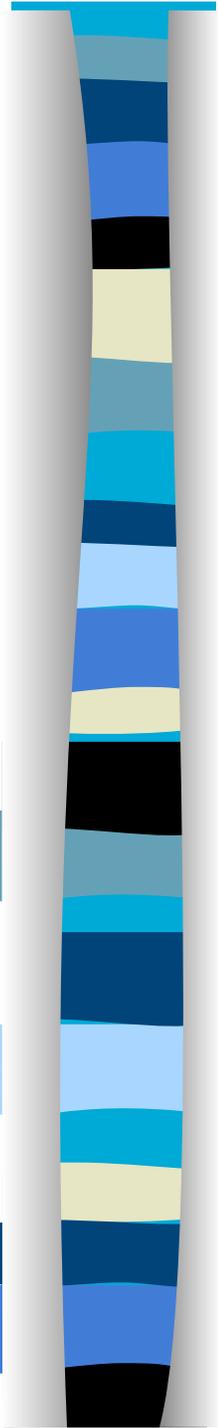
A. Ducks

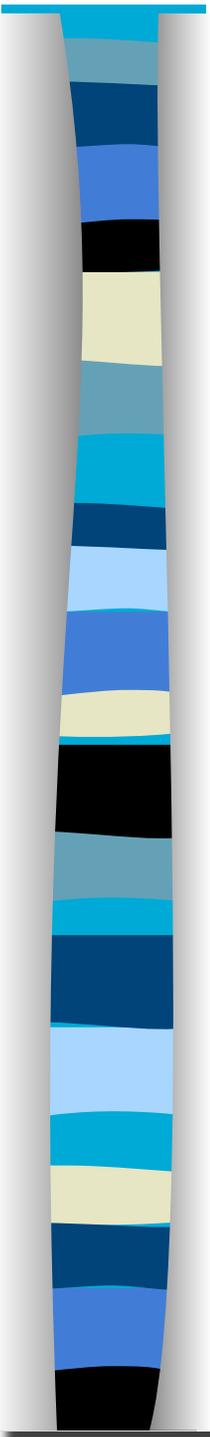
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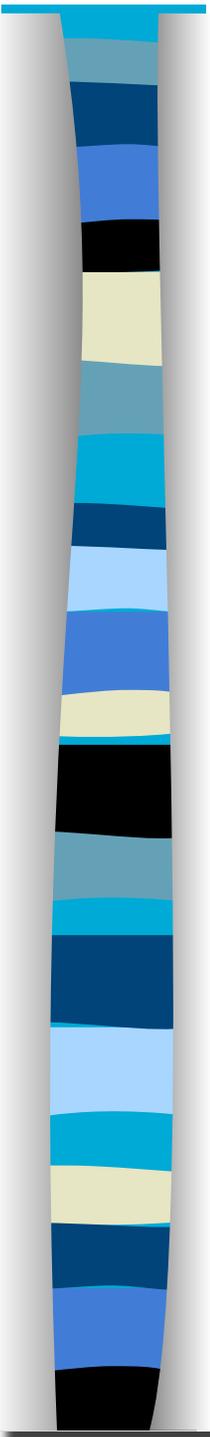


Animal Parasites

Lice are spread through:

- A. Vector transmission through infected pets
- B. Direct contact or contact with infected linens or clothing
- C. Vehicle transmission through infected linens or clothing
- D. Indirect contact through infected water

Q

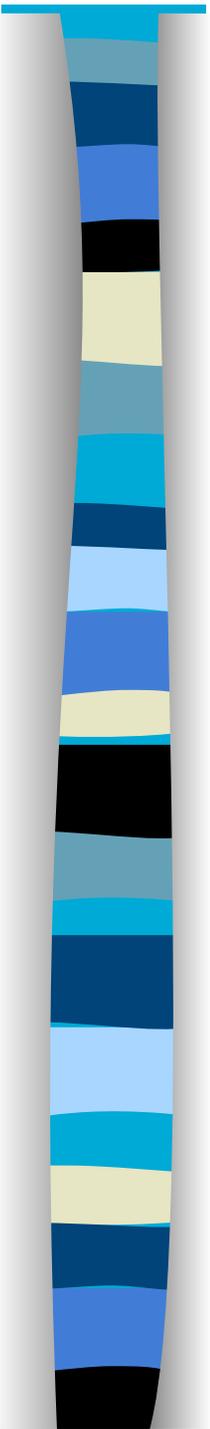


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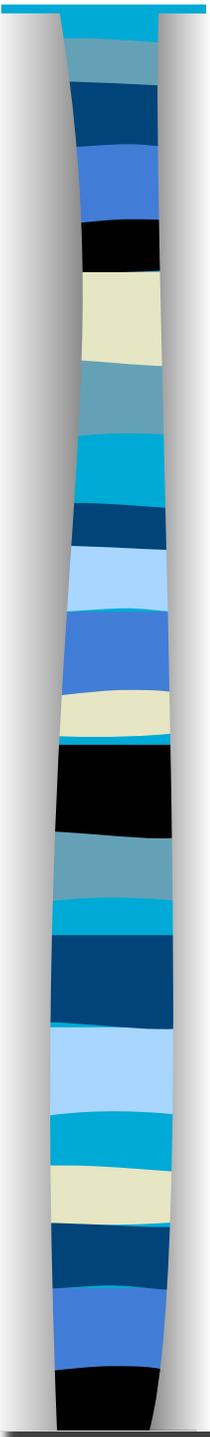


Animal Parasites

Lice do what?

- A. Suck the blood of the host and cause itching
- B. Cause itching, fever, and nausea
- C. Cause itching, fever, and blurred vision
- D. Suck the blood of the host and cause fever

Q

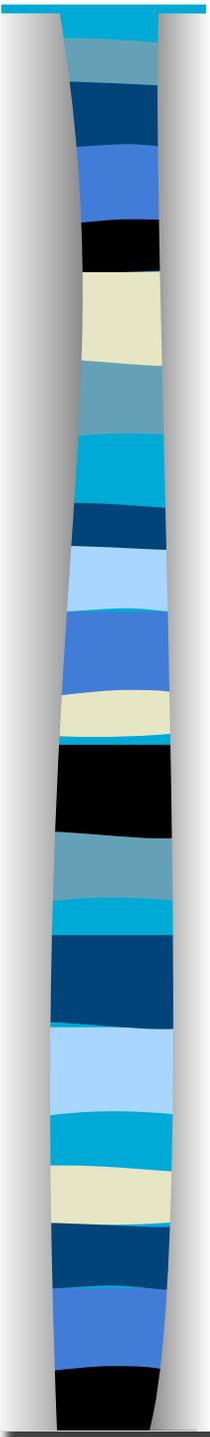


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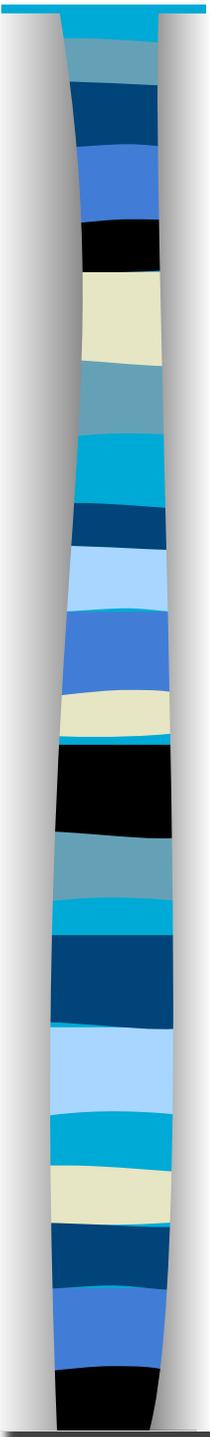


Animal Parasites

Mites do what?

- A. Suck the blood of the host and cause fever
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Q

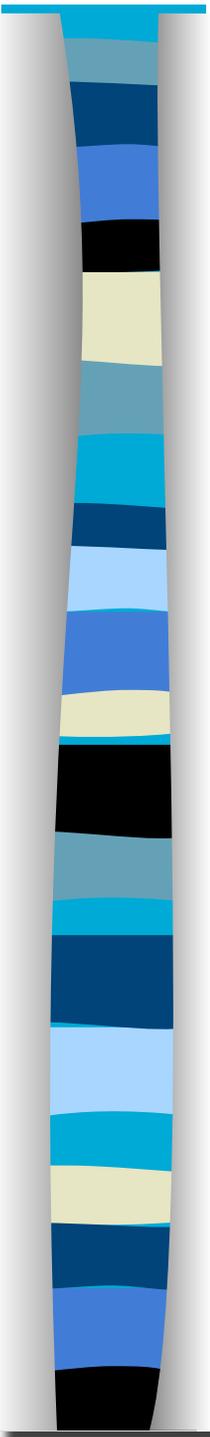


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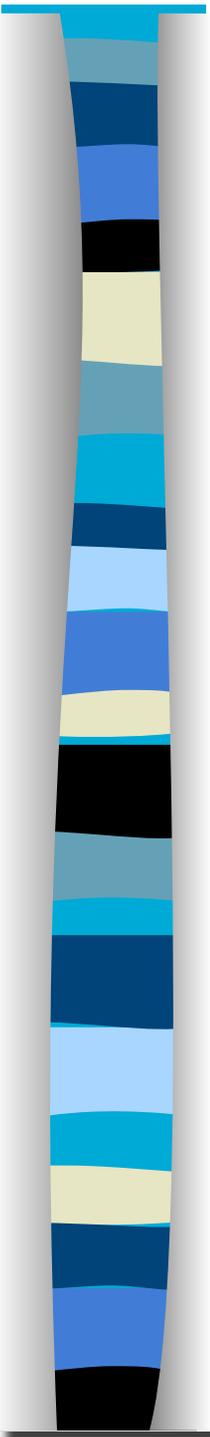


Animal Parasites

The excrement of mites is highly irritating and leads to:

- A. Nausea and vomiting
- B. Sore throat and watery eyes
- C. Itchy, red allergic reactions
- D. Fever and headache

Q

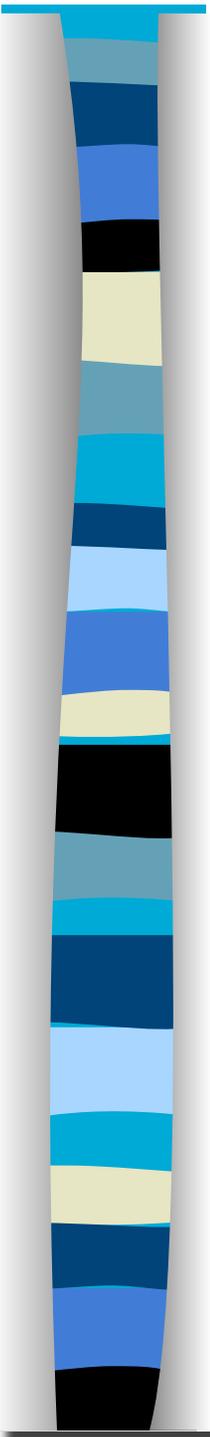


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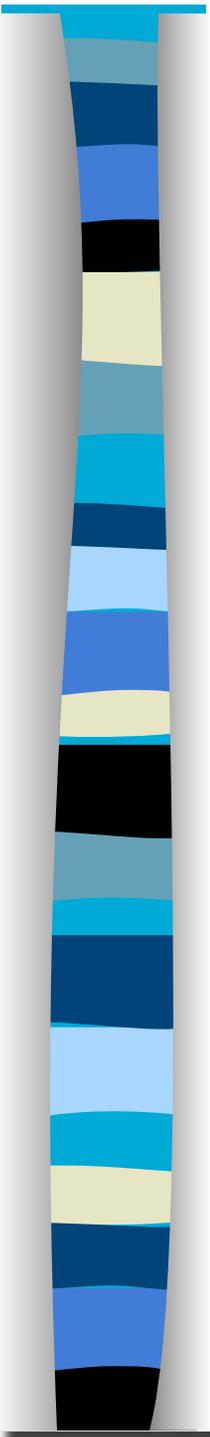


Animal Parasites

Mites thrive in:

- A. Warm, moist areas of the body and skin folds
- B. Warm, moist areas like mud exposed to sunshine
- C. Cold, dry areas of the body and exposed skin
- D. Cold, dry areas like treatment room surfaces

Q

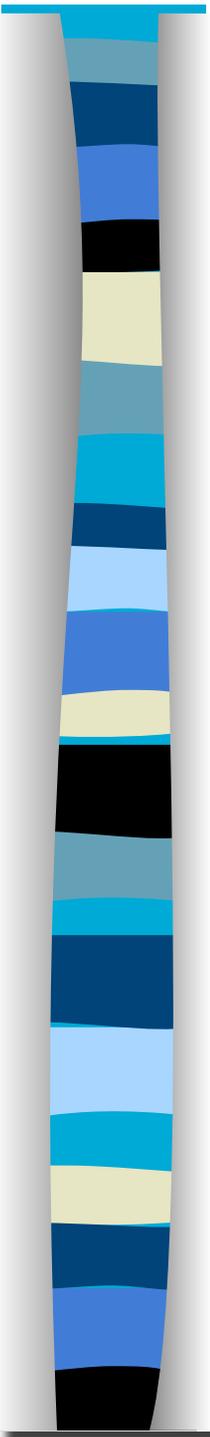


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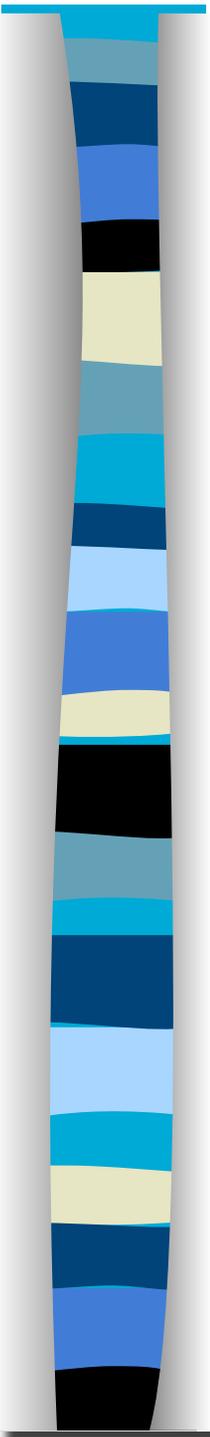


Animal Parasites

Mites are spread through:

- A. Vector transmission through infected pets
- B. Indirect contact through infected water
- C. Vehicle transmission through infected linens
- D. Direct contact with infected linens

Q

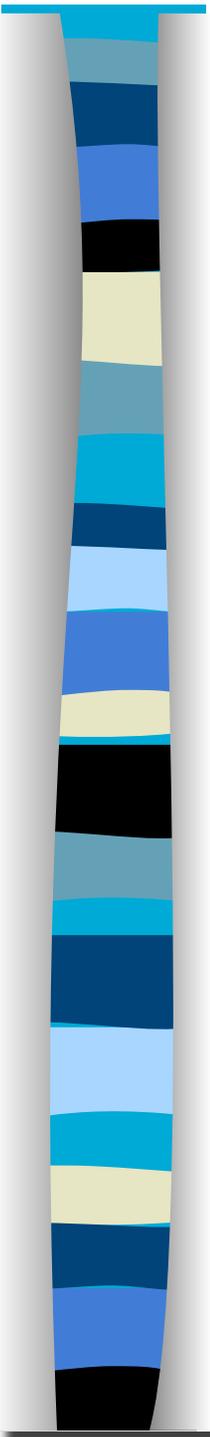


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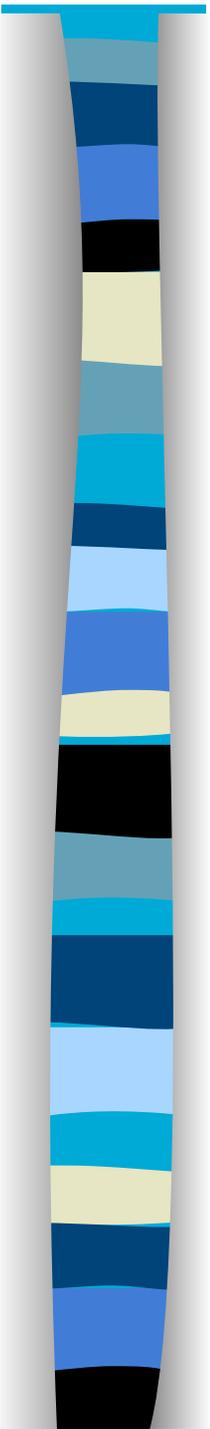


Animal Parasites

Skin-to-skin contact or contact with contaminated linen, flooring, or hard surfaces could cause infections from:

- A. Ringworm
- B. Amoebic dysentery
- C. Protozoa
- D. Diabetes

Q

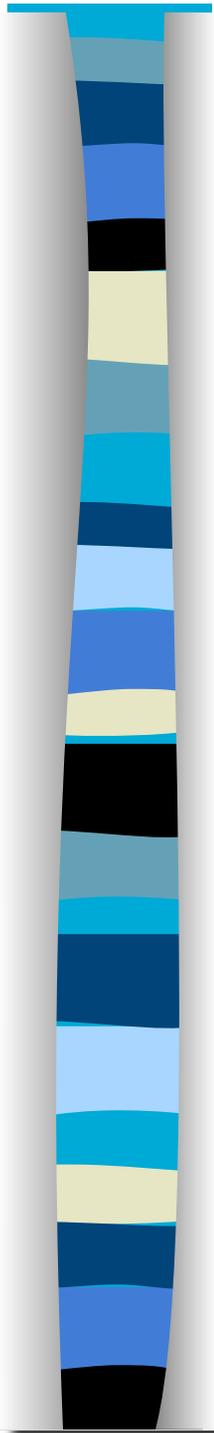


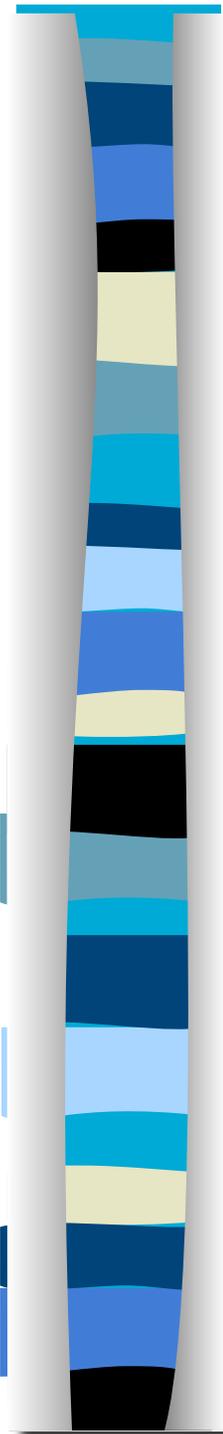
Animal Parasites

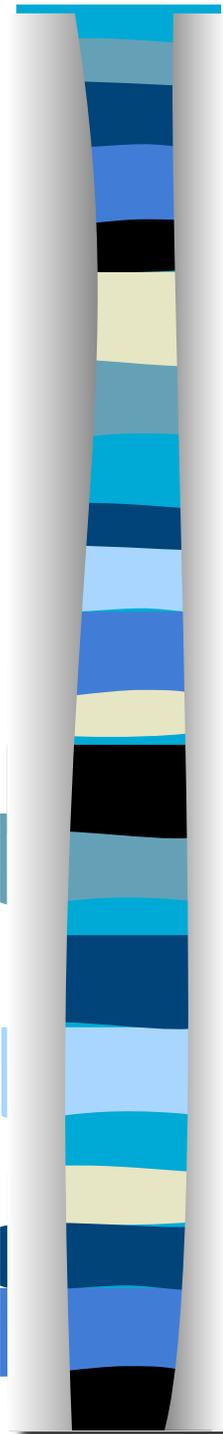
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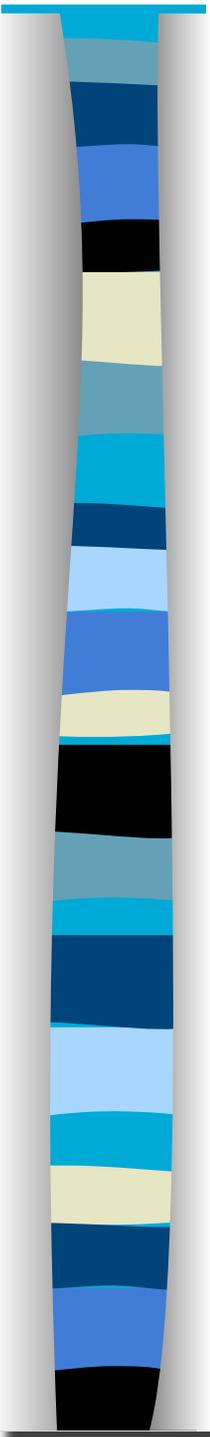
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A









ABMP Exam Coach

Massage Professional Practices: Hygiene & Sanitation

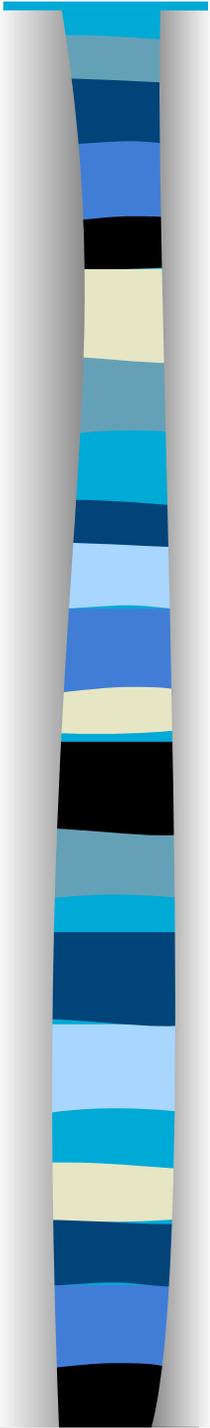
Fungus

Fungus

Tinea corporis, tinea capitis, and tinea pedis are forms of:

- A. Viruses
- B. Protozoa
- C. Bacteria
- D. Ringworm

Q

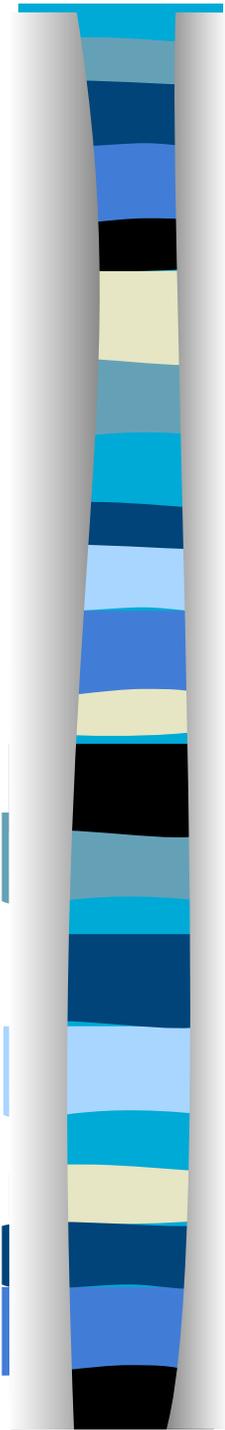


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All of the following are considered bacteria EXCEPT for:

- A. Tinea pedis
- B. E. coli
- C. Staphylococcus
- D. Salmonella

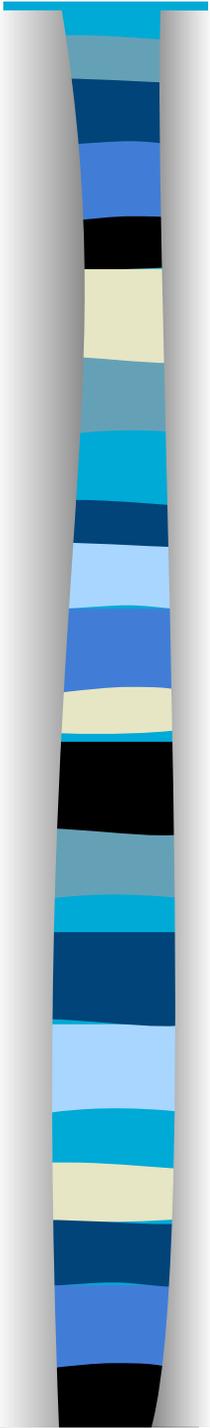
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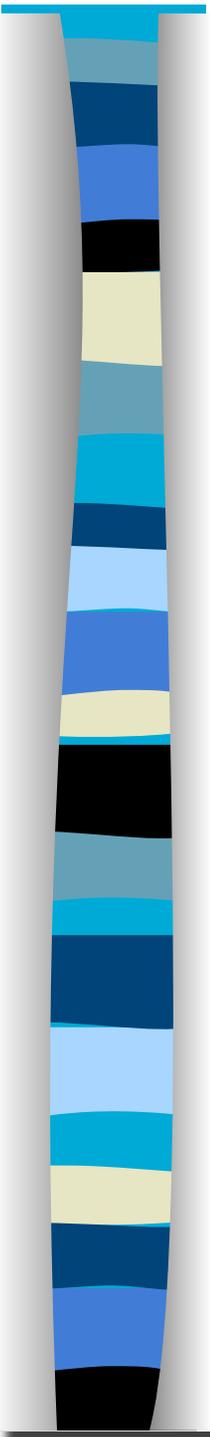
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Fungus

Because of the possibility of fungal infection, practitioners are discouraged from working:

- A. On client's hands
- B. With long hair down
- C. On client's feet
- D. Barefoot

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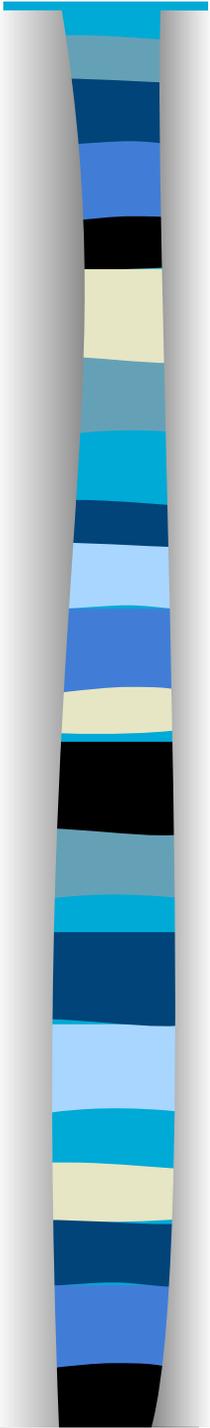
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Fungus

Red, scaly patches known commonly as ringworm is caused by this pathogen:

- A. Virus
- B. Parasitic animal
- C. Protozoa
- D. Fungi

Q

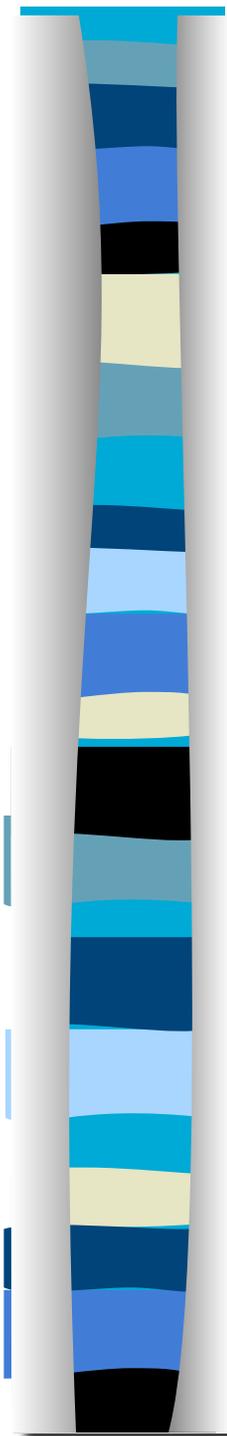


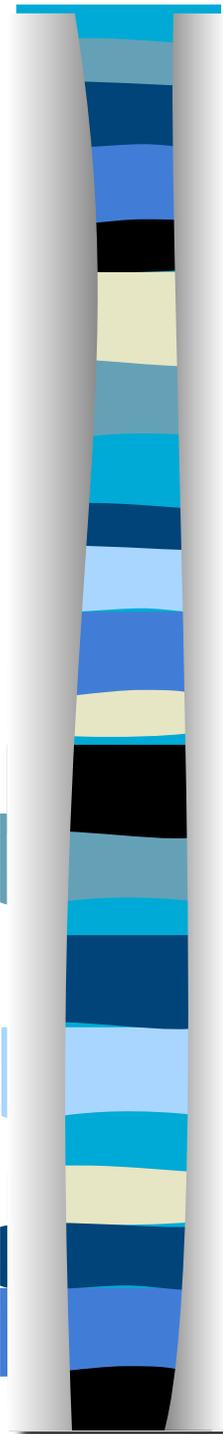
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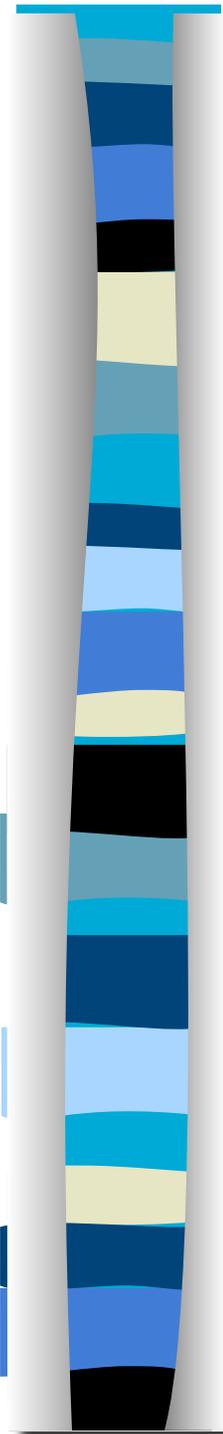
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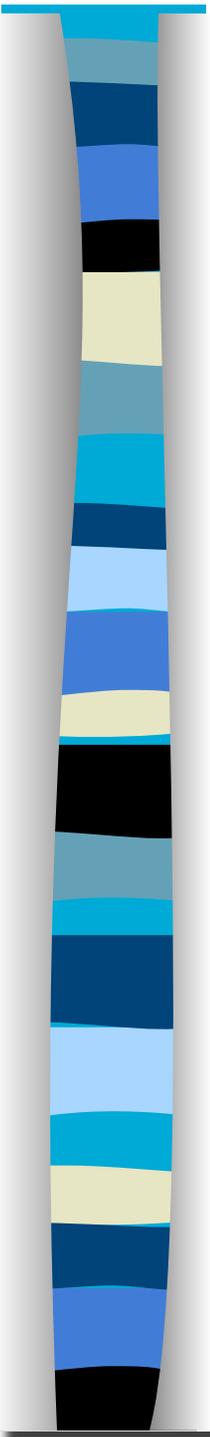
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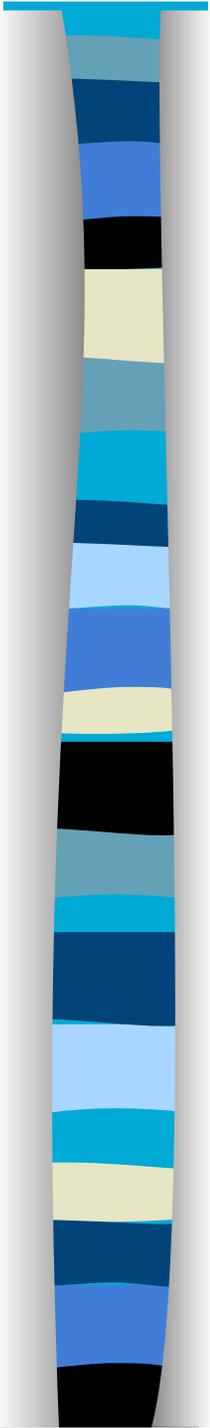
Virus

Virus

This type of pathogen must take over a host cell to spread:

- A. A virus
- B. A bacteria
- C. A protozoa
- D. A fungi

Q

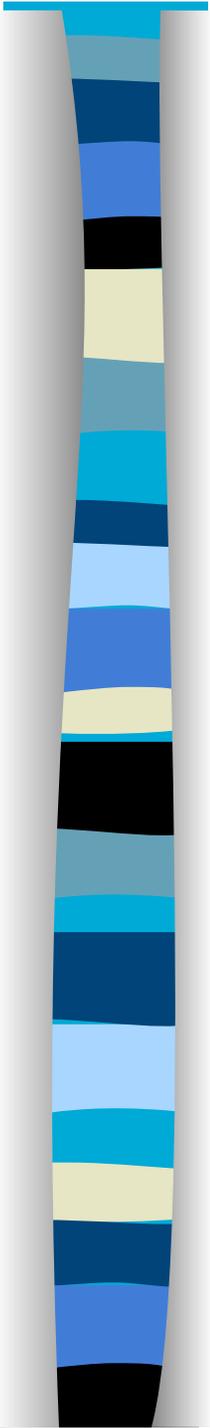


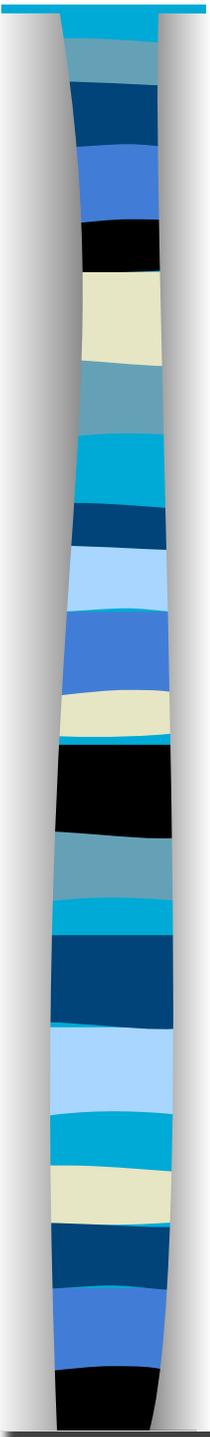
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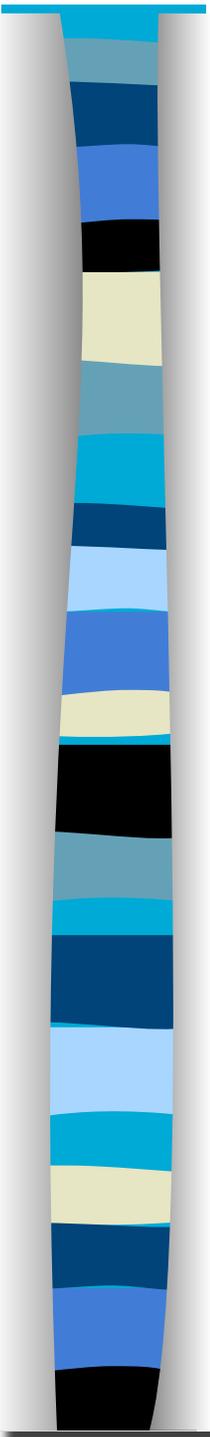


Virus

A client with HIV / AIDS is most at risk from:

- A. Infection by entering the reception area with other clients
- B. Infection by entering the treatment room after another client's session
- C. Infection by a practitioner who does not practice standard precautions
- D. Infection by a practitioner who does practice standard precautions

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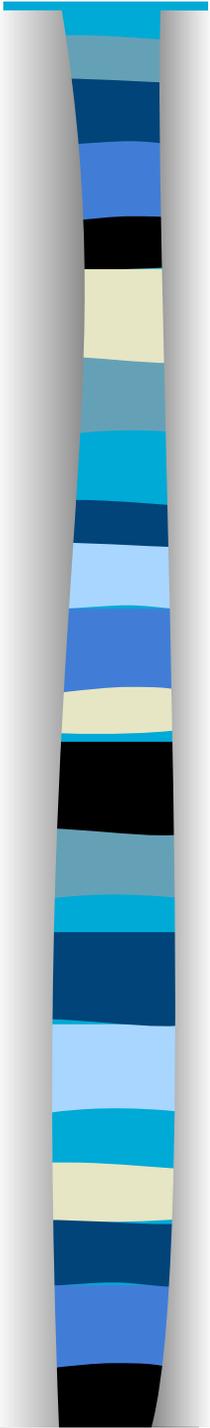
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Virus

The type of hepatitis commonly transferred through blood in health-care settings is:

- A. Hepatitis A
- B. Hepatitis C
- C. Hepatitis B
- D. Hepatitis D

Q

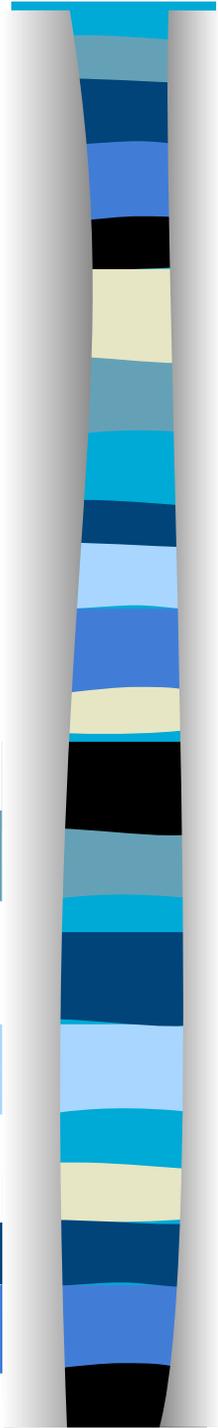


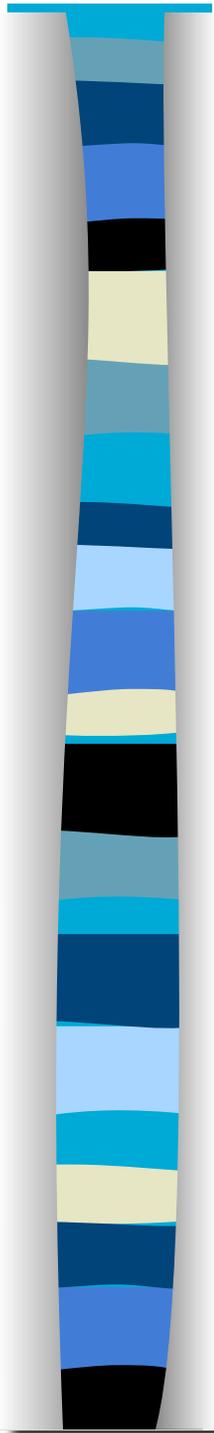
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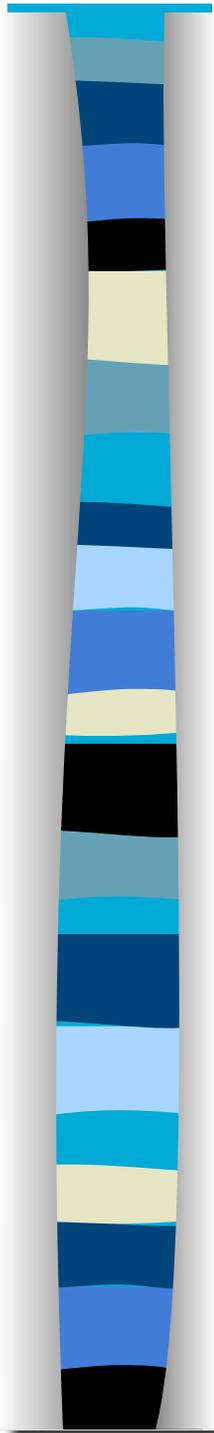
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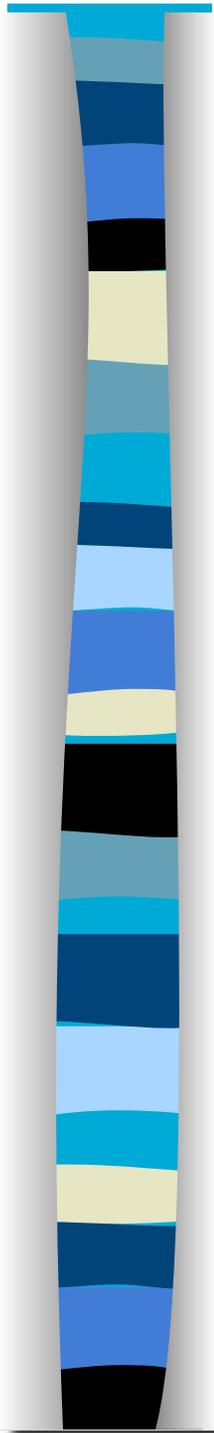
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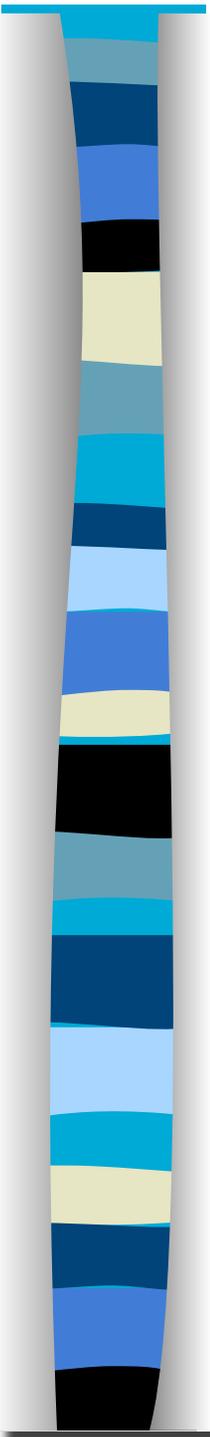
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ABMP Exam Coach

Massage Professional Practices: Hygiene & Sanitation

Protozoa

Protozoa

A protozoa is:

- A. A metabolic agent
- B. A parasitic animal
- C. An infectious agent
- D. An autoimmune agent

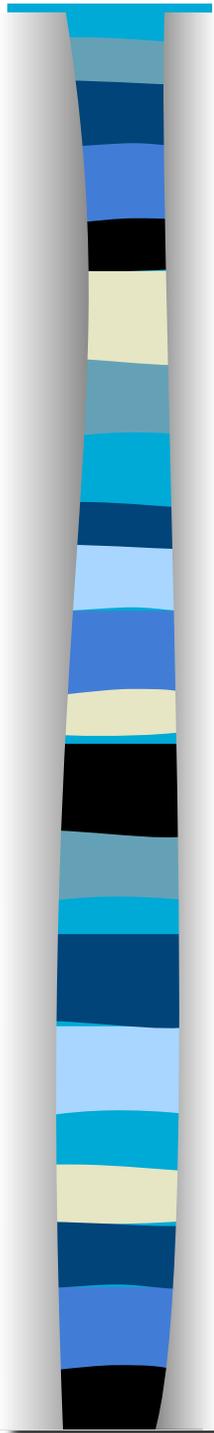
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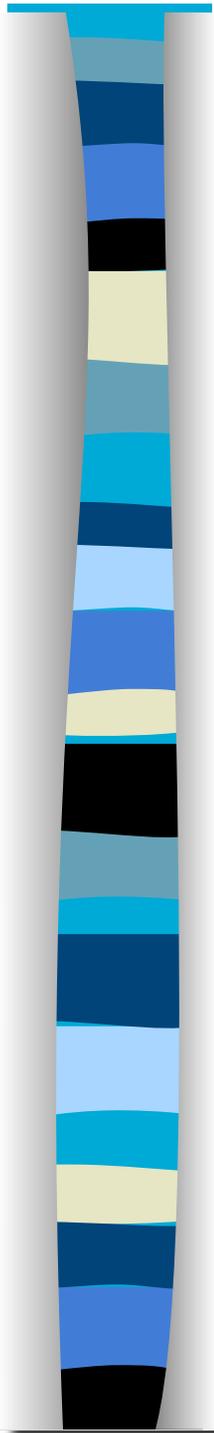
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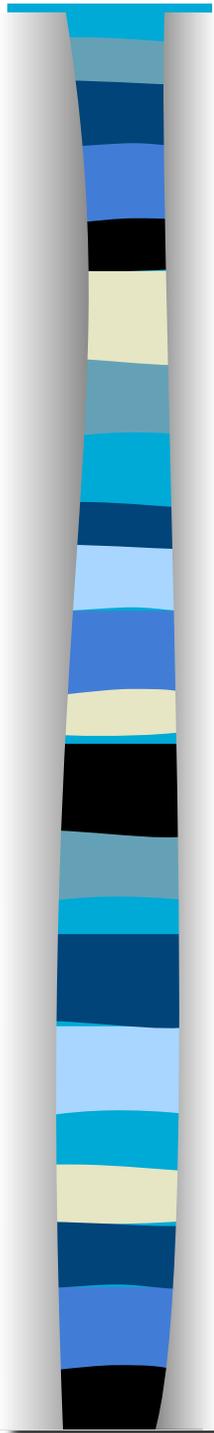
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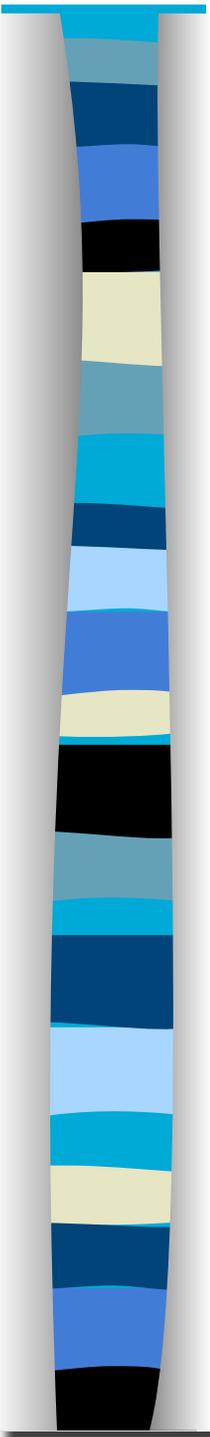
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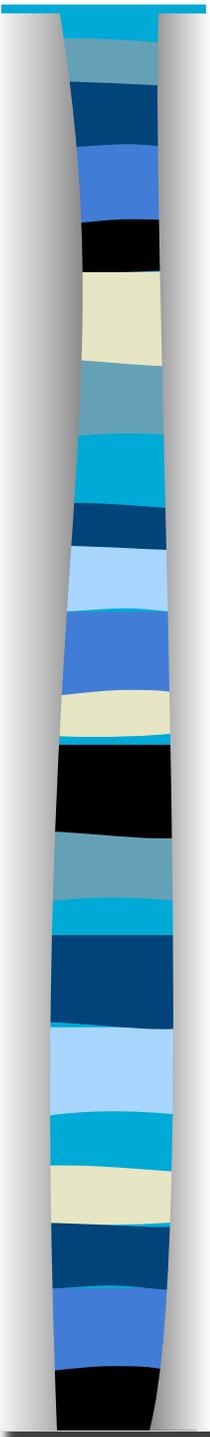




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Massage Professional Practices:
Hygiene & Sanitation

Disease Process

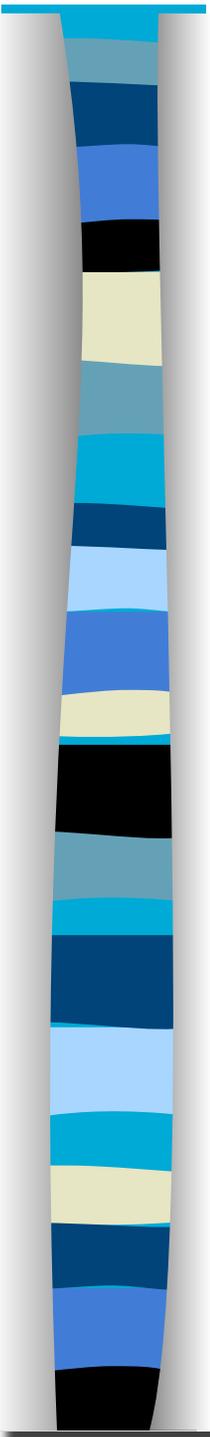


Disease Process

An abnormal condition that results in medically significant symptoms is:

- A. A side effect
- B. A symptom
- C. A contraindication
- D. A disease

Q



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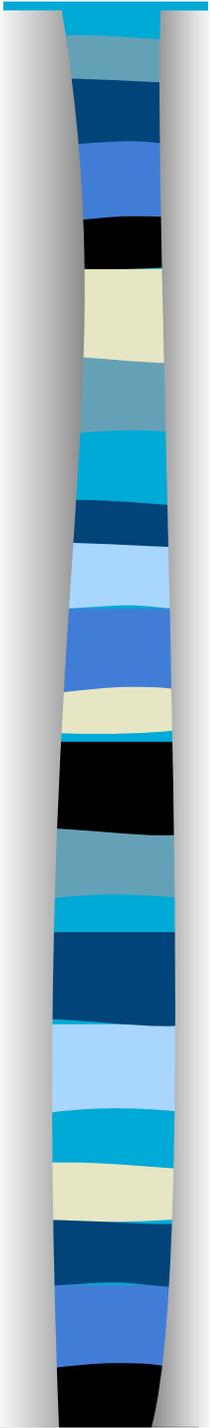
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Disease Process

If the disease persists for a long time, or regularly recurs, it is:

- A. Subacute
- B. Maturing
- C. Chronic
- D. Acute

Q

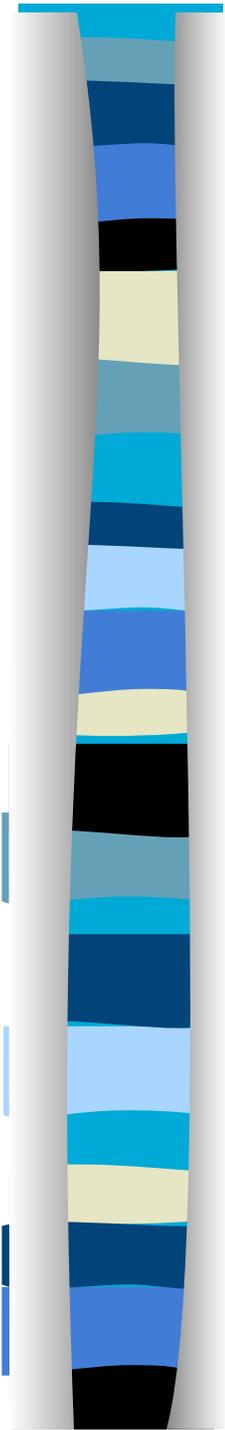


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Disease Process

Symptoms are severe and the situation is more dangerous when a disease is:

- A. In the maturation stage
- B. In an acute stage
- C. In the proliferation stage
- D. In the chronic stage

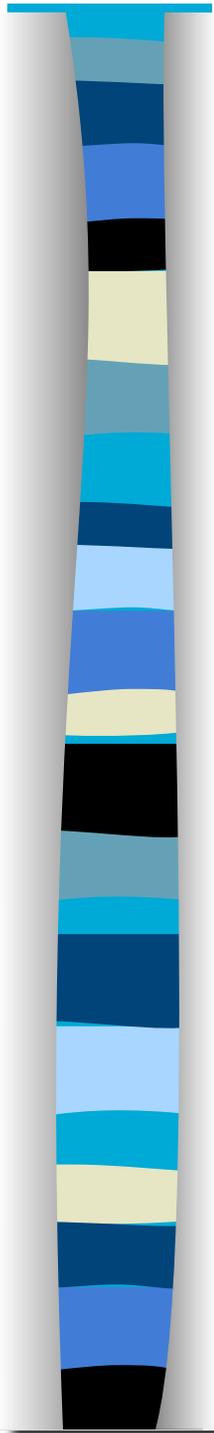
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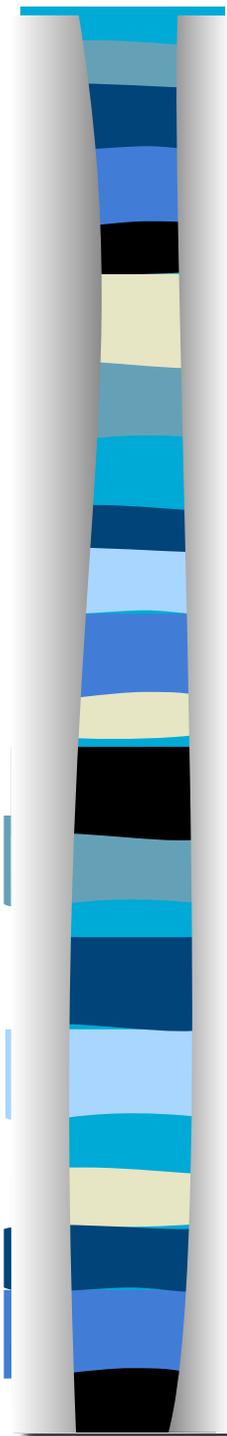
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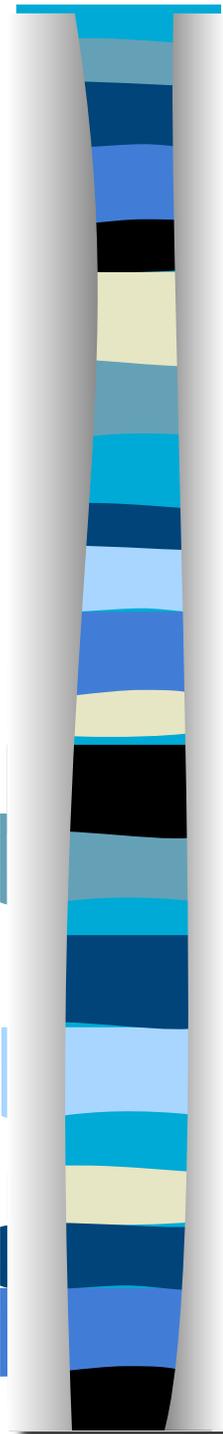
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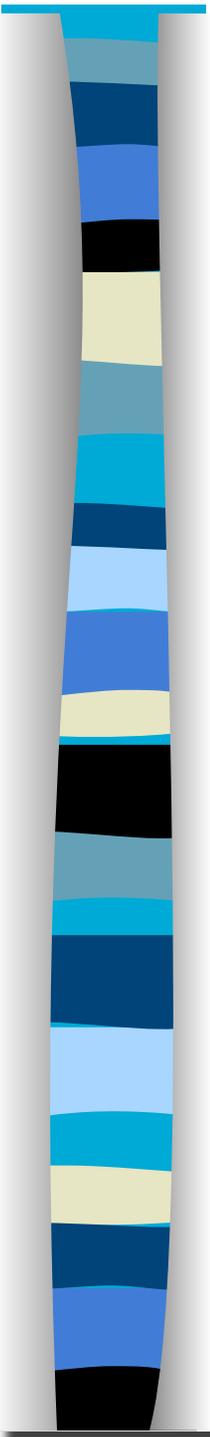
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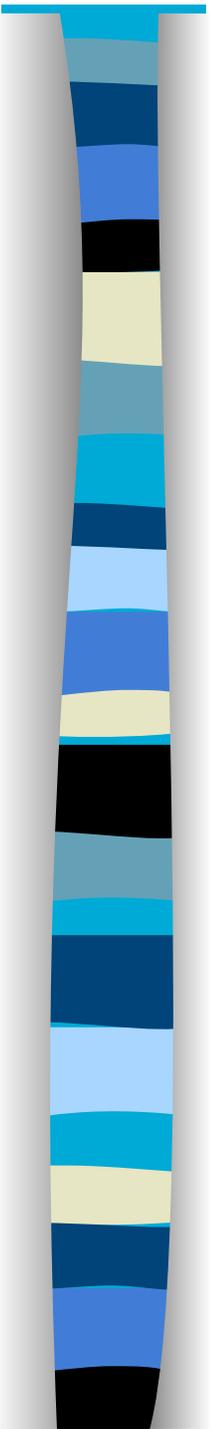




ABMP Exam Coach

Massage Professional Practices:
Hygiene & Sanitation

Transmission Types

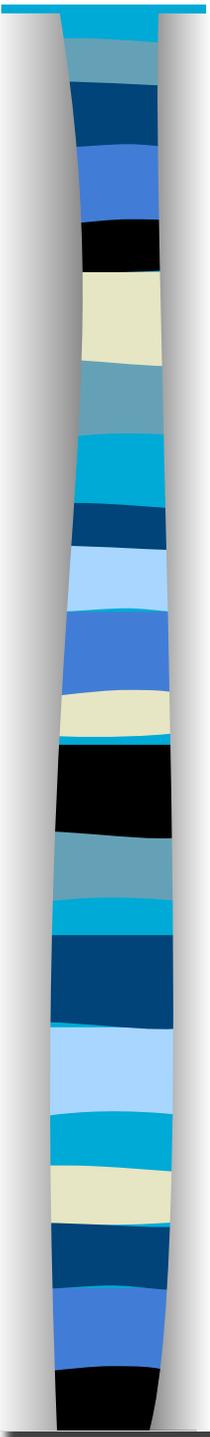


Transmission Types

Flies, fleas, and mosquitoes are agents of this type of disease transmission:

- A. Vector
- B. Vehicle
- C. Fomite
- D. Indirect

Q

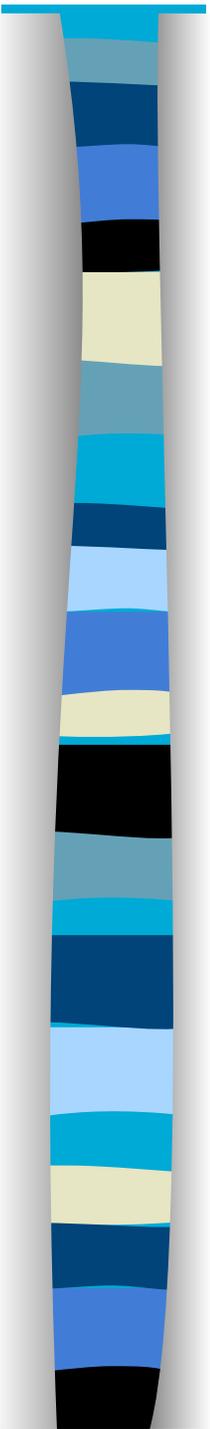


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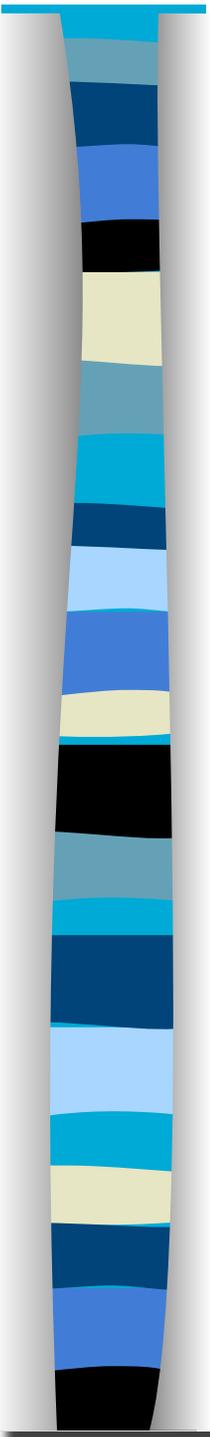


Transmission Types

Getting sick after breathing contaminated air on an airplane is an example of infection via this type of disease transmission:

- A. Vector
- B. Direct
- C. Vehicle
- D. Fomite

Q

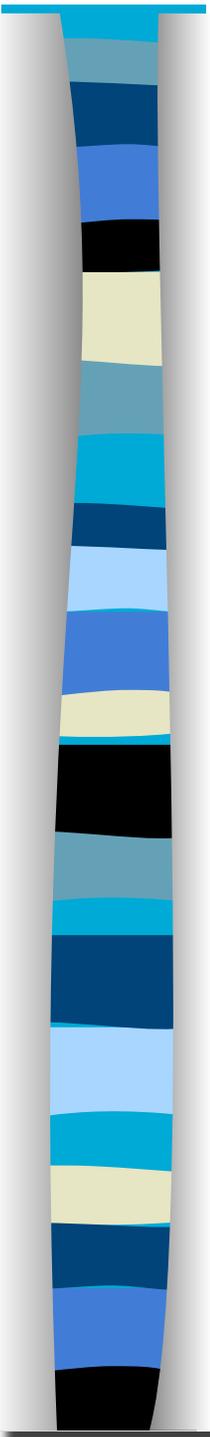


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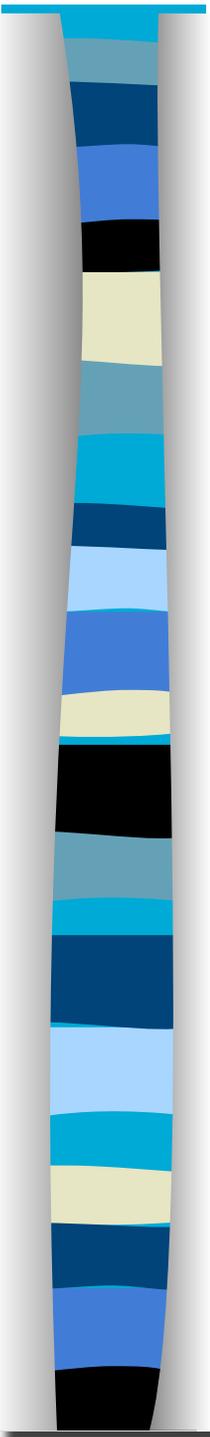


Transmission Types

Transmission of pathogens via air, food, or liquid is known as _____ transmission.

- A. Indirect
- B. Vector
- C. Direct
- D. Vehicle

Q

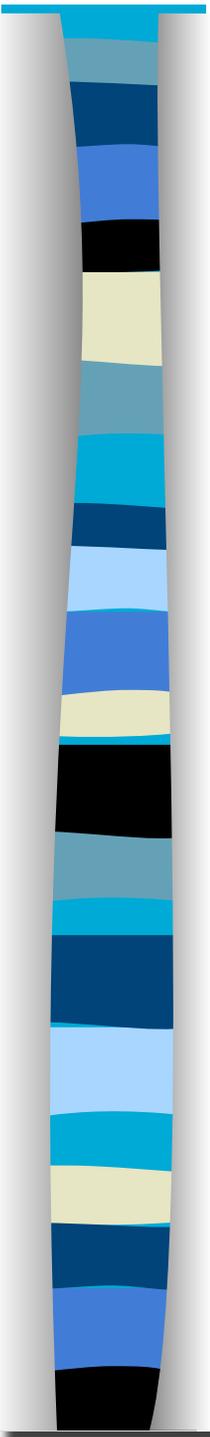


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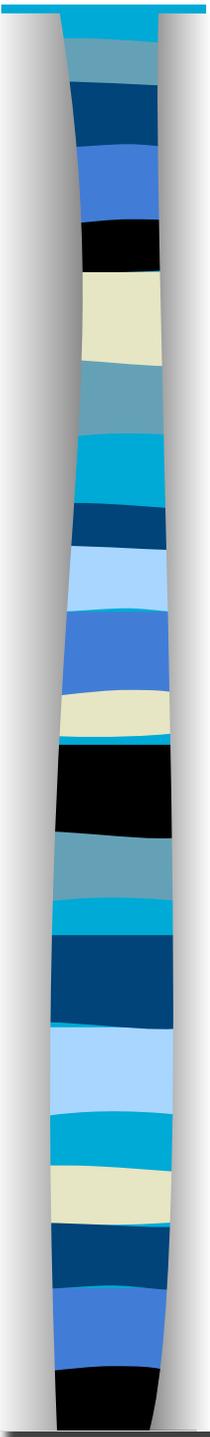


Transmission Types

In disease transmission, vehicle transmission means:

- A. A pathogen is transferred via a fomite
- B. A pathogen is transferred via touch from another person
- C. A pathogen is transferred via water or food
- D. A pathogen is transferred via an insect or animal

Q

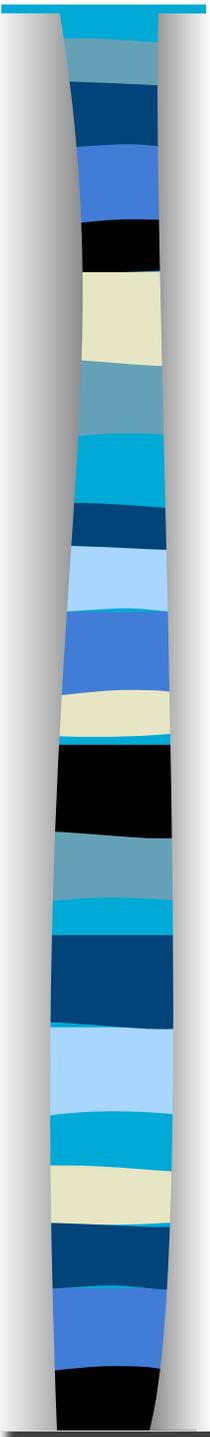


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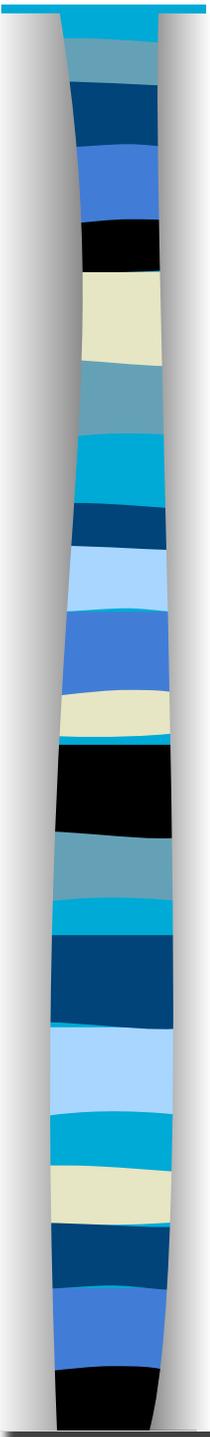


Transmission Types

Respiratory diseases are most commonly spread by which form of infection?

- A. Inhalation
- B. Ingestion
- C. Contact with broken skin
- D. Contact with mucous membranes

Q

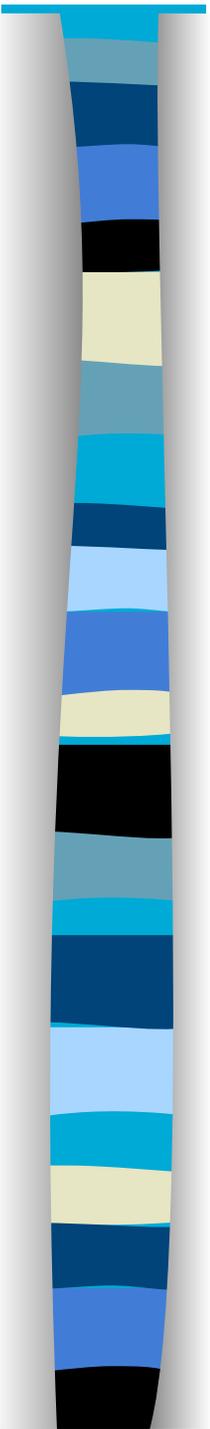


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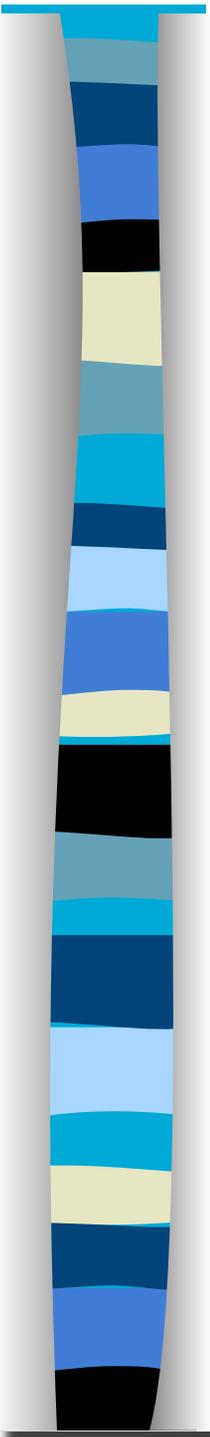


Transmission Types

All of the following are mechanisms of vehicle transmission EXCEPT:

- A. Insect bite
- B. Air
- C. Liquid
- D. Food

Q



Transmission Types

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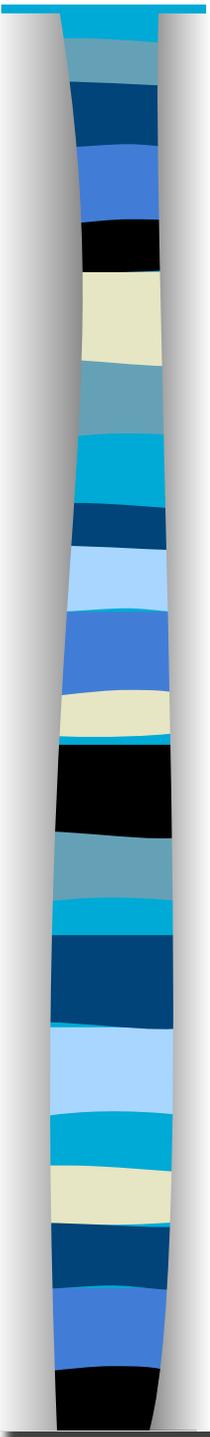
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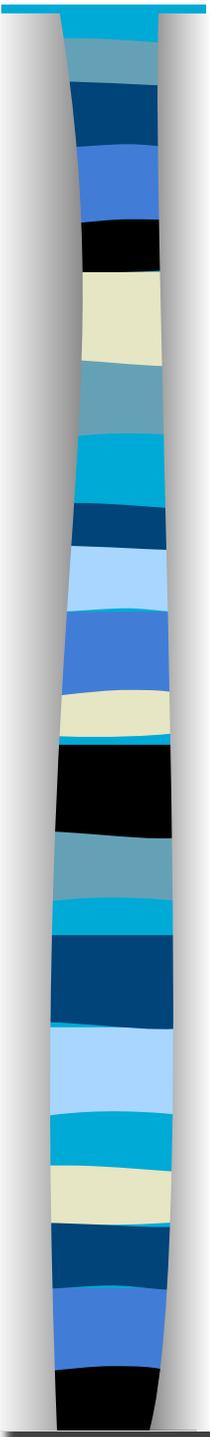


Transmission Types

The passing of micro-organisms from one person to another is known as:

- A. Pollution
- B. Cross-contamination
- C. Disease
- D. Hygiene

Q

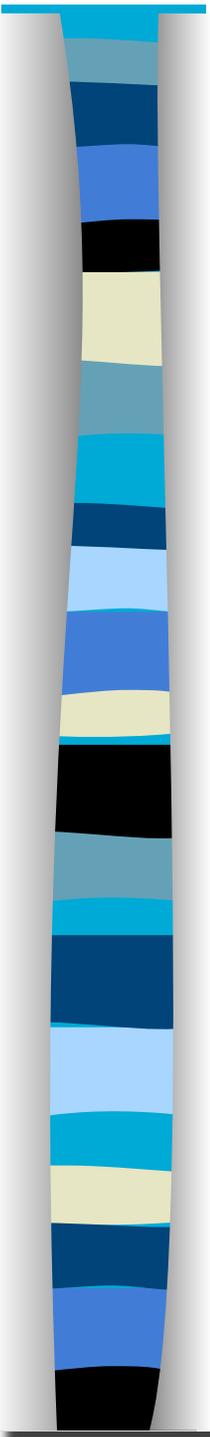


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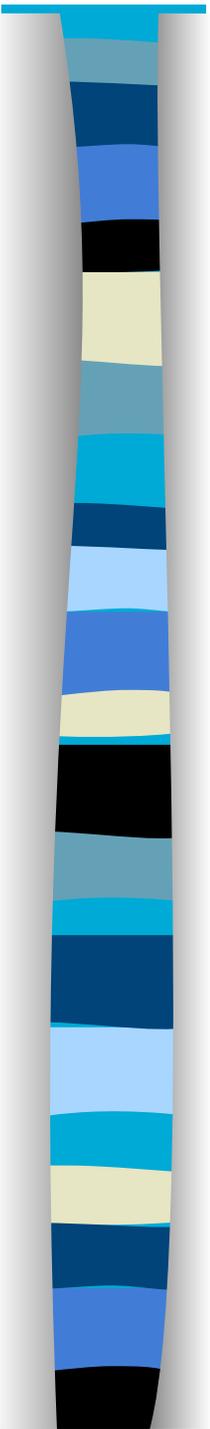


Transmission Types

An indirect object capable of transmitting pathogens, such as a lotion bottle or door handle, is known as a:

- A. Vehicle
- B. Transmitter
- C. Fomite
- D. Vector

Q

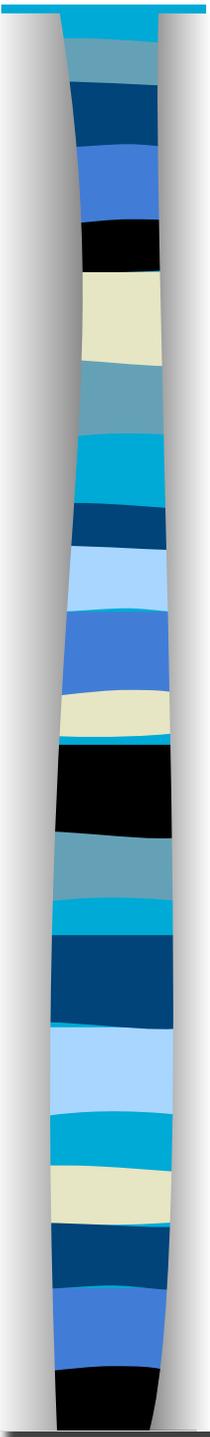


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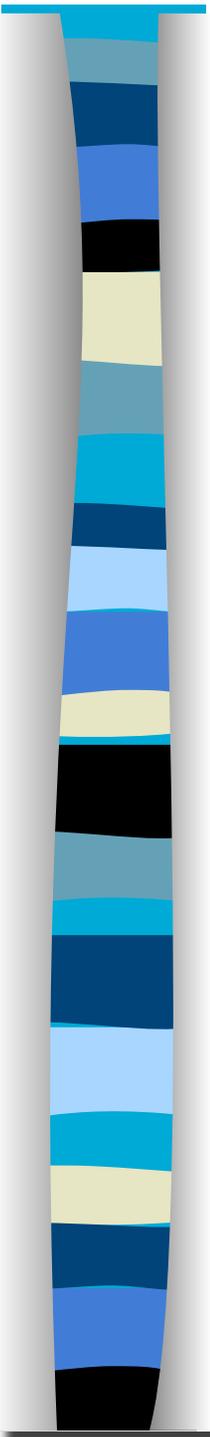


Transmission Types

In disease transmission, direct contact means:

- A. The infected person touches; or expels body fluid droplets by sneezing or coughing on; or touches mucous membranes and then touches the uninfected person without washing the hands
- B. The uninfected person picks up a pathogen via an insect or animal
- C. The infected person touches a hard surface; the uninfected person later picks up the pathogen from the hard surface
- D. The uninfected person picks up a pathogen from water or food contaminated by a person with unwashed hands

Q

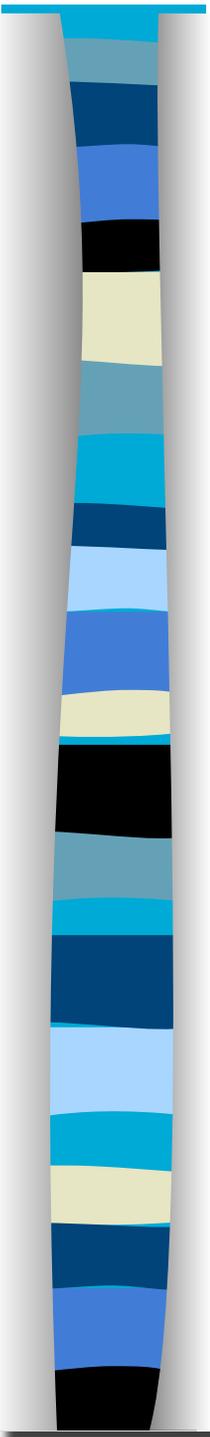


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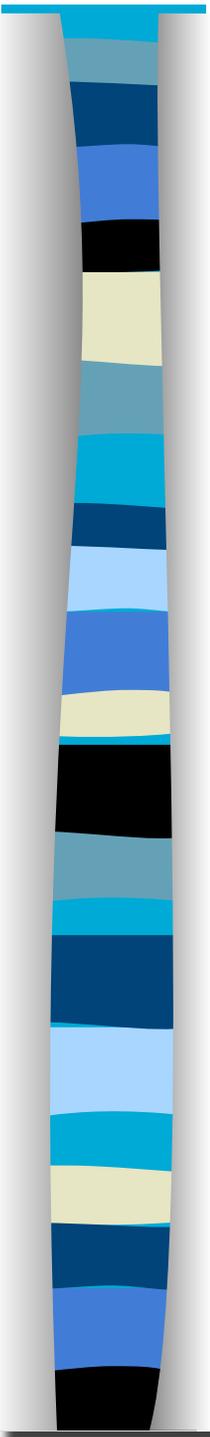


Transmission Types

If a practitioner touches his/her hair and then touches the client without decontaminating his/her hands, he/she may transfer pathogens via:

- A. Vector transmission
- B. Vehicle transmission
- C. Direct contact
- D. Indirect contact

Q

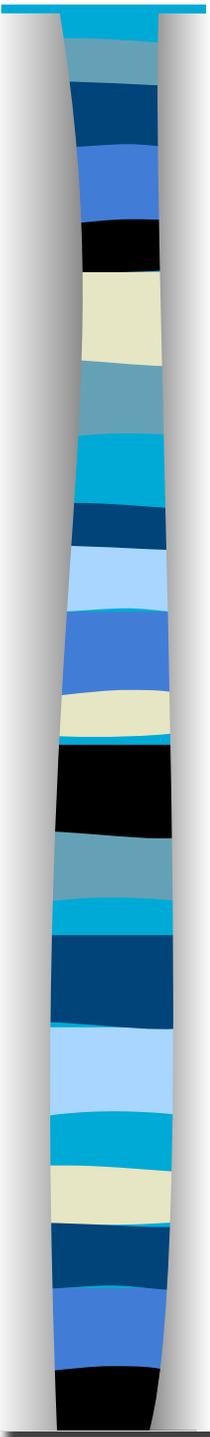


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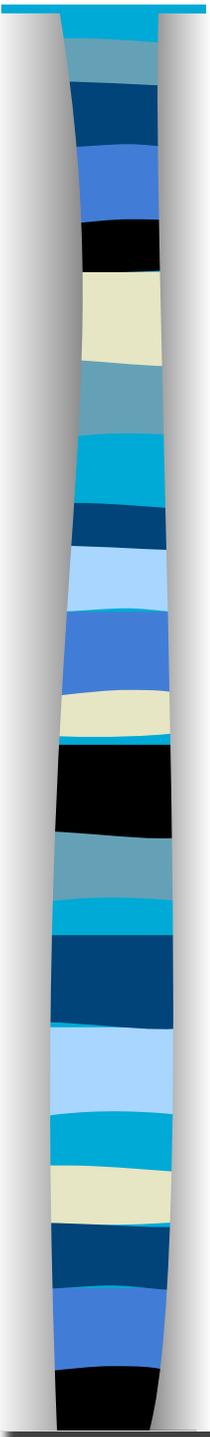


Transmission Types

If a client sneezes on a magazine in the reception area, he/she might transfer pathogens to another person via:

- A. Vector transmission
- B. Indirect contact
- C. Vehicle transmission
- D. Direct contact

Q

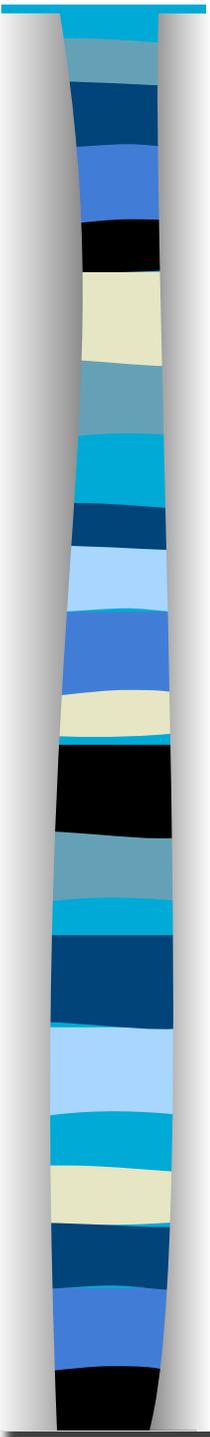


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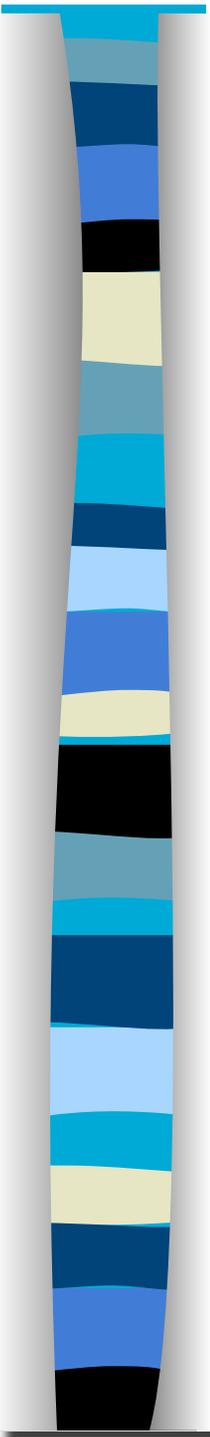


Transmission Types

In disease transmission, indirect contact means:

- A. The infected person transfers a pathogen via a insect or animal
- B. The infected person transfers a pathogen to a fomite
- C. The infected person transfers a pathogen via food
- D. The infected person transfers a pathogen via touch

Q

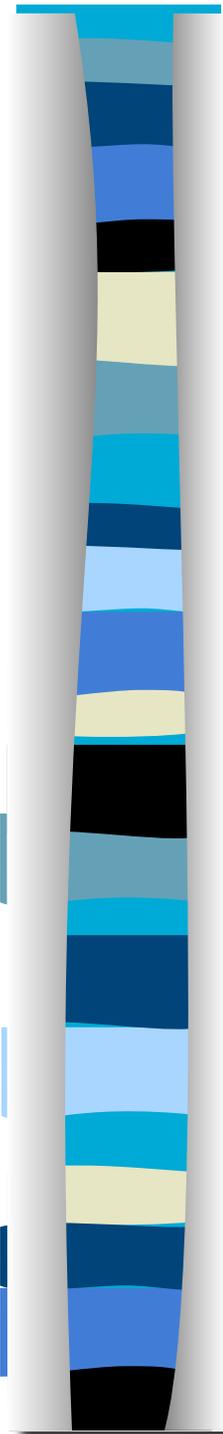


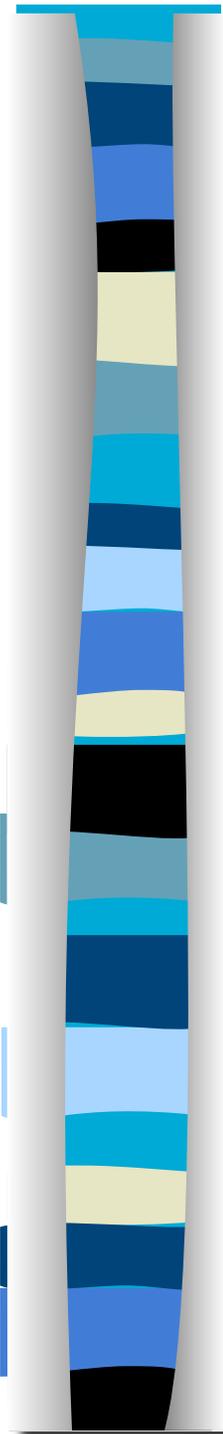
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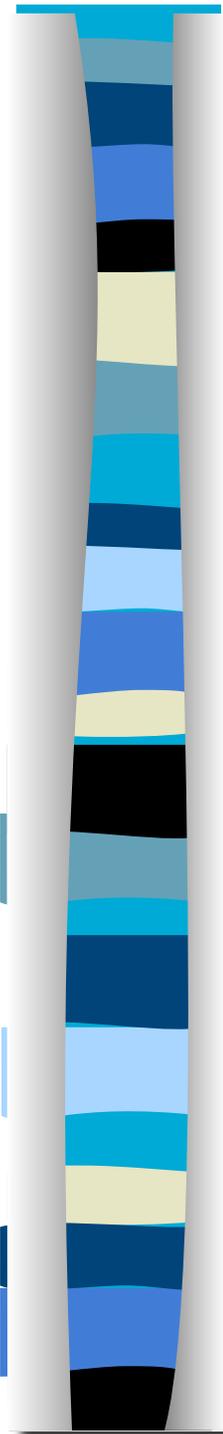
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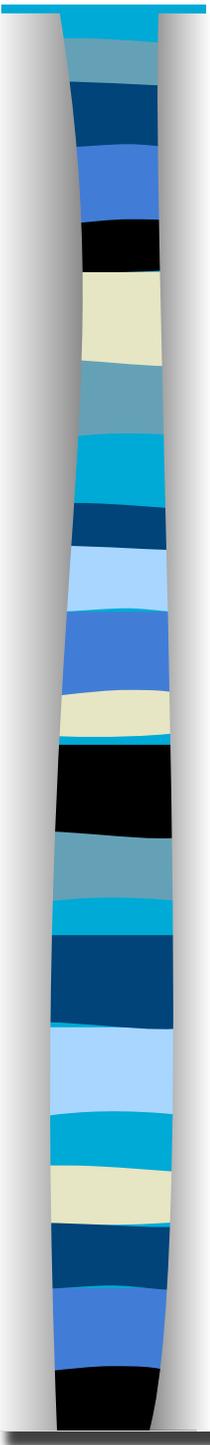
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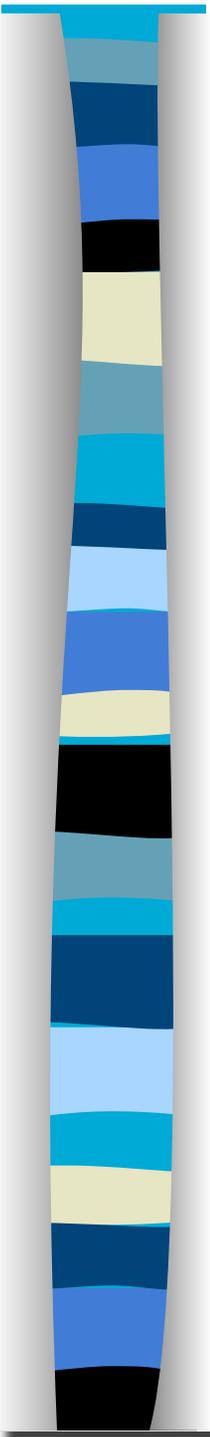


ABMP Exam Coach

Massage Professional Practices:

Client Records

Documentation

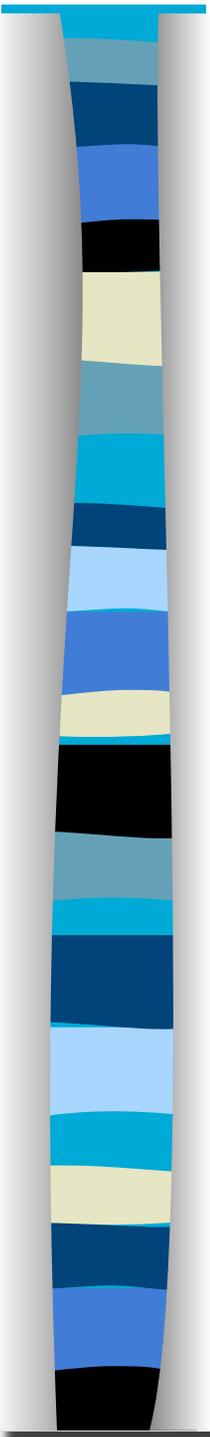


Documentation

The process of keeping consistent and complete client records is called:

- A. Palpation
- B. Health intake
- C. Observation
- D. Documentation

Q

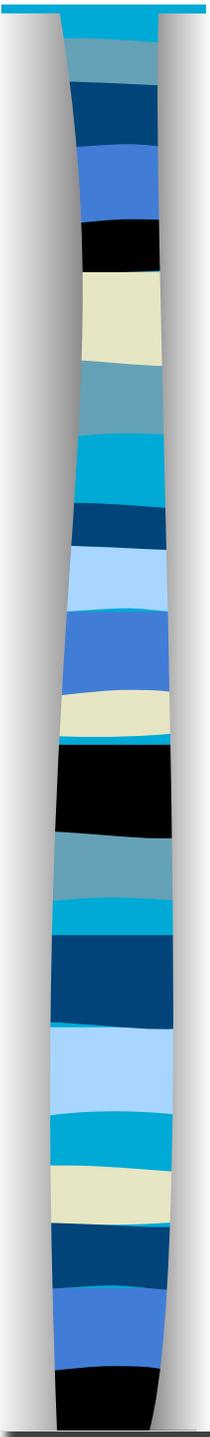


Documentation

The process of keeping consistent and complete client records is called:

- A. Palpation
- B. Health intake
- C. Observation
- D. Documentation**

A

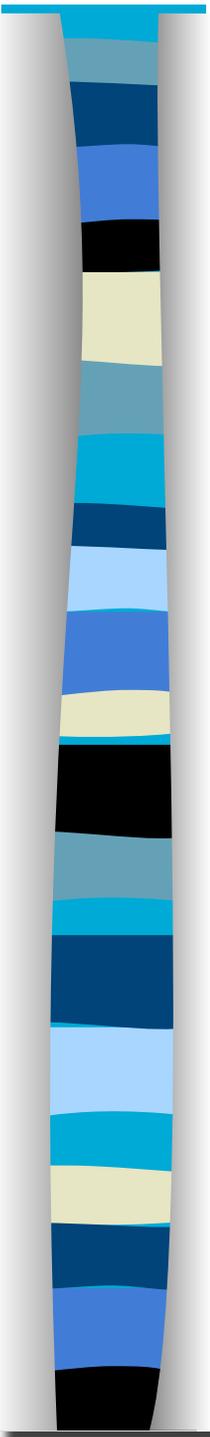


Documentation

The standard format used by health-care professionals to document health-related sessions is:

- A. A SOAP form
- B. A OSAP form
- C. A SAPE form
- D. A SPAO form

Q

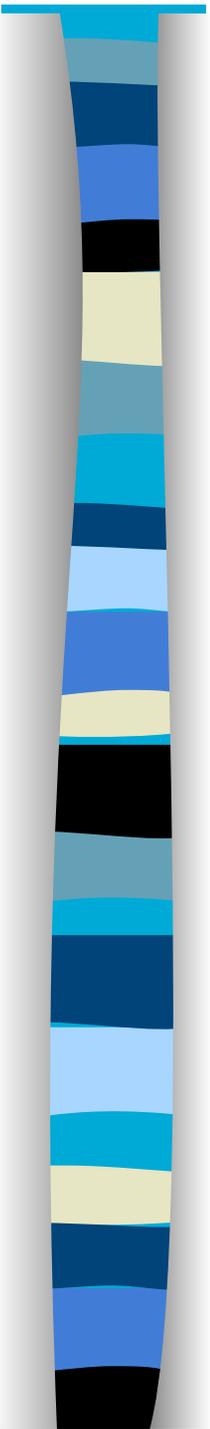


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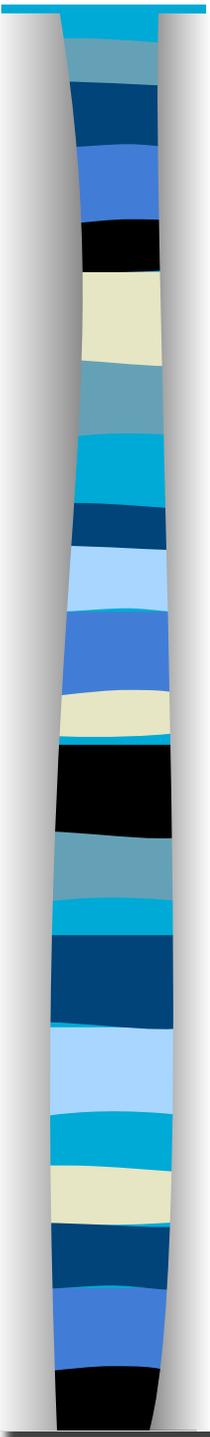


Documentation

One important purpose of documentation is:

- A. To provide a historical record of the client's goals, outcomes, and preferences
- B. To ensure proper billing and payment
- C. To ensure the practitioner has provided a 1-hour session
- D. To provide a consistent massage routine so the client knows what to expect

Q

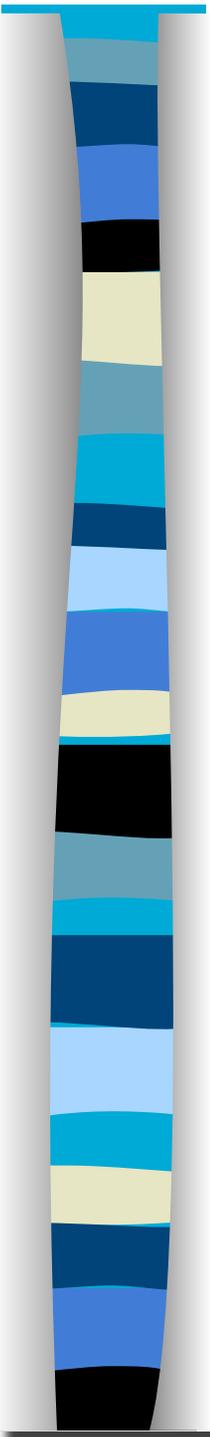


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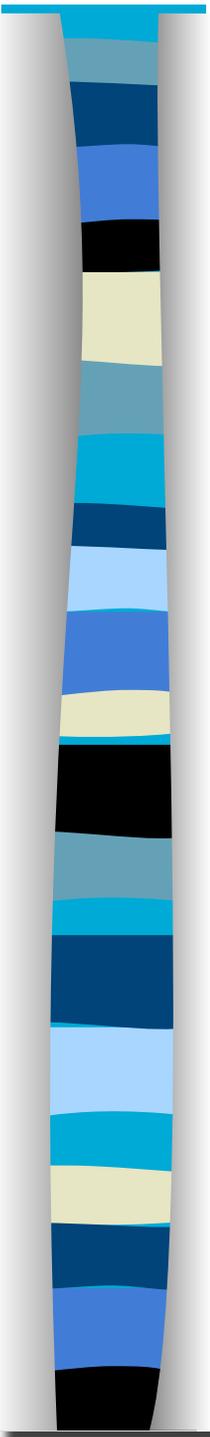


Documentation

One important purpose of documentation is:

- A. To ensure proper client payment
- B. To ensure practitioners complete a full 1-hour session
- C. To ensure supervisors have a record of practitioner hours worked
- D. To ensure the client's safety

Q

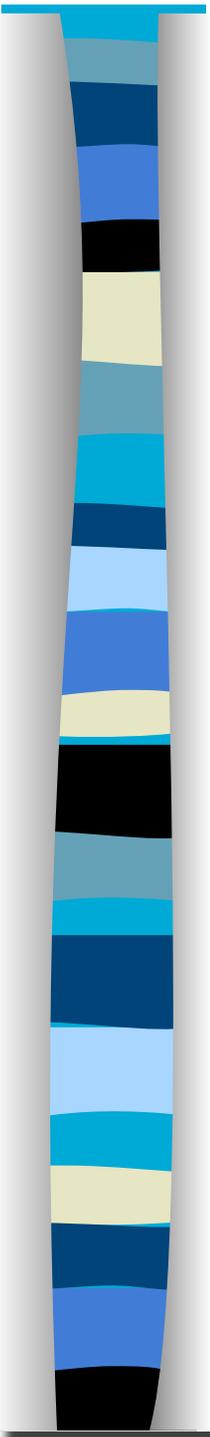


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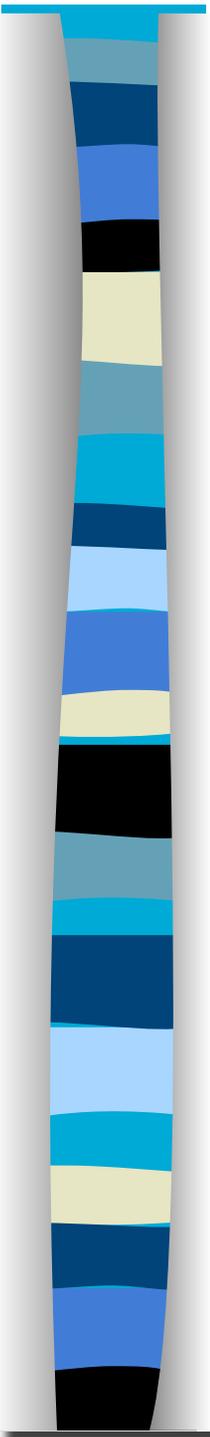


Documentation

When documenting a massage session on a standardized form:

- A. Write notes on the client's personal life (e.g., daughter in college) in the margins of the form as a memory prompt for the next session
- B. Use standard medical or massage abbreviations
- C. Leave spaces where information is not applicable blank
- D. Create your own health-care abbreviations and symbols to encrypt the form

Q

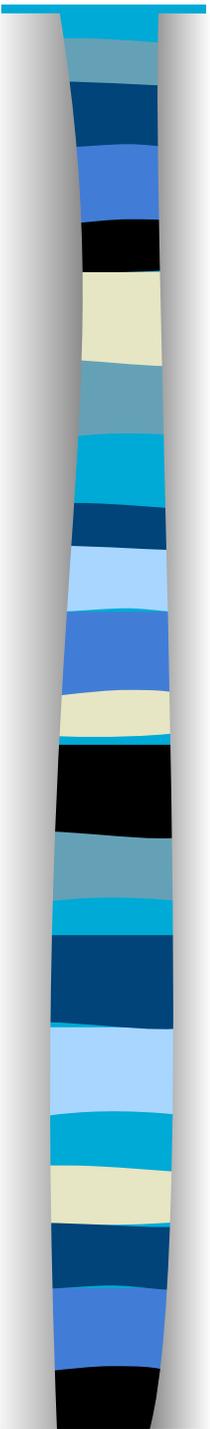


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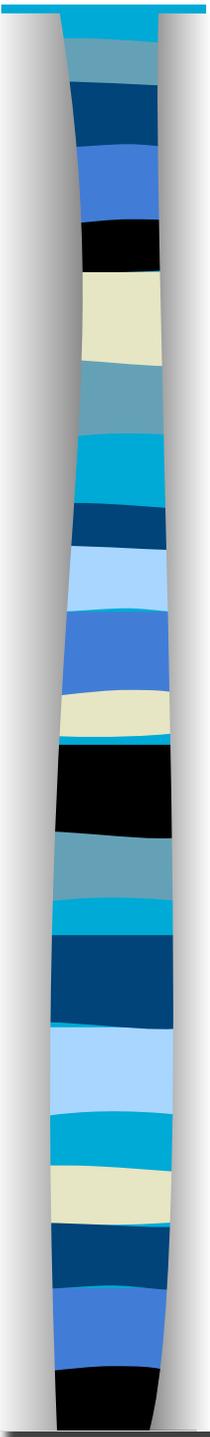


Documentation

When documenting a massage session on a standardized form:

- A. Use correction tape to correct misspellings or mistakes to keep the form neat
- B. Never record personal information about the client that is not relevant to the client's condition or session goals
- C. Leave spaces where information is not applicable blank
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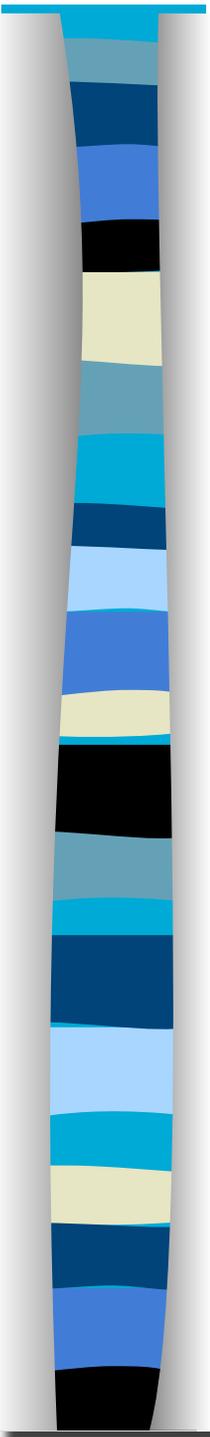


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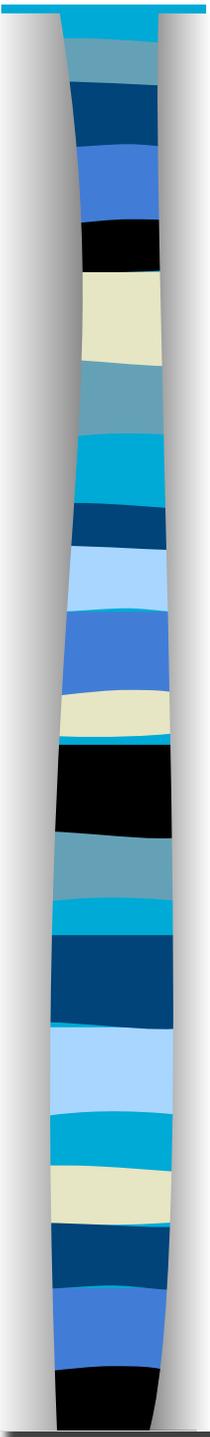


Documentation

Practitioners develop their own abbreviations for massage terms when:

- A. They want to encrypt the form to protect the client's privacy
- B. Standard abbreviations do not exist
- C. They work as part of a collective office and share forms with other practitioners
- D. They prefer to use their own abbreviations that are easier to remember

Q



Documentation

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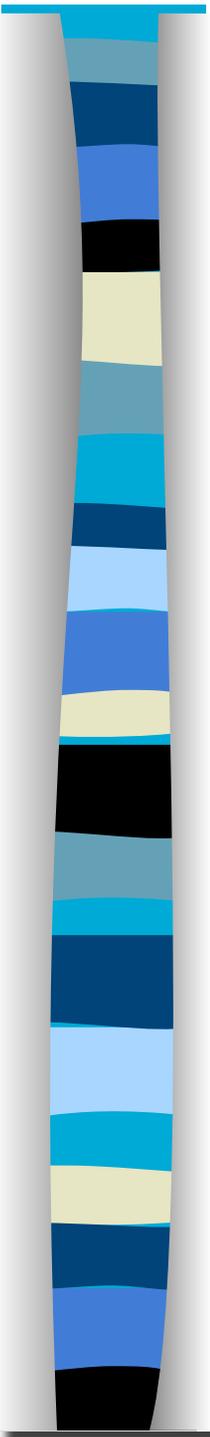
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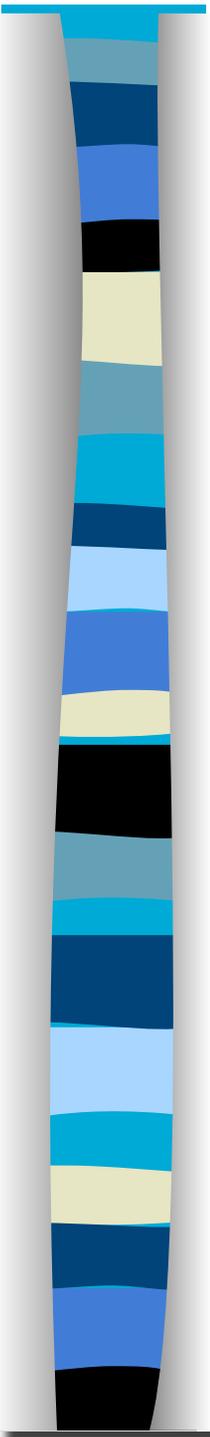


Documentation

Symbols are used on client forms to:

- A. Provide a pictorial representation of what is occurring in the client's body
- B. Encrypt the form to protect the client's privacy
- C. Allow a practitioner to express his or her creativity during documentation
- D. Share information with other health-care providers in an encrypted format

Q

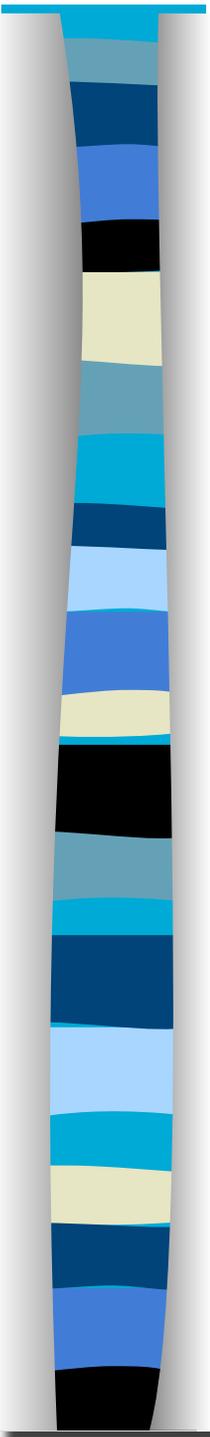


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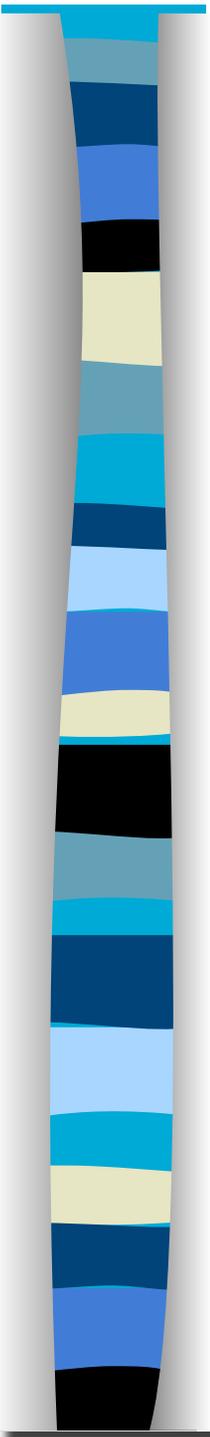


Documentation

When working on a health-care team in the treatment of a particular client:

- A. Consistent billing is essential to ensure the client doesn't forget to pay the massage practitioner
- B. Good chart notes are essential to ensure everyone is on the same page
- C. Weekly meetings are essential to ensure everyone is on the same page
- D. A consistent massage routine is essential so the team knows what massage outcomes to expect

Q



Documentation

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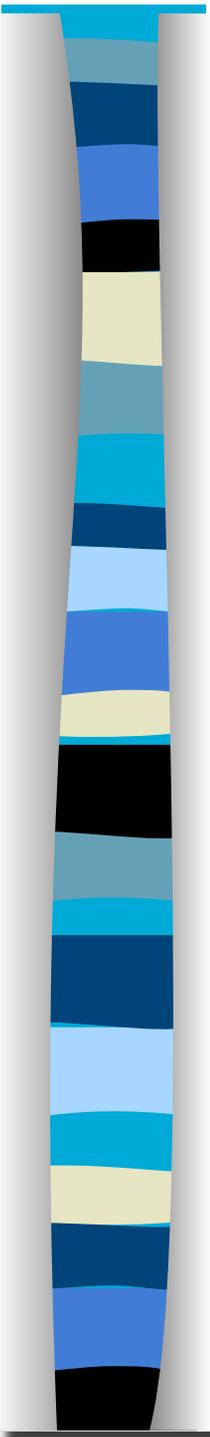
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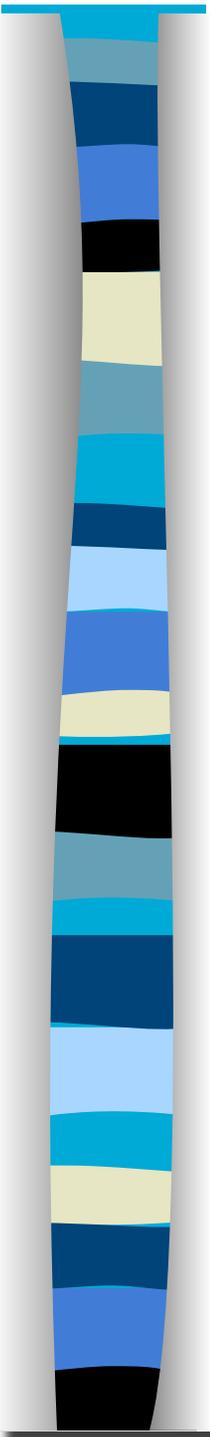


Documentation

A document that clients complete before their first session that includes personal contact information, current health conditions, medications, and past health conditions is:

- A. A health history interview
- B. Objective data form
- C. A health history form
- D. Subjective data form

Q

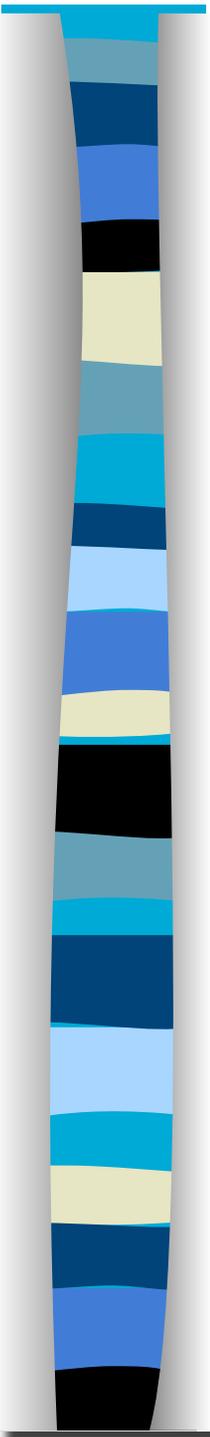


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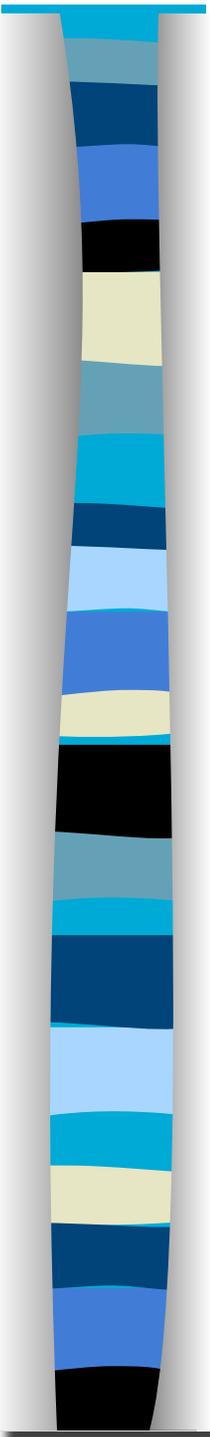


Documentation

When documenting a massage session on a standardized form:

- A. Create your own health-care abbreviations and symbols to encrypt the form
- B. Measure every finding and symptom with a consistent scale to quantify the data both before and after the session
- C. Leave spaces where information is not applicable blank
- D. Write notes on the client's personal life (e.g., daughter in college) in the margins of the form as a memory prompt for the next session

Q

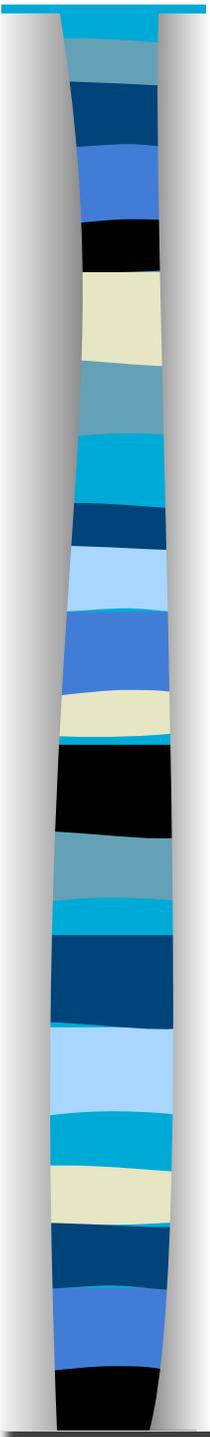


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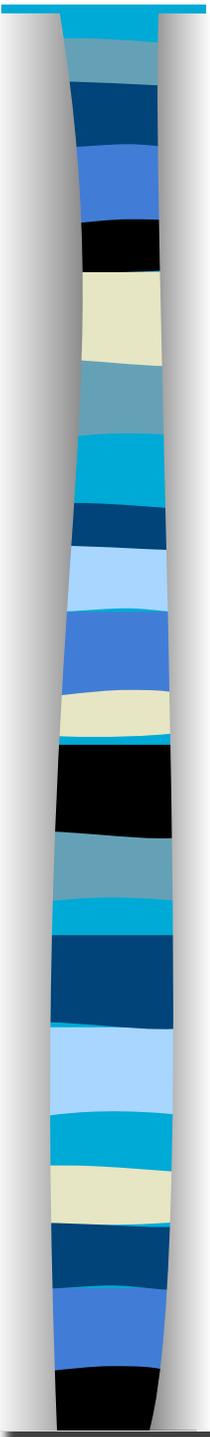


Documentation

In order to be eligible for liability insurance coverage, most insurance providers expect practitioners to:

- A. Provide a consistent massage routine to all clients to avoid safety issues
- B. Hold weekly meetings to discuss clients and their issues with other practitioners
- C. Complete honest and accurate documentation for each session
- D. Bill clients or their insurance companies regularly so that payments do not fall behind

Q

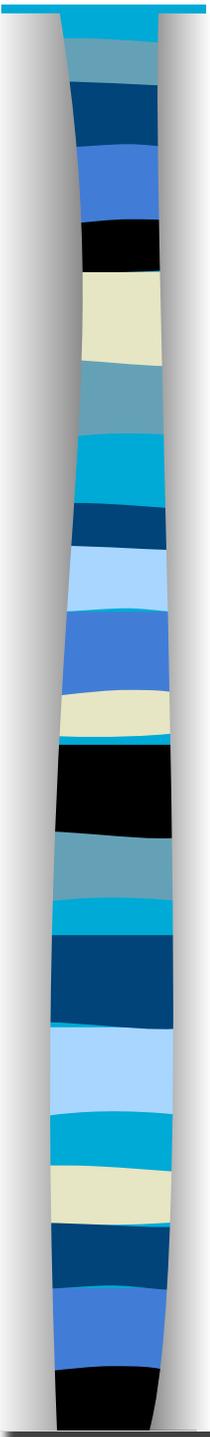


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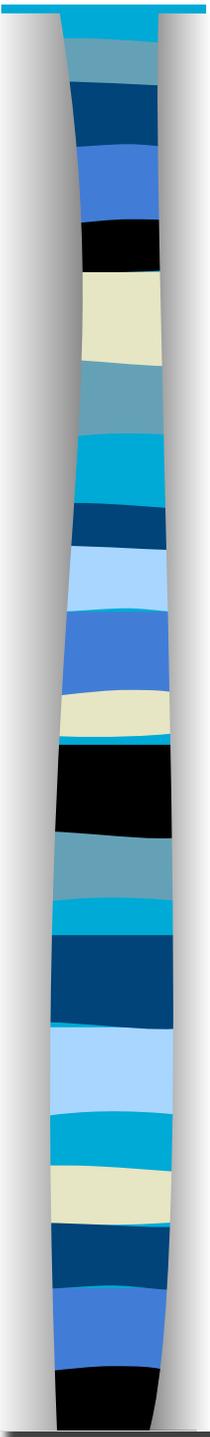


Documentation

One way to establish professional boundaries and keep sessions client-focused and goal-focused is:

- A. To use Swedish massage to open all sessions
- B. To follow consistent massage routines so the client knows what to expect
- C. To set a relaxed atmosphere in the session room by talking about things like the latest movie or music trends
- D. To follow consistent documentation procedures

Q

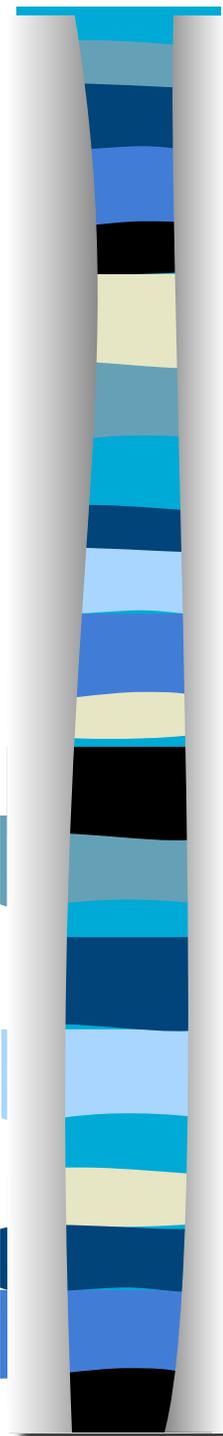


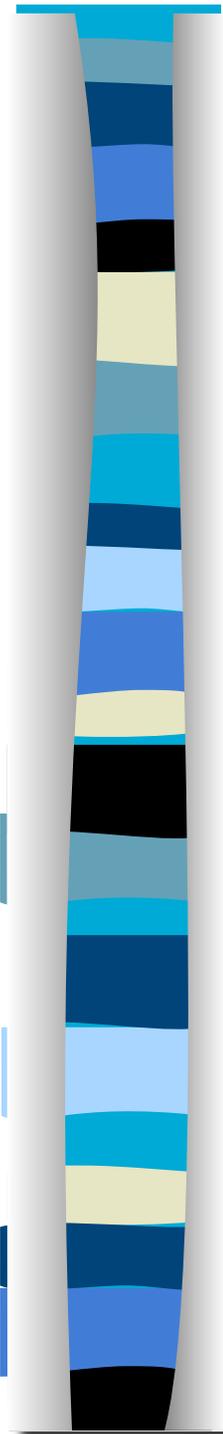
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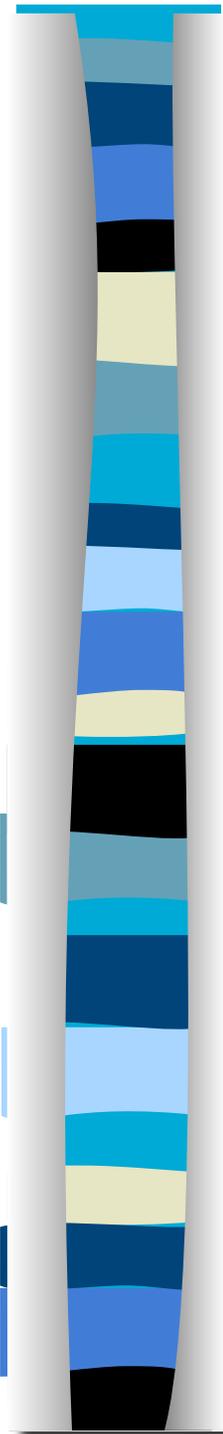
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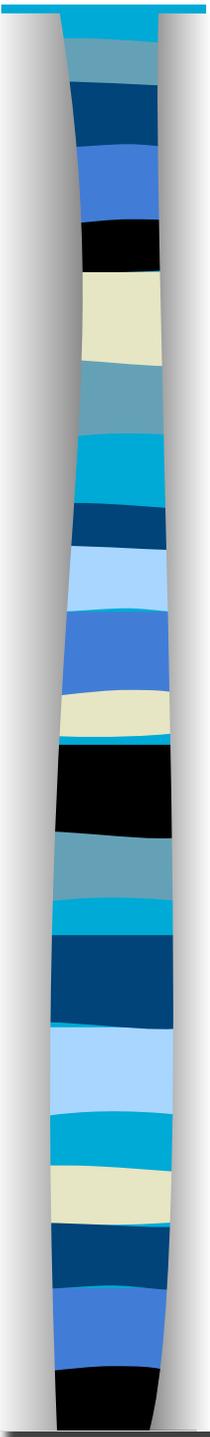
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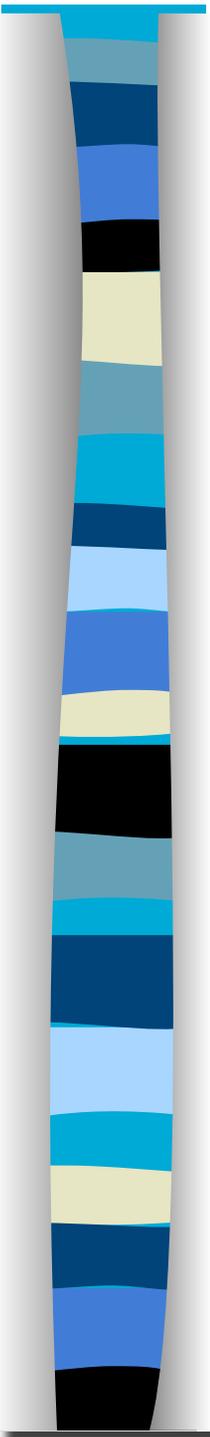




ABMP Exam Coach

Massage Professional Practices:
Client Records

Informed Consent

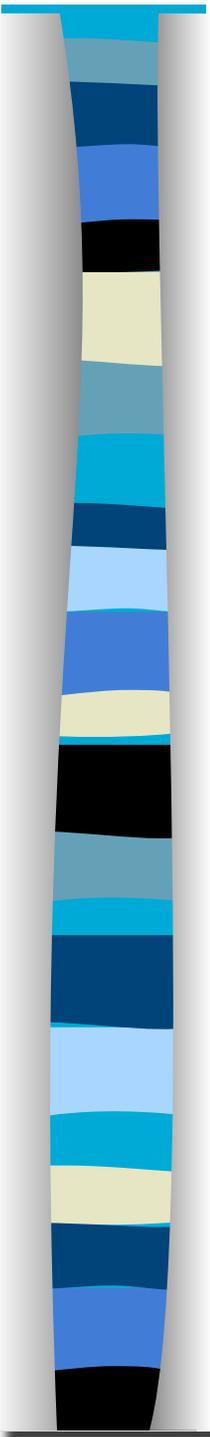


Informed Consent

When a fully informed client consents to participate in massage treatment, it is known as:

- A. Knowledgeable consent
- B. Informed consent
- C. Massage participation form
- D. Fully informed client form

Q

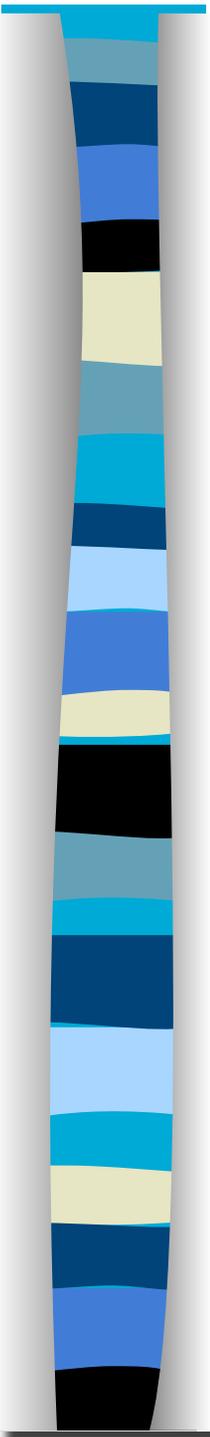


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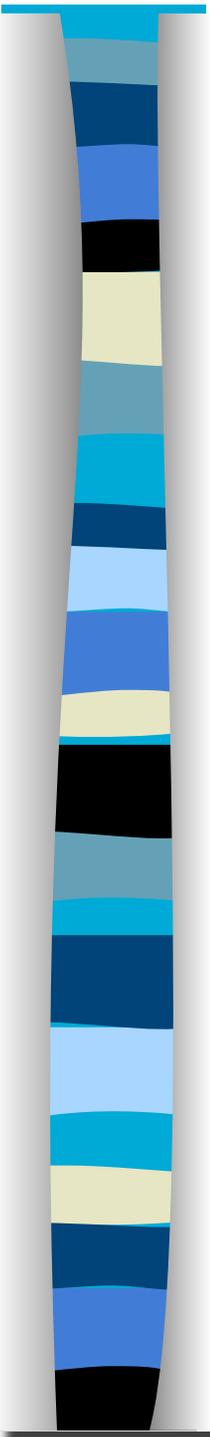


Informed Consent

An informed consent document should include:

- A. Activities that aggravate the client's condition
- B. A section where the client checks past medical conditions
- C. A disclaimer and signature section
- D. Symptoms the client experiences

Q

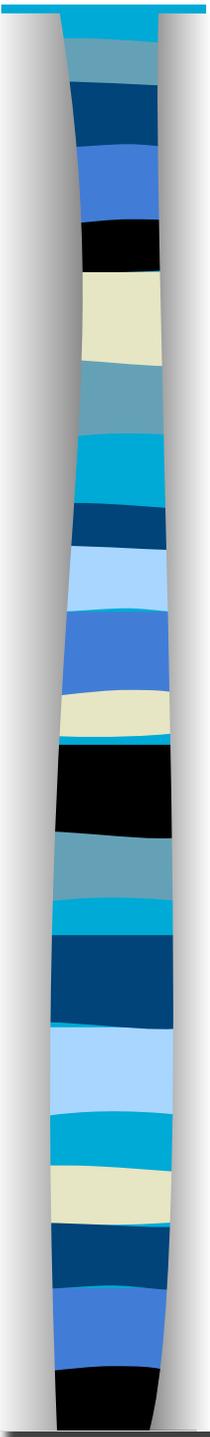


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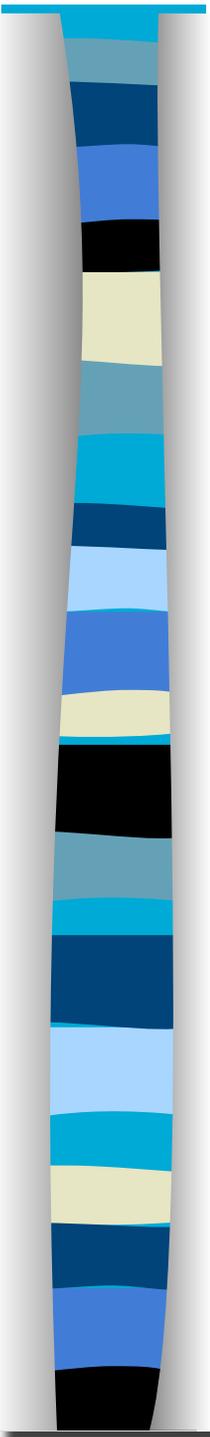


Informed Consent

An informed consent document should include:

- A. The limitations of massage
- B. Signs the client experiences
- C. Contact information for the police department
- D. Symptoms the client experiences

Q

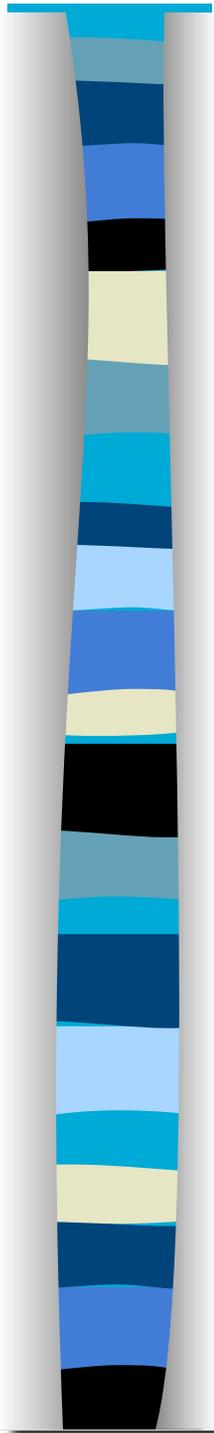


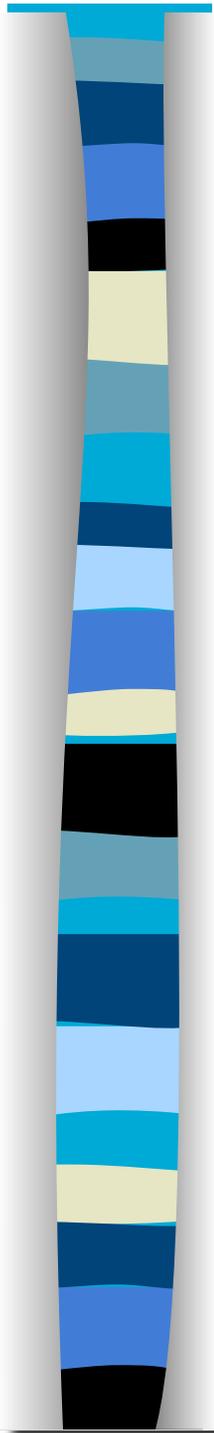
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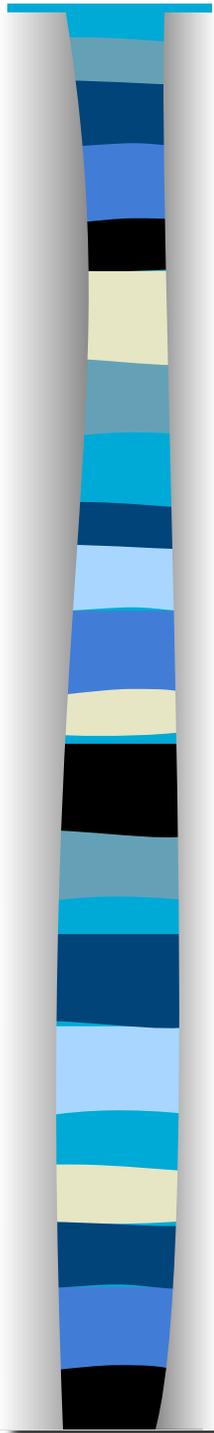
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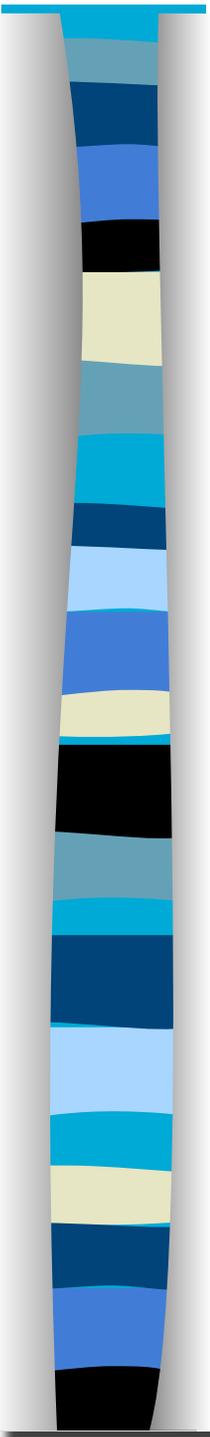
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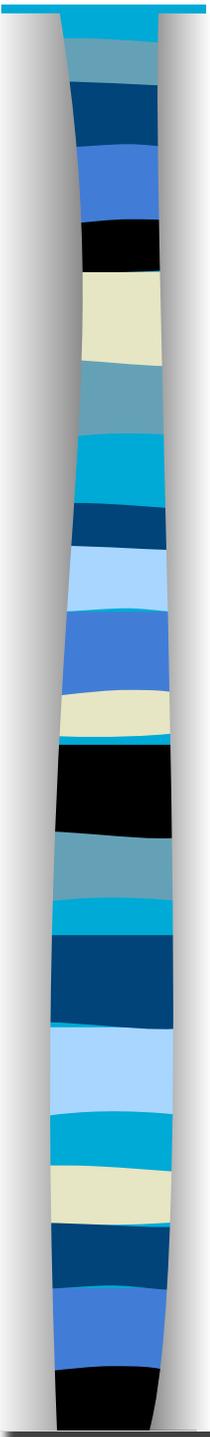




ABMP Exam Coach

Massage Professional Practices:
Client Records

Frequency & Intensity

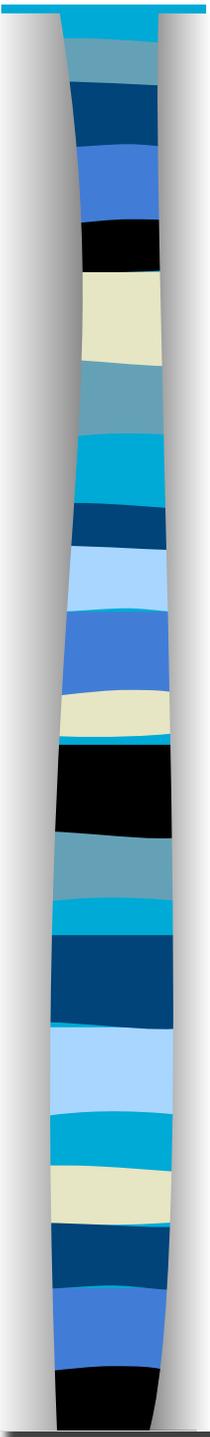


Frequency & Intensity

"Flaring up suddenly once or twice a day" is an example of:

- A. Duration
- B. Frequency
- C. Intensity
- D. Location

Q

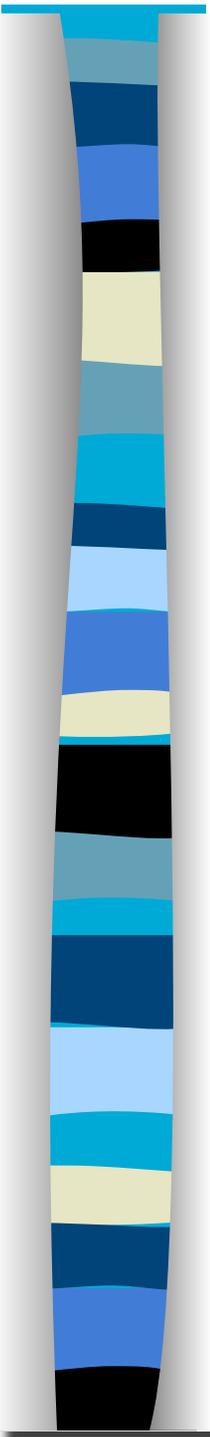


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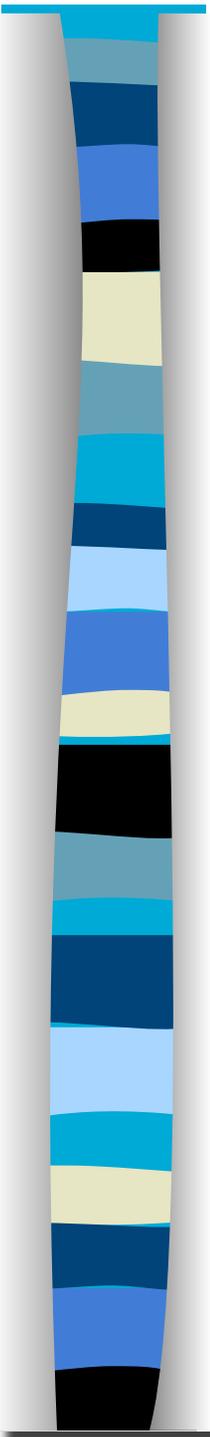


Frequency & Intensity

"Constant," "intermittent," and "seldom" are examples of:

- A. Frequency
- B. Location
- C. Duration
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Q

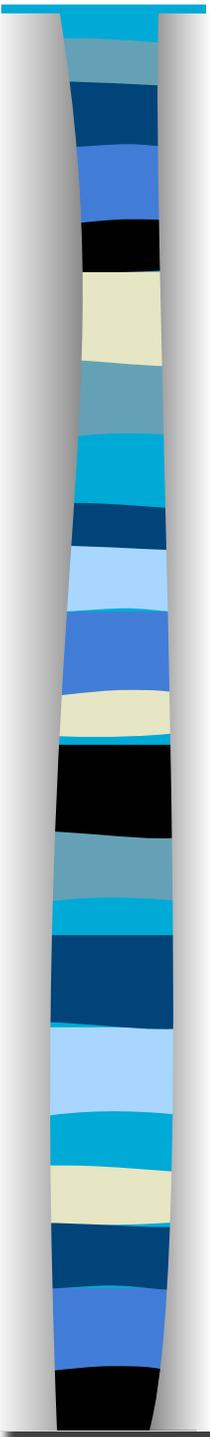


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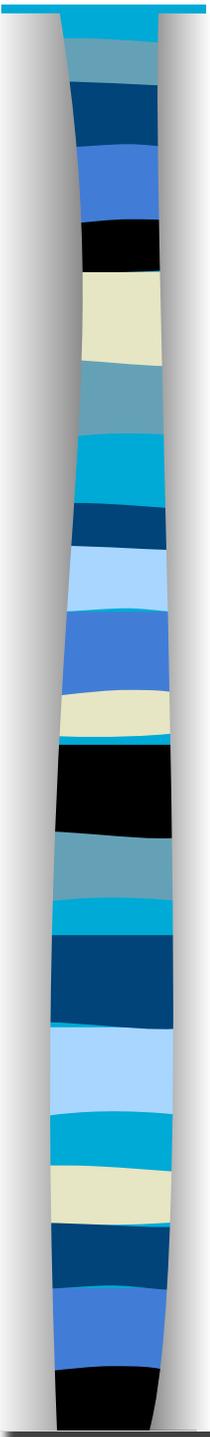


Frequency & Intensity

"Daily," "weekly," and "monthly" refer to:

- A. How often the client experiences signs
- B. How often the client experiences symptoms
- C. How often the client experiences limitations to activities of daily living
- D. How often the client experiences aggravating activities

Q

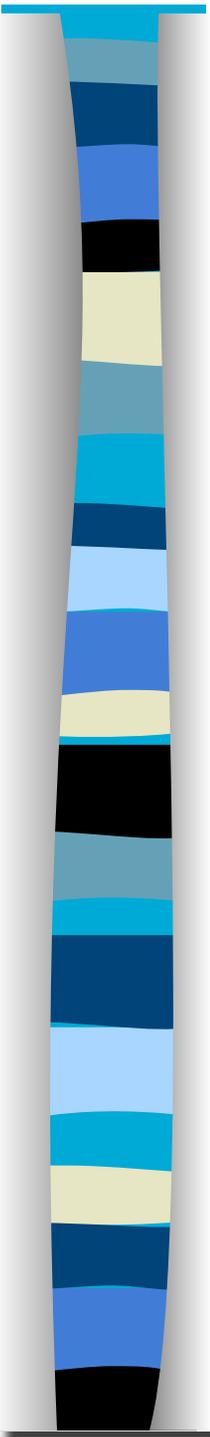


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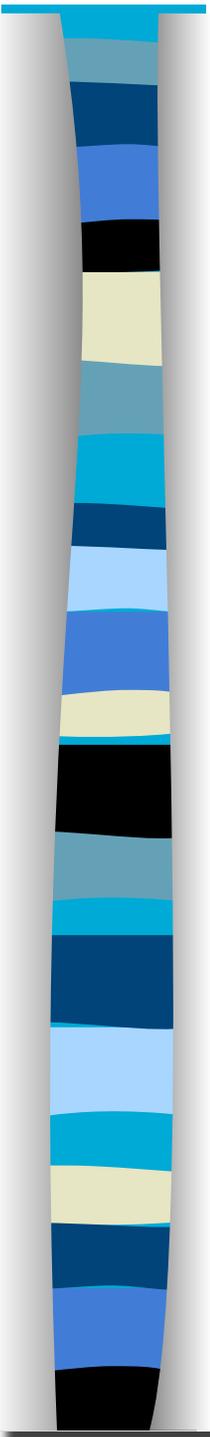


Frequency & Intensity

In the S section of a SOAP form, "intensity" means:

- A. The degree to which the client experiences aggravating situations
- B. The degree of depth the practitioner used during palpation
- C. The degree to which the client experiences signs
- D. The degree to which the client experiences the symptom

Q

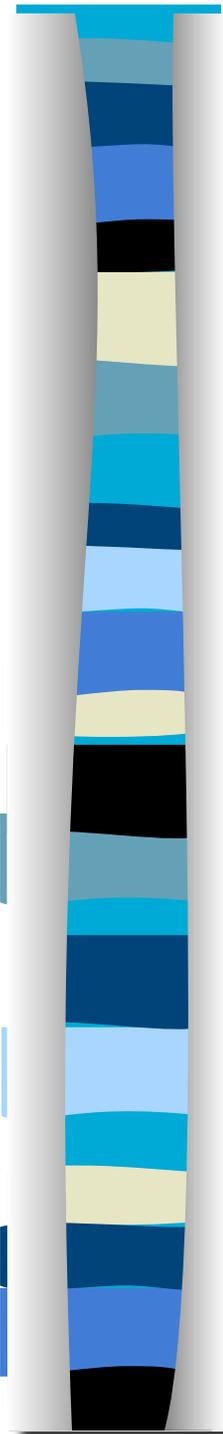


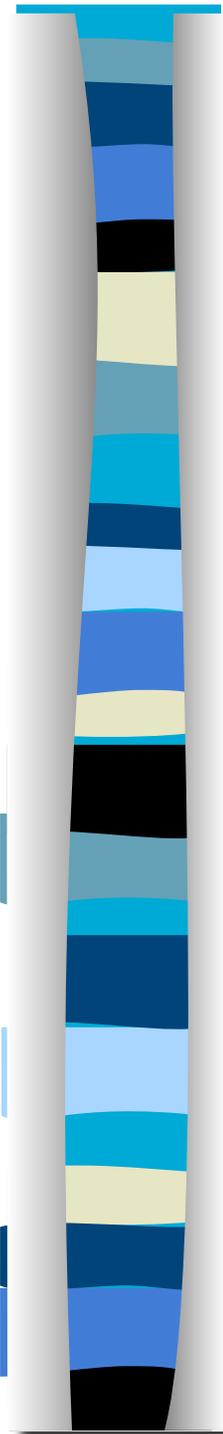
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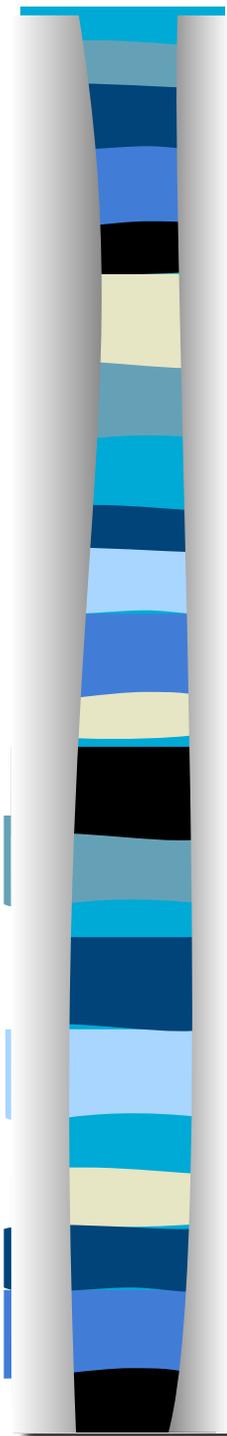
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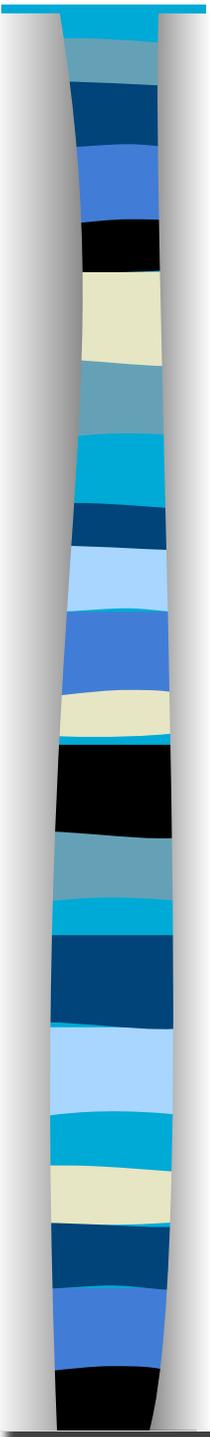
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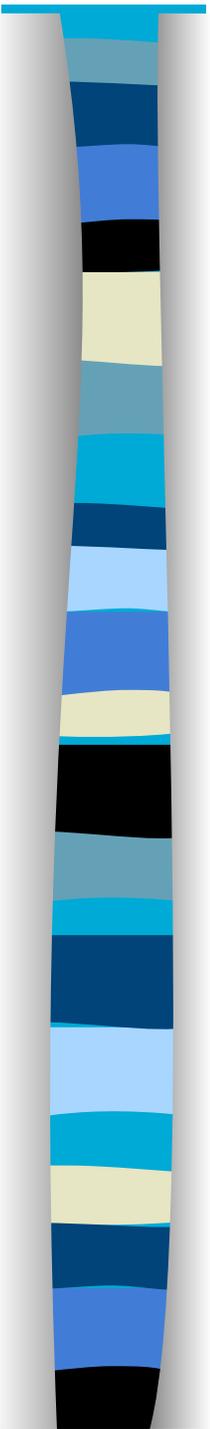




ABMP Exam Coach

Massage Professional Practices:
Client Records

Quantify & Qualify

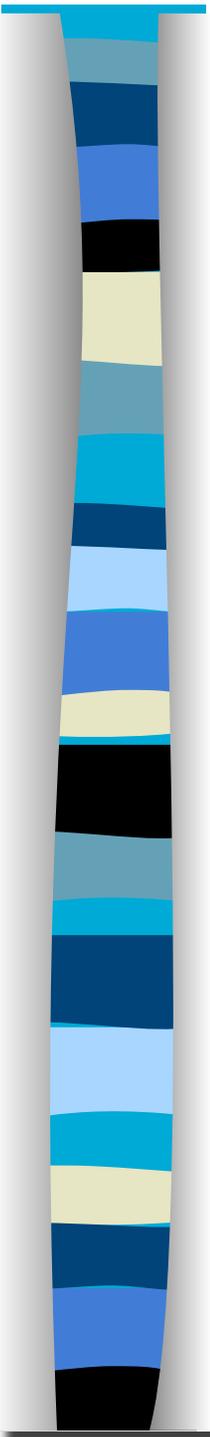


Quantify & Qualify

When you "quantify" data you describe:

- A. The influence of the client's past conditions on their current status
- B. How much of a symptom the client describes
- C. What type of techniques you used during the session
- D. The length of the session and the body regions addressed

Q

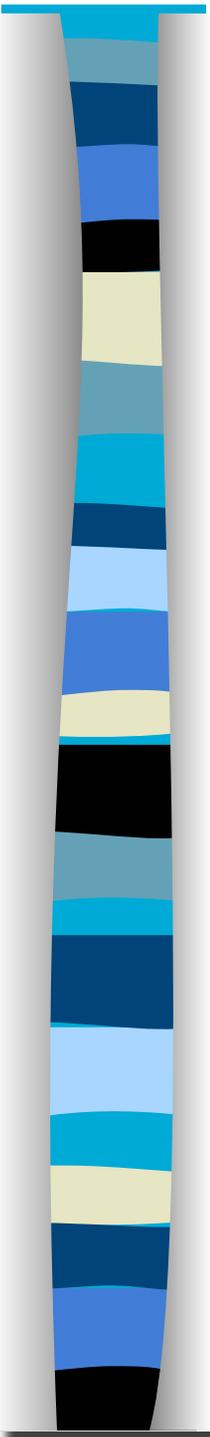


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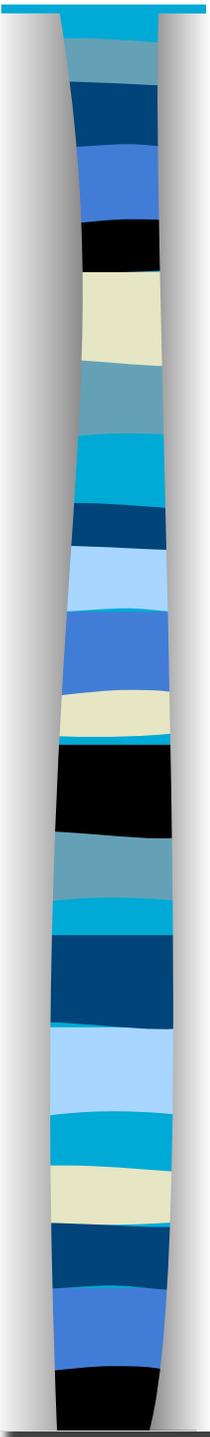


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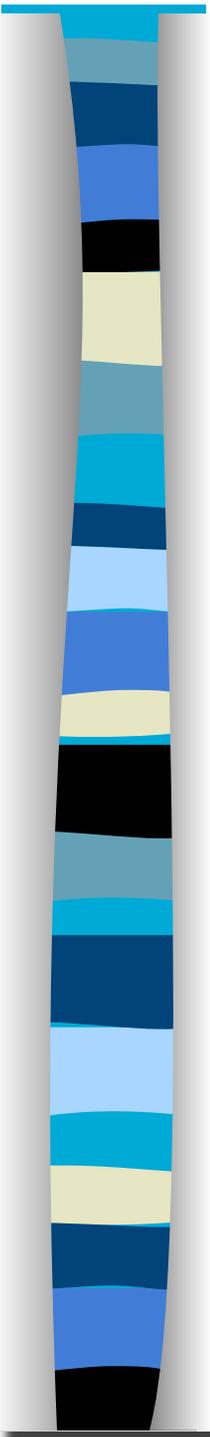


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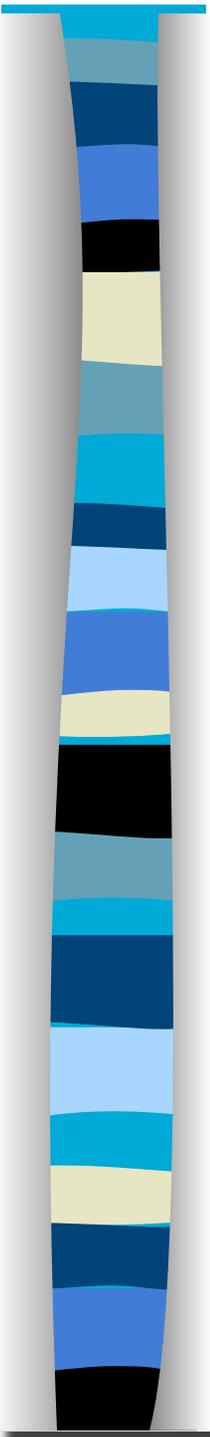


Quantify & Qualify

Data on standardized forms is quantified in order to:

- A. Determine if the client's symptoms are real or psychosomatic
- B. Demonstrate that clients can tolerate the degree of depth used in the session
- C. Ensure that the client has given informed consent to the treatment
- D. Demonstrate progress or a lack of progress to aid session planning

Q

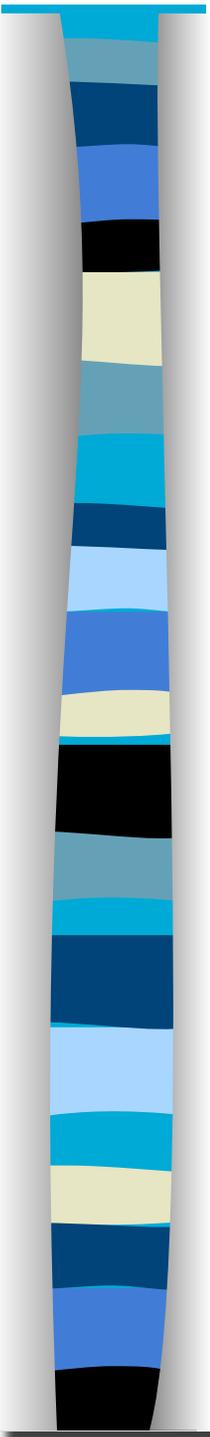


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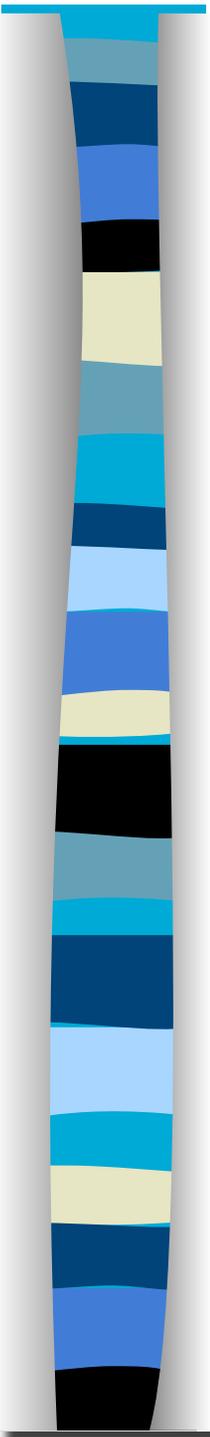


Quantify & Qualify

Data on standardized forms that must be quantified include:

- A. The signs the practitioner observes
- B. Informed consent information included on the health form
- C. Past health conditions the client reports on the health form
- D. The contact information the client provides

Q

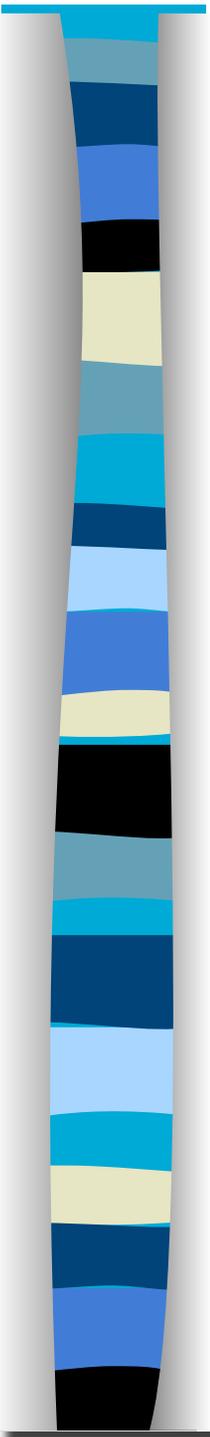


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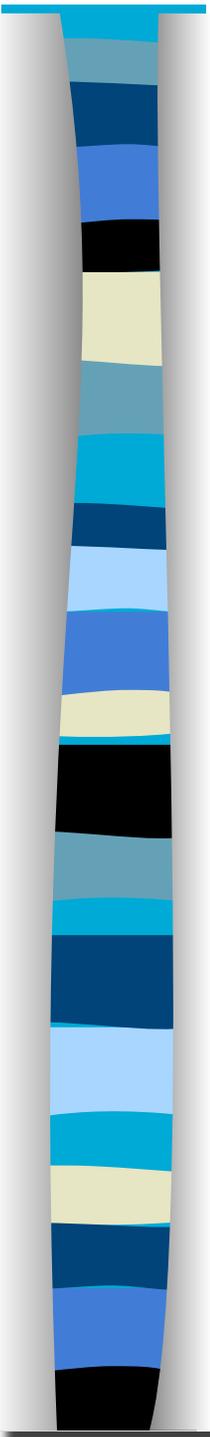


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Q

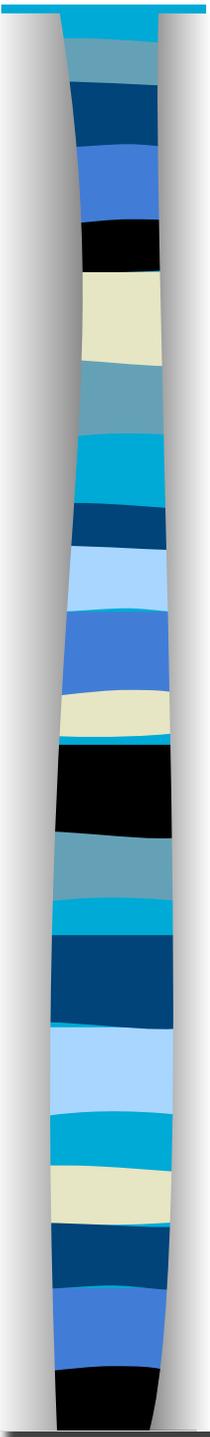


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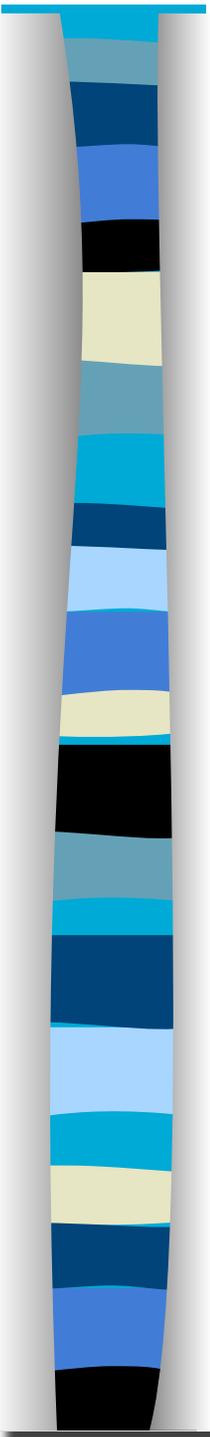


Quantify & Qualify

An example of properly qualified data is:

- A. HA "burning" M- DD a.m., 2 HR w/wake up
- B. HA in a.m., 2 HR w/wake up
- C. HA, "more than usual" DD a.m., 2 HR w/wake up
- D. HA, M- in posterior region

Q

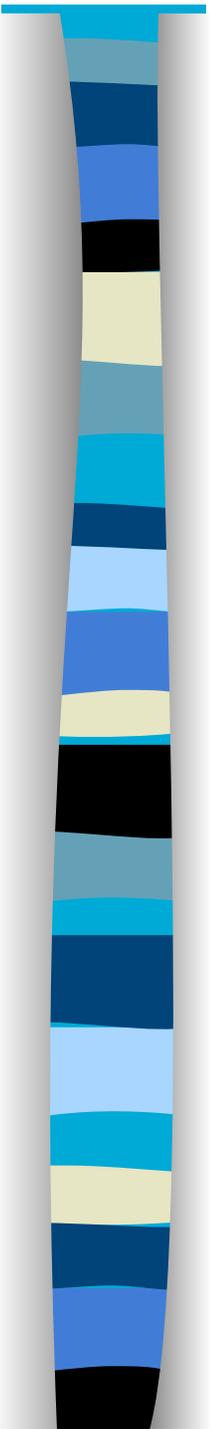


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A

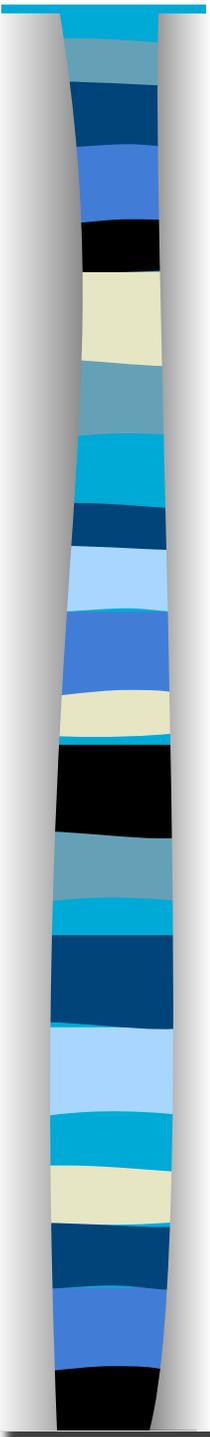


Quantify & Qualify

A example of proper documentation of client pain is:

- A. Pain in the neck when the client tries to move head
- B. Neck pain, moderate plus
- C. A bit more neck pain than usual
- D. Neck pain that hurts a lot

Q

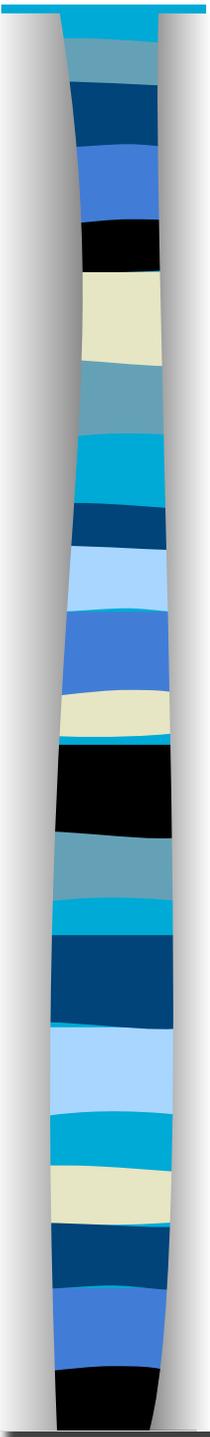


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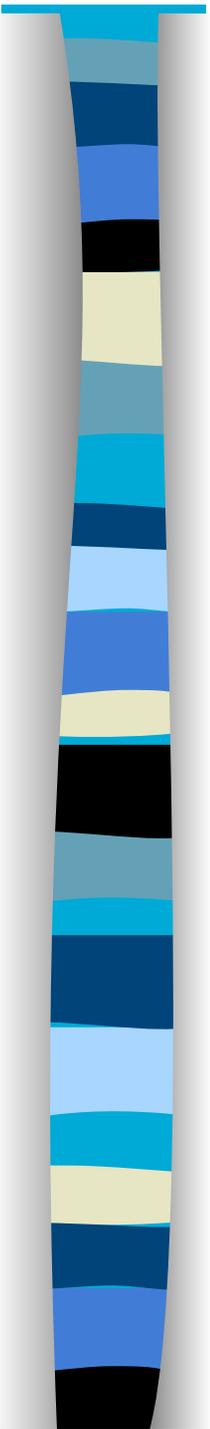


Quantify & Qualify

When you "qualify" data you describe:

- A. The regions of the body massaged during the session
- B. The types of techniques used during the session
- C. The length of the session and the order in which body regions were massaged
- D. The particular quality or characteristic of a sign

Q

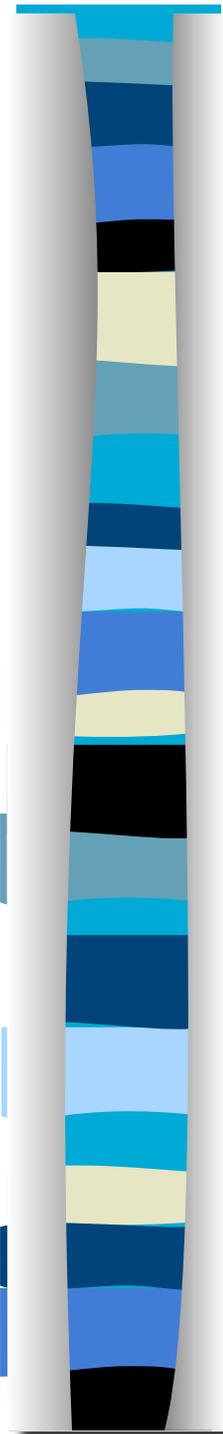


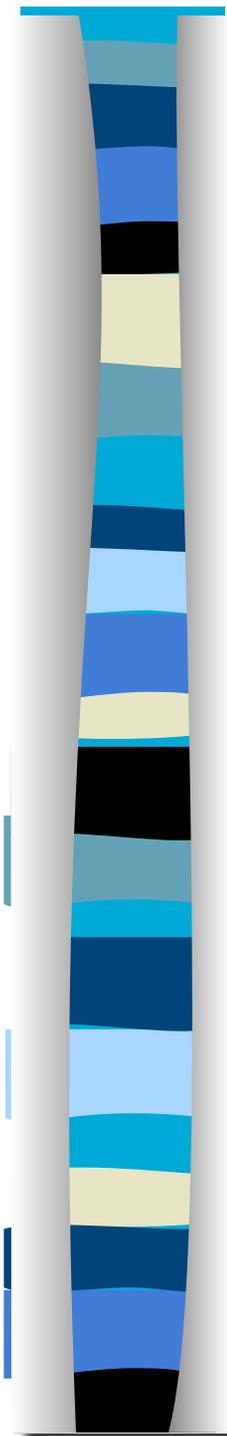
Quantify & Qualify

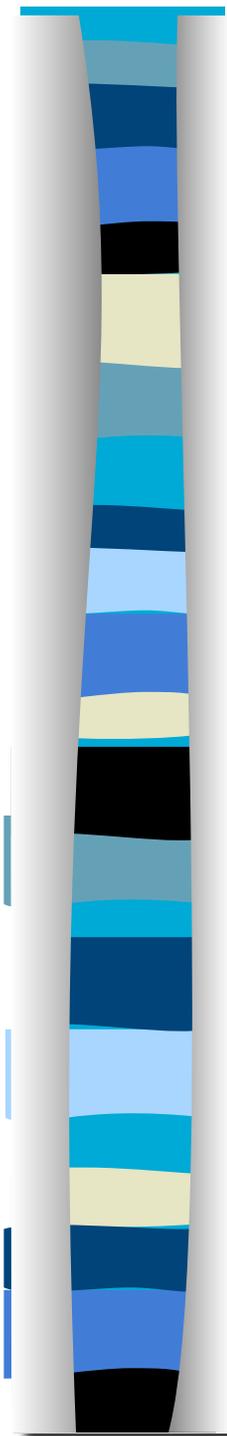
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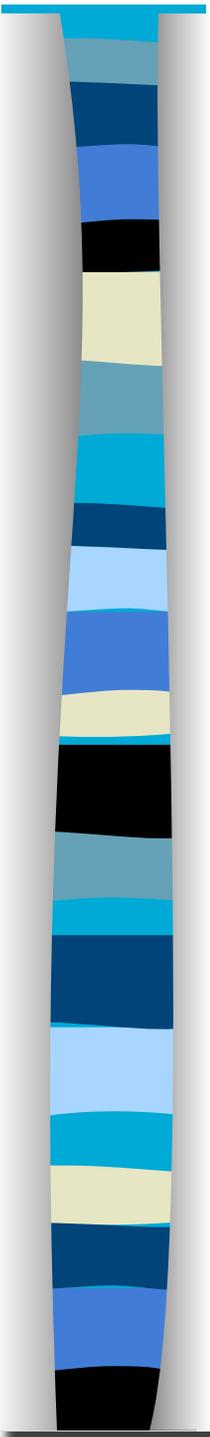
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- D. The particular quality or characteristic of a sign**

A









ABMP Exam Coach

Massage Professional Practices:
Client Records

Onset

Onset

An example of documentation where "onset" is recorded properly is:

- A. Spring in 2007
- B. In 2007
- C. A few years ago
- D. The first week of May 2007

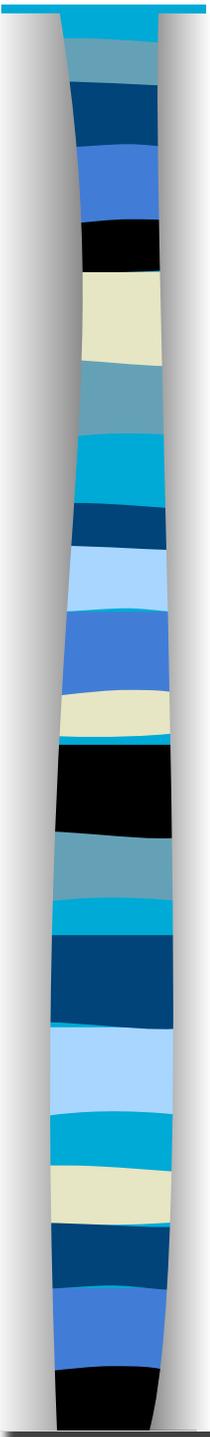
Q

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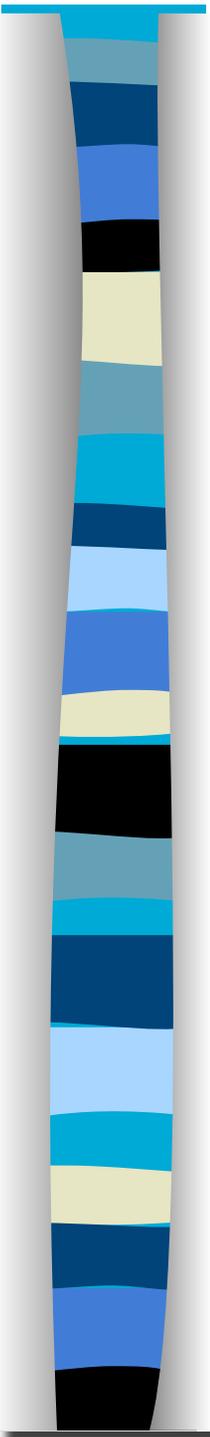


Onset

An example of documentation where "onset" is recorded properly is:

- A. Spring in 2007
- B. A few years ago with a fall
- C. June 3, 2007, with fall from ladder
- D. June 3, 2007, with injury

Q

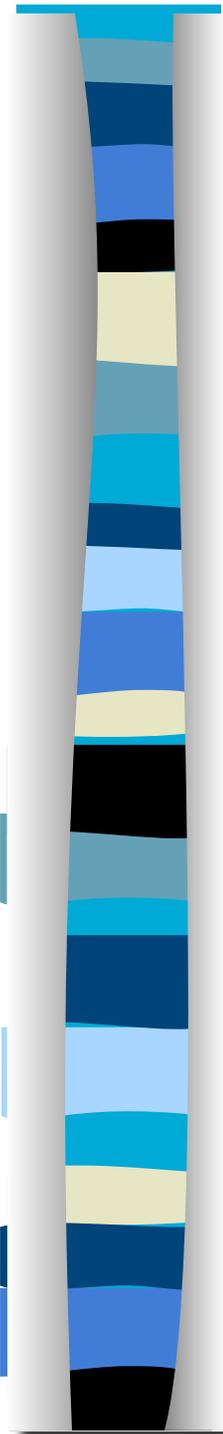


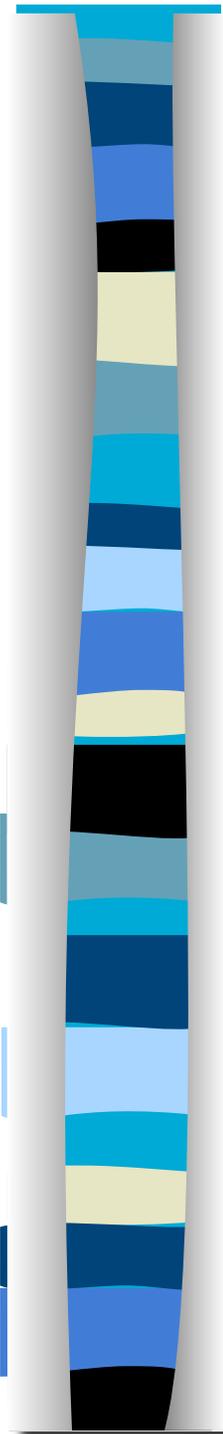
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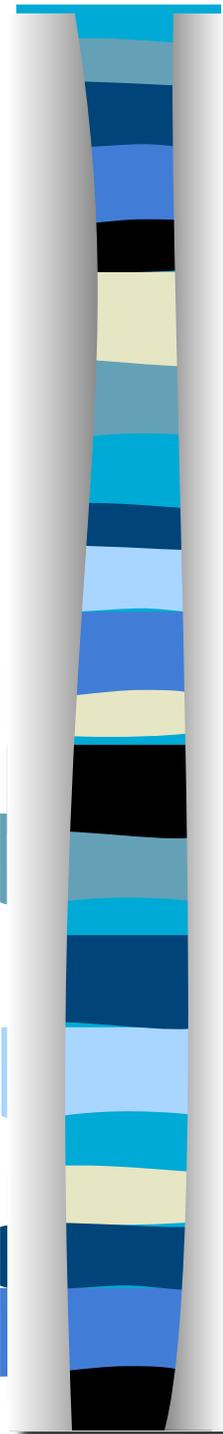
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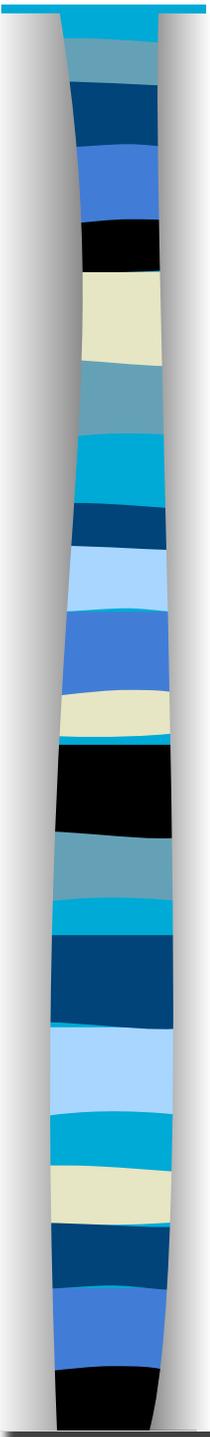
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- D. June 3, 2007, with injury

A









ABMP Exam Coach

Massage Professional Practices:
Client Records

Subjective Versus Objective

Subjective versus Objective

In a standard SOAP chart, S stands for:

- A. Signs
- B. Services
- C. Subjective
- D. Symptoms

Q

Subjective versus Objective

In a standard SOAP chart, S stands for:

- A. Signs
- B. Services
- C. Subjective**
- D. Symptoms

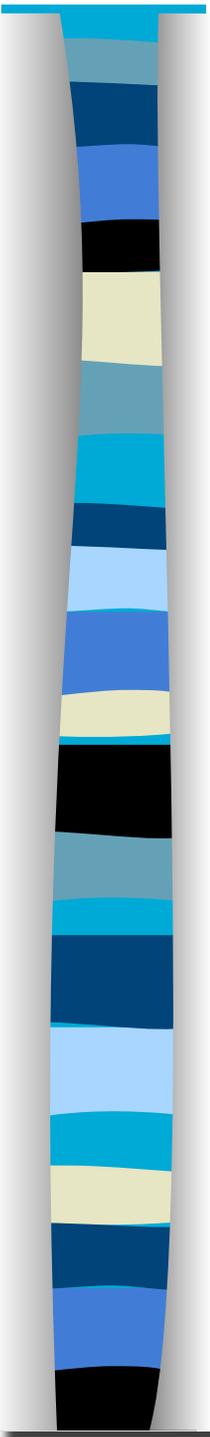
A

Subjective versus Objective

In a standard SOAP chart, O stands for:

- A. Observable
- B. Objective
- C. Outcomes
- D. Outsource

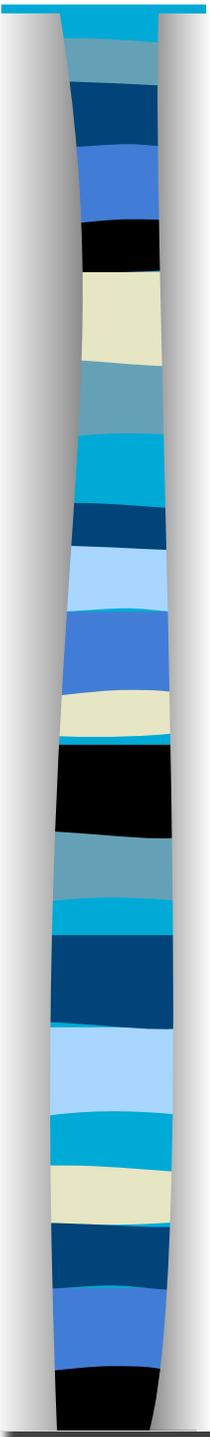
O



Subjective versus Objective

In a standard SOAP chart, O stands for:

- A. Observable
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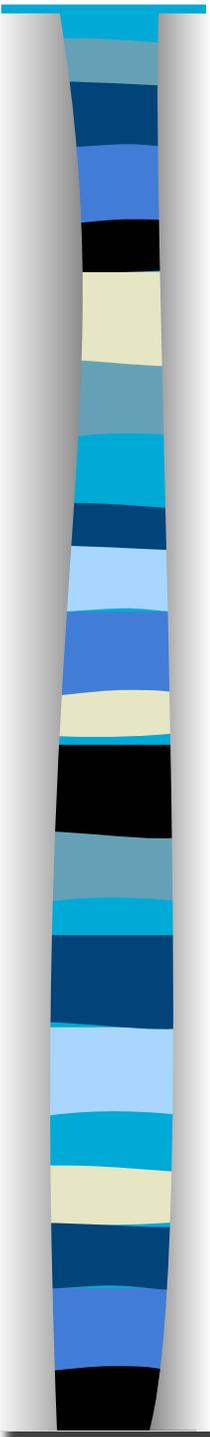


Subjective versus Objective

In the S section of a SOAP form you might document:

- A. The situation related to the client's health history
- B. The services you offered
- C. The symptoms you notice
- D. The symptoms the client reports

Q

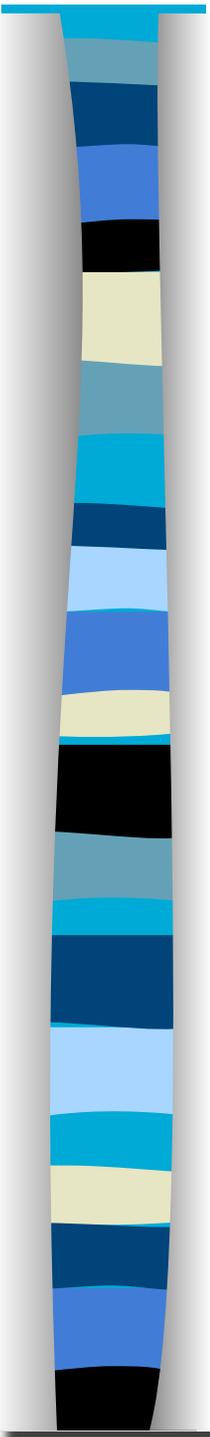


Subjective versus Objective

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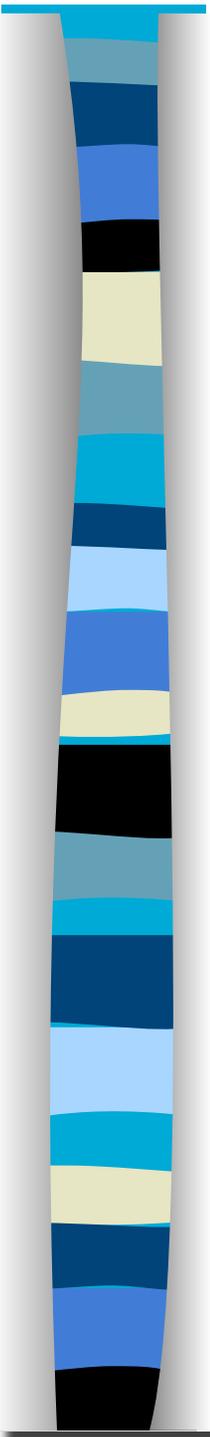


Subjective versus Objective

Activities of daily living that aggravate the client's symptoms are documented in this section of a SOAP form:

- A. S section
- B. A section
- C. O section
- D. P section

Q

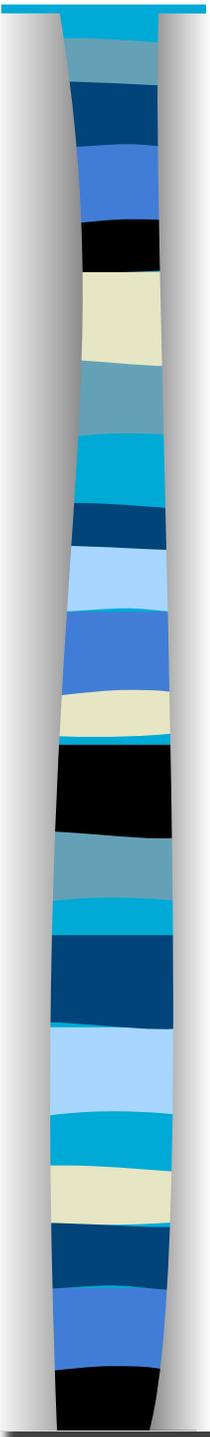


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A

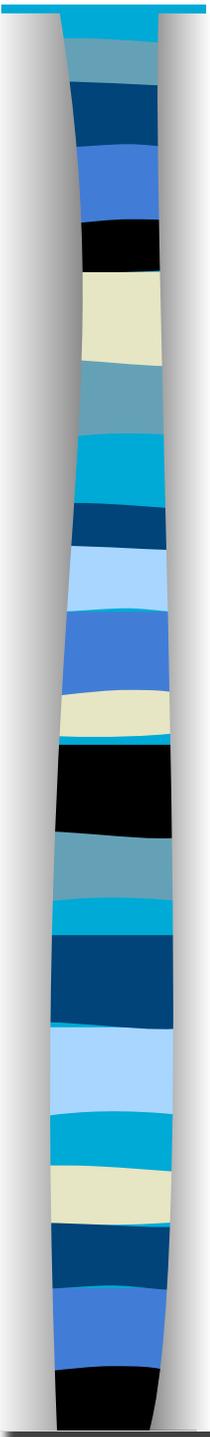


Subjective versus Objective

Information you gather through observation of the client and palpation of the client's tissue is called:

- A. Symptoms
- B. Objective data
- C. Aggravating activities
- D. Subjective data

Q



Subjective versus Objective

Information you gather through observation of the client and palpation of the client's tissue is called:

- A. Symptoms
- B. Objective data**
- C. Aggravating activities
- D. Subjective data

A

Subjective versus Objective

Homework or self-care you suggest to the client are documented in this section of the SOAP form:

- A. S section
- B. A section
- C. P section
- D. O section

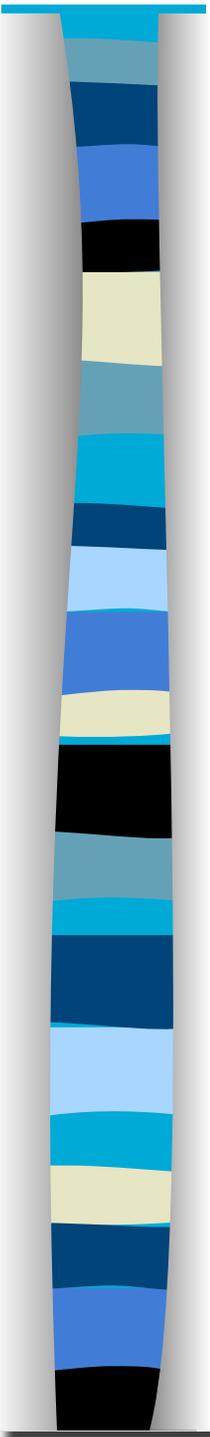
Q

Subjective versus Objective

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A

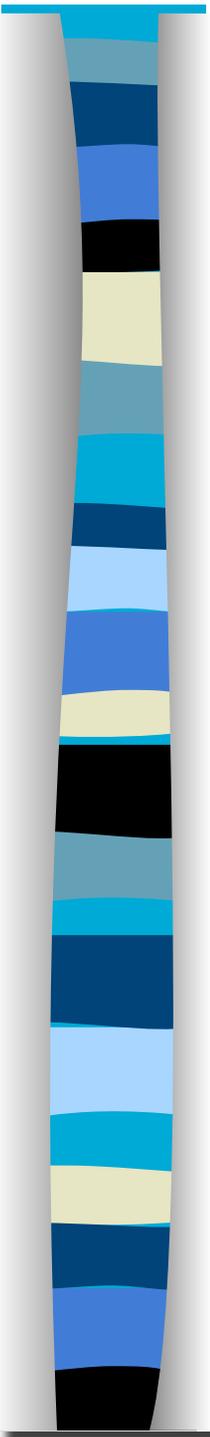


Subjective versus Objective

The client's goals, symptoms, and activities of daily living that aggravate or relieve symptoms are called:

- A. Health history
- B. Findings
- C. Objective data
- D. Subjective data

Q

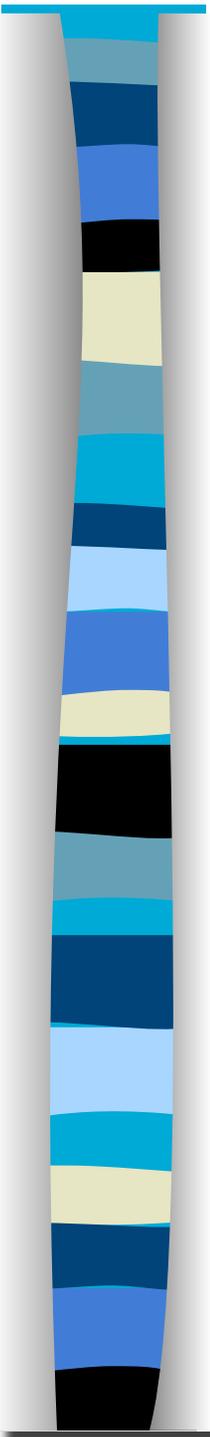


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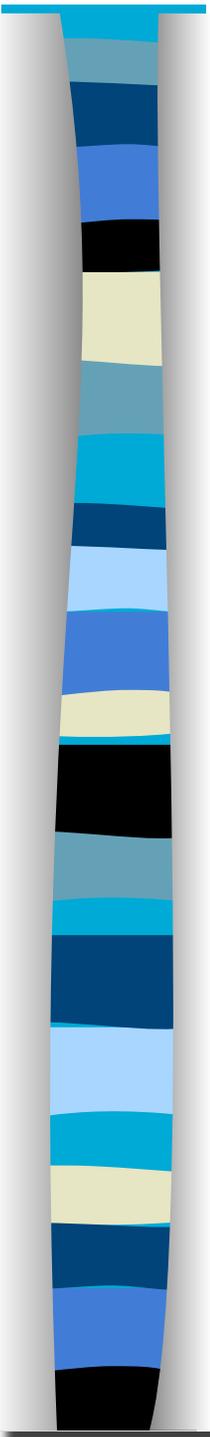


Subjective versus Objective

Information based on opinion or feeling rather than observable facts is:

- A. Palpation data
- B. Subjective data
- C. Objective data
- D. Visual data

Q

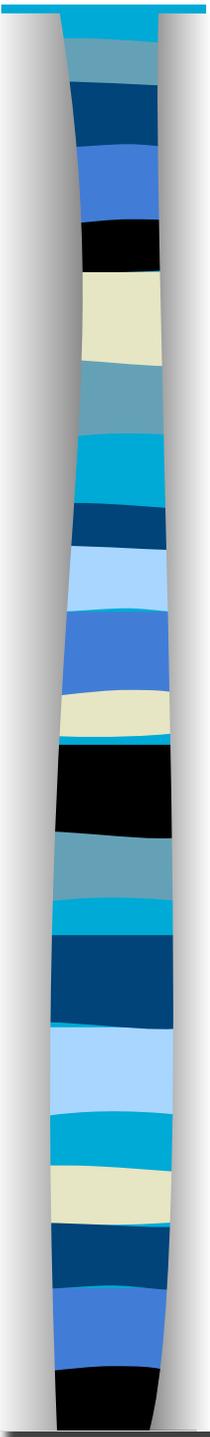


Subjective versus Objective

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- A. Palpation data
- B. Subjective data**
- C. Objective data
- D. Visual data

A

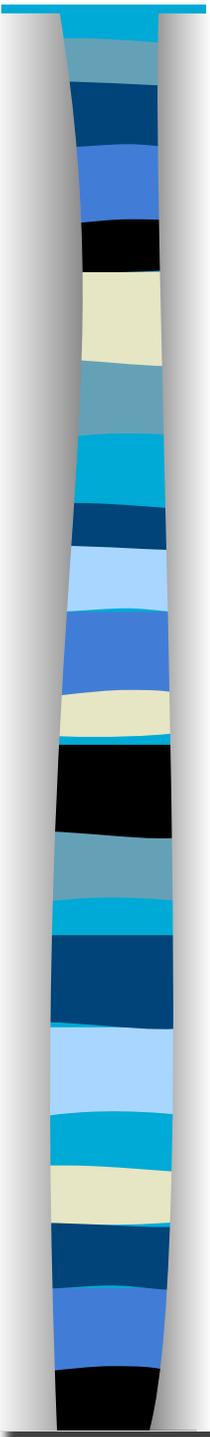


Subjective versus Objective

In the O section of a SOAP form you might document:

- A. The symptoms the client reports
- B. The types of massage techniques you used
- C. Session goals
- D. Findings from a palpation assessment

Q

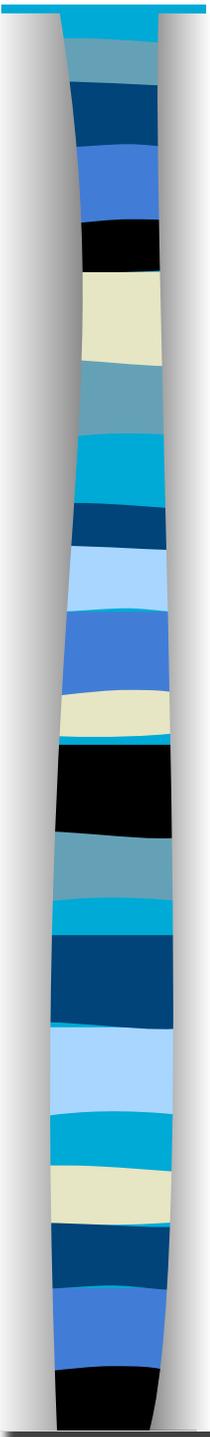


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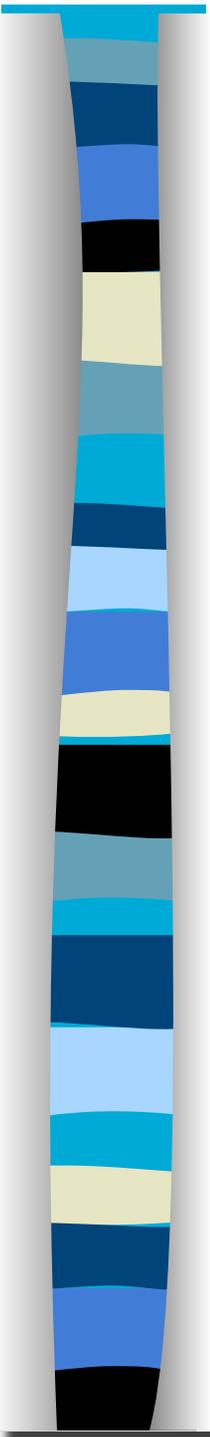


Subjective versus Objective

An example of subjective data includes:

- A. The information the client writes on the health form
- B. The quality of the tissue you palpate during the massage
- C. The visual data you gather during a posture assessment
- D. The quality of movement you palpate during range of motion assessment

Q

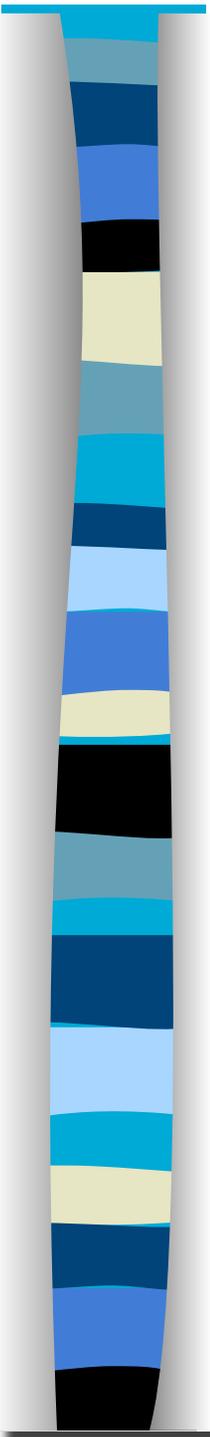


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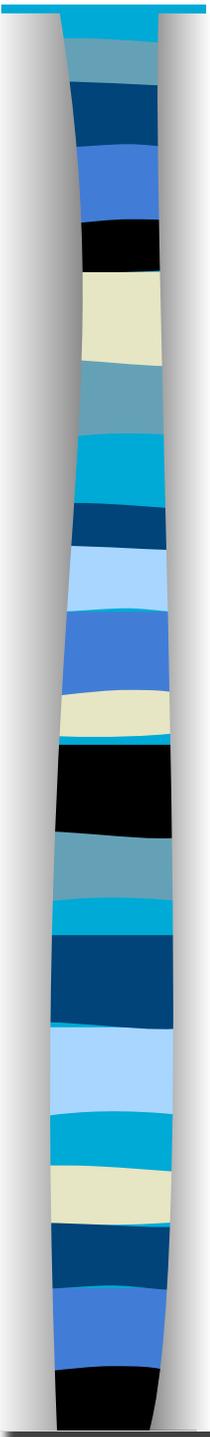


Subjective versus Objective

An example of objective data is:

- A. Aggravating activities the client describes during the intake interview
- B. Palpation of the client's soft-tissue
- C. The symptoms the client tells you she experiences
- D. The symptoms the client describes on her health form

Q

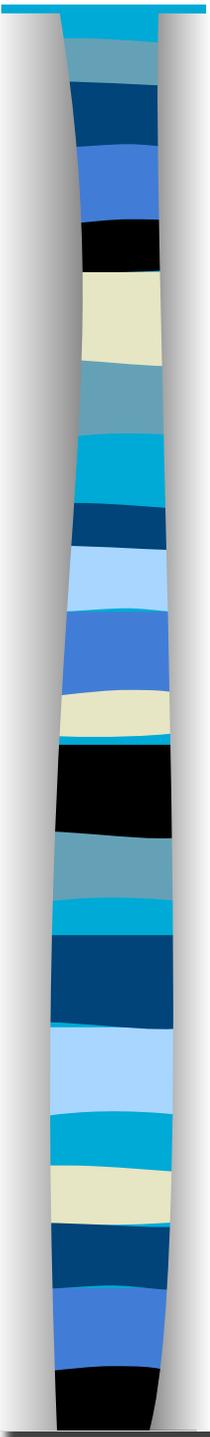


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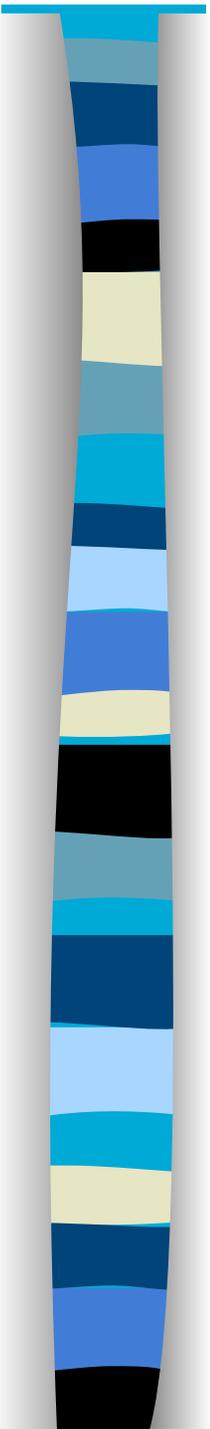


Subjective versus Objective

An example of subjective data includes:

- A. The visual data you gather during a posture assessment
- B. The quality of movement you palpate during range of motion assessment
- C. The quality of the tissue you palpate during the massage
- D. What a client tells you during the health intake interview

Q

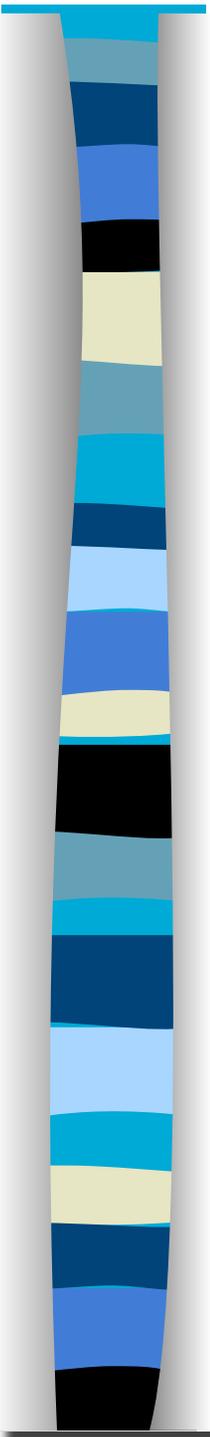


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- B. The quality of movement you palpate during range of motion assessment
- C. The quality of the tissue you palpate during the massage
- D. What a client tells you during the health intake interview**

A



Subjective versus Objective

This type of data is based on facts and measurements rather than opinion:

A. Aggravating activities

B. Subjective data

C. Objective data

Symptoms

Q

Subjective versus Objective

This type of data is based on facts and measurements rather than opinion:

A. Aggravating activities

B. Subjective data

C. Objective data

Symptoms

A

Subjective versus Objective

Visual and palpation findings are documented in this section of the SOAP form:

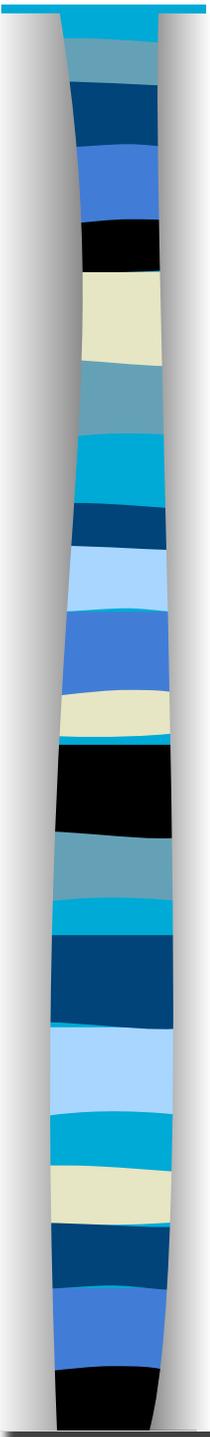
A. S section

B. P section

C. A section

D. O section

A

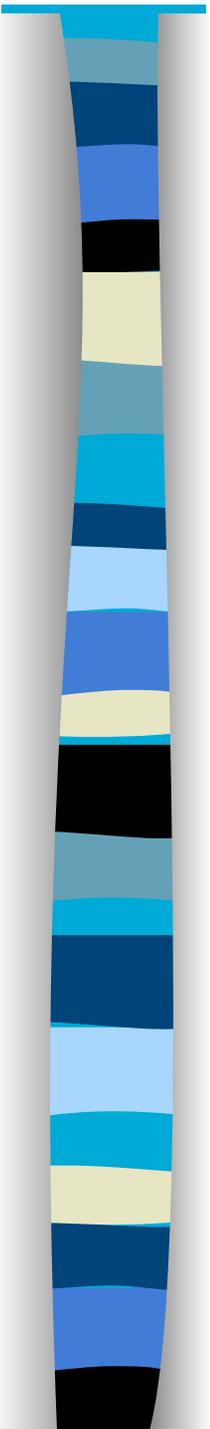


Subjective versus Objective

Activities of daily living that relieve the client's symptoms are documented in this section of a SOAP form:

- A. O section
- B. S section
- C. A section
- D. P section

Q



Subjective versus Objective

Activities of daily living that relieve the client's symptoms are documented in this section of a SOAP form:

- A. O section
- B. S section**
- C. A section
- D. P section

A

Subjective versus Objective

Visual and palpation findings are documented in this section of the SOAP form:

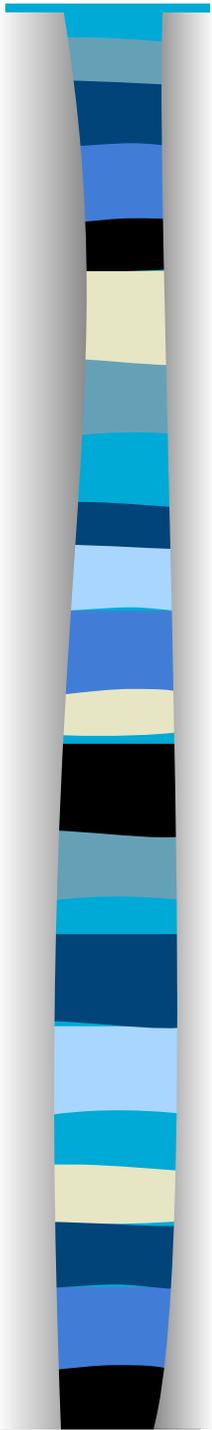
A. S section

B. P section

C. A section

D. O section

Q



Subjective versus Objective

Visual and palpation findings are documented in this section of the SOAP form:

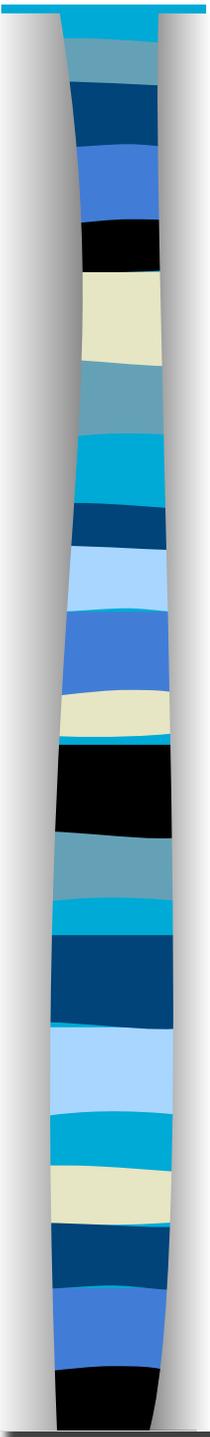
A. S section

B. P section

C. A section

D. O section

A

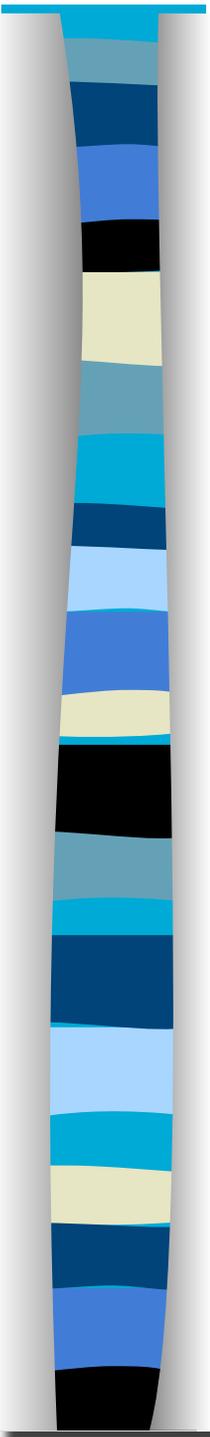


Subjective versus Objective

In the S section of a SOAP form, "intensity" means:

- A. The degree to which the client experiences the symptom
- B. The degree of depth the practitioner used during palpation
- C. The degree to which the client experiences aggravating situations
- D. The degree to which the client experiences signs

Q

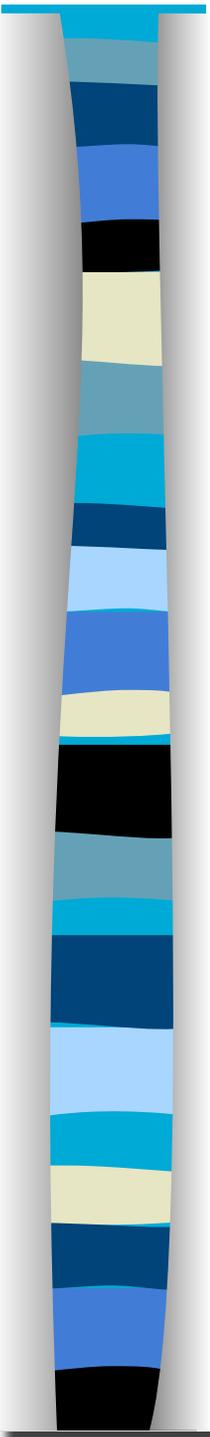


Subjective versus Objective

In the S section of a SOAP form, "intensity" means:

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A

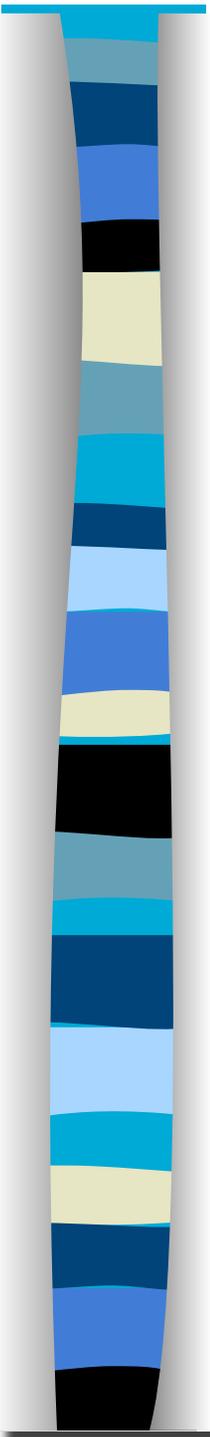


Subjective versus Objective

Data obtained through touch based on the client's tissue textures, tone, temperature, and hydration is:

- A. Observations
- B. Palpation
- C. Range of motion assessment
- D. Posture assessment

Q

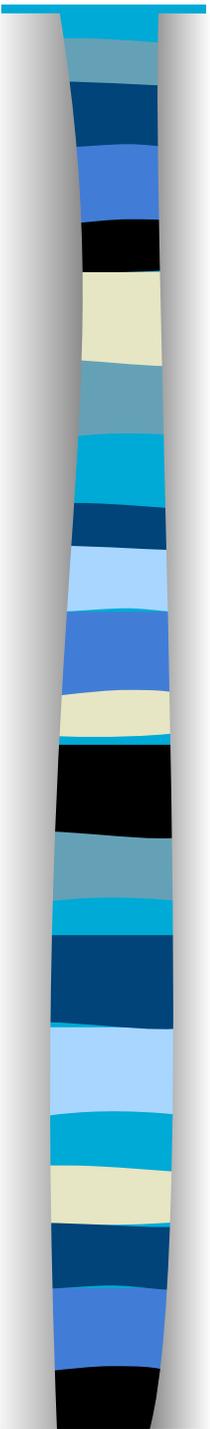


Subjective versus Objective

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- D. Posture assessment

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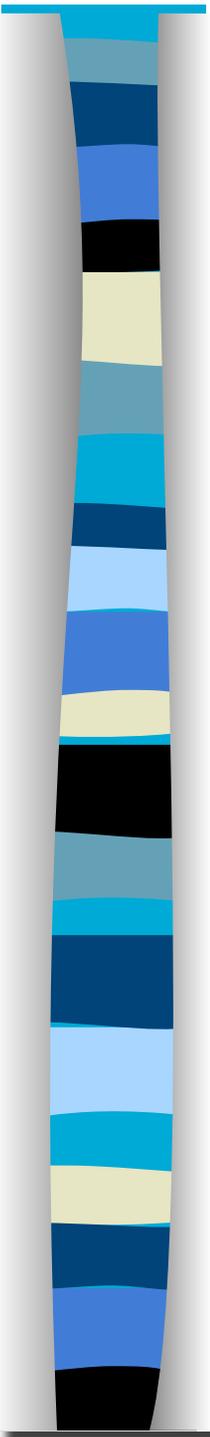


Subjective versus Objective

The practitioner's findings, including visual assessment and palpation findings, are called:

- A. Subjective data
- B. Symptoms
- C. Functional assessment
- D. Objective data

Q

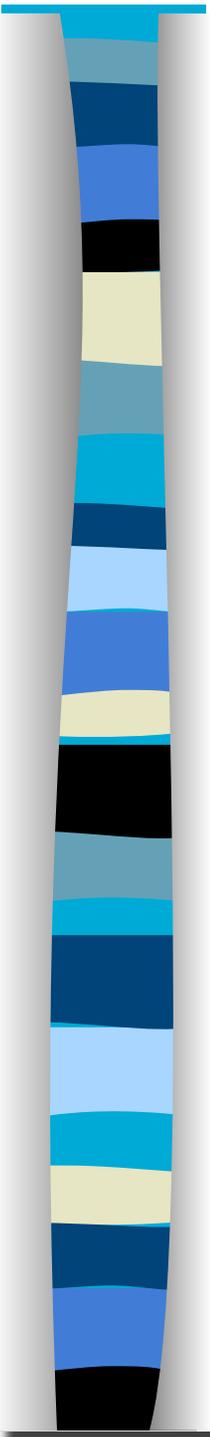


Subjective versus Objective

The practitioner's findings, including visual assessment and palpation findings, are called:

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- C. Functional assessment
- D. Objective data**

A

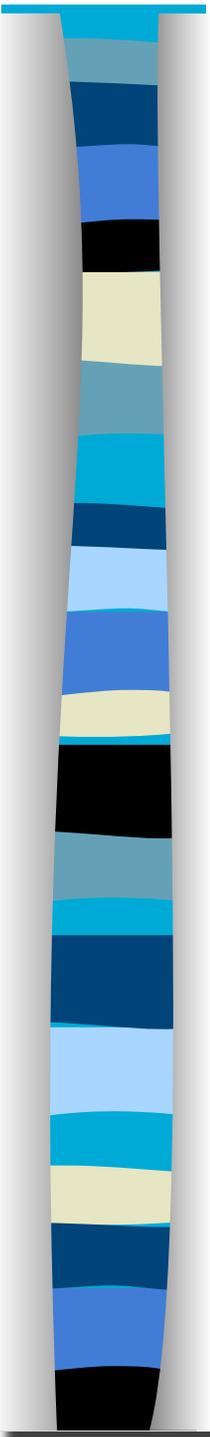


Subjective versus Objective

The location, intensity, frequency, duration, and onset reported by the client are called:

- A. Signs
- B. History
- C. Observations
- D. Symptoms

Q

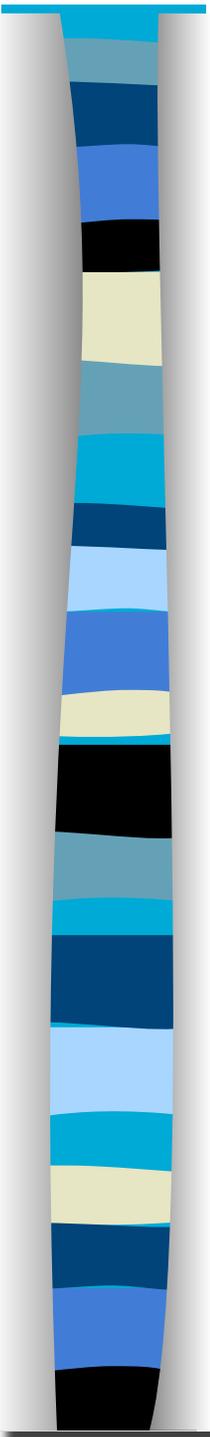


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- A. Signs
- B. History
- C. Observations
- D. Symptoms**

A

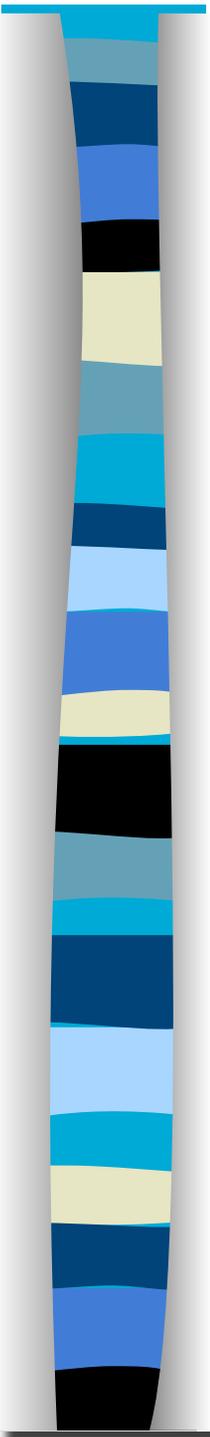


Subjective versus Objective

Data obtained visually based on the client's freedom of movement, physical symmetry, breathing patterns, skin condition, level of sympathetic dominance, and body language is called:

- A. Range of motion
- B. Observations
- C. Health form
- D. Palpation

Q



Subjective versus Objective

Data obtained visually based on the client's freedom of movement, physical symmetry, breathing patterns, skin condition, level of sympathetic dominance, and body language is called:

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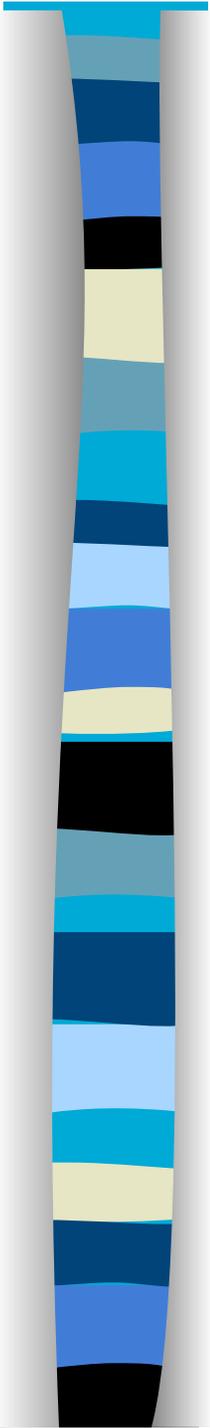
A

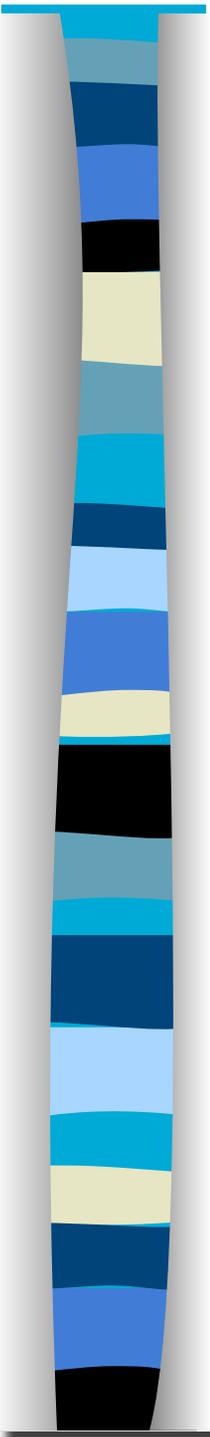
Subjective versus Objective

The human figures on a SOAP chart are used:

- A. To create a pictorial representation of aggravating activities
- B. To create a pictorial representation of functional outcomes
- C. To create a pictorial representation of objective findings
- D. To create a pictorial representation of functional limitations

Q

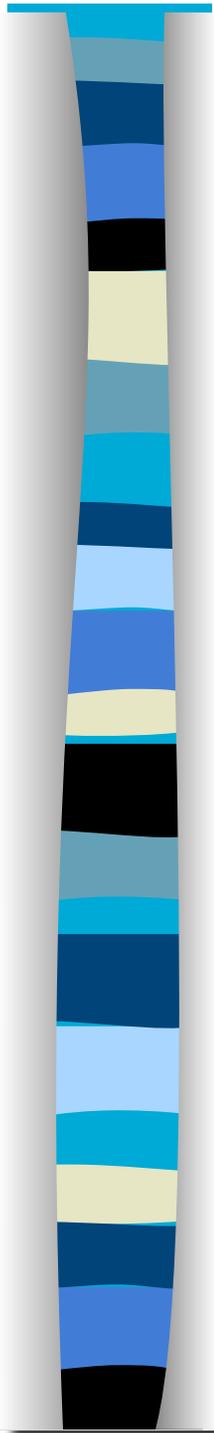


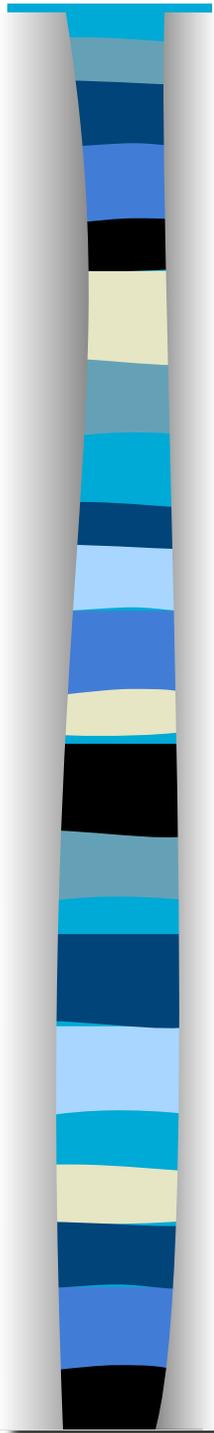


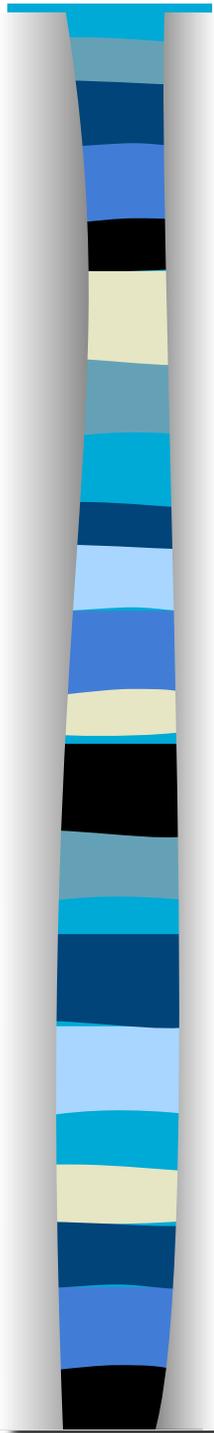
Subjective versus Objective

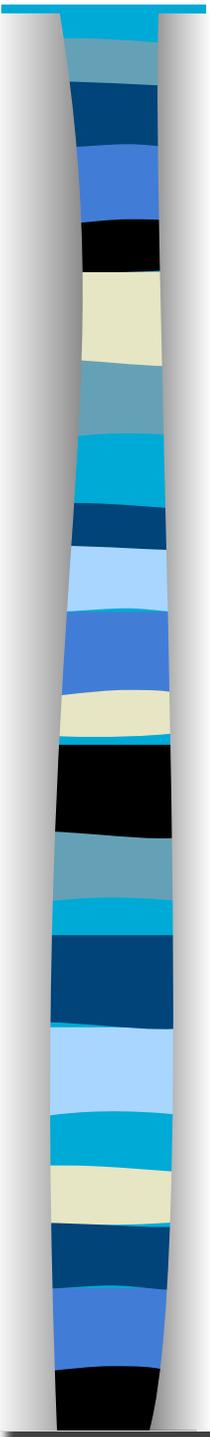
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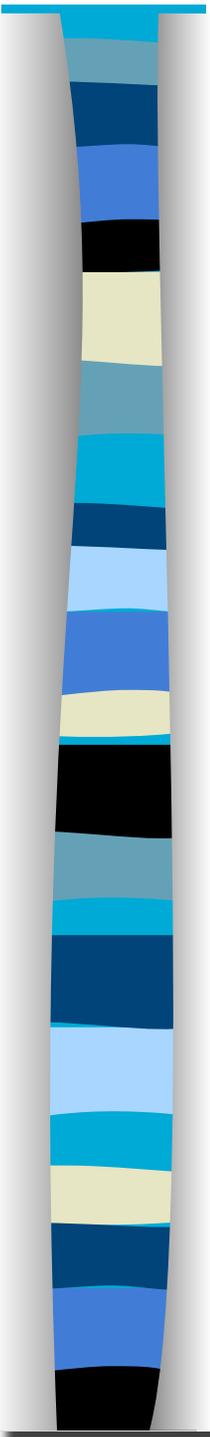




ABMP Exam Coach

Massage Professional Practices:
Client Records

Functional Limitations

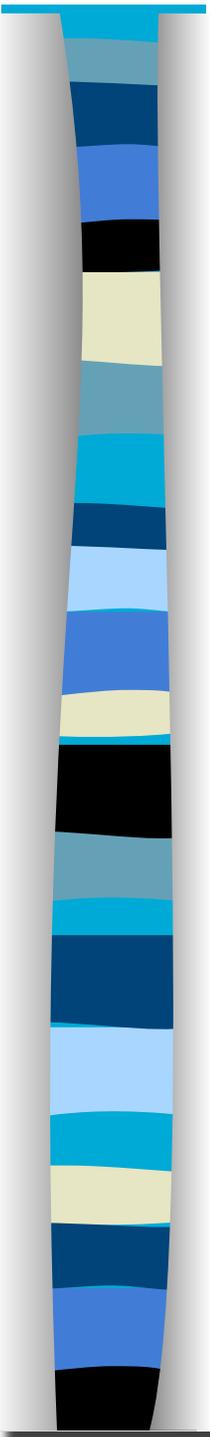


Functional Limitations

The client's inability to perform activities of daily living (like cleaning the house or picking up children) is called:

- A. Functional limitations
- B. Functional assessment
- C. Functional outcomes
- D. Functional goals

Q

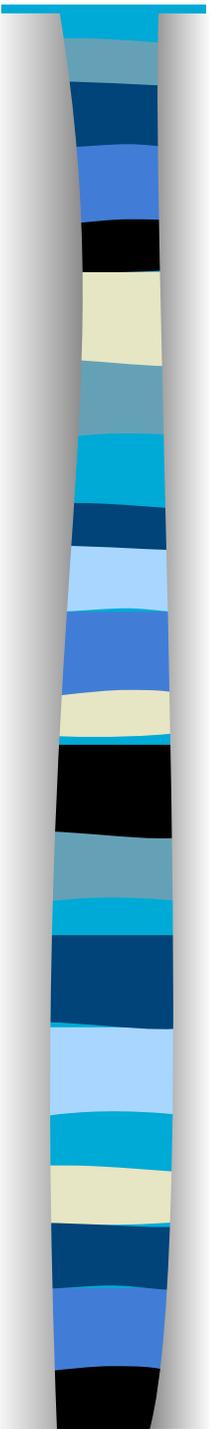


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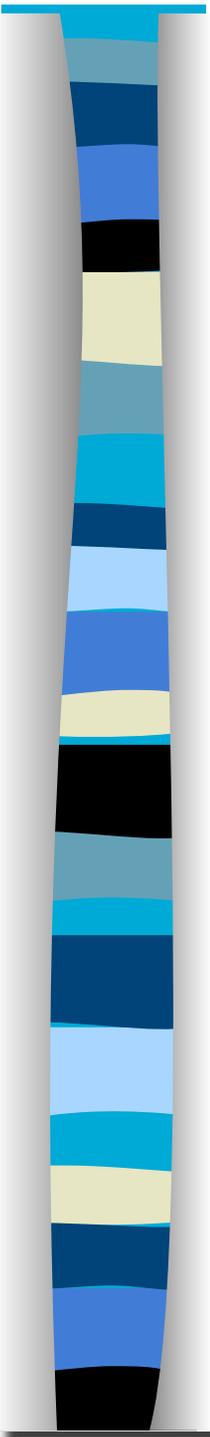


Functional Limitations

Functional limitations are defined as:

- A. The limitations to activities of daily life due to aggravating activities
- B. The limitations to activities of daily life due to work constraints
- C. The limitations to activities of daily life due to injury or pathology
- D. The limitations to activities of daily life due to psychological constraints and mind-set

Q

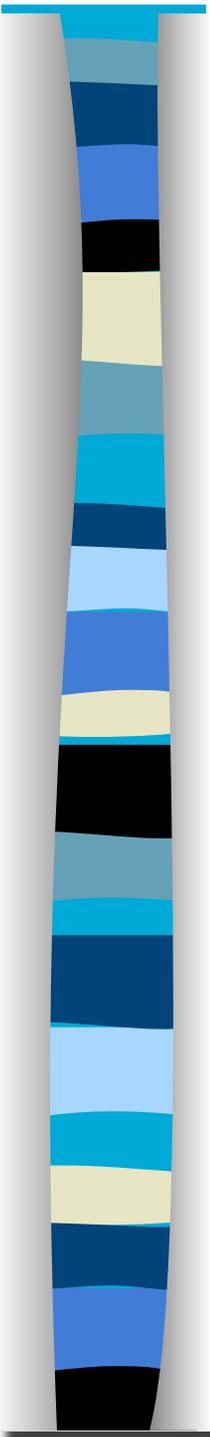


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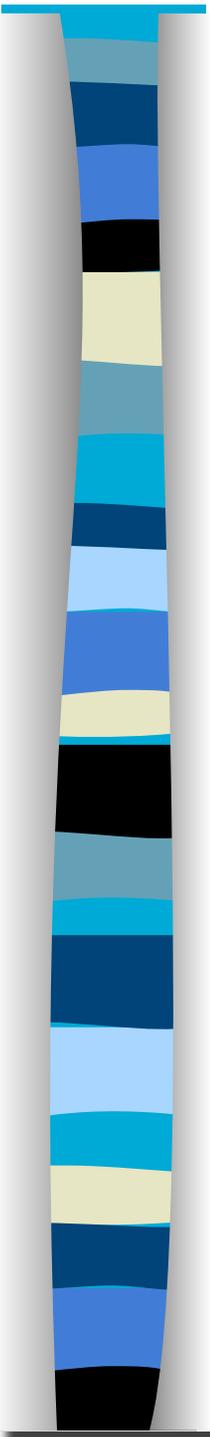


Functional Limitations

When an injury or pathology affects a client's ability to perform regular daily activities, it is referred to as:

- A. Aggravating activities
- B. The client's signs
- C. A functional limitation
- D. The client's symptoms

Q

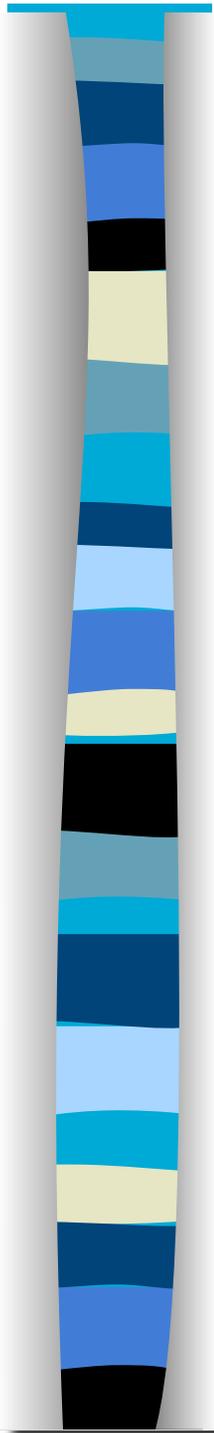


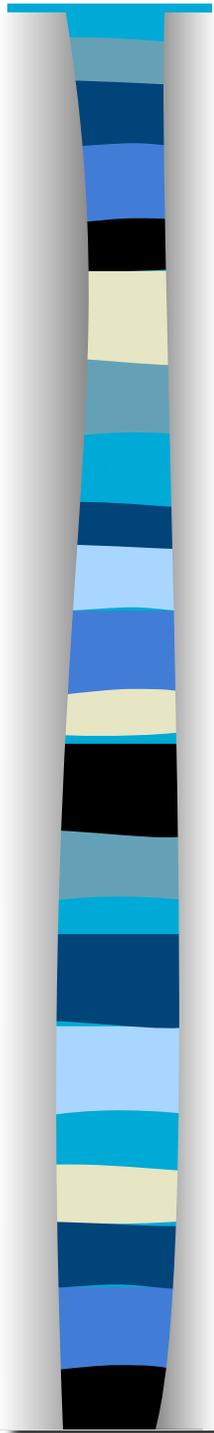
Functional Limitations

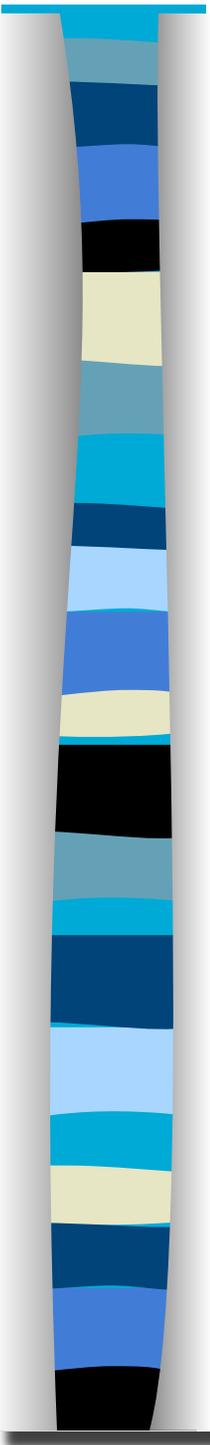
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- C. A functional limitation**
- D. The client's symptoms

A







ABMP Exam Coach

Massage Professional Practices:
Client Records

Assessment

Assessment

In a standard SOAP chart, A stands for:

- A. Action
- B. Assisted
- C. Assessment
- D. Ability

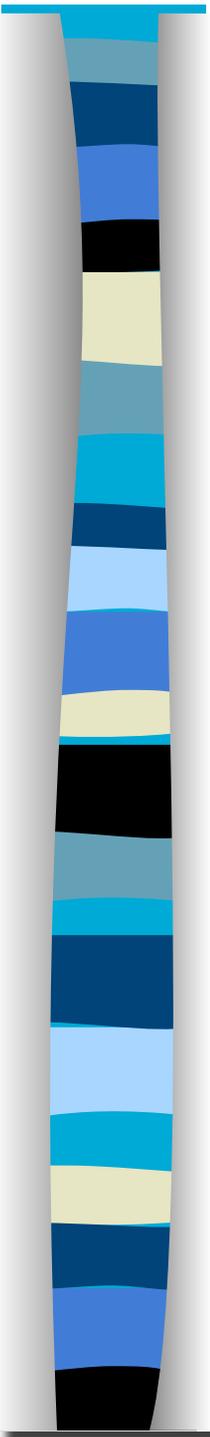
Q

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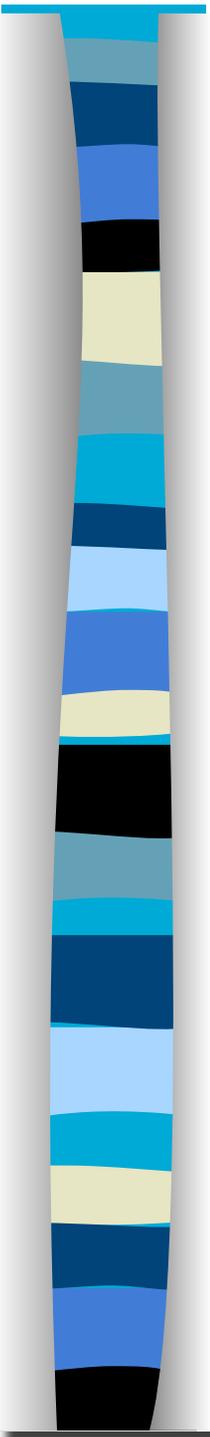


Assessment

In the A section of a SOAP form you might document:

- A. The types of massage techniques you used
- B. Findings from a palpation assessment
- C. Session goals
- D. The symptoms the client reports

Q



Assessment

In the A section of a SOAP form you might document:

- A. The types of massage techniques you used
- B. Findings from a palpation assessment
- C. Session goals**
- D. The symptoms the client reports

A

Assessment

The session goals are documented in this section of the SOAP form:

- A. A section
- B. O section
- C. P section
- D. S section

Q

Assessment

The session goals are documented in this section of the SOAP form:

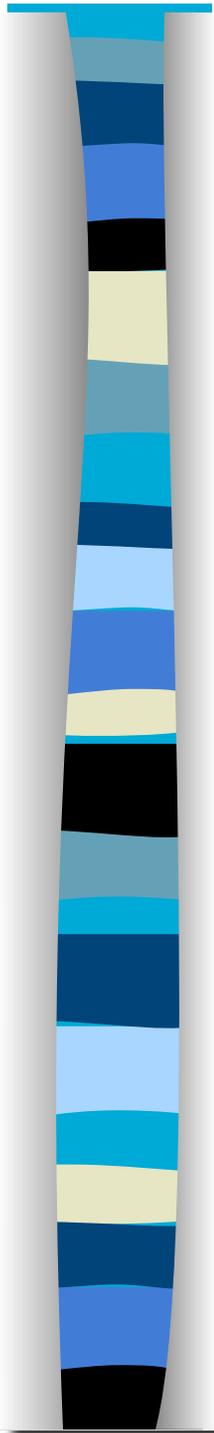
A. A section

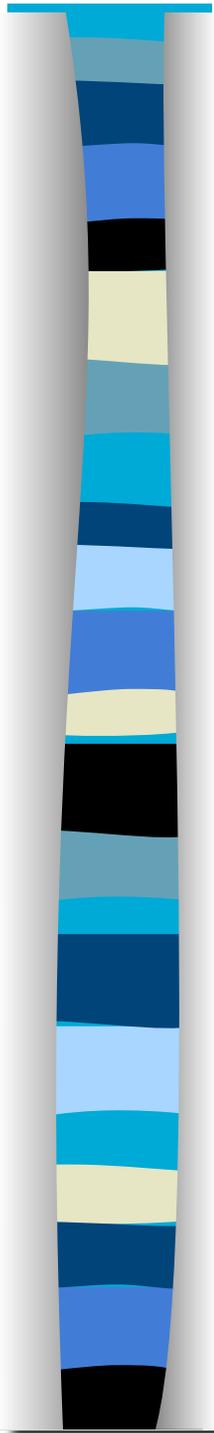
B. O section

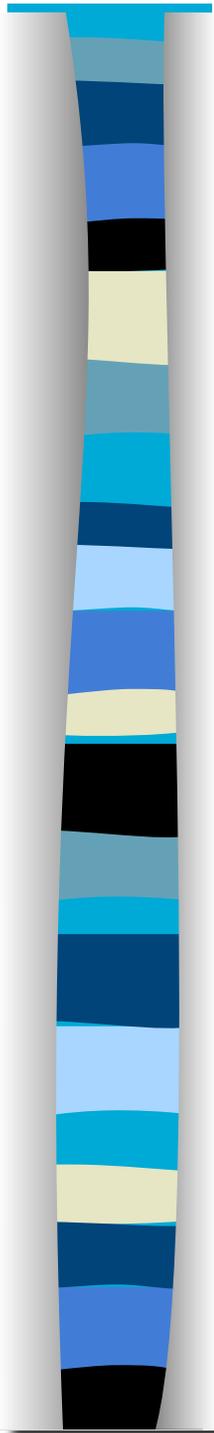
C. P section

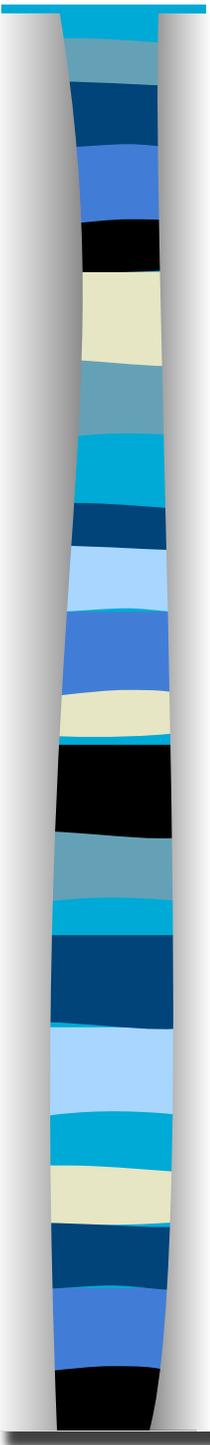
D. S section

A









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Massage Professional Practices: Client Records

Plan

Plan

In a standard SOAP chart, P stands for:

- A. Purpose
- B. Predicted outcome
- C. Pain
- D. Plan

Q

Plan

In a standard SOAP chart, P stands for:

- A. Purpose
- B. Predicted outcome
- C. Pain
- D. Plan**

A

Plan

Homework or self-care you suggest to the client are documented in this section of the SOAP form:

- A. S section
- B. A section
- C. P section
- D. O section

Q

Plan

Homework or self-care you suggest to the client are documented in this section of the SOAP form:

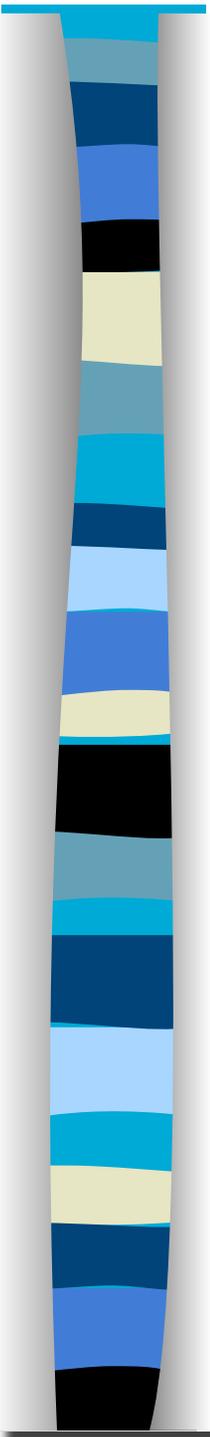
A. S section

B. A section

C. P section

D. O section

A

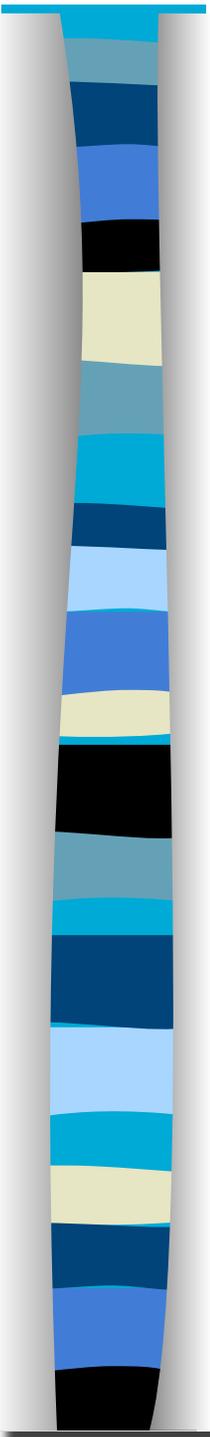


Plan

In the P section of a SOAP form you might document:

- A. Findings from a palpation assessment
- B. Your plan for the next session
- C. The symptoms the client reports
- D. The types of massage techniques you used

Q

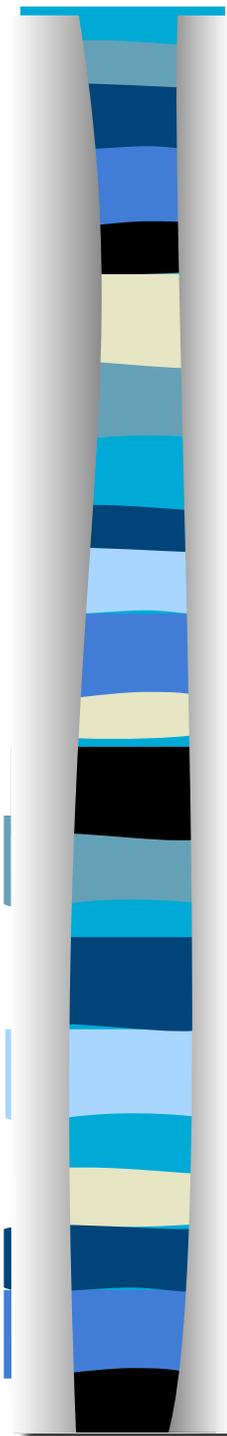


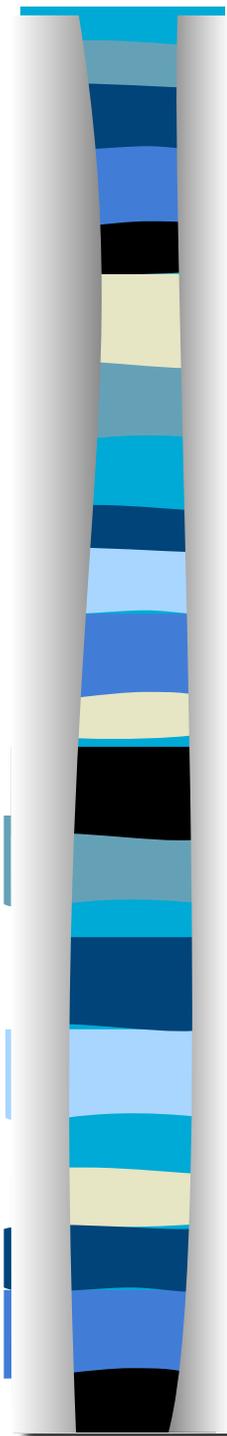
Plan

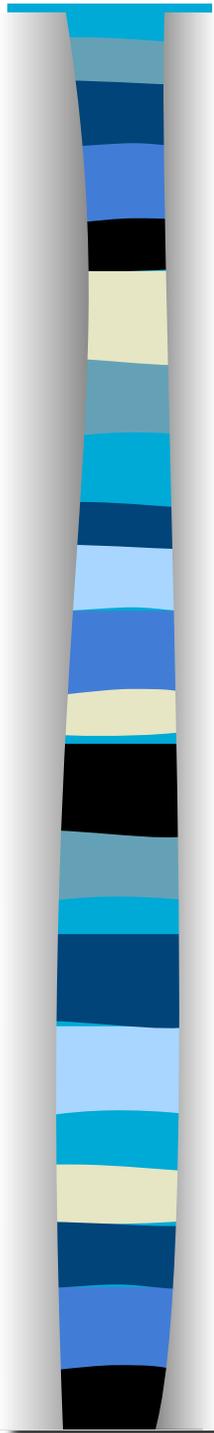
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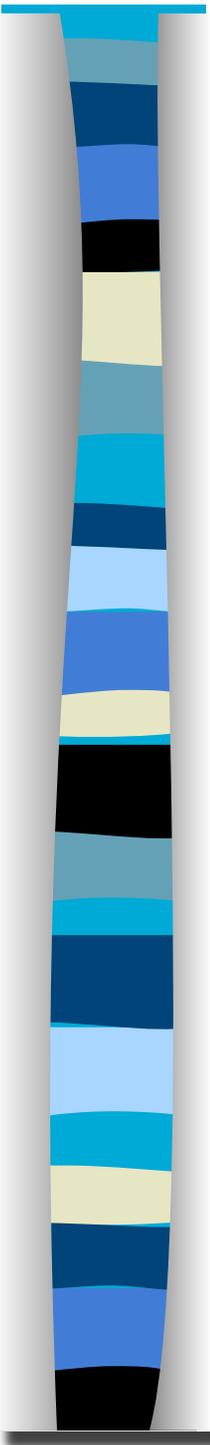
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- C. The symptoms the client reports
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A





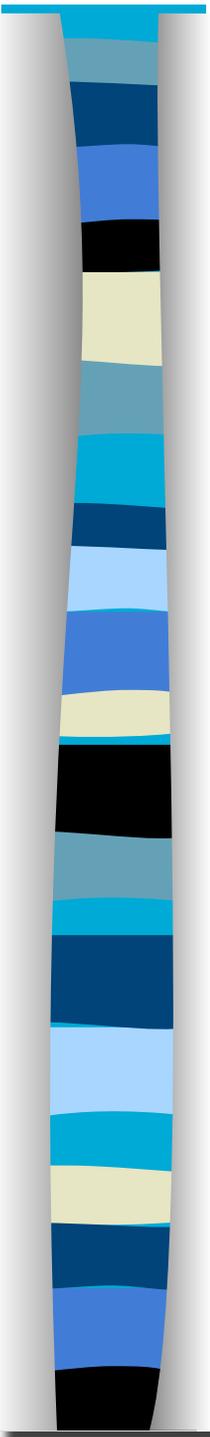




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Massage Professional Practices:
Client Records

Pain Scale

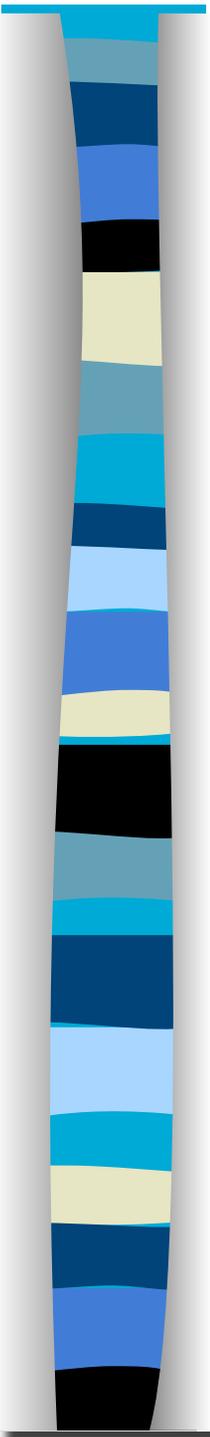


Pain Scale

A example of proper documentation of client pain is:

- A. Neck pain that hurts a lot
- B. Neck pain, moderate plus
- C. Pain in the neck when the client tries to move head
- D. A bit more neck pain than usual

Q



Pain Scale

A example of proper documentation of client pain is:

- A. Neck pain that hurts a lot
- B. Neck pain, moderate plus**
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A

Pain Scale

On a 0–10 scale, 1 represents:

- A. Moderate minus (M-)
- B. Mild minus (L-)
- C. Moderate (M)
- D. Mild (L)

Q

Pain Scale

On a 0–10 scale, 1 represents:

A. Moderate minus (M-)

B. Mild minus (L-)

C. Moderate (M)

D. Mild (L)

A

Pain Scale

On a 0–10 scale, 2 represents:

- A. Mild (L)
- B. Moderate minus (M-)
- C. Mild plus (L+)
- D. Moderate (M)

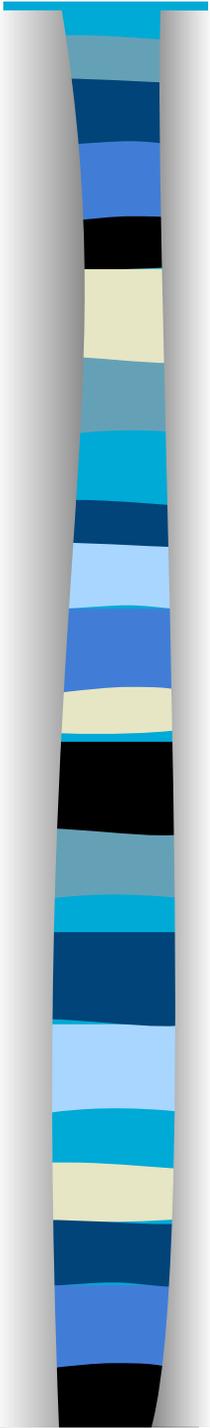
Q

Pain Scale

On a 0–10 scale, 2 represents:

- A. Mild (L)
- B. Moderate minus (M-)
- C. Mild plus (L+)
- D. Moderate (M)

A



Pain Scale

On a 0–10 scale, 3 represents:

- A. Mild minus (M-)
- B. Mild plus (M+)
- C. Mild plus (L+)
- D. Mild minus (L-)

Q

Pain Scale

On a 0–10 scale, 3 represents:

- A. Mild minus (M-)
- B. Mild plus (M+)
- C. **Mild plus (L+)**
- D. Mild minus (L-)

A

Pain Scale

On a 0–10 scale, 10 represents:

- A. Functionally limited; the client is bedridden or needs assistance
- B. Disabled; the client is bedridden or needs assistance
- C. Mild minus
- D. Severe plus

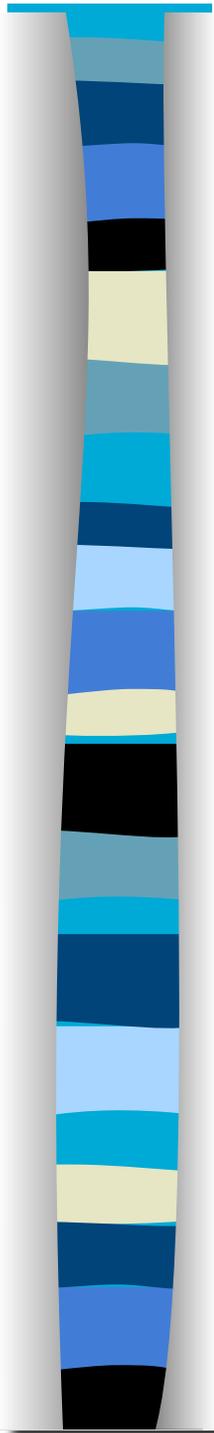
Q

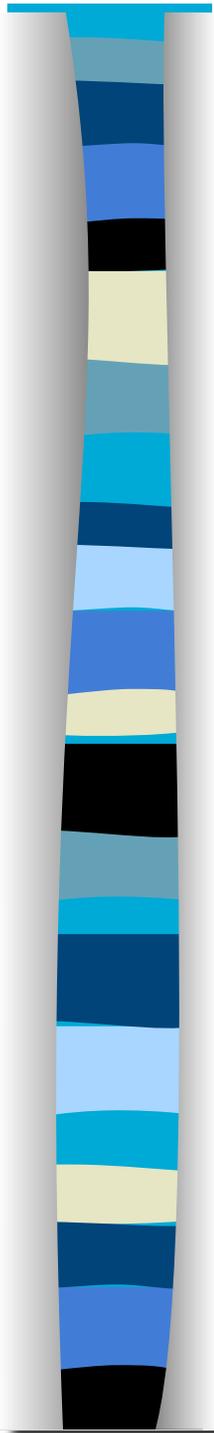
Pain Scale

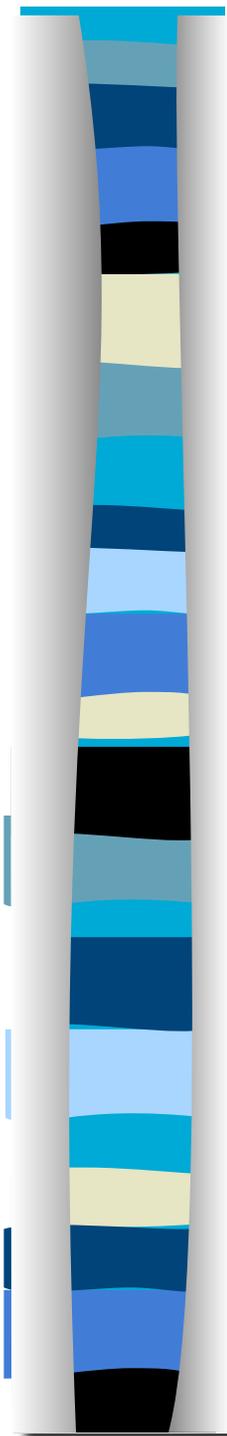
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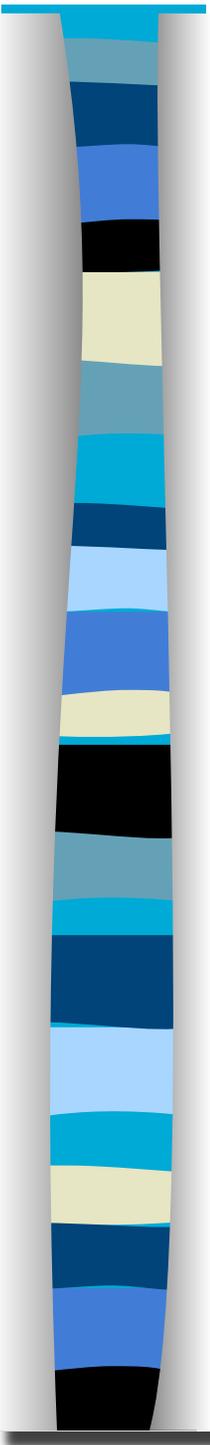
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A





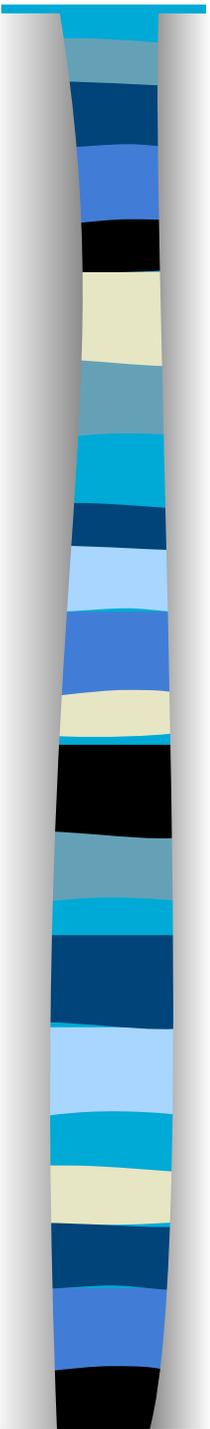




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Massage Professional Practices:
Body Mechanics

Aspects of Body Mechanics

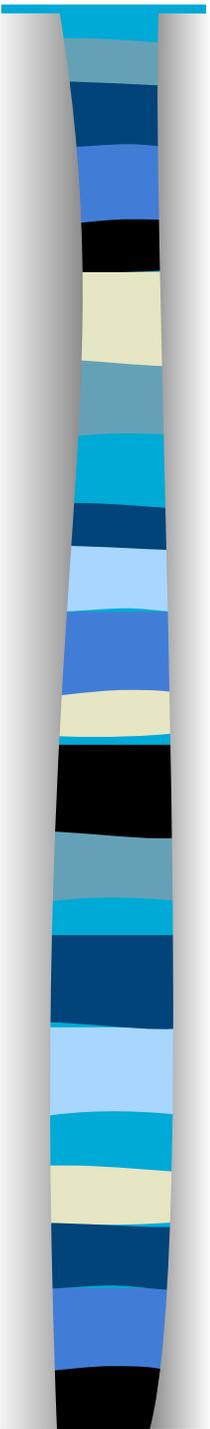


Aspects of Body Mechanics

The use of proper body movements to prevent and correct posture problems and injuries, reduce stress, and enhance physical capability is called:

- A. Body mechanics
- B. Movement training
- C. Biomechanics
- D. Strength training

Q

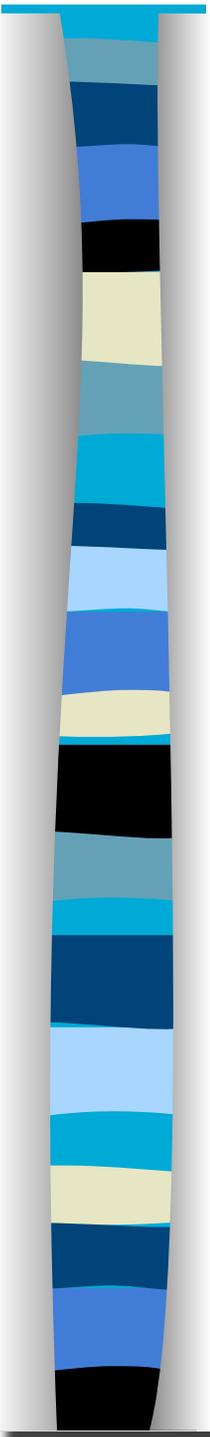


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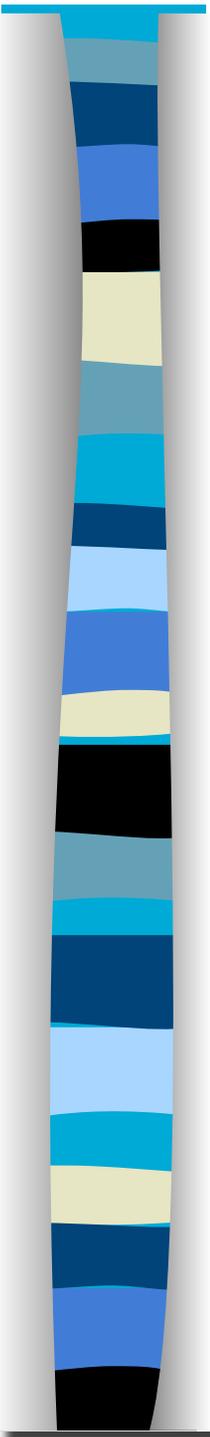


Aspects of Body Mechanics

The ability to perform a full day's work with several clients without tiring or compensating with poor body mechanics is referred to as:

- A. Stress reduction
- B. Cross-training
- C. Strength
- D. Stamina

Q

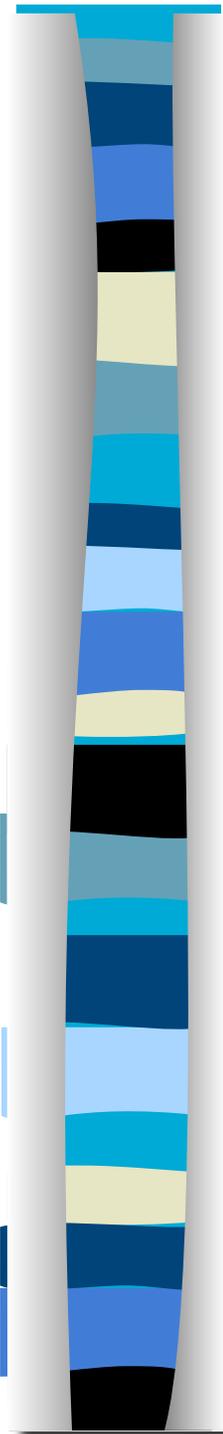


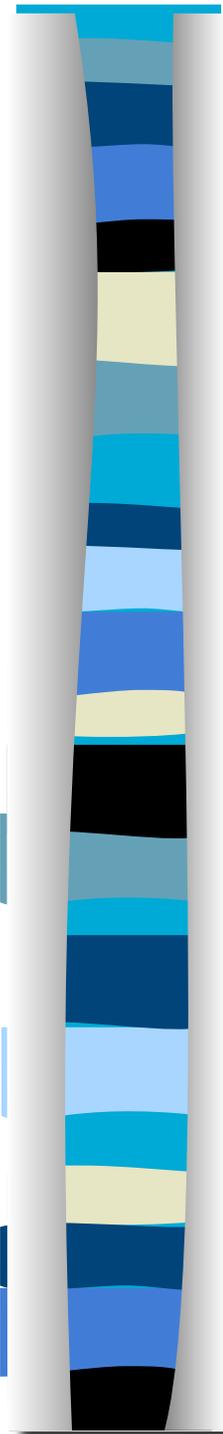
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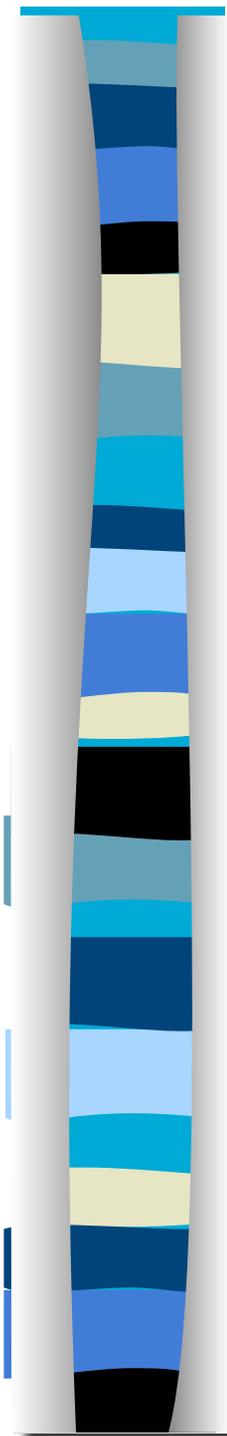
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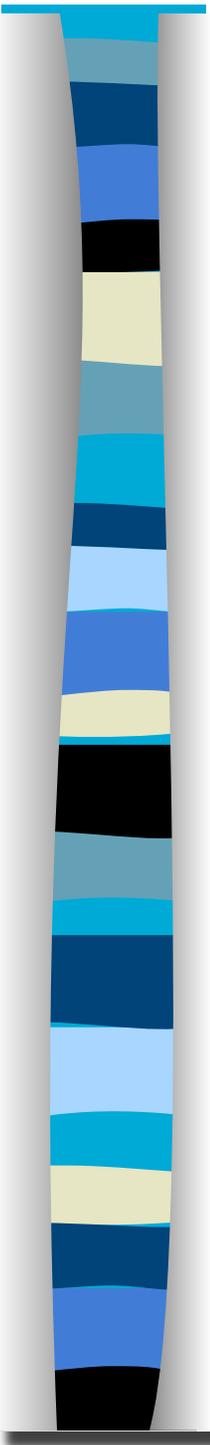
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A





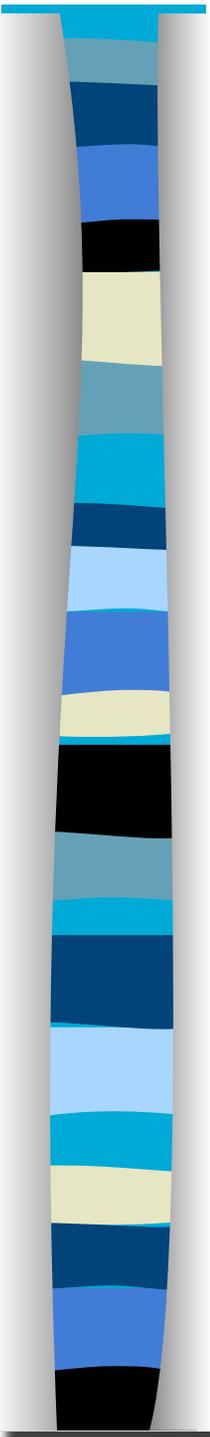




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Massage Professional Practices:
Body Mechanics

When Applying a Stroke

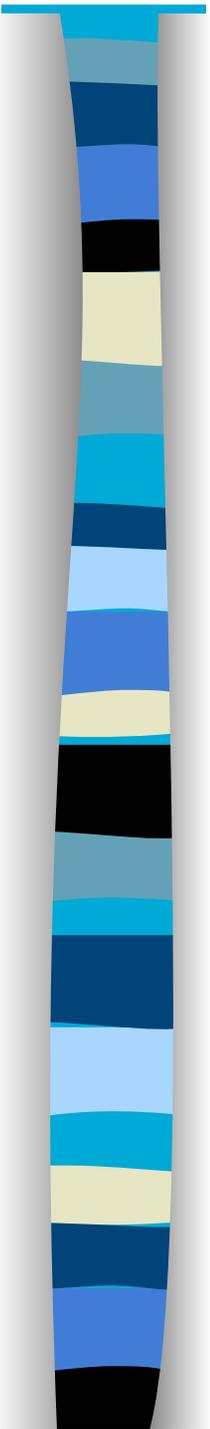


When Applying a Stroke

When you keep the body in motion and use a variety of techniques during the session you:

- A. Reduce the stress on your body, especially the hands
- B. Increase the stress on your body, especially the hands
- C. Increase body weight on clients to avoid using strength
- D. Reduce strength and endurance, especially on the hands

Q



When Applying a Stroke

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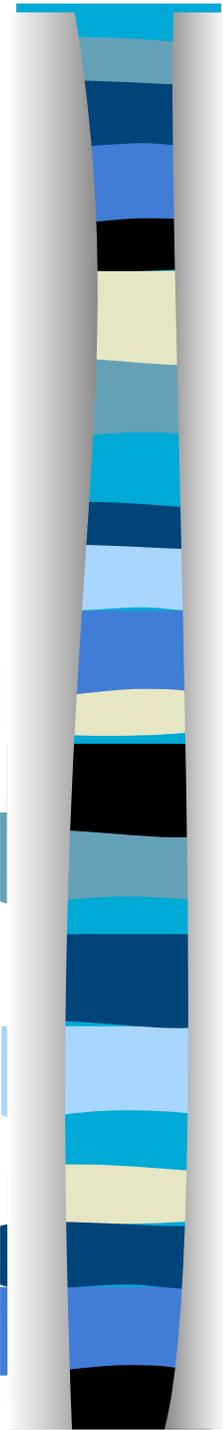
A

When Applying a Stroke

With good body mechanics:

- A. Exhale when applying a stroke that moves toward your body
- B. Exhale when beginning a new type of stroke
- C. Exhale when applying a stroke that moves away from your body
- D. Exhale at the end of a body region after completion of all strokes

Q

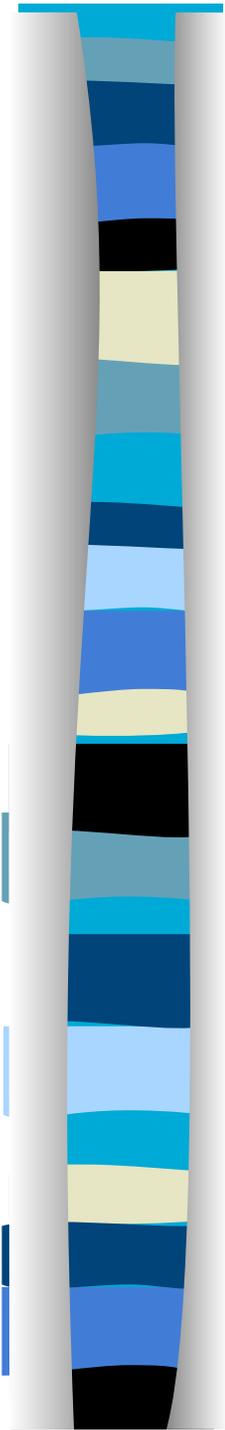


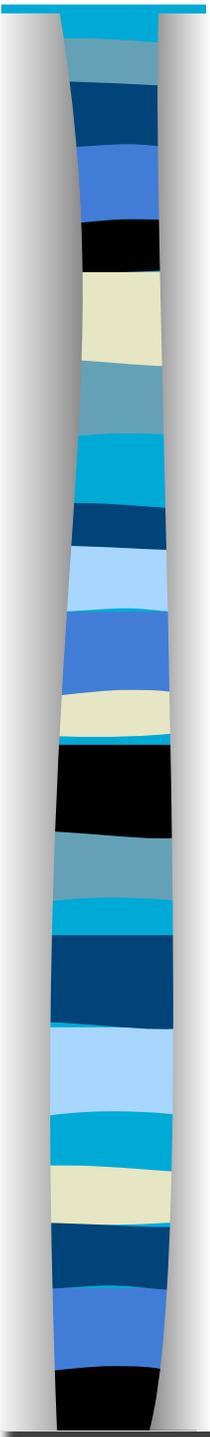
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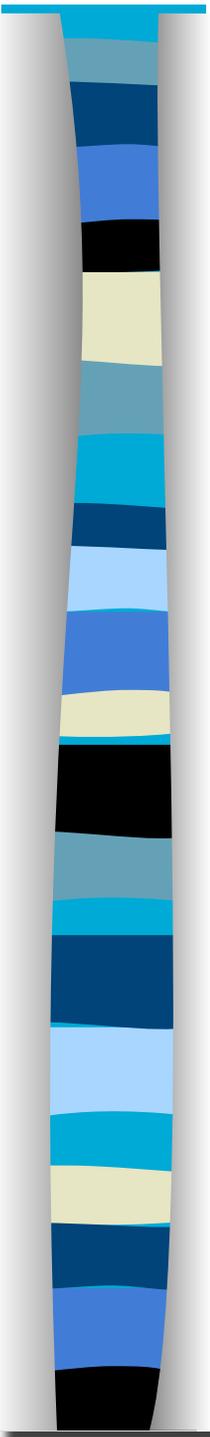


When Applying a Stroke

Before a massage, practitioners often center themselves. This means:

- A. To align the joints to distribute stress evenly
- B. To lean the body weight on the client and avoid using strength
- C. To find an emotional, mental, and physical core
- D. To keep the body in motion during a session

Q

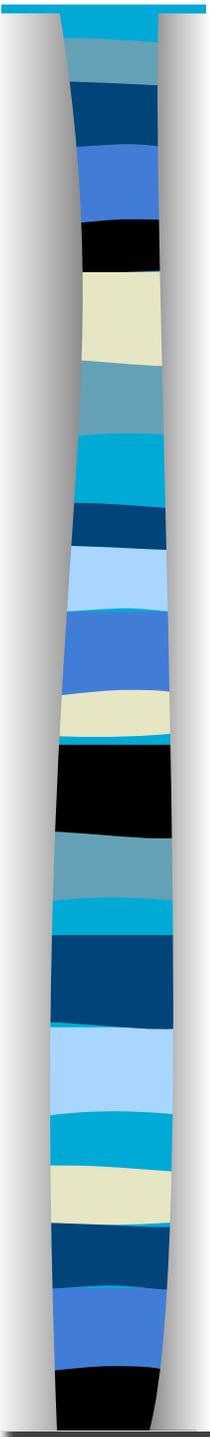


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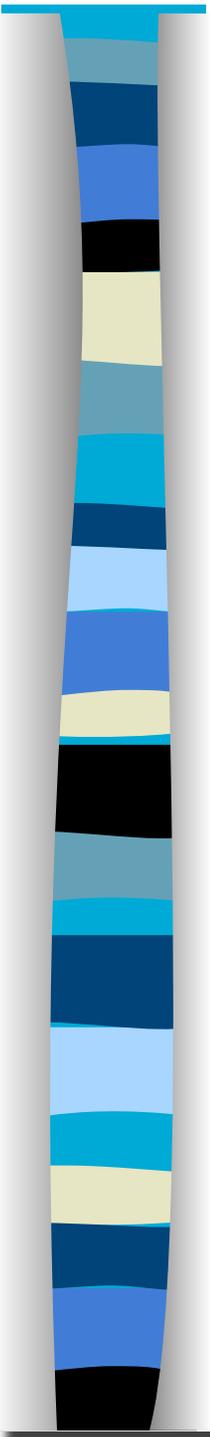


When Applying a Stroke

When applying compression strokes or sustained direct pressure:

- A. Hyperextend the wrists and press down to avoid injury
- B. Use the thumbs if possible to avoid injury
- C. Use the forearm or elbow if possible to avoid injury
- D. Use the fingertips if possible to avoid injury

Q

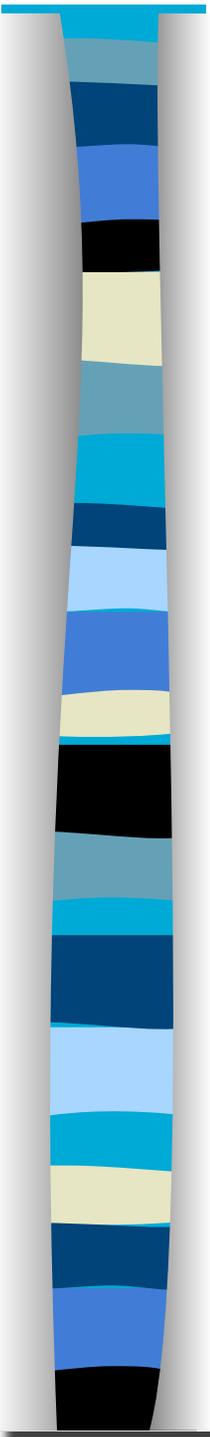


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A



When Applying a Stroke

While applying a stroke, it is good body mechanics to:

- A. Look down at the client to align your eyes with the stroke
- B. Tip the chin forward to place the neck in flexion and prevent overuse of the traps
- C. Lift your head toward the ceiling to elongate the neck
- D. Tilt the head to the side to avoid injury to the scalene muscles

Q

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A

When Applying a Stroke

When using your thumb to apply a stroke:

- A. Place the thumb in hyperflexion to protect it
- B. Reinforce the thumb by bending at the waist over the top of the stroke
- C. Reinforce one thumb with the other
- D. Place the thumb in hyperextension to protect it

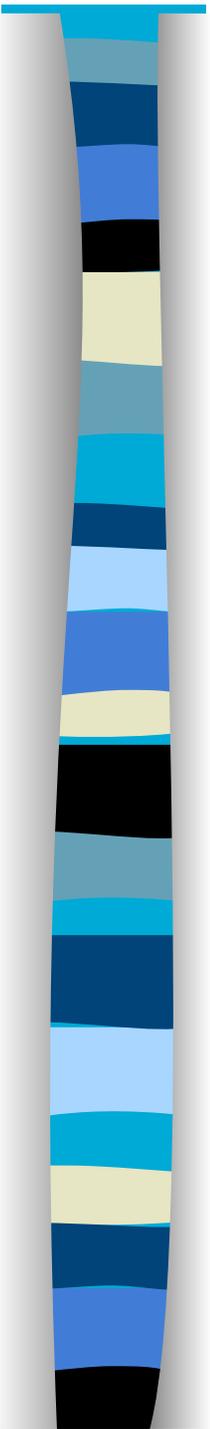
Q

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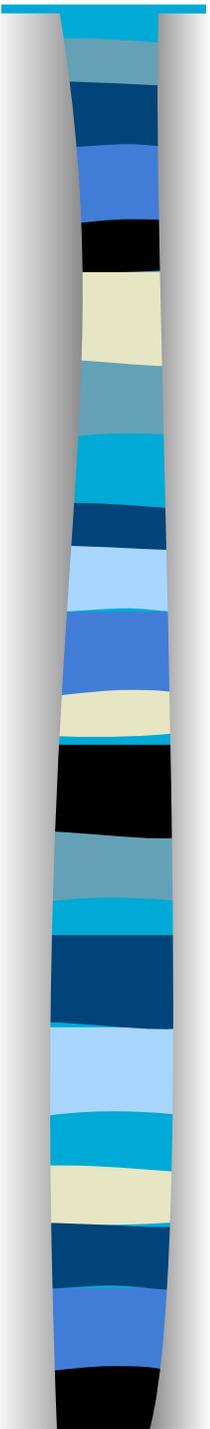


When Applying a Stroke

When applying more pressure with a stroke:

- A. Keep the work away from your body (don't let your arms get too close to your body)
- B. Use muscular strength to apply the pressure
- C. Use muscular strength over the top of the stroke with the wrists hyperextended
- D. Keep the work close to your body (don't let your arms get too far out from the body)

Q

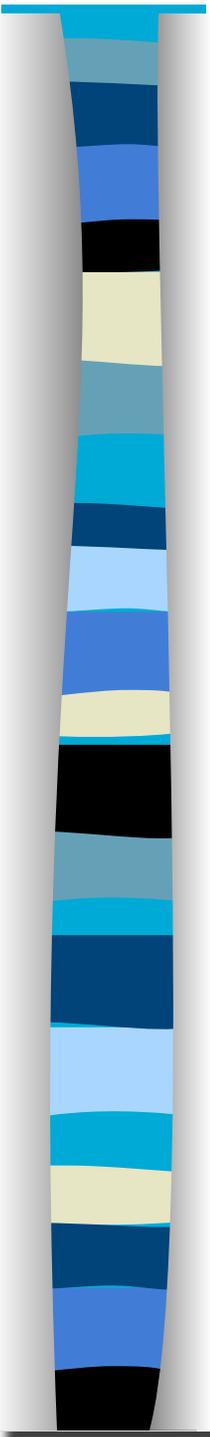


When Applying a Stroke

When applying more pressure with a stroke:

- A. Keep the work away from your body (don't let your arms get too close to your body)
- B. Use muscular strength to apply the pressure
- C. Use muscular strength over the top of the stroke with the wrists hyperextended
- D. Keep the work close to your body (don't let your arms get too far out from the body)**

A

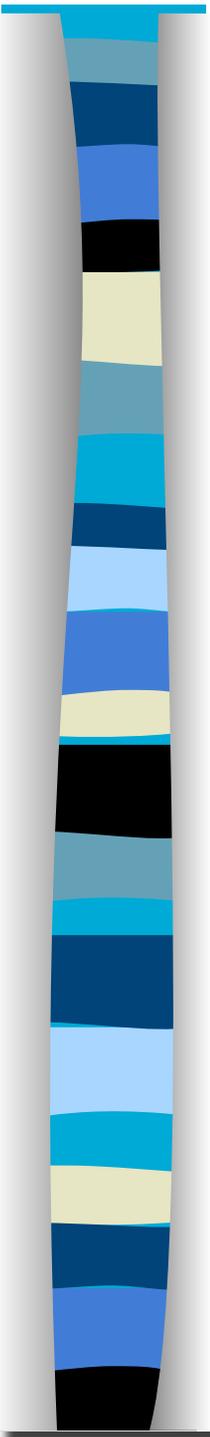


When Applying a Stroke

If the practitioner is performing bilateral compression strokes to a client's pectoral muscles, which is the most effective stance?

- A. Symmetric stance
- B. Walking stance
- C. Asymmetric stance
- D. Lunge stance

Q

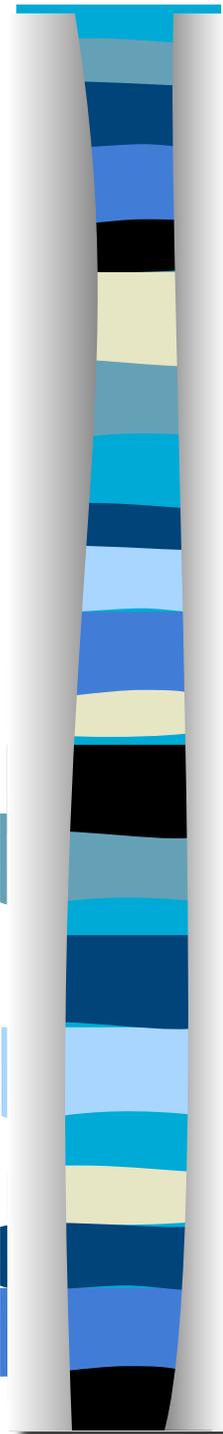


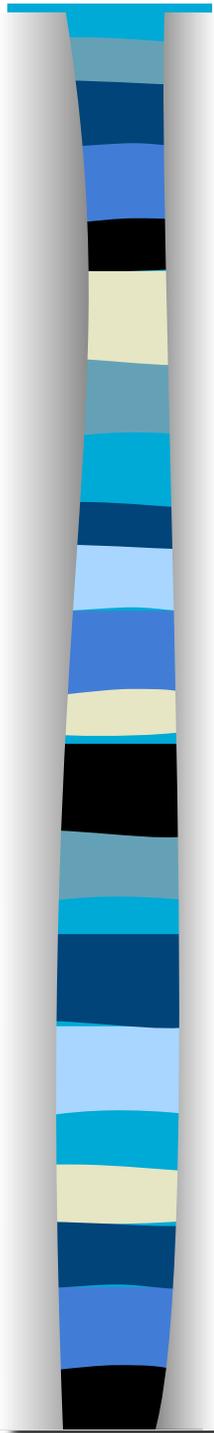
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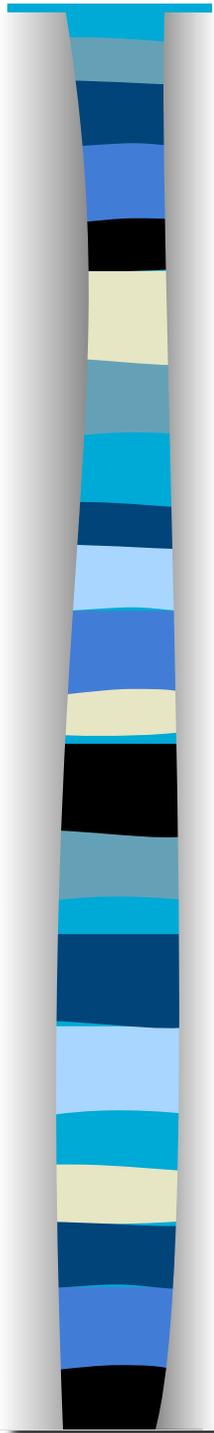
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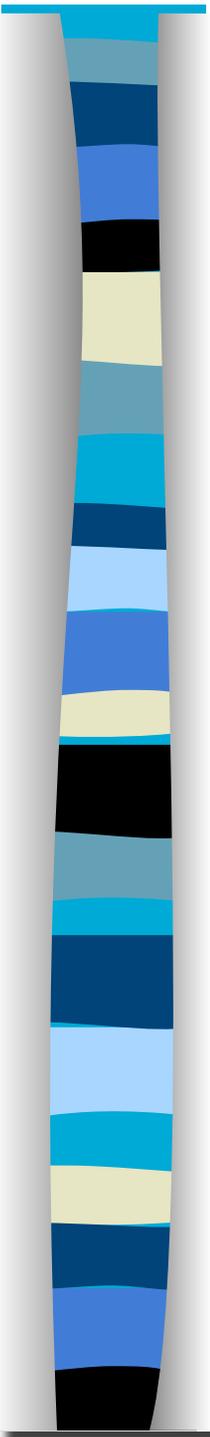
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ABMP Exam Coach

Massage Professional Practices:
Body Mechanics

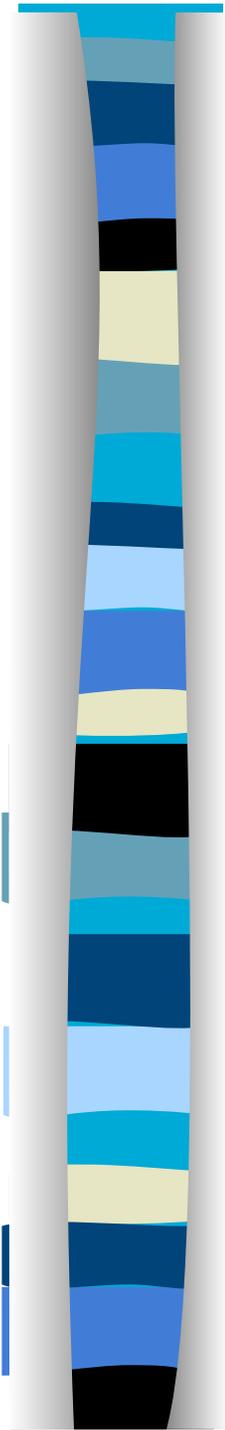
Structural Alignment

Structural Alignment

With good body mechanics:

- A. Inhale when a stroke moves away from your body
- B. Inhale at the end of a body region after completion of all strokes
- C. Inhale when beginning a new type of stroke
- D. Inhale when a stroke comes back toward your body

Q

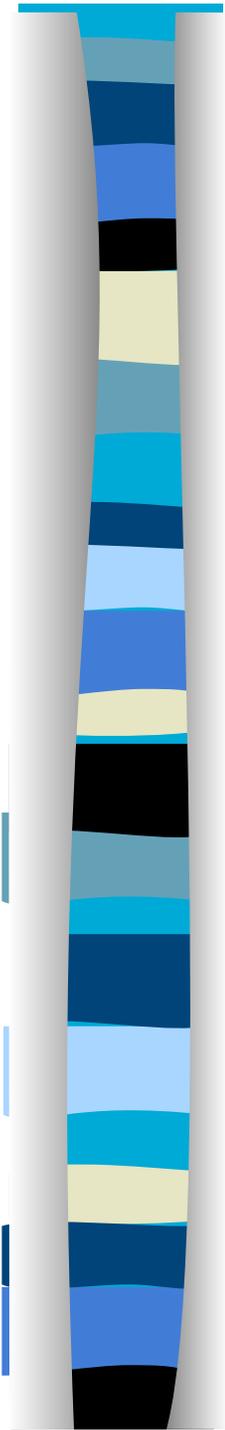


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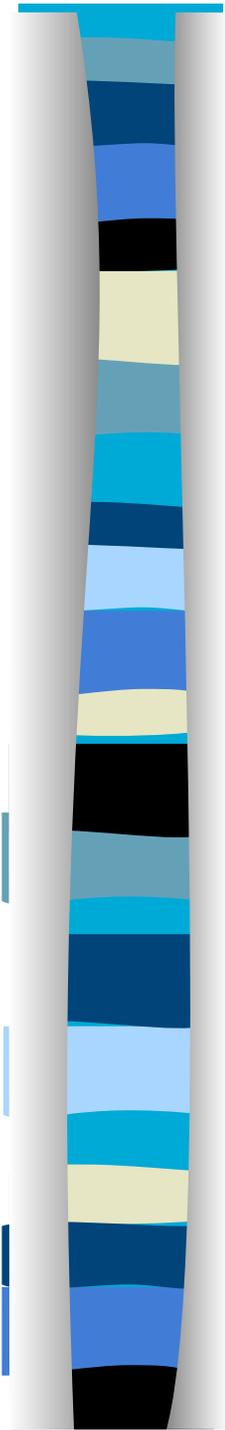


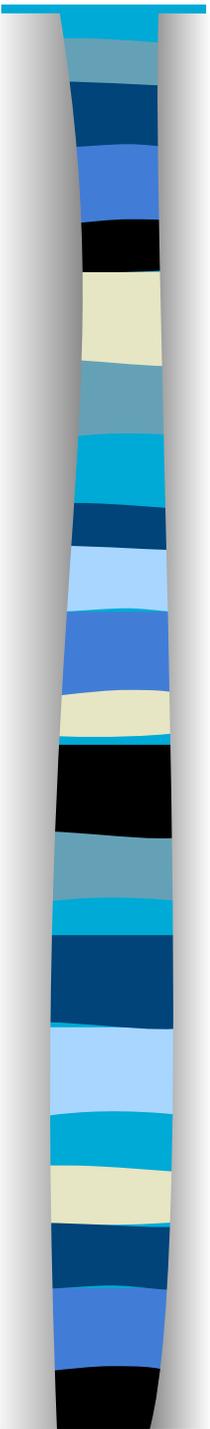
Structural Alignment

With good body mechanics:

- A. Exhale at the end of a body region after completion of all strokes
- B. Exhale when beginning a new type of stroke
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- D. Exhale when applying a stroke that moves toward your body

Q



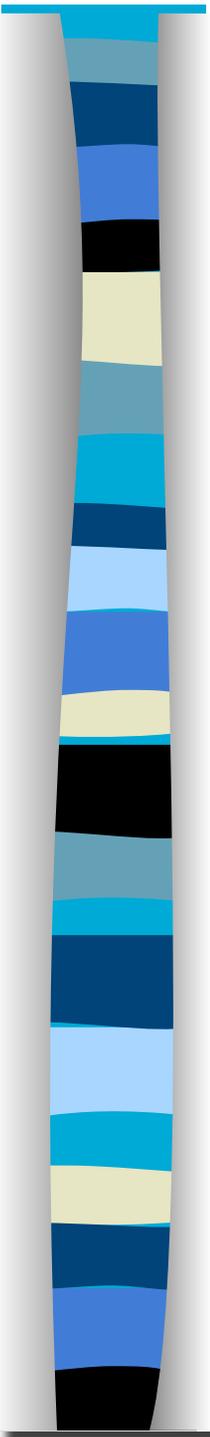


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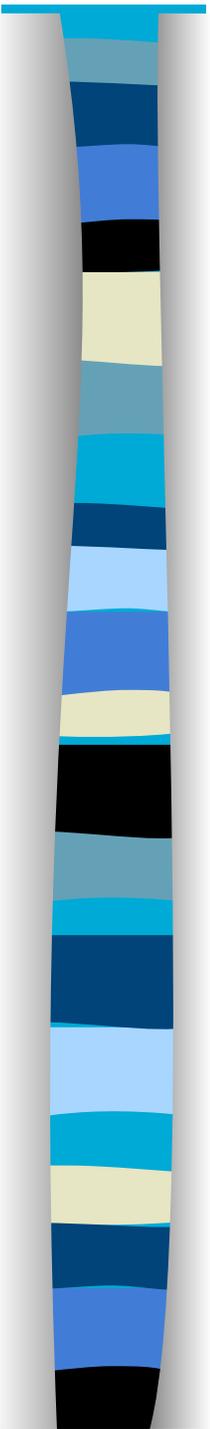


Structural Alignment

An example of bad body mechanics is:

- A. Using body weight to deepen the pressure of a stroke
- B. Inhaling when applying a stroke that comes back toward the body
- C. Exhaling when applying a stroke that moves away from the body
- D. Stabilizing the body by leaning against the massage table

Q

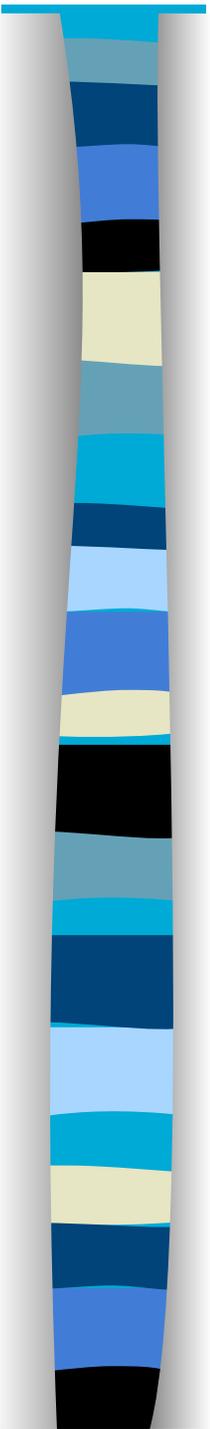


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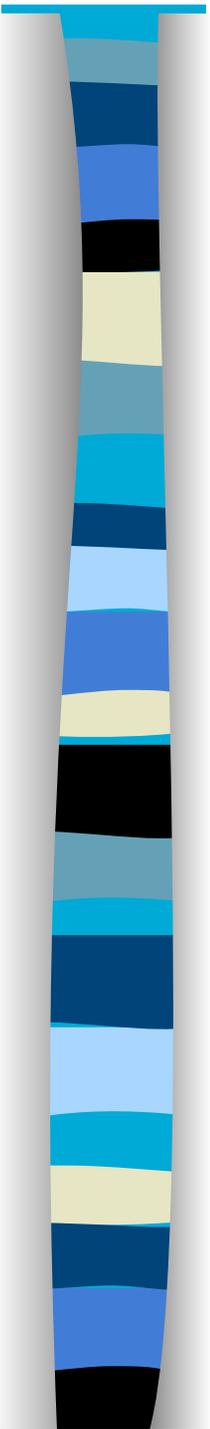


Structural Alignment

For proper structural alignment:

- A. Balance your weight between your legs with your knees locked
- B. Balance your weight over your back leg with your knees locked
- C. Balance your weight between your legs with your knees slightly bent
- D. Balance your weight over your front leg with your knees slightly bent

Q

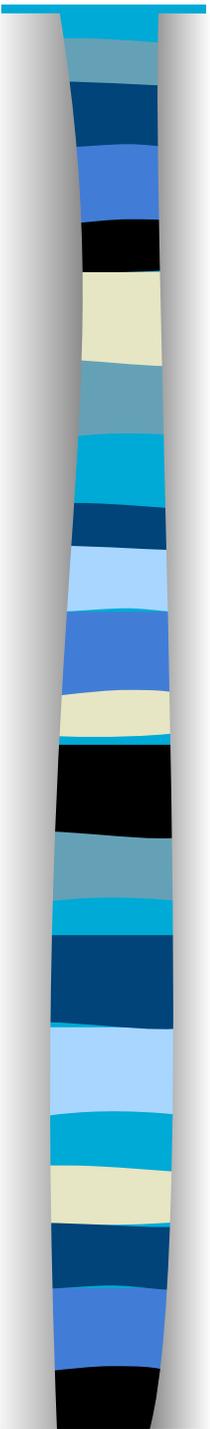


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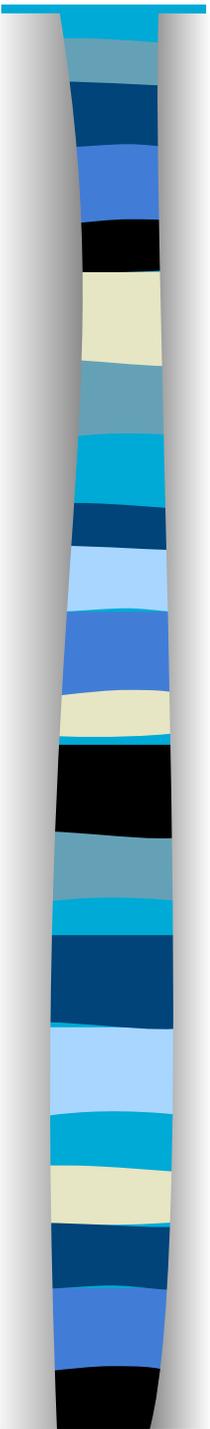


Structural Alignment

While applying a stroke, it is good body mechanics to:

- A. Look down at the client to align your eyes with the stroke
- B. Tip the chin forward to place the neck in flexion and prevent overuse of the traps
- C. Lift your head toward the ceiling to elongate the neck
- D. Tilt the head to the side to avoid injury to the scalene muscles

Q

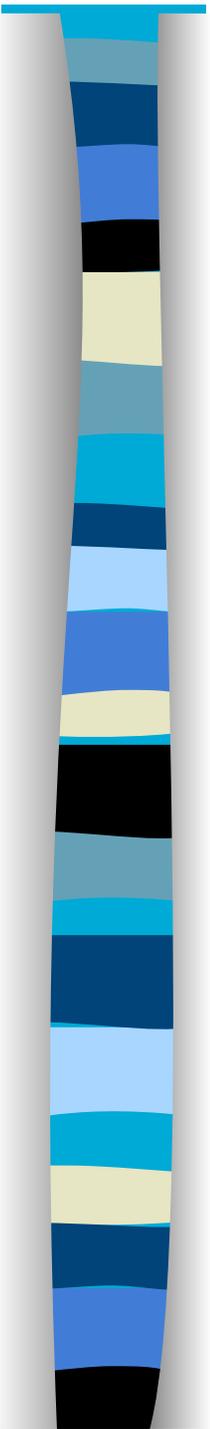


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A



Structural Alignment

While applying a stroke, it is good body mechanics to:

- A. Line your body up so that it is directly on top of your hands with wrists extended
- B. Line your body up so that it is directly on top of your hands with wrists flexed
- C. Line your body up sideways to your hands to prevent wrist flexion or extension
- D. Line your body up directly behind your hands so it is positioned behind the work

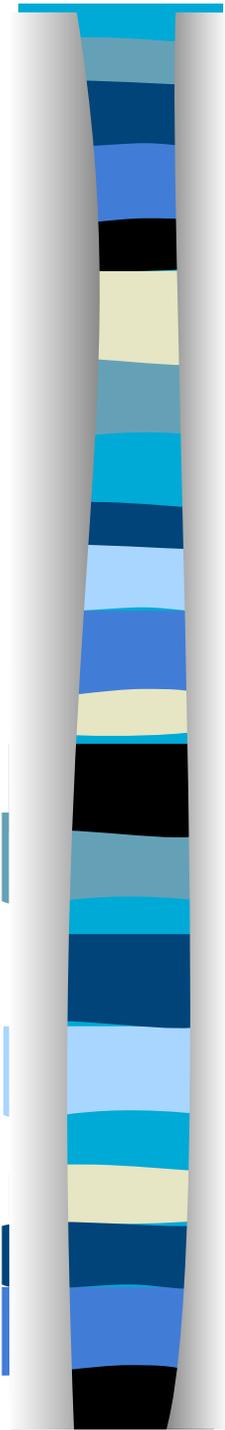
Q

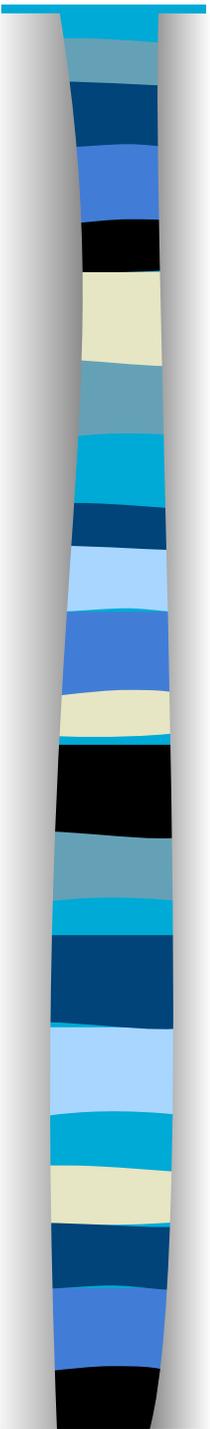
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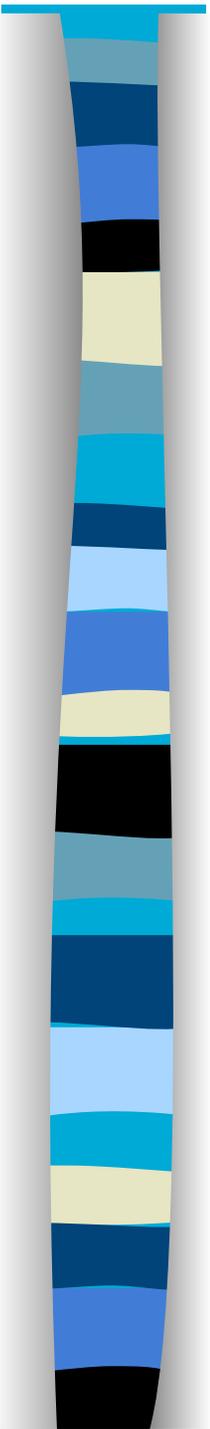


Structural Alignment

Physical stress is evenly distributed throughout the body and does not build up in one body area when:

- A. Proper structural alignment is used during massage application
- B. Practitioners sit during massage application
- C. Proper structural assessment is used during massage application
- D. Practitioners hold their breath as a stroke moves out from their body during massage application

Q



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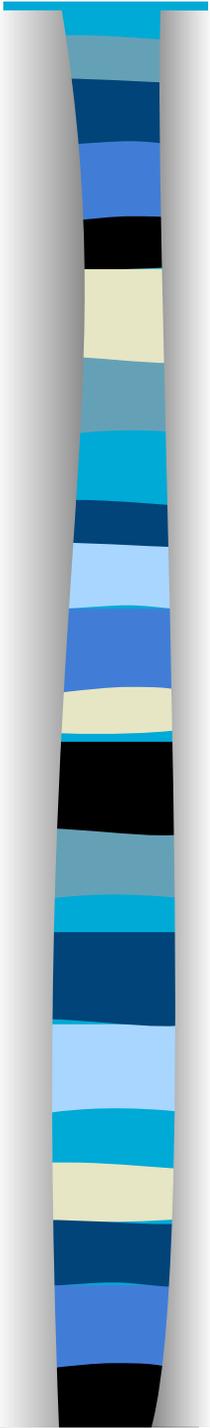
A

Structural Alignment

The archer, bow, or lunge stance is also known as a(n):

- A. Pivot stance
- B. Mobile stance
- C. Symmetric stance
- D. Asymmetric stance

Q

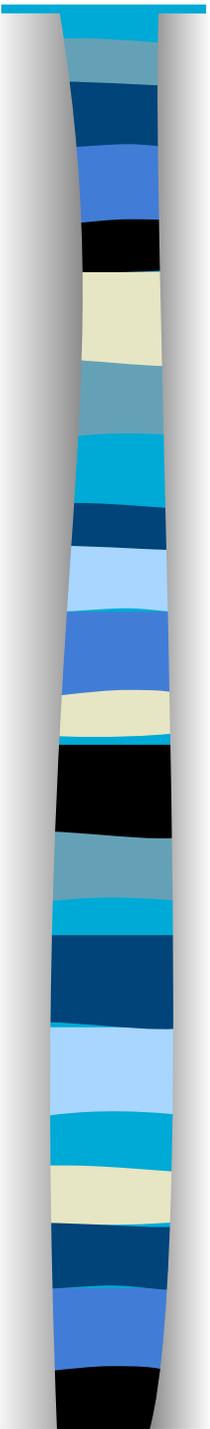


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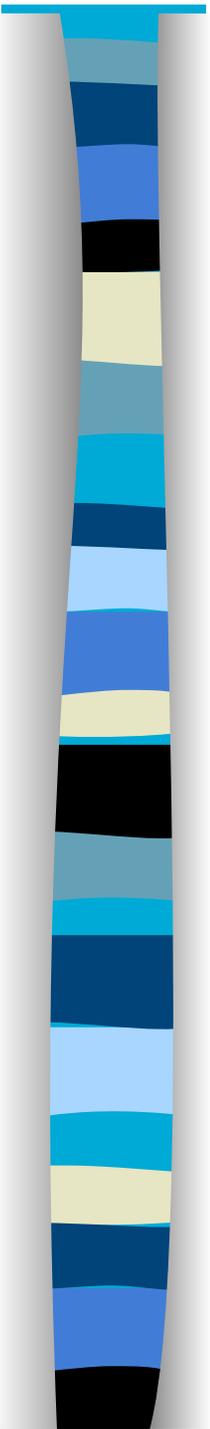


Structural Alignment

An asymmetrical stance is best used when:

- A. The massage strokes travel the length of the body
- B. The massage work requires strength and endurance
- C. The massage work is directly in front of you
- D. The massage work is light such as strokes applied to the face

Q

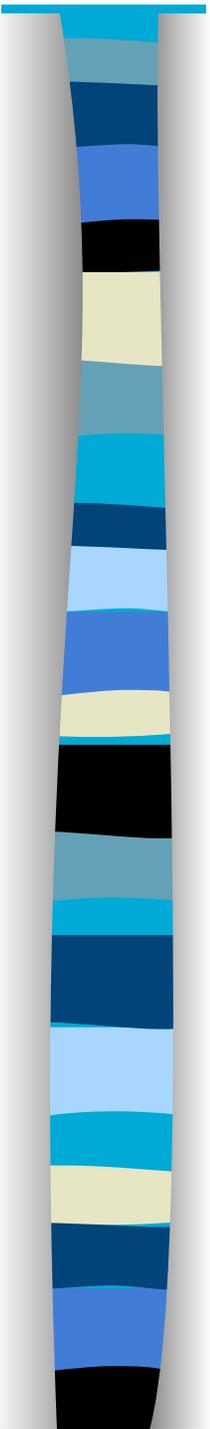


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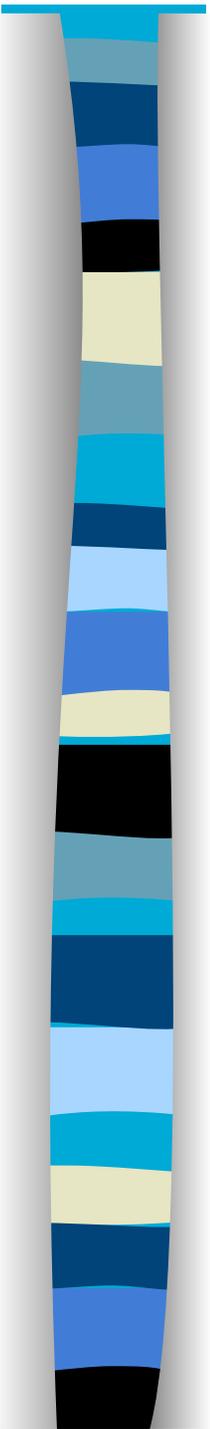


Structural Alignment

A symmetrical stance is best used when:

- A. The massage work is behind you (applying range of motion techniques to the anterior legs)
- B. The massage work is beneath you (using your body to get more pressure)
- C. The massage work is to the side of you (applying a long stroke down the posterior legs)
- D. The massage work is directly in front of you (doing tapotement or petrissage on the legs)

Q



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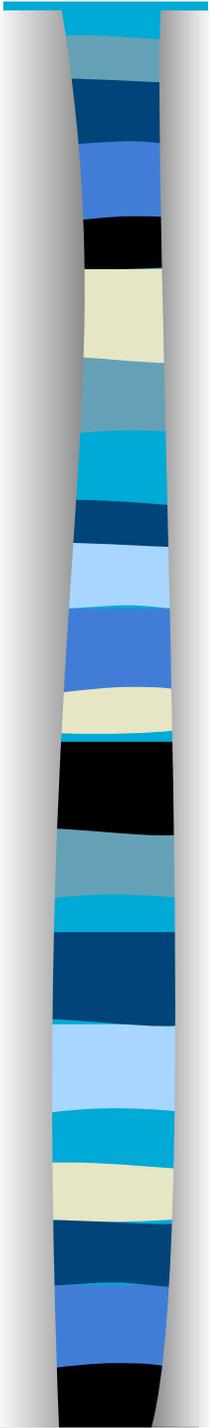
A

Structural Alignment

When using a symmetrical stance:

- A. The feet are placed shoulder-width apart with the toes pointing toward the client
- B. The feet are placed together with the toes pointing away from the client
- C. The feet are placed together with the toes pointing toward the client
- D. The feet are placed shoulder-width apart with the toes pointing away from the client

Q

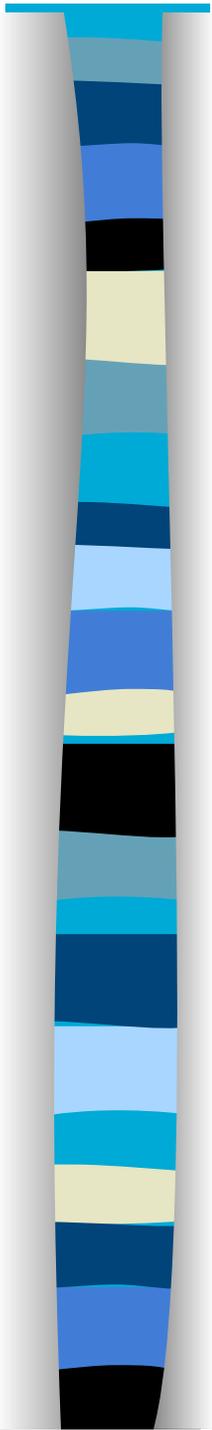


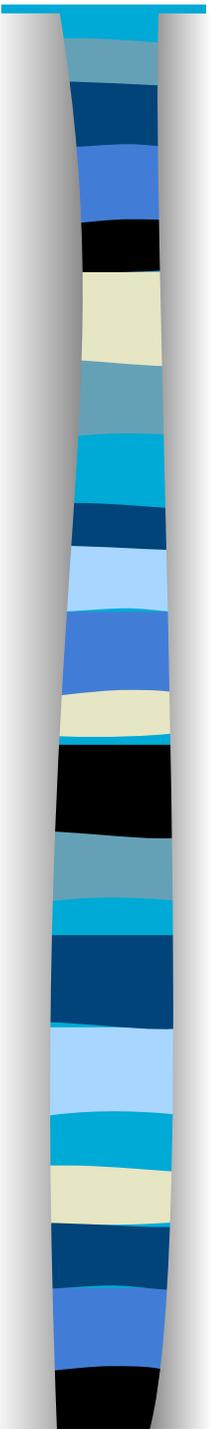
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A





Structural Alignment

Bending when applying massage strokes:

- A. Places your body in a weakened position and places stress on the lower back
- B. Allows the practitioner to avoid injury to the low back and neck muscles
- C. Allows the practitioner to efficiently achieve more depth with the stroke
- D. Places your body in a strengthened position and removes stress from the lower back

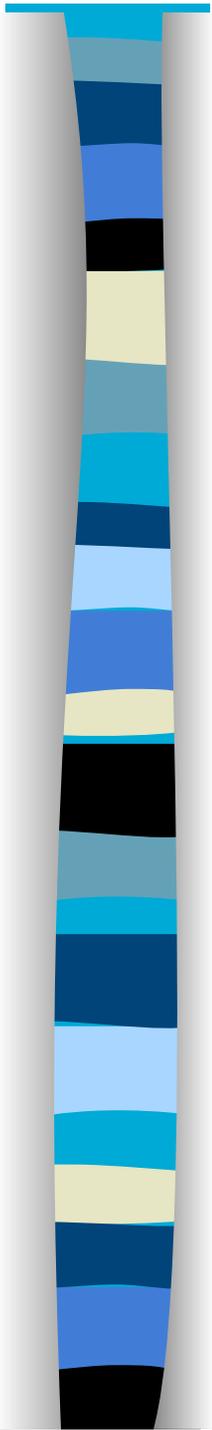
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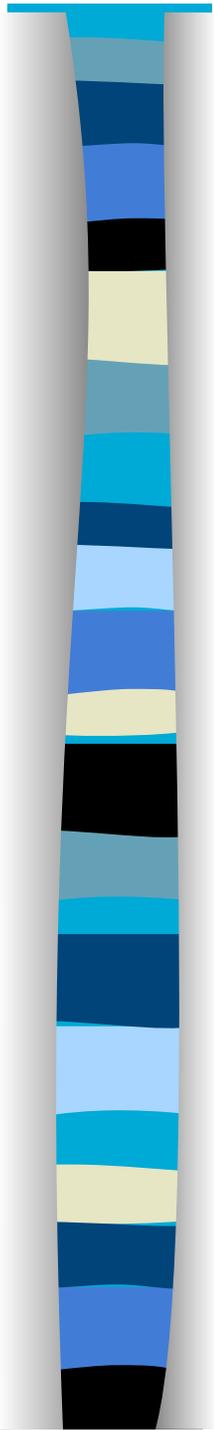


Structural Alignment

When using your thumb to apply a stroke:

- A. Reinforce one thumb with the other
- B. Place the thumb in hyperextension to protect it
- C. Reinforce the thumb by bending at the waist over the top of the stroke
- D. Place the thumb in hyperflexion to protect it

Q

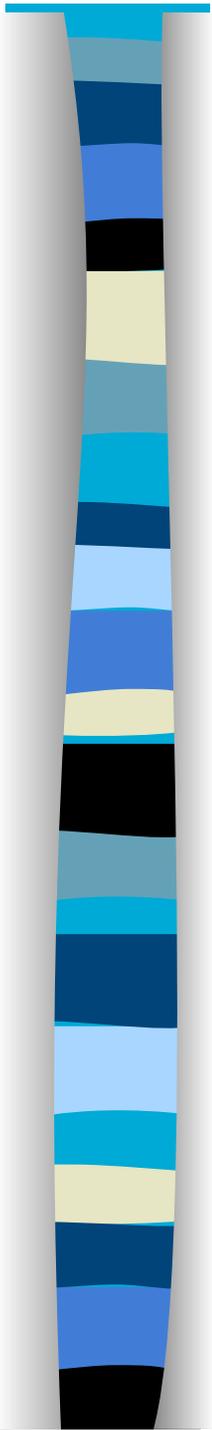


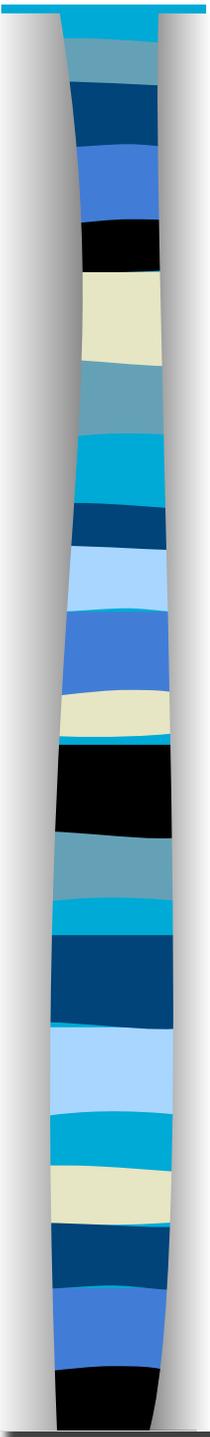
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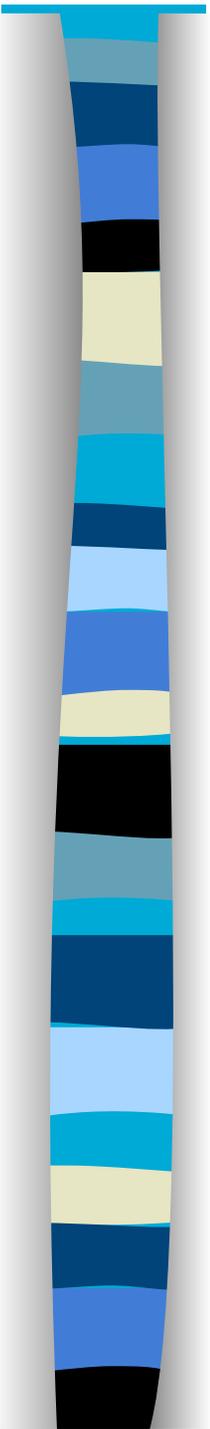


Structural Alignment

An aspect of good body mechanics for massage practitioners is:

- A. Hyperextending the wrists when using the knuckles to deliver a stroke
- B. Structural alignment of the back, neck, and head
- C. Crossing the ankles while sitting
- D. Structural alignment of the face, pectoral muscles, and abdominal muscles

Q

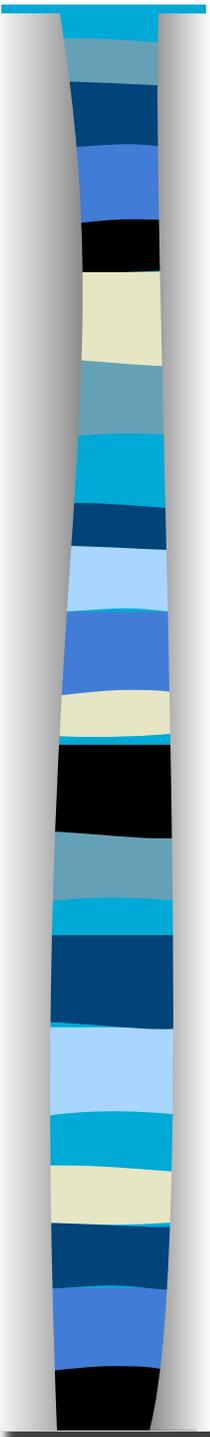


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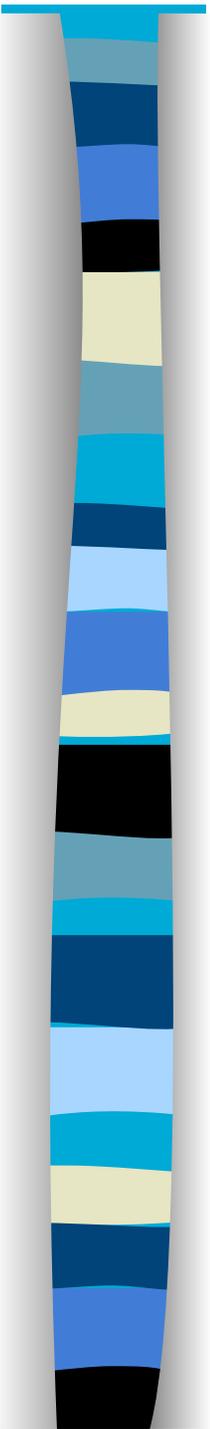


Structural Alignment

If a practitioner experiences fatigue and tension in her low back, how can she improve her body mechanics?

- A. Get a wider massage table
- B. Raise the massage table
- C. Get a firmer massage table
- D. Lower the massage table

Q

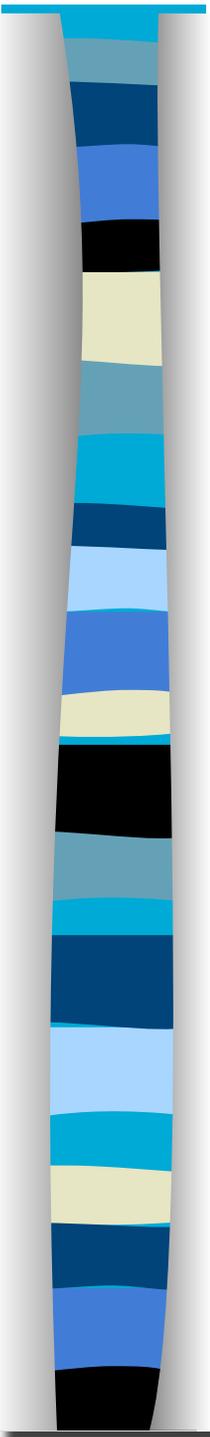


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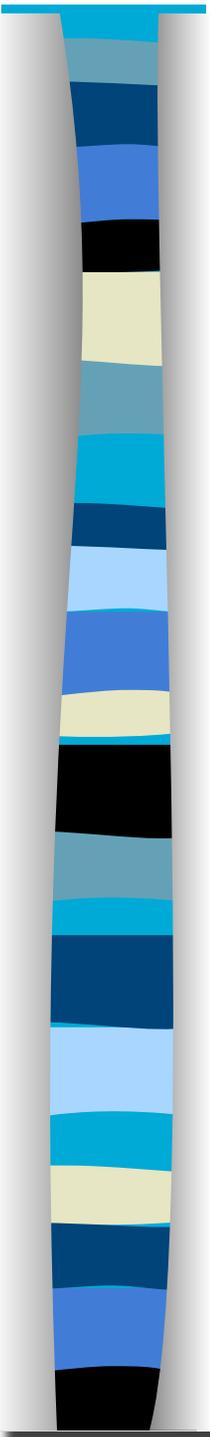


Structural Alignment

When you apply pressure with your thumbs, palms, or fists:

- A. Hyperflex the wrists to reduce the potential for injury
- B. Hyperextend the wrists to reduce the potential for injury
- C. Maximize the angle of your wrists to reduce the potential for injury
- D. Minimize the angle of your wrists to reduce the potential for injury

Q

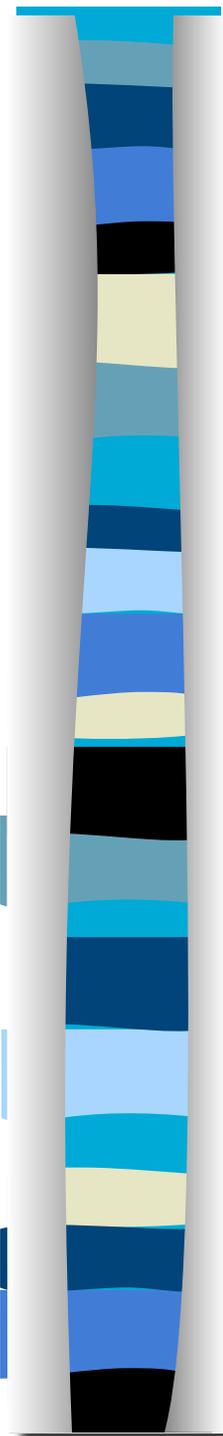


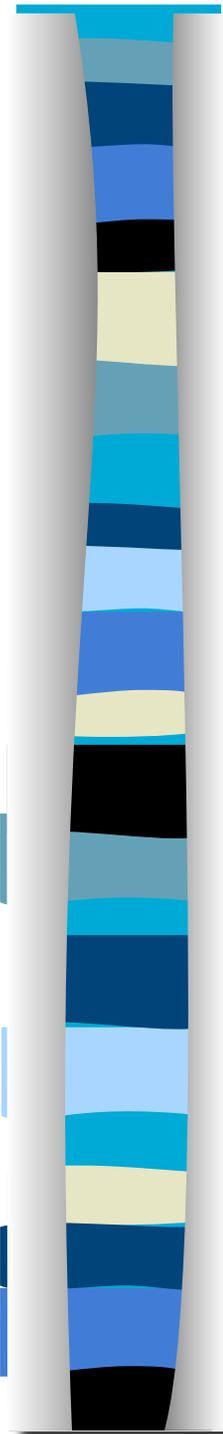
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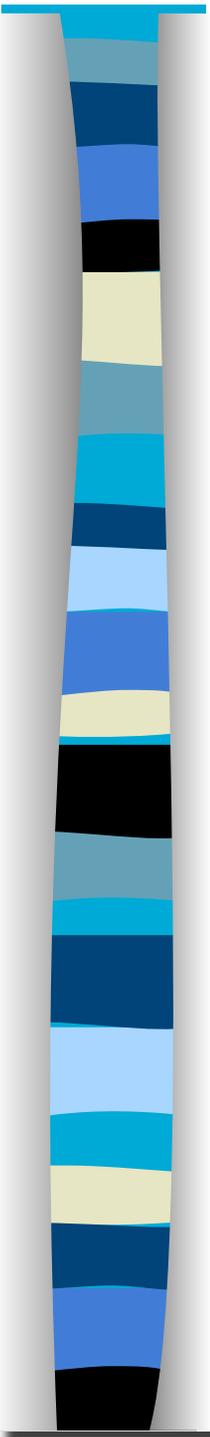
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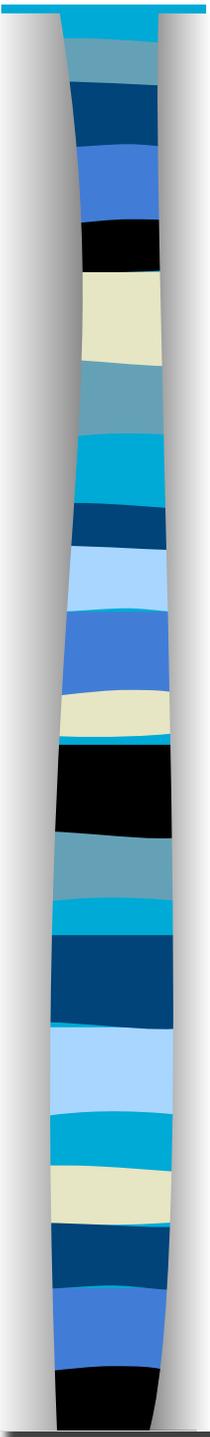




ABMP Exam Coach

Massage Professional Practices:
Body Mechanics

Daily Self Care Activities

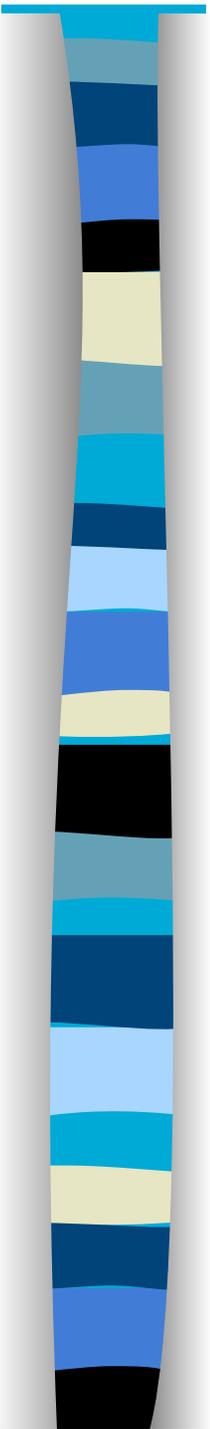


Daily Self-Care Activities

To avoid injury due to repetitive actions and overuse, incorporate plenty of this into the massage routine:

- A. Rest and relaxation
- B. Stretches and lifting
- C. Movement and variety
- D. Breaks and discussion

Q

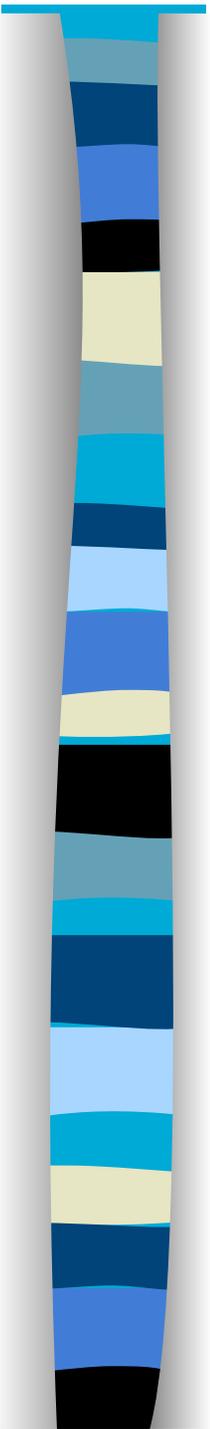


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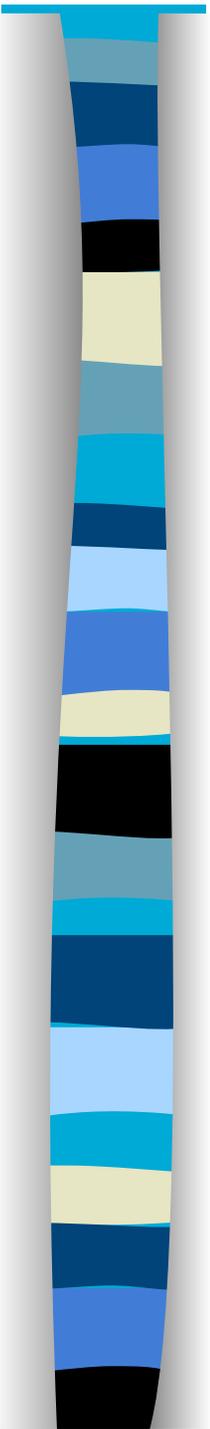


Daily Self-Care Activities

All of the following are considered beneficial daily activities to keep a practitioner healthy and capable of performing massage work EXCEPT:

- A. Cardiovascular exercise
- B. Limited protein intake
- C. Stretching
- D. Balanced diet

Q

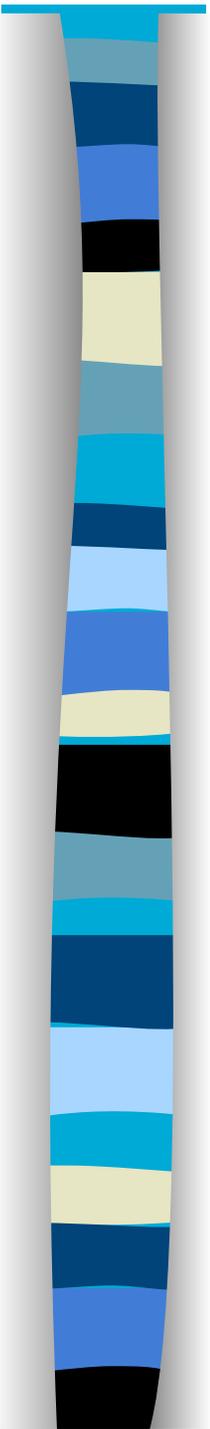


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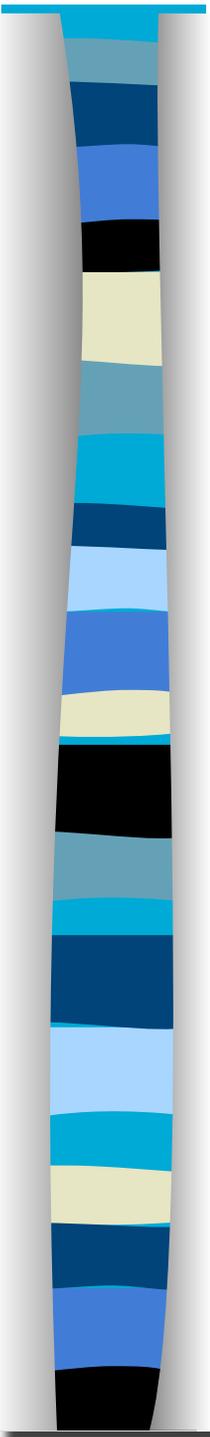


Daily Self-Care Activities

Adequate rest, hydration, and this are all components of physical self-care:

- A. Socializing
- B. Exercise
- C. Networking
- D. Education

Q



Daily Self-Care Activities

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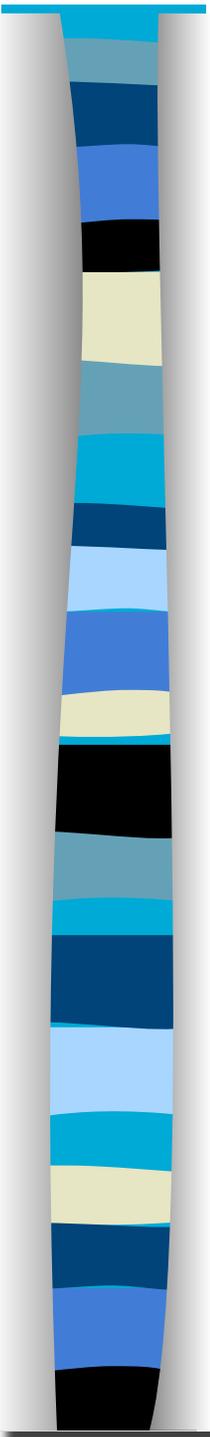
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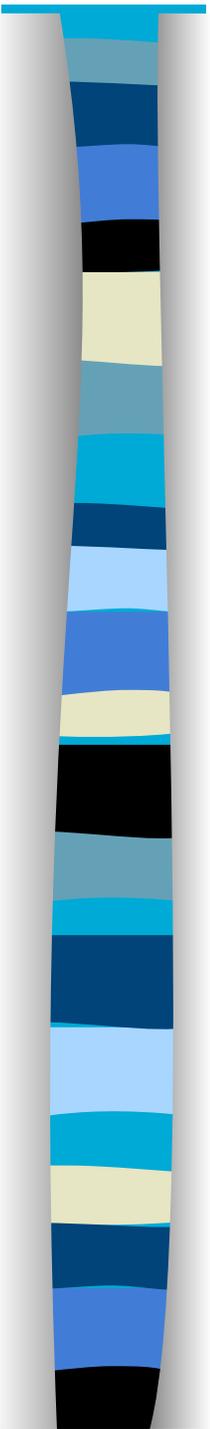


Daily Self-Care Activities

In a balanced diet, the practitioner should eat a predominance of this to maintain health:

- A. Grains and legumes
- B. Fruits and vegetables
- C. Sugar and salt
- D. Fats and proteins

Q

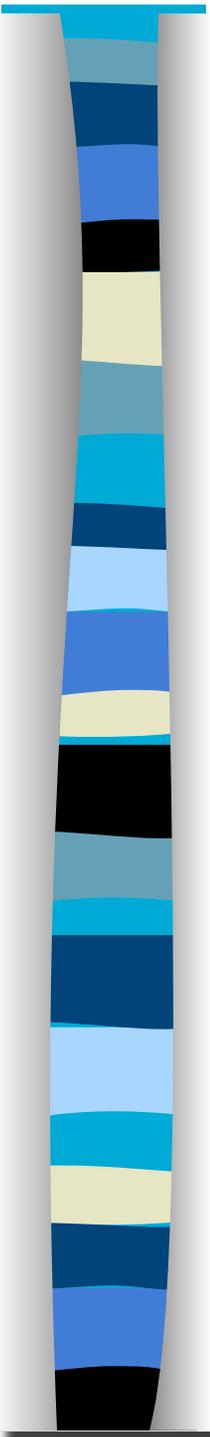


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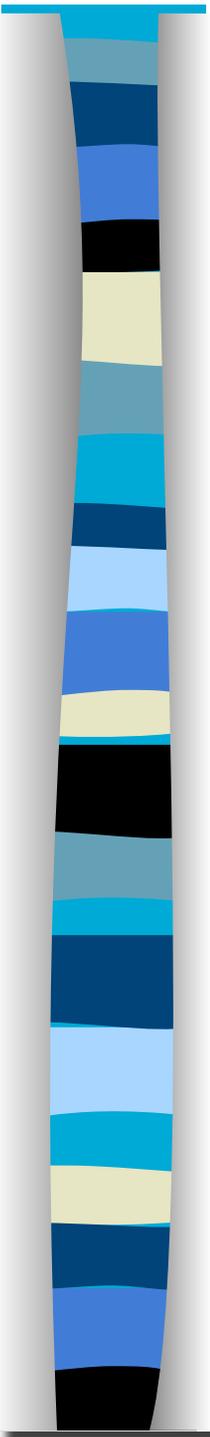


Daily Self-Care Activities

All of the following are healthy modes of stress relief EXCEPT:

- A. Moderate exercise
- B. Meditation
- C. Drinking alcohol
- D. Journaling

Q

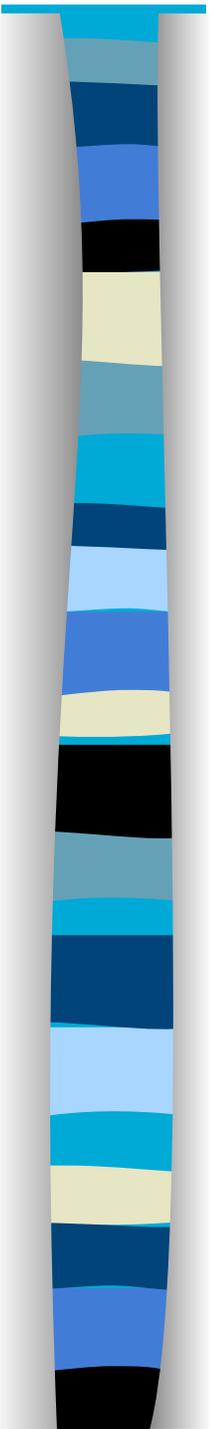


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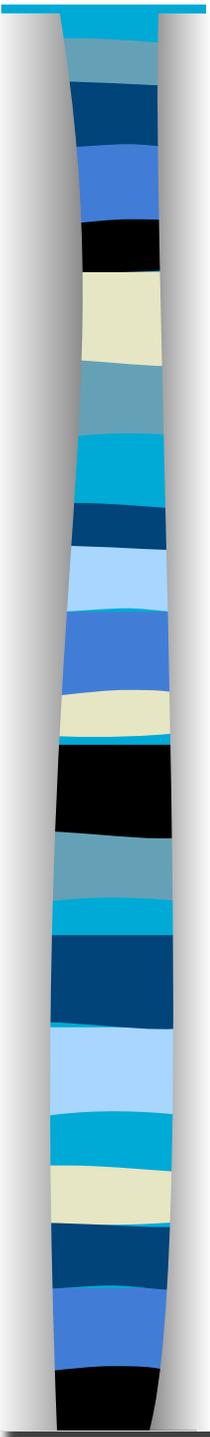


Daily Self-Care Activities

The use of proper body movements to prevent and correct posture problems and injuries, reduce stress, and enhance physical capability is called:

- A. Biomechanics
- B. Movement training
- C. Strength training
- D. Body mechanics

Q

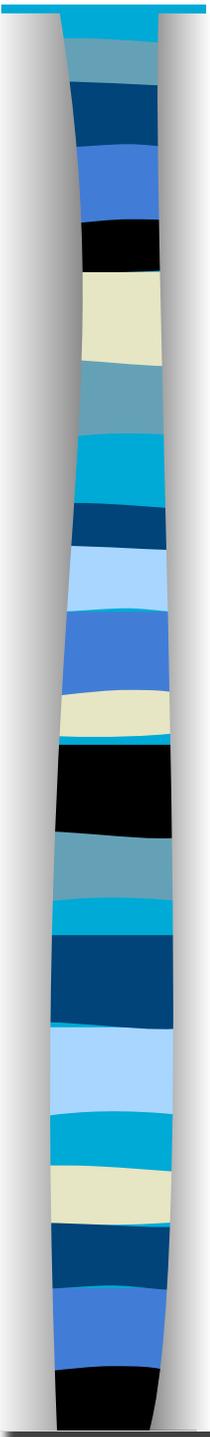


Daily Self-Care Activities

The use of proper body movements to prevent and correct posture problems and injuries, reduce stress, and enhance physical capability is called:

- A. Biomechanics
- B. Movement training
- C. Strength training
- D. **Body mechanics**

A

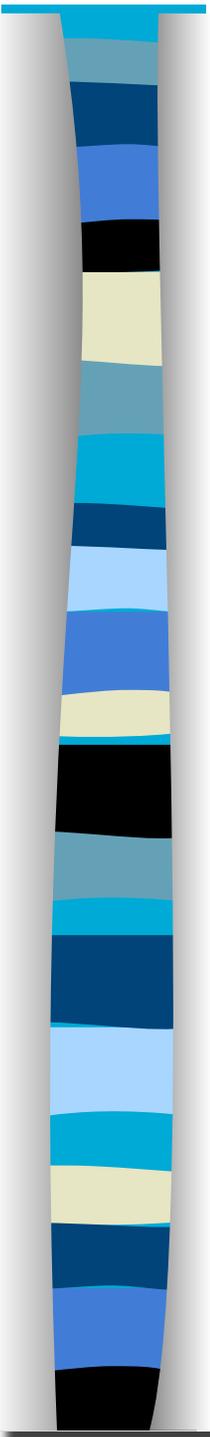


Daily Self-Care Activities

Incorporating strengthening and stretching exercises into a daily routine is a crucial part of:

- A. Injury prevention
- B. Social self-care
- C. Calisthenics
- D. Dieting

Q

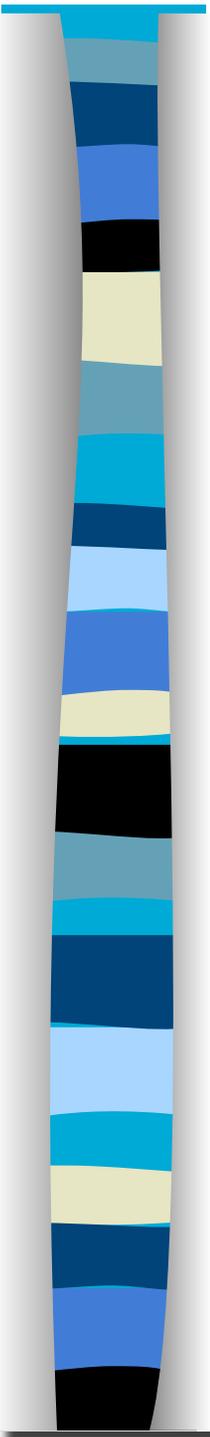


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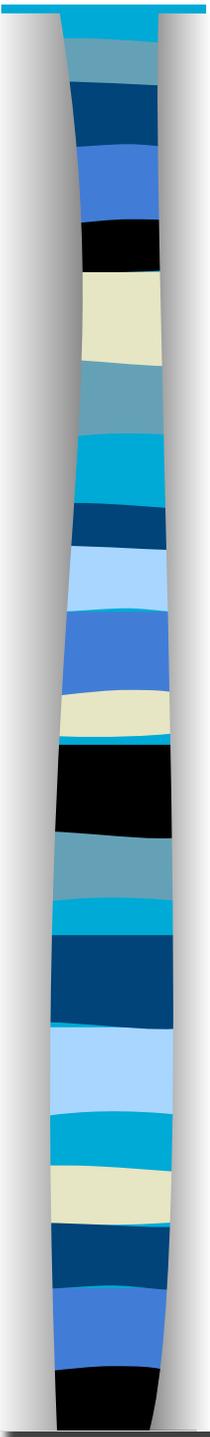


Daily Self-Care Activities

Before a massage, practitioners often center themselves. This means:

- A. To find an emotional, mental, and physical core
- B. To align the joints to distribute stress evenly
- C. To lean the body weight on the client and avoid using strength
- D. To keep the body in motion during a session

Q

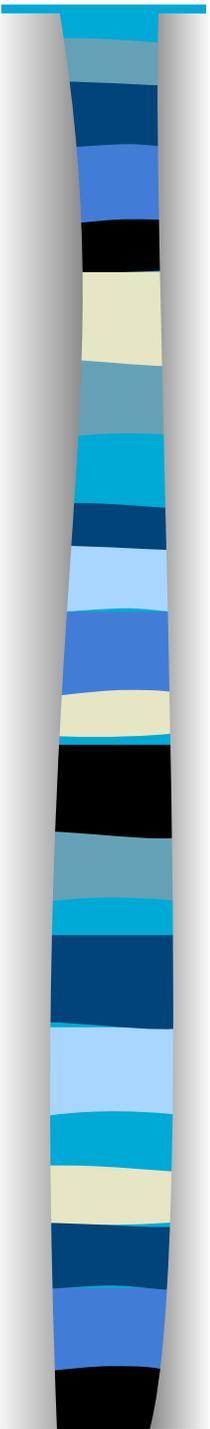


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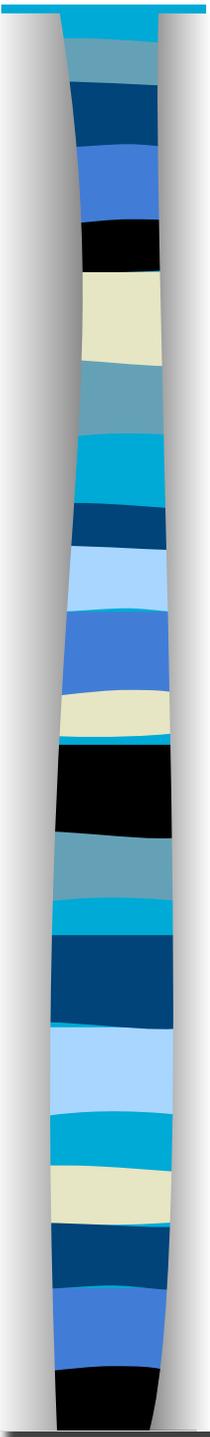


Daily Self-Care Activities

Before a massage, practitioners often ground themselves. This means:

- A. To lean the body weight on the client and avoid using strength
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- C. To find a relaxed and connected state of being
- D. To keep the body in motion during a session

Q

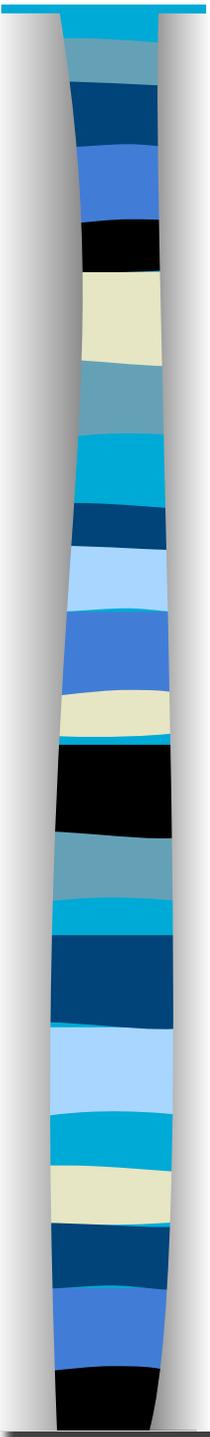


Daily Self-Care Activities

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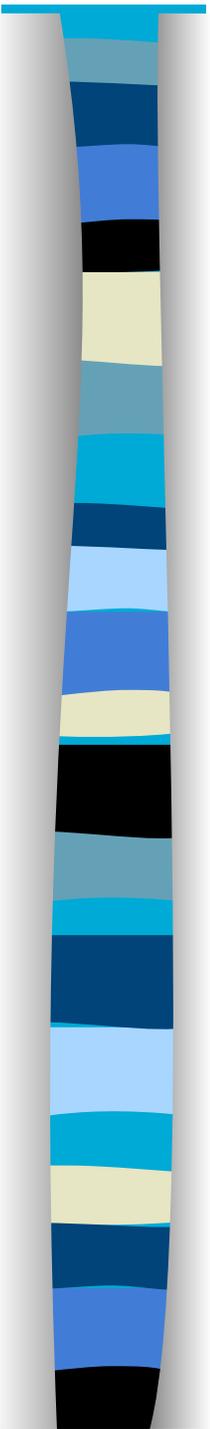


Daily Self-Care Activities

Adequate rest, hydration, and this are all components of physical self-care:

- A. Education
- B. Socializing
- C. Networking
- D. Exercise

Q



Daily Self-Care Activities

Adequate rest, hydration, and this are all components of physical self-care:

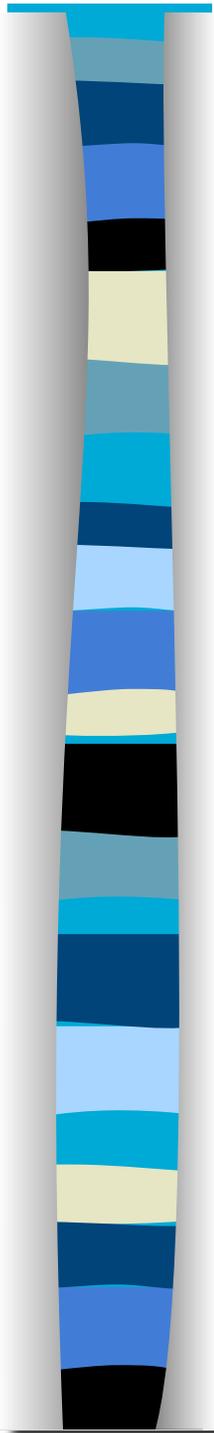
A. Education

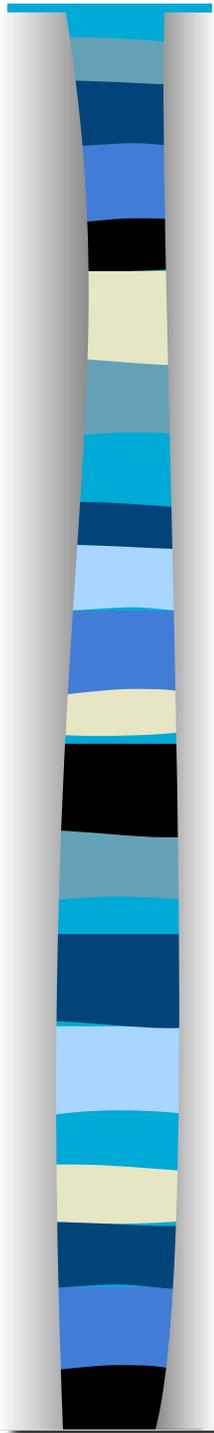
B. Socializing

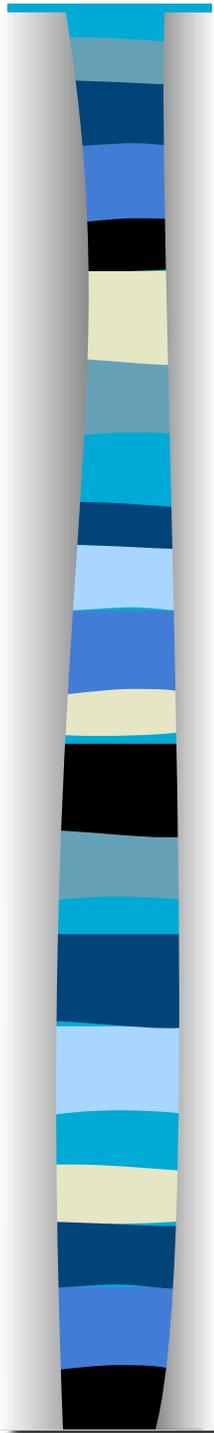
C. Networking

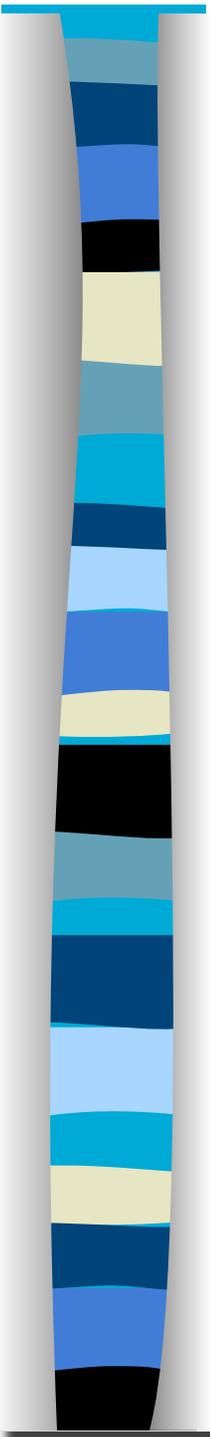
D. Exercise

A







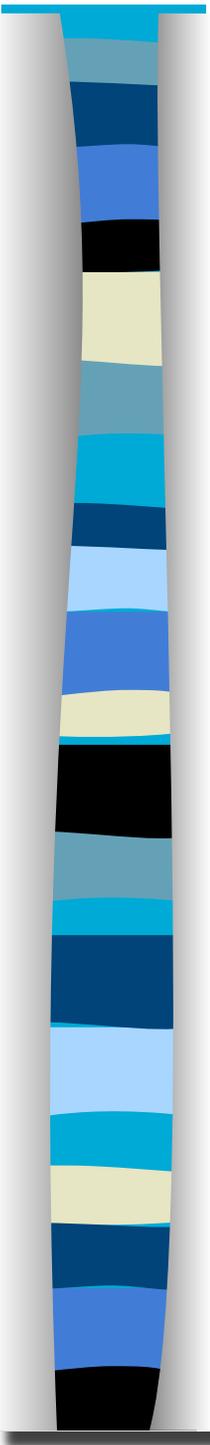


75a MBLEx Prep

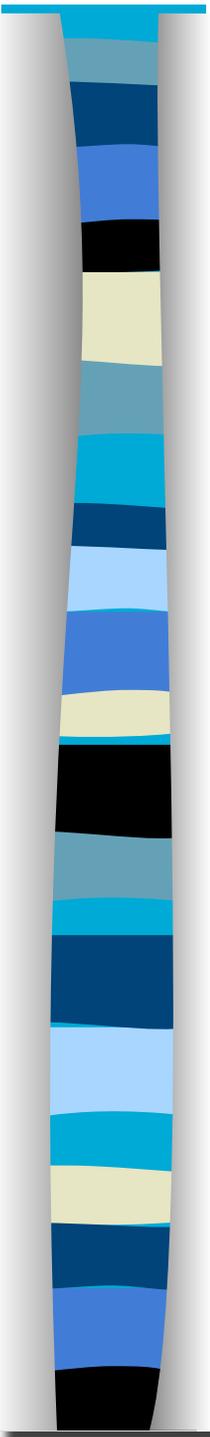
ABMP Exam Coach

Massage Professional Practices

- Equipment and Safety
- Hygiene & Sanitation
- Client Records
- Body Mechanics



The following slides are not yet part of the presentation, but may be used if helpful. They contain the terminology from ABMP Exam Coach.



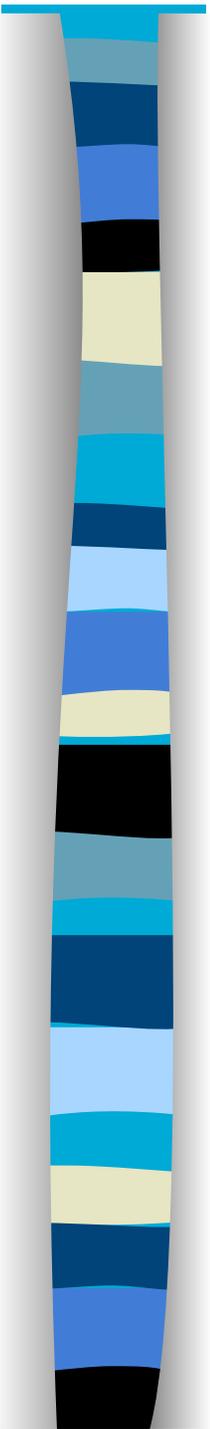
Subject: Massage Professional Practices

Topic: Equipment and Safety

Subtopic: Client Safety

Client Safety:

- 1) Stay up-to-date with training in CPR and first aid.
- 2) Conduct a health history intake process to rule out contraindications with each new client and annually thereafter.
- 3) Look up all unknown medications, conditions, or other information in reference books before providing massage.
- 4) Be prepared to help some clients who may need help getting on and off the massage table. Do not leave the client alone if he or she is unstable and may fall.
- 5) Wipe the client's feet with paper towels after the session to remove excess lubricant from the foot massage.
- 6) Never provide massage to a client who has been ingesting alcohol, illegal drugs, or some prescription medications (obtain a physician's release if you are uncertain about massage based on the client's medications).



Subject: Massage Professional Practices

Topic: Equipment and Safety

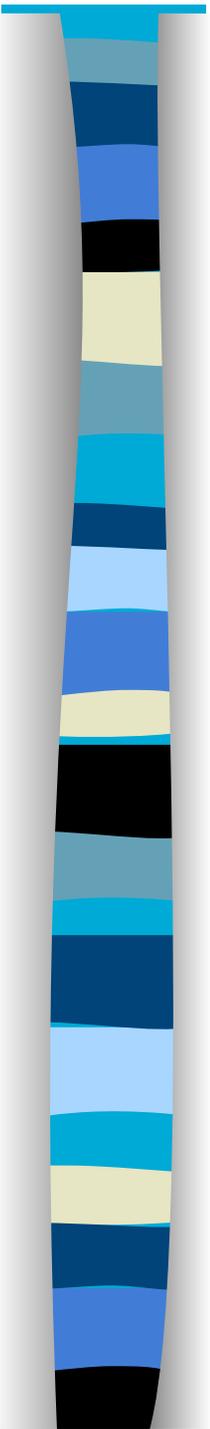
Subtopic: Equipment, 1 of 4

Aroma A distinctive scent (either natural or synthetic) found in massage lubricants, laundry detergents, and other scented items used in a massage practice.

Bolster Specialized pillows used for client support that come in a variety of shapes and sizes.

Carrying case A bag with shoulder straps designed to carry a massage table.

Face cradle Also called a face rest; used to support the client's head and neck in a neutral position while lying prone.



Subject: Massage Professional Practices

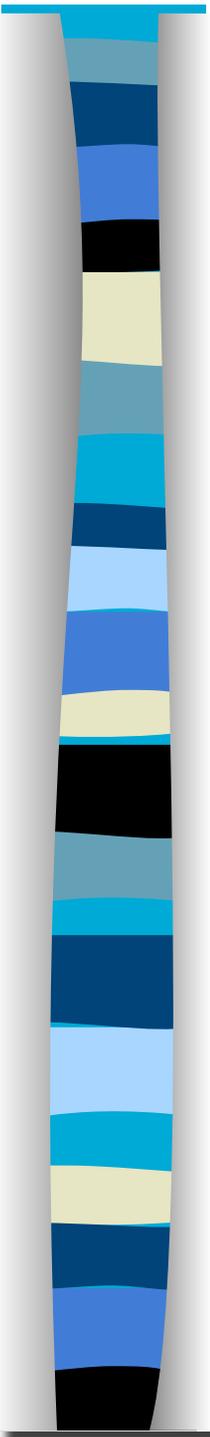
Topic: Equipment and Safety

Subtopic: Equipment, 2 of 4

First aid kit A collection of supplies used to provide care for minor injuries or illnesses.

Hydrocollator A specialized unit used to heat hot packs for use in a massage session.

Linens Sheets, blankets, towels, and bolster and face cradle covers used to protect the table and cover the client during a massage.



Subject: Massage Professional Practices

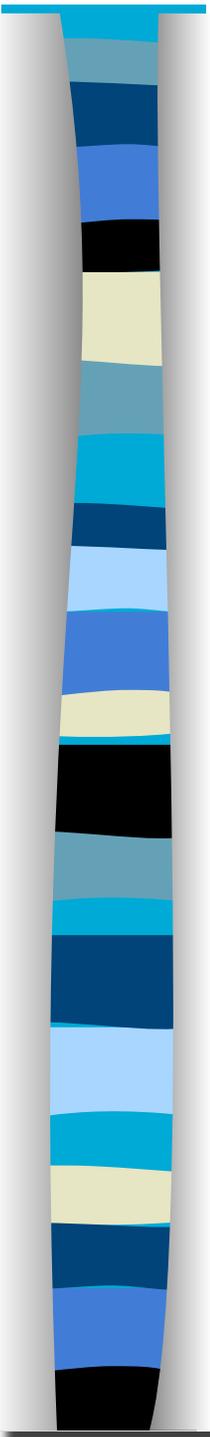
Topic: Equipment and Safety

Subtopic: Equipment, 3 of 4

Massage table A table designed for use in massage that supports the client in various reclining positions.

Massage table cart A cart with wheels designed to carry a massage table across flat surfaces with minimal stress on the therapist's body.

Massage tools Tools used in a massage session by the therapist to protect his/her joints from undue stress when applying pressure to the client.



Subject: Massage Professional Practices

Topic: Equipment and Safety

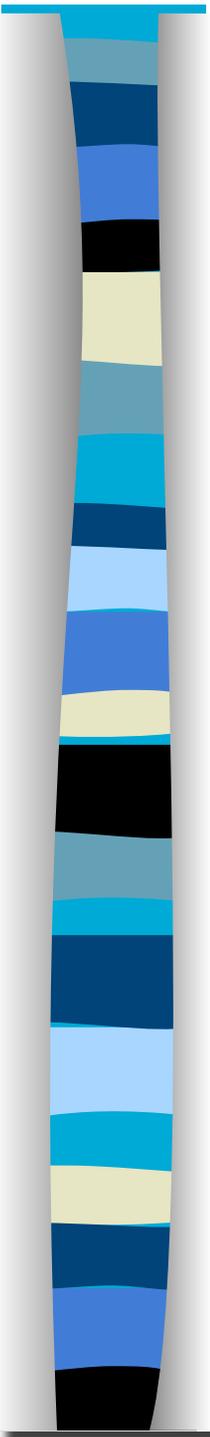
Subtopic: Equipment, 4 of 4

Music Instrumental and/or vocal sounds played during the session to enhance client enjoyment and relaxation.

Stool A seat used by a therapist while performing massage.

Warming equipment Items such as heat lamps, table pads, hot water bottles, and heat packs used to ensure the client stays warm during the massage.

Ventilation The provision of fresh air to a room or building.



Subject: Massage Professional Practices

Topic: Equipment and Safety

Subtopic: Lubricants

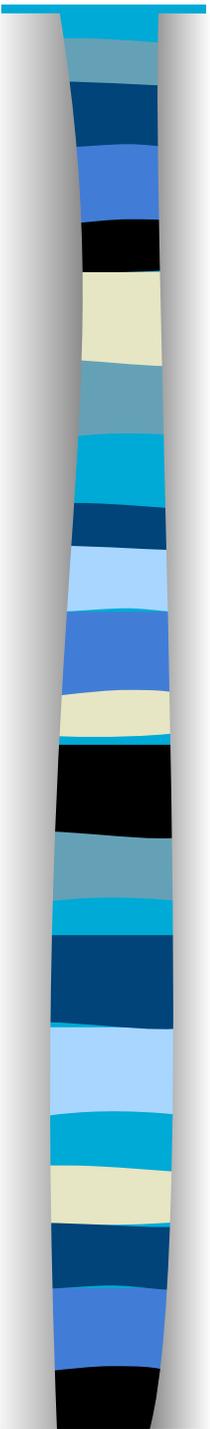
Lubricant A substance used to prevent undue friction between the therapist's hands and the client's skin during a massage.

Cream A water and oil emulsion with thick consistency used for lubrication during a massage.

Lotion A water and oil emulsion used for lubrication during a massage.

Oil Fat-based substances, usually vegetable-derived, used to provide lubrication during a massage.

Gel Substances like aloe vera that create a jelly-like lubrication.



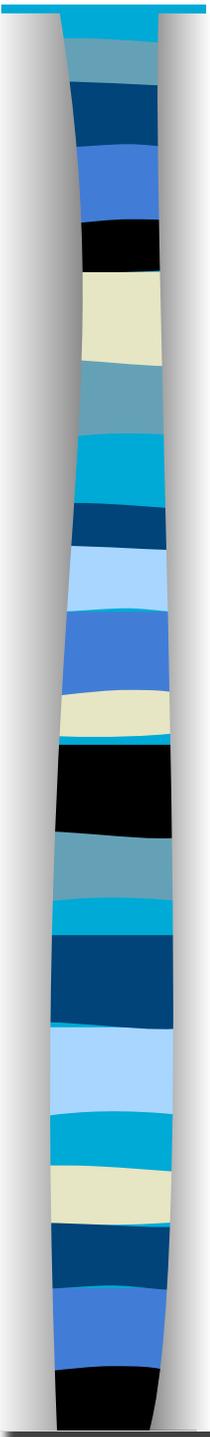
Subject: Massage Professional Practices

Topic: Equipment and Safety

Subtopic: Documentation and Reference, 1 of 2

Accident report A written document that is completed any time anyone at a business (client, manager, practitioner, guest, owner, other) is injured in an accident, causes injury to another, or causes property damage.

- Address where the accident occurred
- Date and time of the incident
- Name of the person filing the report
- Job title of the person filing the report
- Name, address, email, and phone numbers of all individuals involved or witnessing the incident
- Detailed account of what happened
- Written witness accounts of what happened
- Description of injuries or property damage
- Description of how the matter was resolved (e.g., the client was sent to the emergency room, the insurance company was contacted, etc.)
- A copy should be filed at the business and provided to those involved in the accident

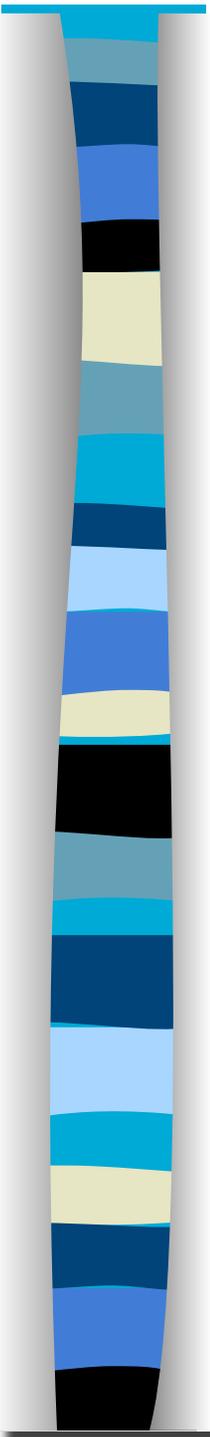


Subject: Massage Professional Practices

Topic: Equipment and Safety

Subtopic: Documentation and Reference, 2 of 2

Reference library Key books a therapist might consult in a massage practice, such as a drug reference, medical dictionary, and a pathology reference book.



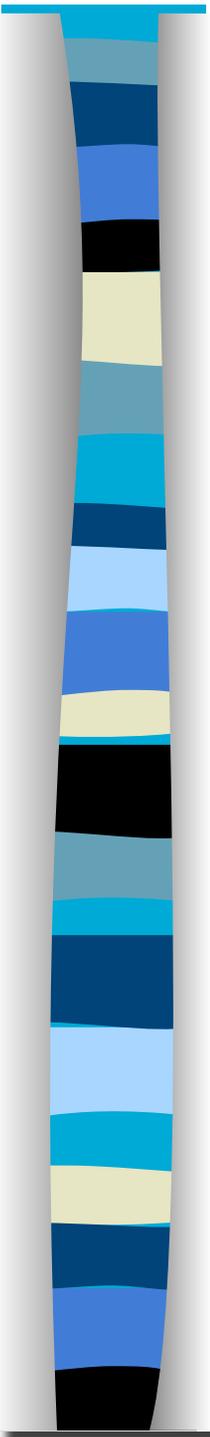
Subject: Massage Professional Practices

Topic: Equipment and Safety

Subtopic: Safety

Allergy Hypersensitivity to a particular substance that results in an adverse reaction.

Skin sensitivities Any reaction on a client's skin indicating irritation.

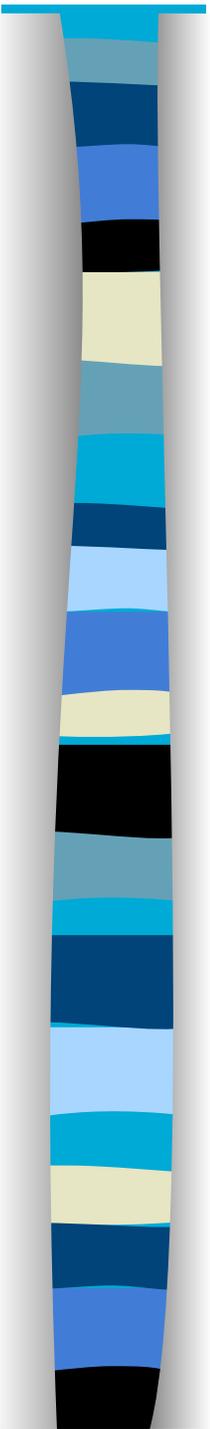


Subject: Massage Professional Practices

Topic: Equipment and Safety

Subtopic: Safety

Client screening A process for vetting clients to ensure their reasons for seeking massage therapy are legitimate. It includes questions the receptionist asks when the client calls to book a first appointment, and the gathering of the client's contact details over the phone. It also includes sharing the clinic policies such as the draping policy, the policy on drugs and alcohol, and the policy on sexual innuendo or misconduct. Client screening also includes careful listening to client messages for red flags. For example, if a client asks what a practitioner looks like or what he or she will wear during the massage, it is a red flag.



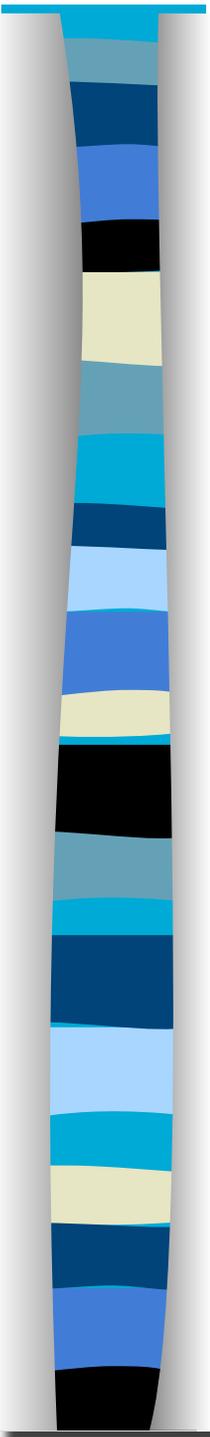
Subject: Massage Professional Practices

Topic: Equipment and Safety

Subtopic: Safety in Common Areas

Common area safety

- Nonslip flooring
- Free of obstructions
- Free of area rugs
- Wheelchair accessible
- Good lighting



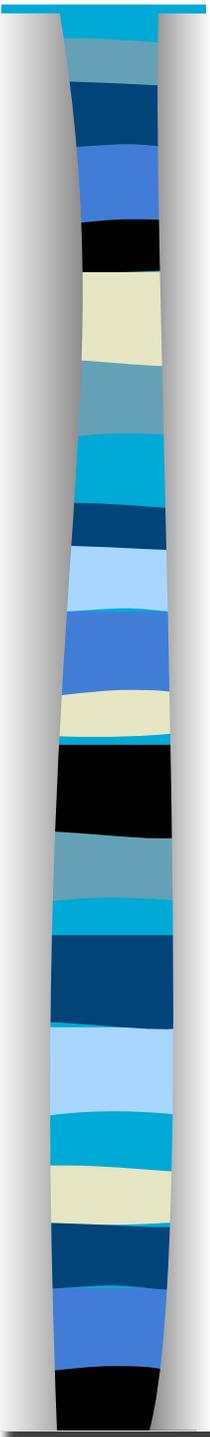
Subject: Massage Professional Practices

Topic: Equipment and Safety

Subtopic: Safety in Parking Areas

Parking area safety

- The pavement is smooth and even
- Adequate lighting
- The pathway to the front door of the massage facility is unobstructed
- Stairs and wheelchair ramps should be well lit and offer handrails

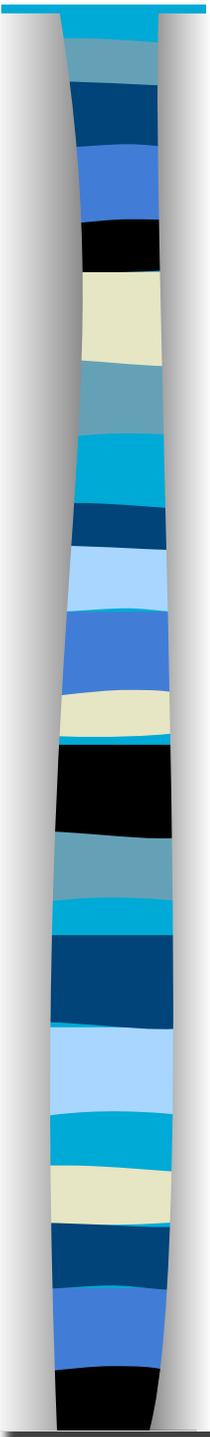


Subject: Massage Professional Practices

Topic: Equipment and Safety

Subtopic: Equipment Safety

Equipment safety Regularly check massage equipment to ensure it is in good working condition. Tighten the leg bolts of tables before each session. Any exposed electrical cords should be heavy duty and taped down around the edges of the room and placed behind furnishings or equipment when possible. Do not run extension cords across doorways. Have a first aid kit in each treatment room.



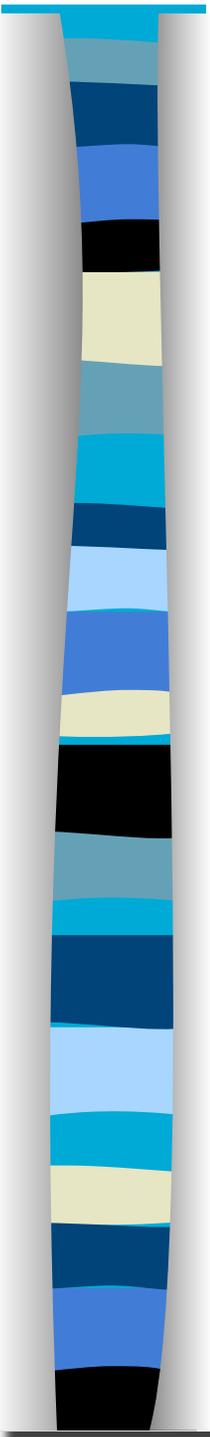
Subject: Massage Professional Practices

Topic: Equipment and Safety

Subtopic: Fire Safety

Fire plan

- Ensure proper fire and safety codes are followed
- Have at least one fire extinguisher and smoke detector in clear view
- Check these units monthly to ensure they are in proper working order
- The fire escape route should be clearly indicated in every room
- The use of candles, incense, and open flames should be avoided



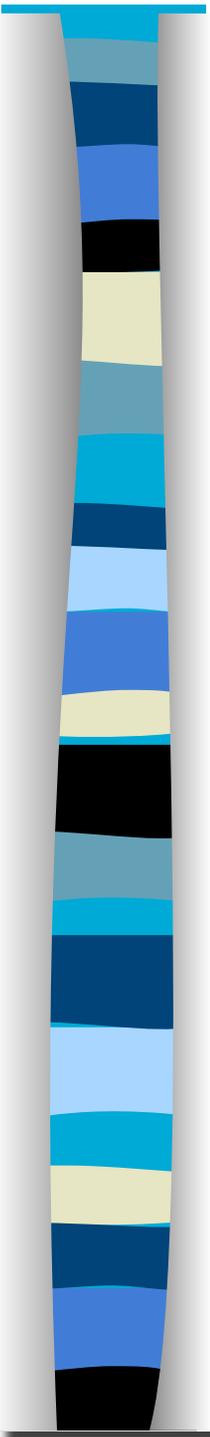
Subject: Massage Professional Practices

Topic: Equipment and Safety

Subtopic: Practitioner Safety

Practitioner safety Practitioners practice good self-safety by:

- Paying attention to their body mechanics when they lift laundry, boxes of lubricants, housekeeping supplies, and equipment
- Wearing heavy gloves, a face mask, and protective eyewear to protect against heavy cleaning products
- Having protocols in place for client screening and backup during times when they are alone at the facility



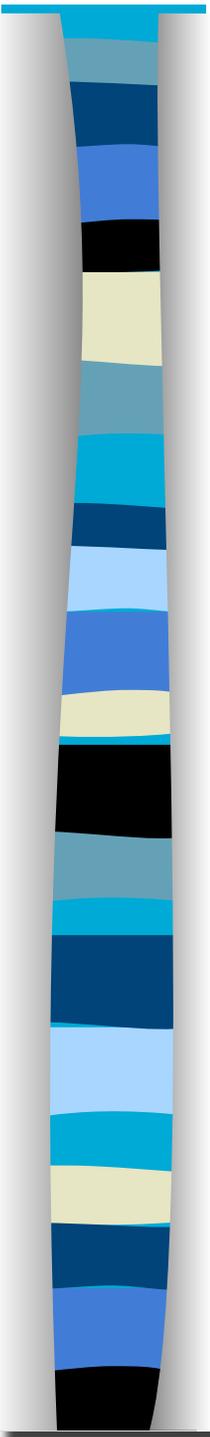
Subject: Massage Professional Practices

Topic: Equipment and Safety

Subtopic: Environment Safety

Safe environment

- A place where conditions that may cause injury have been eliminated
- Procedures are adopted to increase security
- Plans are made to efficiently handle any accidents that may occur
- Safety plans are in place to provide guidance for managing clients and to ensure practitioner safety
- Employee-practitioners maintain awareness of safety issues and alert a supervisor if the environment is not safe for clients or practitioners

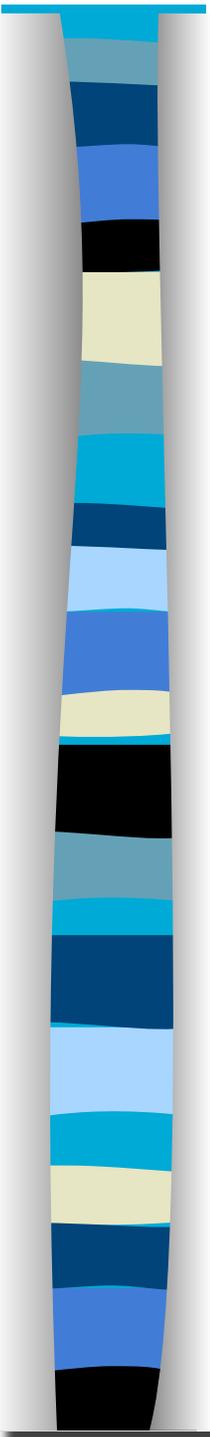


Subject: Massage Professional Practices

Topic: Equipment and Safety

Subtopic: Facility Safety

Safety of the facility A facility where massage is provided must be accessible to a wide array of clients, including those who are unsteady on their feet and those using wheelchairs. Assess the parking area, common areas, equipment, and fire plan.

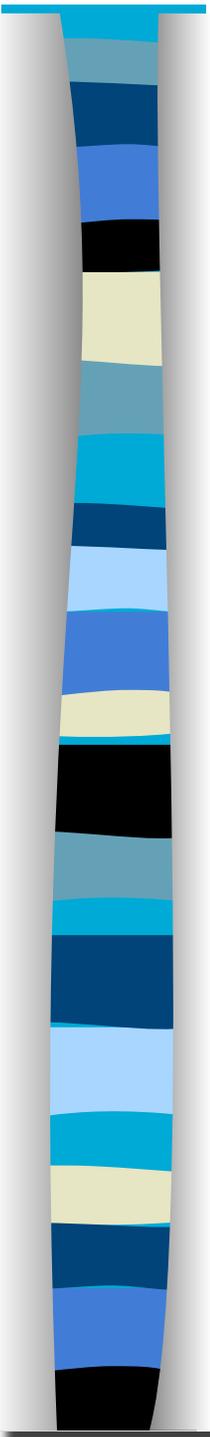


Subject: Massage Professional Practices

Topic: Equipment and Safety

Subtopic: Facility Safety

Practitioner liability Liability due to damage or injury to a client because of negligence or acts of omission during the performance of professional duties.

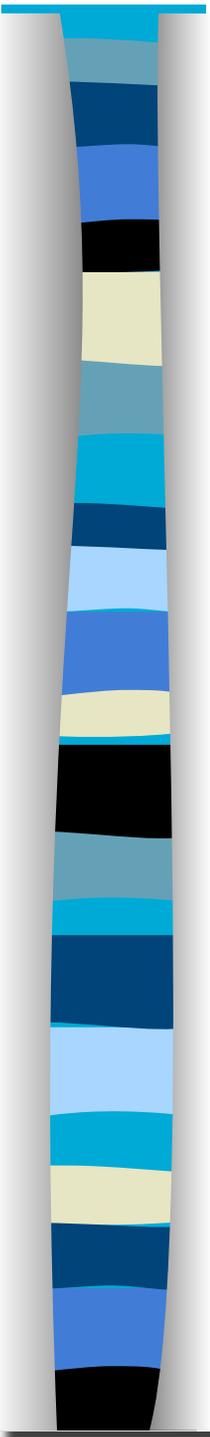


Subject: Massage Professional Practices

Topic: Equipment and Safety

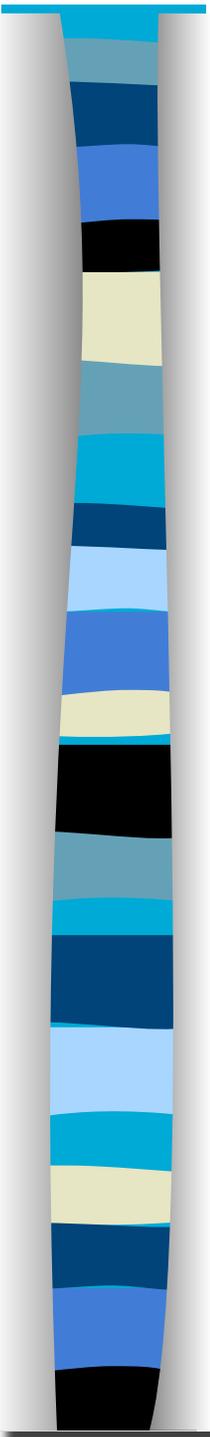
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ABMP Exam Coach

Massage Professional Practices:
Hygiene and Sanitation



Subject: Massage Professional Practices

Topic: Hygiene and Sanitation

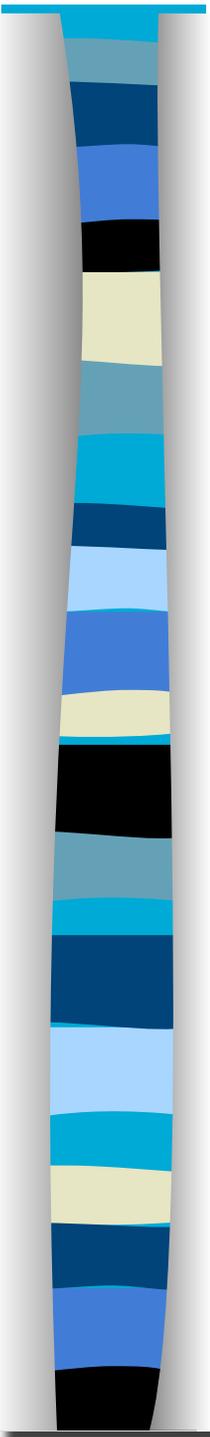
Subtopic: Basic Definitions

Personal hygiene Basic actions of personal cleanliness such as showering, washing hair and hands, wearing clean clothes.

Sanitation Cleaning massage facilities thoroughly with disinfectant.

Disease An abnormal condition that results in medically significant symptoms and often has a known cause.

Infection control Practices meant to prevent the spread of disease.



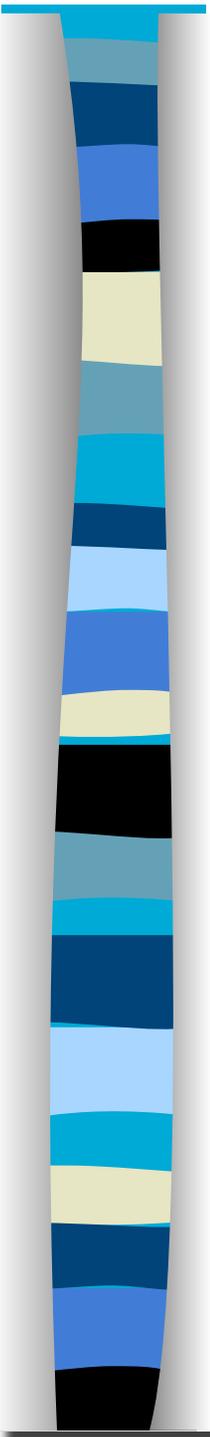
Subject: Massage Professional Practices

Topic: Hygiene and Sanitation

Subtopic: Signs Versus Symptoms

Signs Objective physical manifestations that are instantly observable by the naked eye.

Symptoms Subjective abnormal physical manifestations that are reported by the patient/client.



Subject: Massage Professional Practices

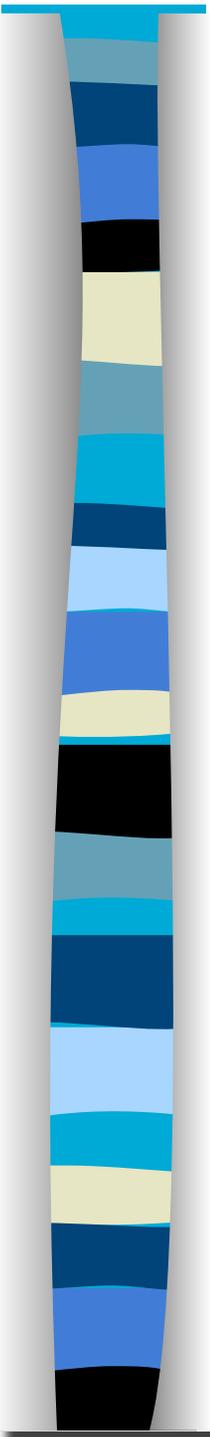
Topic: Hygiene and Sanitation

Subtopic: Categories of Diseases, 1 of 2

Autoimmune diseases Refers to diseases that occur when the immune system attacks normal body cells like it would an infectious agent.

Cancerous diseases A group of diseases (e.g., skin cancer, liver cancer, etc.) caused by normal cells mutating and replicating uncontrollably.

Deficiency diseases Any disease resulting from an insufficient supply of vitamins, nutrients, calories, proteins, essential amino acids, or other elements necessary for health.



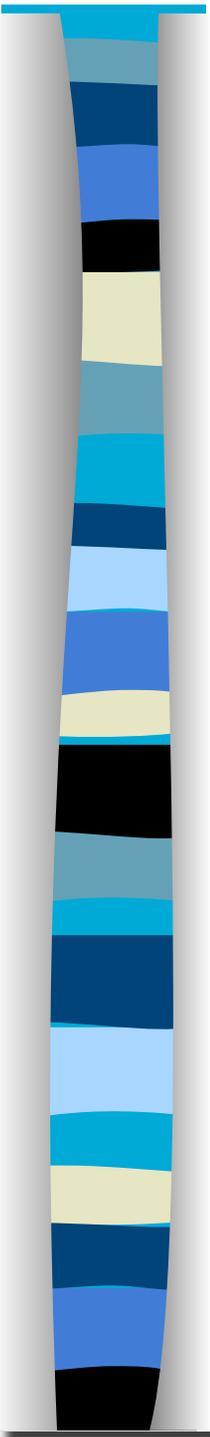
Subject: Massage Professional Practices

Topic: Hygiene and Sanitation

Subtopic: Categories of Diseases, 2 of 2

Infectious diseases (AKA: communicable diseases) Diseases caused by an infectious agent.

Metabolic diseases A generic term for a wide range of conditions resulting from abnormal metabolic processes.



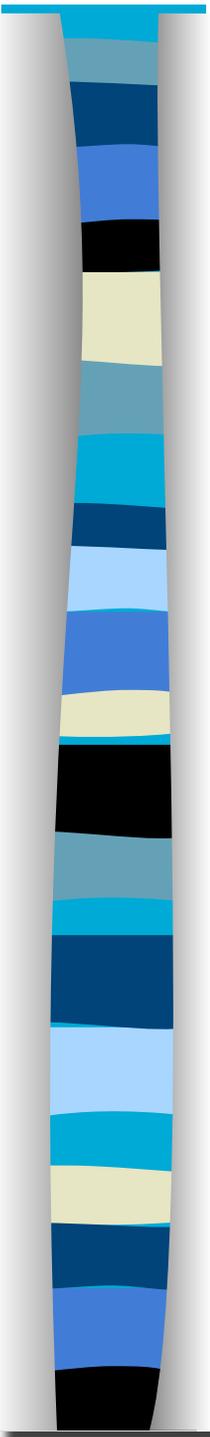
Subject: Massage Professional Practices

Topic: Hygiene and Sanitation

Subtopic: Sanitation Procedures and Situations, 1 of 2

Blood spill A situation where a client's blood spills on a surface of the treatment room (e.g., bloody nose, etc.). Blood spills should be cleaned thoroughly with a 10% bleach solution from hard surfaces or linens using universal/standard precautions.

Body fluid contamination A situation where a client's body fluid (e.g., mucus, saliva) spills on a surface of the treatment room. Body fluid contamination should be cleaned from hard surfaces or linens with a 10% bleach solution using universal/standard precautions.



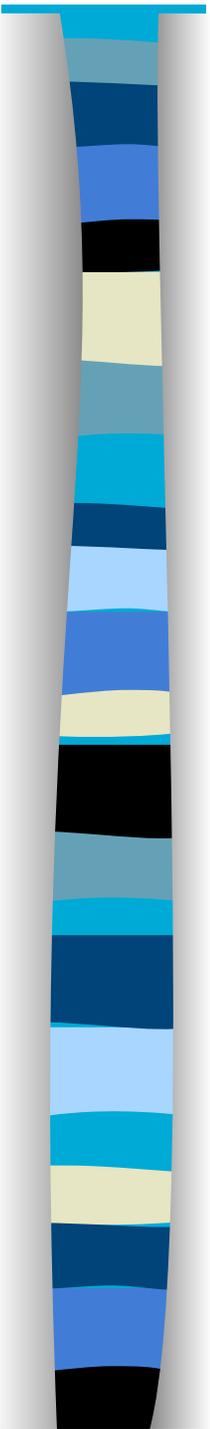
Subject: Massage Professional Practices

Topic: Hygiene and Sanitation

Subtopic: Sanitation Situations and Procedures, 2 of 2

Hand washing Thoroughly cleansing the hands with soap and warm water.

Housekeeping Daily or weekly chores that maintain general cleanliness of the office or massage facilities. Infection control Practices meant to prevent the spread of disease.



Subject: Massage Professional Practices

Topic: Hygiene and Sanitation

Subtopic: Sanitation Products

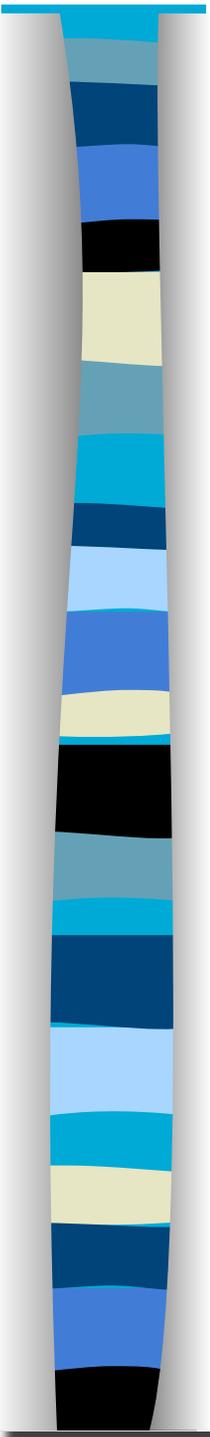
Antiseptic Cleansers that are safe for use on skin; they are weaker than disinfectants, however, and do not kill all pathogens.

Bleach solution Bleach mixed with water in a 10% concentration; effective at killing a variety of pathogens.

Disinfectant Stronger than antiseptics; not for use on skin. Used for deep cleaning.

Phenols An acidic compound used as a disinfectant on hard surfaces; effective against a variety of pathogens.

Quats Quaternary ammonium compounds are used on hard surfaces to kill a variety of pathogens.



Subject: Massage Professional Practices

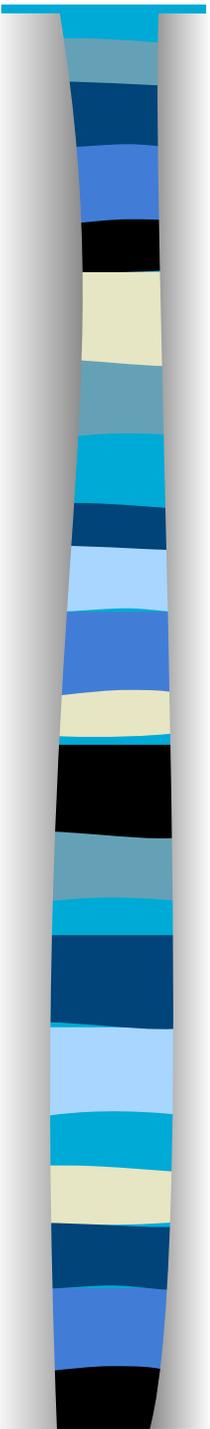
Topic: Hygiene and Sanitation

Subtopic: Acute Versus Chronic

Acute Any illness or injury that produces short-lived symptoms at the onset, which generally last only 48–72 hours.

Chronic Any illness or injury that produces long-lasting symptoms, usually for months or years.

Subacute Symptoms that occur in the 4–8 weeks following an injury; when the body is recovering but not yet at 100% strength or capability.



Subject: Massage Professional Practices

Topic: Hygiene and Sanitation

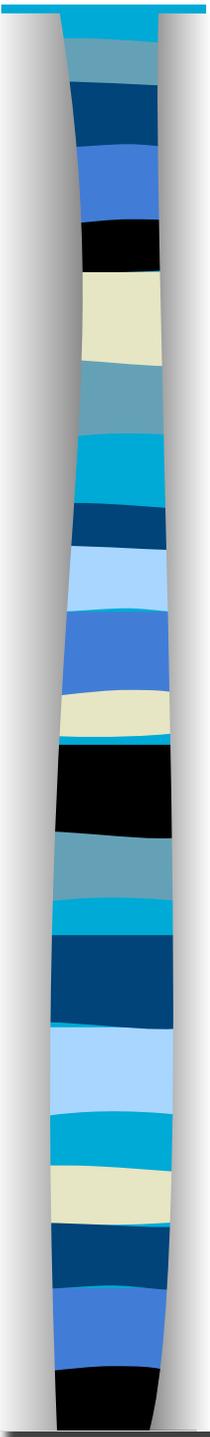
Subtopic: Pathogens, 1 of 2

Pathogen Any producer of disease, including bacteria, viruses, fungi, and protozoa.

Bacteria One-celled living organisms, found in every environment on Earth, that can live independently of a host.

Fungus Simple plant-like organisms that multiply through cell division and produce large numbers of spores.

Lice Parasitic animals that suck the blood of the host and cause intense itching.



Subject: Massage Professional Practices

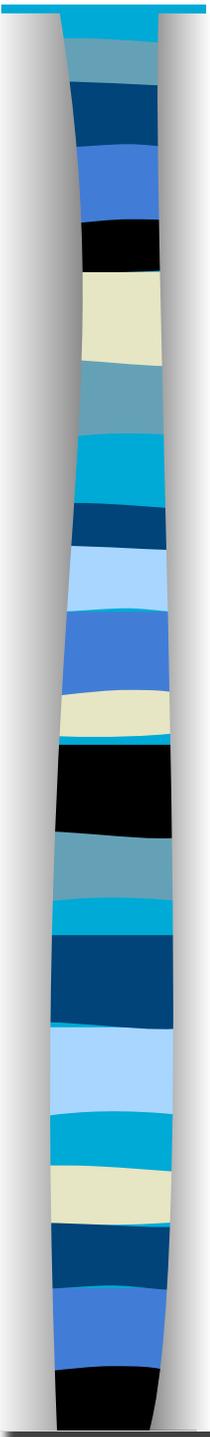
Topic: Hygiene and Sanitation

Subtopic: Pathogens, 2 of 2

Mites Parasitic animals that burrow under the skin and live off the blood of the host.

Protozoa Single-celled organisms regarded as the simplest form of life.

Virus Pathogens that take over a host cell, causing the cell nucleus to replicate both its own genetic material and that of the virus.



Subject: Massage Professional Practices

Topic: Hygiene and Sanitation

Subtopic: Disease Transmission

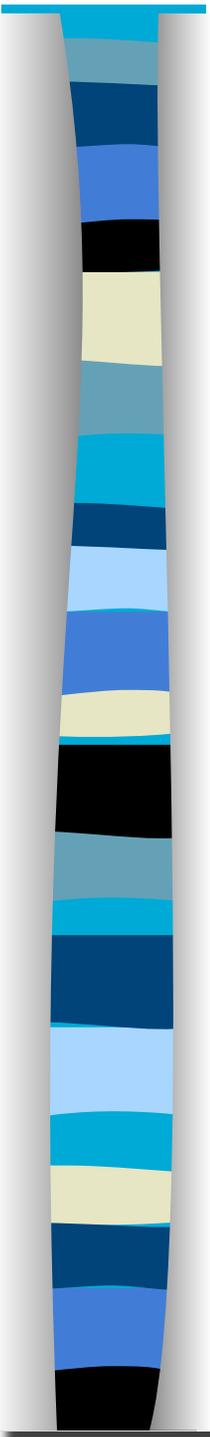
Disease transmission The transfer of a disease from one carrier to another.

Direct contact Transmission of a pathogen through touch.

Indirect contact Transmission of a pathogen through contact with an inanimate object (called a fomite).

Vector transmission Transmission of a pathogen via an insect or animal capable of transmitting disease.

Vehicle transmission Transmission of a pathogen through air, food, or liquid taken into the body.



Subject: Massage Professional Practices

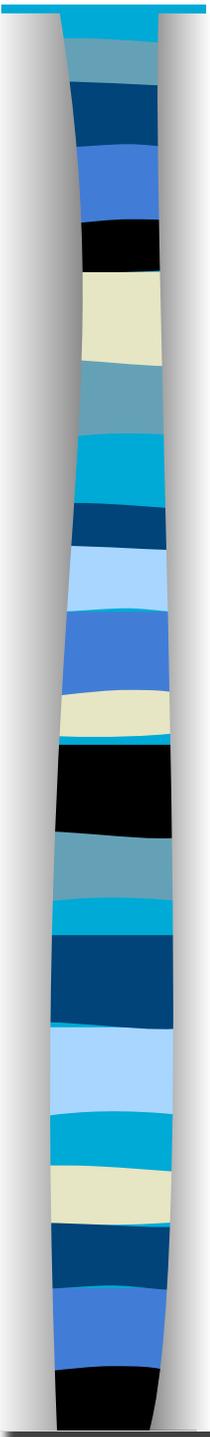
Topic: Hygiene and Sanitation

Subtopic: A Few Infectious Diseases

Hepatitis A Inflammation of the liver; transmitted through contaminated food or water or by contact with feces. Usually clears up in a few weeks without medical intervention.

Hepatitis B Inflammation of the liver; some carriers recover fully, while some develop a chronic form and become carriers of the disease.

Hepatitis C Inflammation of the liver; transmitted primarily through contact with infected blood; the most serious and deadly form of hepatitis.



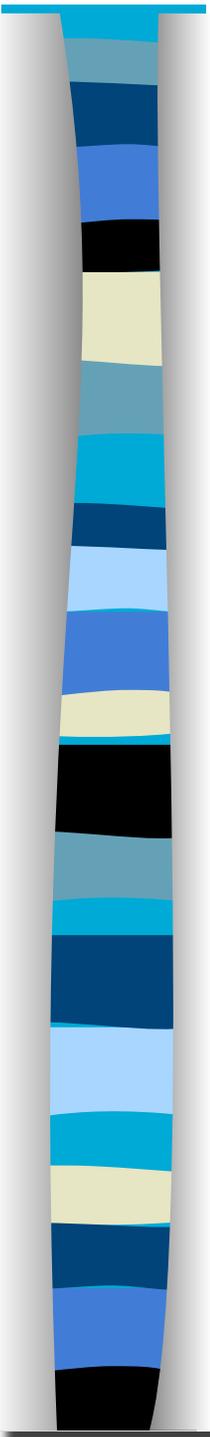
Subject: Massage Professional Practices

Topic: Hygiene and Sanitation

Subtopic: A Few Infectious Diseases

HIV/AIDS HIV is the virus that causes AIDS. HIV is called AIDS when the CD4 cells (also known as T cells) are fewer than 200. The HIV infection is commonly transmitted in infected blood, especially during intravenous drug use and in bodily secretions during sexual intercourse.

Tuberculosis A bacterial infection that usually affects the lungs but can also impact the brain, kidneys, bones, or joints.



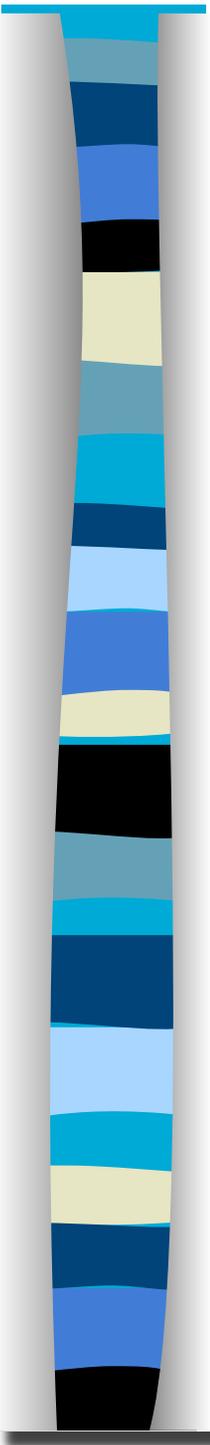
Subject: Massage Professional Practices

Topic: Hygiene and Sanitation

Subtopic: Organizations

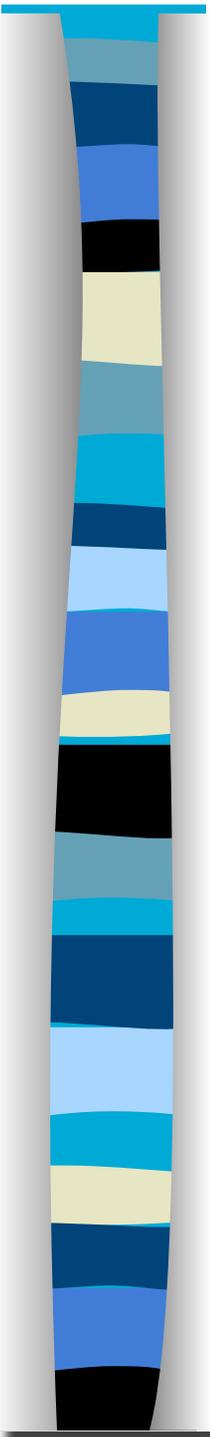
Centers for Disease Control and Prevention (CDC) A US government agency that maintains several departments concerned with occupational safety and health.

Standard/universal precautions The CDC policy for controlling transmission of infections carried by blood and other bodily fluids.



ABMP Exam Coach

Massage Professional Practice:
Client Records



Subject: Massage Professional Practices

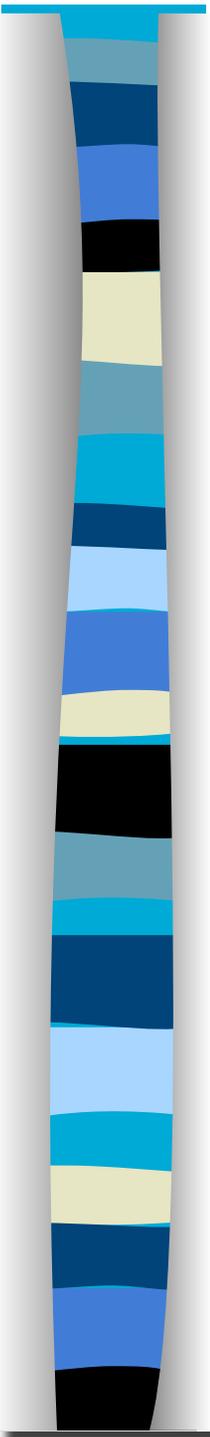
Topic: Client Records

Subtopic: Basic Definitions

Documentation (AKA: charting) The process of keeping consistent and complete client records and filling out certain forms at the beginning and end of a massage session.

Abbreviations A form of communication used on health-care documents because they take up less space on the page and are faster to write.

Client intake The process of the client filling out a health history form, conducting an initial client interview, answering questions from the client, and developing a plan for treatment.



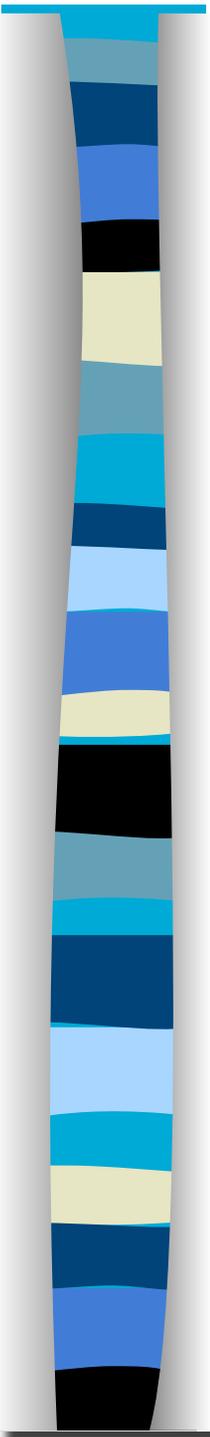
Subject: Massage Professional Practices

Topic: Client Records

Subtopic: Basic Definitions

Confidentiality The ethical requirement of health-care providers to keep a client's personal health information private unless consent to release the information is provided by the client.

Informed consent document The process by which a fully informed client consents to participate in the massage treatment.



Subject: Massage Professional Practices

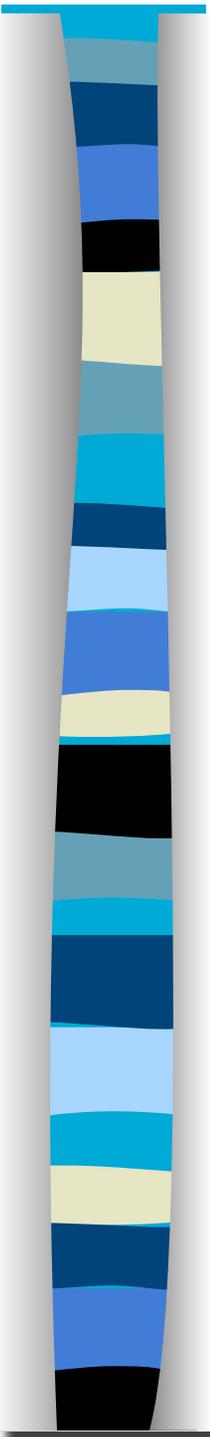
Topic: Client Records

Subtopic: Forms

Health history form A document that clients complete before their first session that provides personal contact information, current health conditions, medications, past health conditions, and health-related goals.

SOAP form A standard health-care documentation form that captures subjective, objective, assessment, and planning information about a client visit.

Wellness form A simplified client intake form that is used to obtain information before a wellness or relaxation session. It is used instead of a more complicated SOAP form, for example.



Subject: Massage Professional Practices

Topic: Client Records

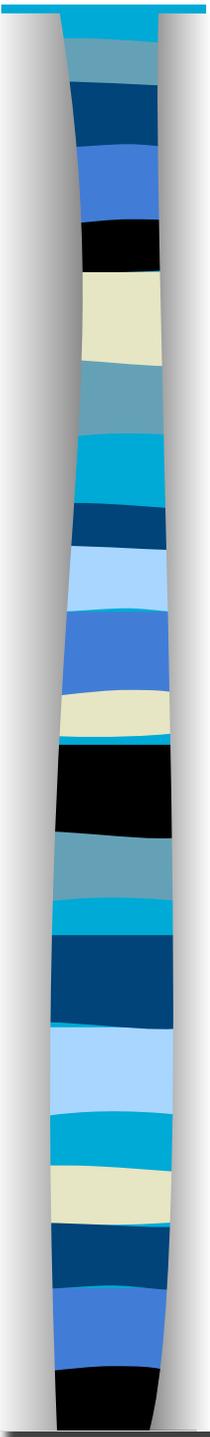
Subtopic:

Within normal limits A subjective term that represents 0 on a scale of 1–10 when practitioners quantify data on health-care forms.

Mild minus A subjective term that represents 1 on a scale of 1–10 when practitioners quantify data on health-care forms.

Mild A subjective term that represents 2 on a scale of 1–10 when practitioners quantify data on health-care forms.

Mild plus A subjective term that represents 3 on a scale of 1–10 when practitioners quantify data on health-care forms.



Subject: Massage Professional Practices

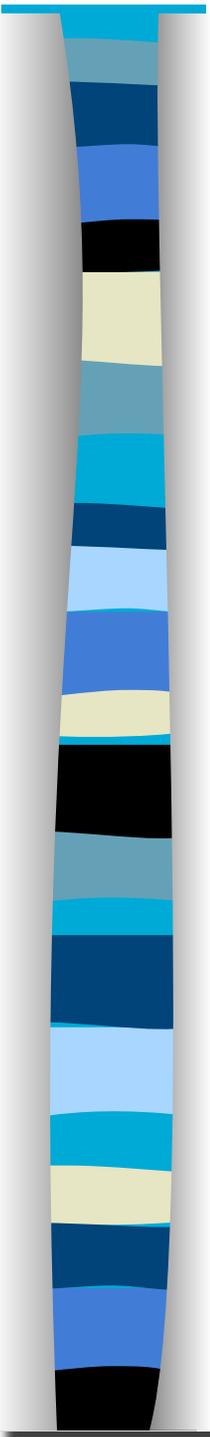
Topic: Client Records

Subtopic:

Moderate minus A subjective term that represents 4 on a scale of 1–10 when practitioners quantify data on health-care forms.

Moderate A subjective term that represents 5 on a scale of 1–10 when practitioners quantify data on health-care forms.

Moderate plus A subjective term that represents 6 on a scale of 1–10 when practitioners quantify data on health-care forms.



Subject: Massage Professional Practices

Topic: Client Records

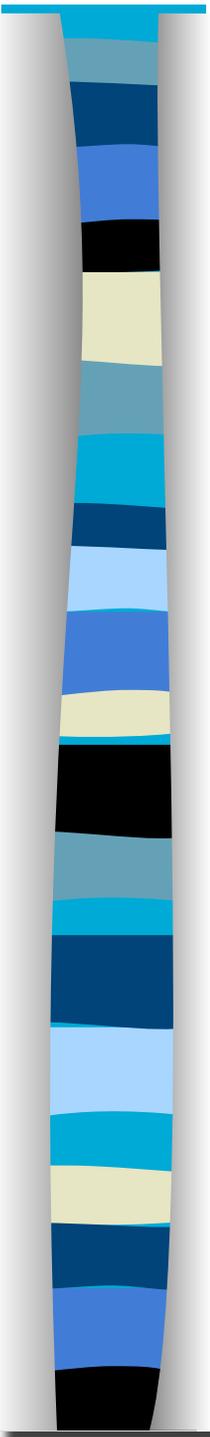
Subtopic:

Severe minus A subjective term that represents 7 on a scale of 1–10 when practitioners quantify data on health-care forms.

Severe A subjective term that represents 8 on a scale of 1–10 when practitioners quantify data on health-care forms.

Severe plus A subjective term that represents 9 on a scale of 1–10 when practitioners quantify data on health-care forms.

Disabled A subjective term that represents 10 on a scale of 1–10 when practitioners quantify data on health-care forms.



Subject: Massage Professional Practices

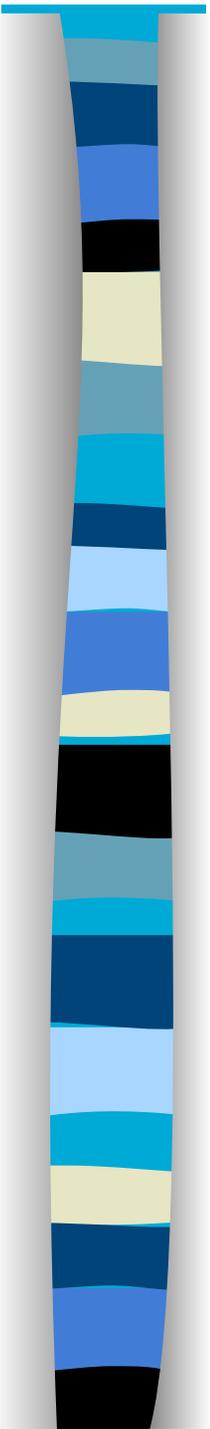
Topic: Client Records

Subtopic: SOAP Documentation

Subjective information The information the client tells you during the session about his/her symptoms and experiences.

Objective information The practitioner's observable findings from visual assessment, palpation assessment, or special tests used to inform session planning.

Assessment information In SOAP documentation, assessment information includes a client's functional goals, functional limitations, and functional outcomes.



Subject: Massage Professional Practices

Topic: Client Records

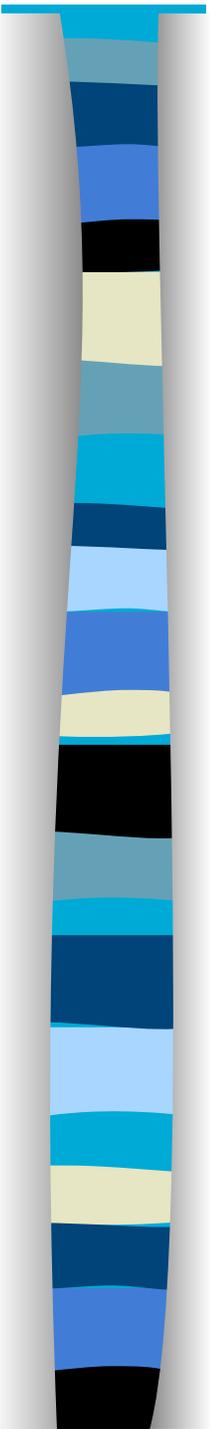
Subtopic: Activities

Activities of daily living Routine activities that people tend to do daily (e.g., using the restroom, walking out to get the mail, etc.).

Aggravating activities In SOAP documentation, aggravating activities refers to activities of daily living that cause symptoms to occur or increase the symptom.

Relieving activities In SOAP documentation, relieving activities refers to activities of daily living that cause symptoms to disappear or decrease the symptom.

Self-care activities Activities the client uses at home or work that relieve symptoms, or that prolong or increase the benefits of the massage session.



Subject: Massage Professional Practices

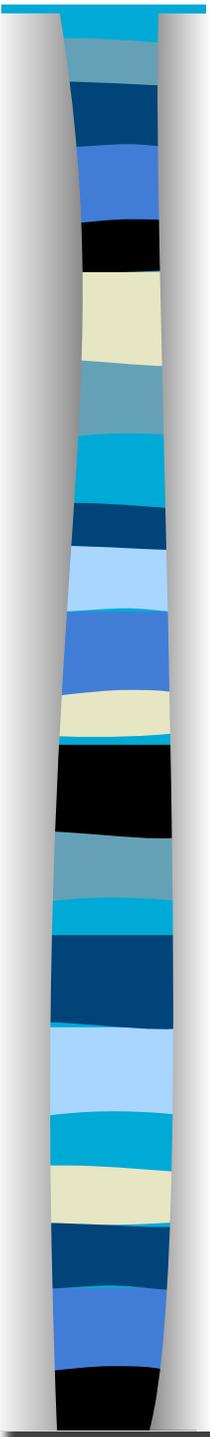
Topic: Client Records

Subtopic:

Functional goals Goals written before a massage session to identify particular activities the client would most like to accomplish in daily life without a significant increase in symptoms.

Functional limitations Any restriction or impairment of basic functions such as seeing, hearing, walking, standing, sitting, etc., caused by an injury or condition for which the client is seeking massage treatment.

Functional outcomes The ability or inability of a client to reach functional goals as a result of massage treatment.



Subject: Massage Professional Practices

Topic: Client Records

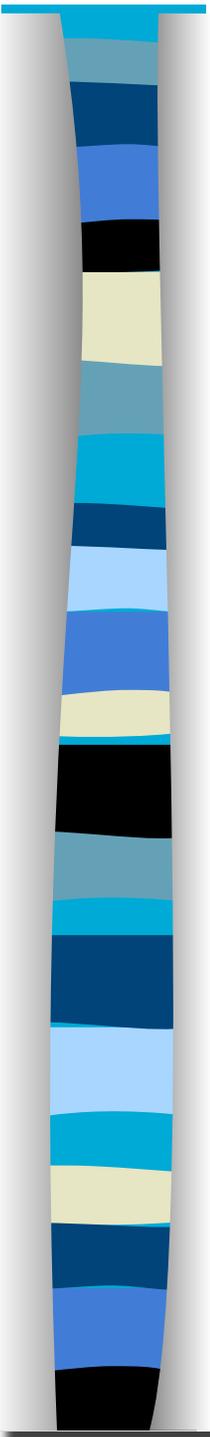
Subtopic:

Duration In SOAP documentation, duration refers to how long a symptom lasts.

Frequency In SOAP documentation, frequency refers to how often a symptom occurs.

Intensity In SOAP documentation, intensity refers to the magnitude of the symptom the client reports.

Location In SOAP documentation, the location refers to the place where a client reports a symptom.



Subject: Massage Professional Practices

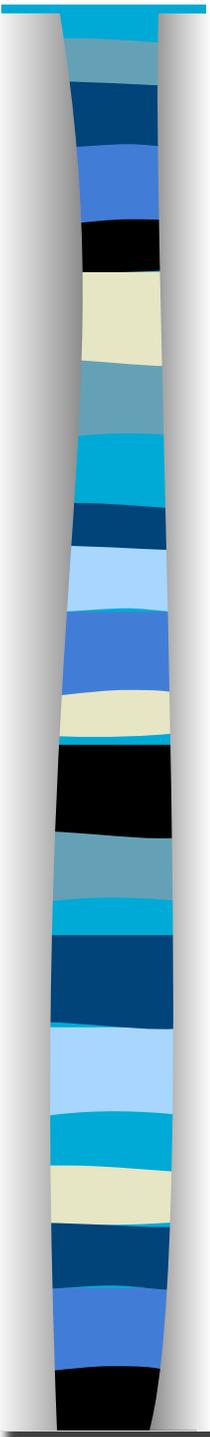
Topic: Client Records

Subtopic:

Onset In SOAP documentation, onset refers to the date or general time when the client first noticed a symptom.

Response to treatment In SOAP documentation, response to treatment refers to the outcomes experienced by the client, or observable by the practitioner, due to the massage session.

Techniques/modalities In SOAP documentation, the Techniques/Modalities section of a SOAP form is used to document the types of techniques used in a session, how long the practitioner spent on specific body regions, and the areas of the body where massage was performed.



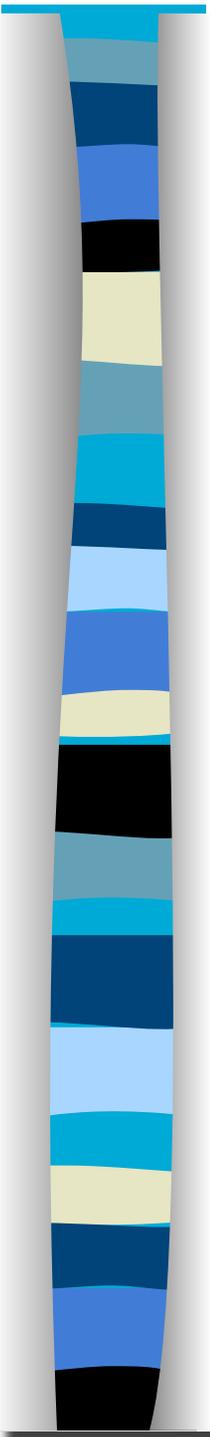
Subject: Massage Professional Practices

Topic: Client Records

Subtopic: Data Types

Qualifying data Data captured on health-care documents that describes a particular quality or characteristic of a sign or symptom.

Quantifying data Data captured on health-care documents that describes how much of a sign is present or how much of the symptom the client reports.

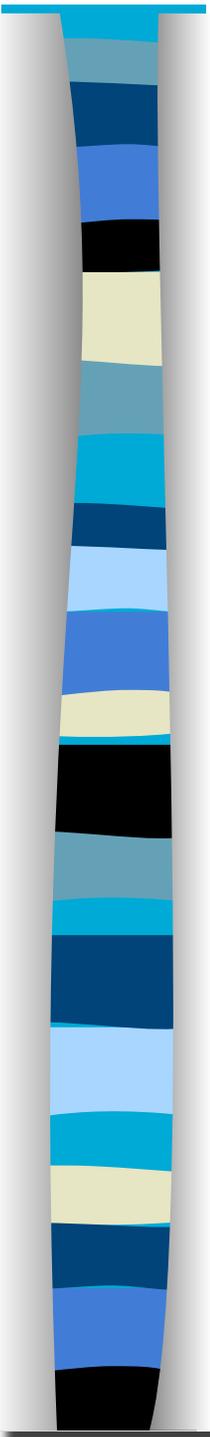


Subject: Massage Professional Practices

Topic: Client Records

Subtopic: Subjective in SOAP

Symptoms Any experience the client reports that provides evidence that something is wrong (e.g., pain, stiffness, fatigue, stress, tension, muscle cramping, etc.).



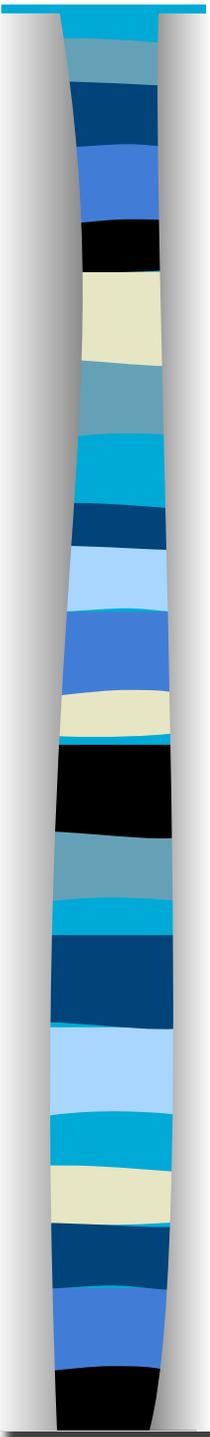
Subject: Massage Professional Practices

Topic: Client Records

Subtopic: Objective in SOAP

Visual findings Any data about the client's condition that you can see including breathing patterns, complexion, overall vitality, skin surface, freedom of movement, and posture.

Palpable findings The data the practitioner obtains through palpation of the client's soft tissue.

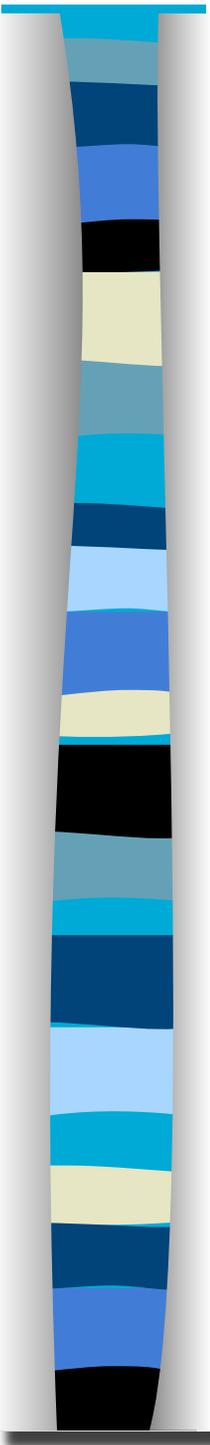


Subject: Massage Professional Practices

Topic: Client Records

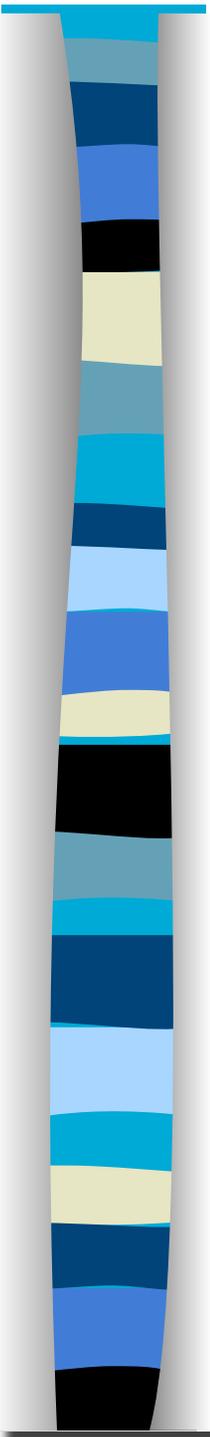
Subtopic: Legislation

Health Insurance Portability and Accountability Act (HIPAA) An act created by the US Congress in 1996 that aims to protect individuals covered by health insurance and to set standards for the storage and privacy of personal medical data.



ABMP Exam Coach

Massage Professional Practice:
Body Mechanics



Subject: Massage Professional Practices

Topic: Body Mechanics

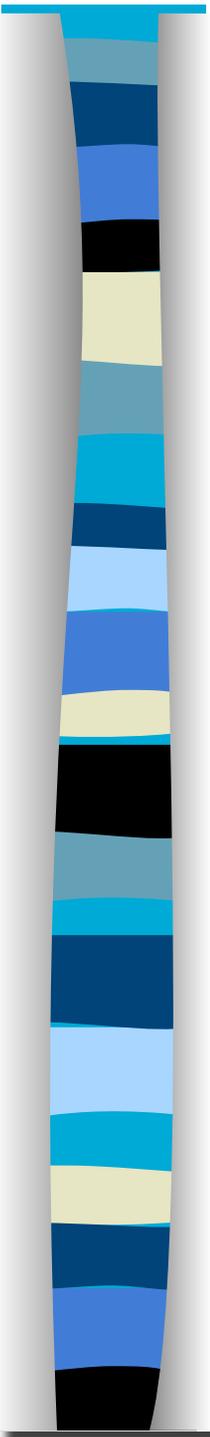
Subtopic: Basic Definitions

Body mechanics The use of proper body movements to prevent injuries, reduce stress, and enhance physical capability for therapists.

Personal health The combined effects of nutrition, exercise, sleep, and lifestyle habits on a person's overall well-being.

Self-care Any activity that restores a massage therapist's sense of well-being.

Stances A term describing the position of feet, knees, and hips during the application of massage.



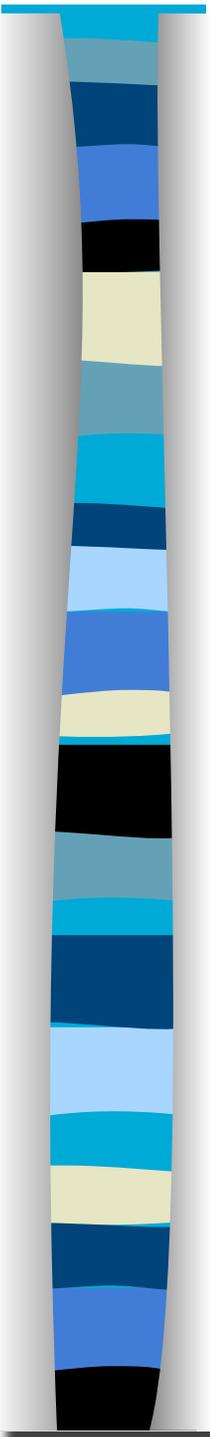
Subject: Massage Professional Practices

Topic: Body Mechanics

Subtopic: Stances

Bow stance A position in which one foot is in front of the other with the weight centered between the two feet.

Horse stance A position in which the therapist's feet are shoulder-width apart and facing the same direction.



Subject: Massage Professional Practices

Topic: Body Mechanics

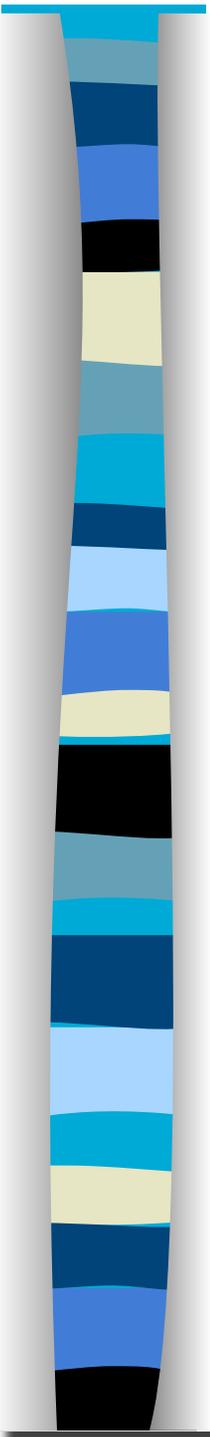
Subtopic: Non-Physical Aspects

Body awareness Paying attention to the body's posture, alignment, mechanics, and the use of breath to remain centered during a massage.

Centeredness A state of focus and calm that allows a therapist to perform a client-centered massage and maintain his/her own body mechanics.

Nutrition The role that food plays in overall health and wellness.

Sleep schedule The time, duration, and quality of restful sleep.



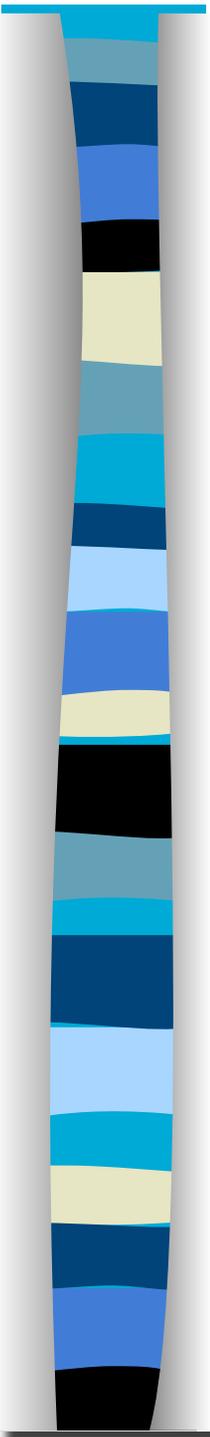
Subject: Massage Professional Practices

Topic: Body Mechanics

Subtopic: Non-Physical Aspects

Stress reduction (therapist) Any positive activity that reduces the amount of stress a therapist feels from work exertion.

Use of breath Various techniques for regulating and being aware of the breath during a massage.



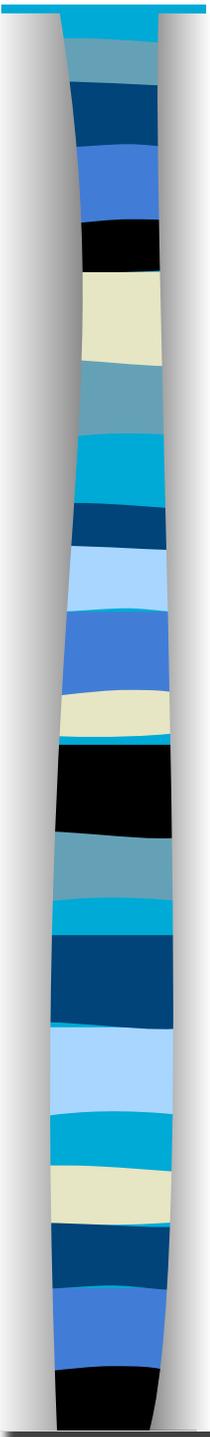
Subject: Massage Professional Practices

Topic: Body Mechanics

Subtopic: Things To Avoid

Burnout Accumulated stress that leaves a person feeling incapable of performing professional duties.

Repetitive stress injury Injury that results from wear and tear on the body and often related to repetitive job tasks.



Subject: Massage Professional Practices

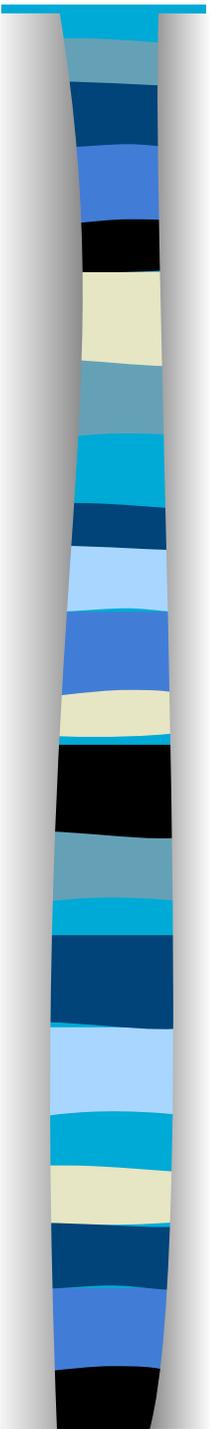
Topic: Body Mechanics

Subtopic: Physical Aspects

Physical fitness Any activities that promote strength, flexibility, and postural awareness for overall well-being.

Cardiovascular fitness Fitness that centers on elevating the heart rate to promote health of the heart, lungs, and circulatory system.

Flexibility The range of motion possible at a given joint or series of joints.



Subject: Massage Professional Practices

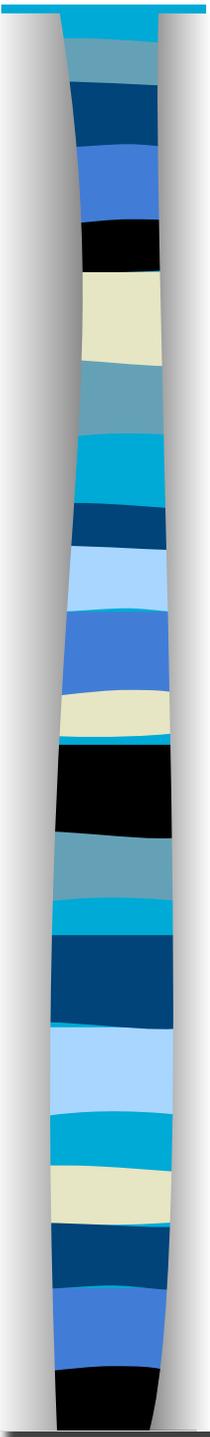
Topic: Body Mechanics

Subtopic: Physical Aspects

Range of motion The amount of movement possible within a given joint; also, massage techniques that involve optimizing that movement.

Strength Physical force or vigor; it's improved with exercise in which muscle contraction is resisted by an outside force to improve muscle tone and increase joint stability.

Structural alignment Correct alignment of body parts during the application of massage.



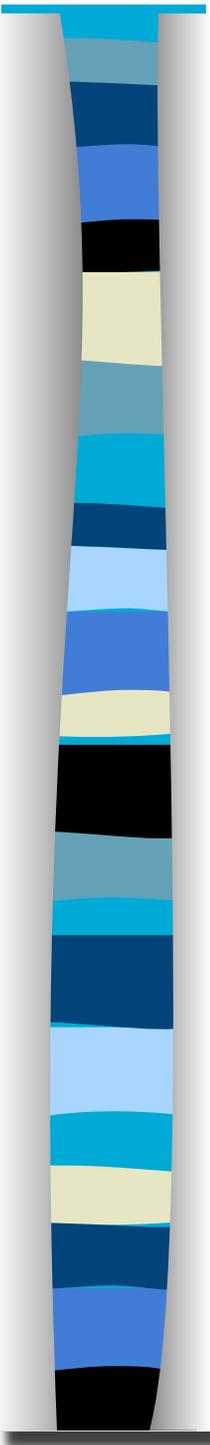
Subject: Massage Professional Practices

Topic: Body Mechanics

Subtopic: Physical Aspects

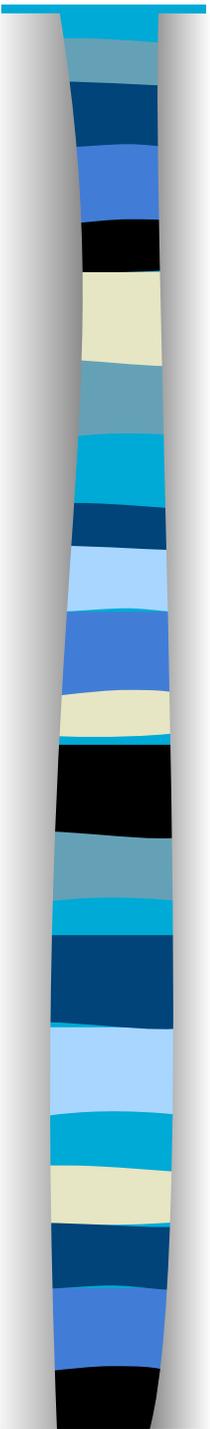
Use of body weight Applying pressure to a client's tissues by leaning body weight into a stroke.

Warm-up Practicing gentle, gradual movements at first before engaging in more intense physical exertion.



ABMP Exam Coach

Ethics, Boundaries, and Laws:
The Therapeutic Relationship



Subject: Ethics, Boundaries, and Laws

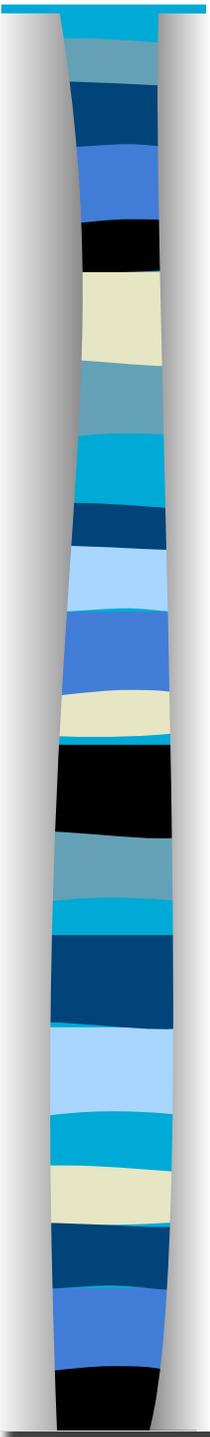
Topic: The Therapeutic Relationship

Subtopic:

Armoring The use of physical tension to support psychological defenses. When massage reduces tension, tissues soften, and armoring comes undone. As a result, people may come into full contact with their repressed or deflected feelings and experience an emotional release.

Client-centered session A massage session in which the therapist commits to the client's overall well-being and benefit.

Deflection A psychological defense that involves ignoring or turning away from stimuli that trigger emotions in order to prevent recognition, or full awareness of, the material associated with the emotion. For example, a client might talk continually during a massage session to avoid paying too much attention to his or her feelings brought about by massage, etc.



Subject: Ethics, Boundaries, and Laws

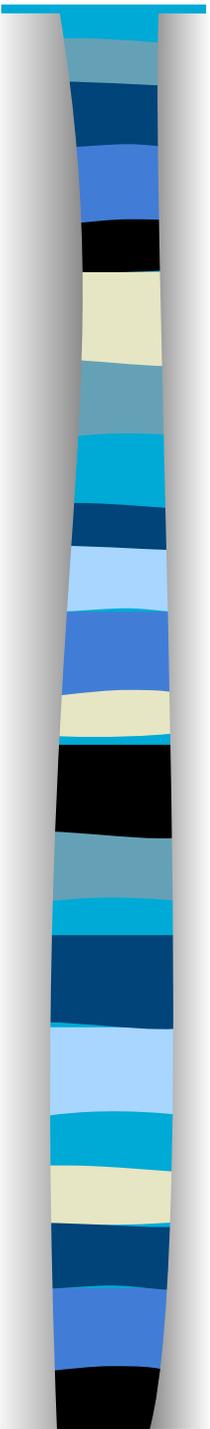
Topic: The Therapeutic Relationship

Subtopic:

Denial A psychological defense that involves the outright refusal to acknowledge something that has occurred or is occurring. For example, a client might deny that a technique is painful or that feelings are arising during bodywork. A client might deny that a lifestyle choice is impeding healing from a soft-tissue injury, etc.

Dual relationship A situation in which more than one relationship between therapist and client exists (e.g., the client is also a friend, etc.).

Emotional intelligence The ability to observe one's own feelings and emotions and those of others, to differentiate among them, and utilize them to direct thoughts and behavior.



Subject: Ethics, Boundaries, and Laws

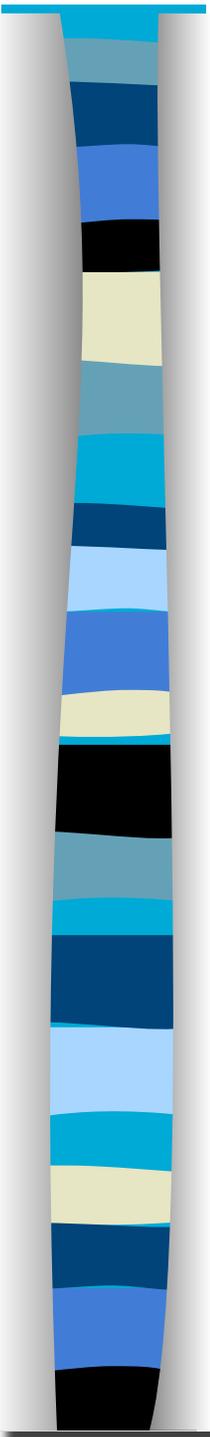
Topic: The Therapeutic Relationship

Subtopic:

Emotional release A rise of feelings within a client and the expression of those feelings through words or other forms of expression.

Emotional release process Phases of a client's emotional expression, and the way in which the therapist manages his/her own reaction while maintaining a therapeutic environment.

Ethical professional touch Skilled, purposeful, respectful touch that holds healing intent.



Subject: Ethics, Boundaries, and Laws

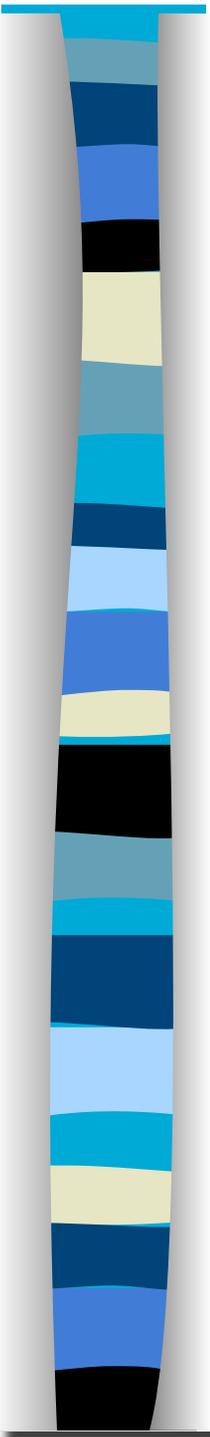
Topic: The Therapeutic Relationship

Subtopic:

Power differential The authority a massage therapist is granted by a client, based on the client's perception of the massage therapist as a knowledgeable and skilled health-care provider.

Practitioner responsibilities The practitioner's duty during a session is to uphold ethical standards of behavior, not work outside the massage therapy scope of practice, and provide a nonjudgmental environment where clients feel safe. Practitioners should refer clients to other health-care professionals when client's needs exceed the limits of the massage therapy scope of practice.

Professional conduct Positively representing the massage profession by maintaining standards of practice and demonstrating ethical behavior.



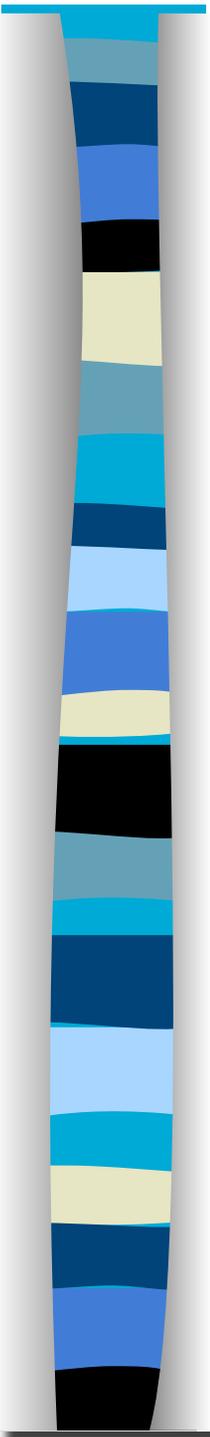
Subject: Ethics, Boundaries, and Laws

Topic: The Therapeutic Relationship

Subtopic:

Projection A psychological defense that involves the unconscious transfer of feelings, impulses, or thoughts to someone else. For example, a client might project an unrealistic expectation that one session of massage will solve years of cumulative stress, or a client might confer his/her power to heal from a condition onto a massage therapist, etc.

Psychological defenses Mental processes that enable the mind to deal with conflicts it can't resolve. Every person learns some type of psychological defense from normal experiences of life. Common psychological defenses that occur during massage sessions include suppression, denial, projection, deflection, resistance, and armoring.



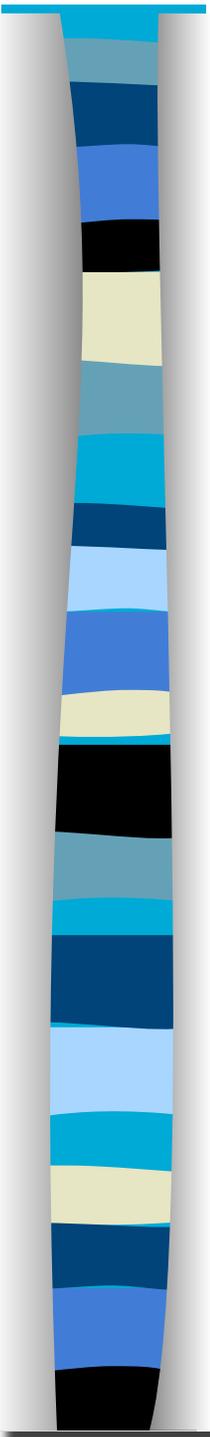
Subject: Ethics, Boundaries, and Laws

Topic: The Therapeutic Relationship

Subtopic:

Rapport The friendly bond between people based on mutual liking, trust, and a sense that they understand and share each other's concerns. In a therapeutic relationship, a practitioner builds rapport by treating clients warmly and respectfully while maintaining appropriate professional boundaries.

Resistance A psychological defense that involves an unconscious opposition to the therapeutic process related to a client's feeling that change, even change perceived as desirable, is threatening. This psychological defense may show up as missed appointments, cancelled appointments, a seeming unwillingness to participate in self-care, and other behaviors.



Subject: Ethics, Boundaries, and Laws

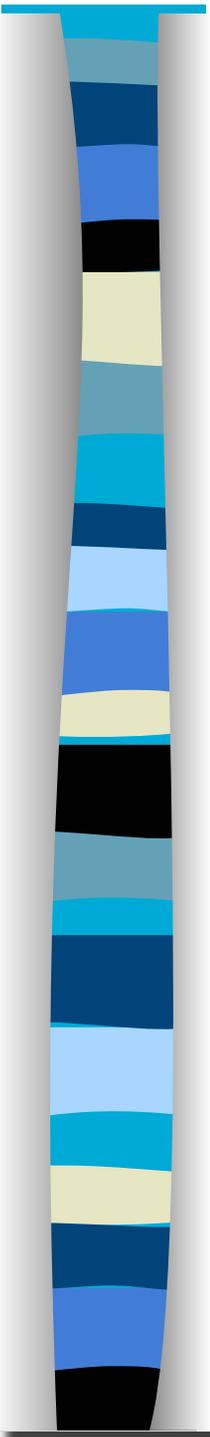
Topic: The Therapeutic Relationship

Subtopic:

Suppression A psychological defense that involves the conscious pushing down of anxiety-producing ideas, urges, desires, feelings, or memories. For example, the client may recognize a tender feeling during a massage session, but tenses muscles and actively dismisses the feeling in order to avoid expressing or showing sadness during the massage.

Therapeutic intent The intent to promote healing and overall benefit for the client.

Therapeutic relationship A professional partnership between therapist and client where safe, structured touch helps the client achieve reasonable, well-defined goals.



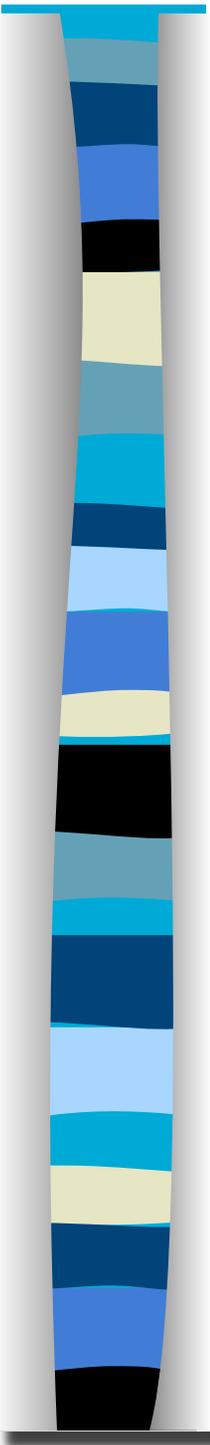
Subject: Ethics, Boundaries, and Laws

Topic: The Therapeutic Relationship

Subtopic:

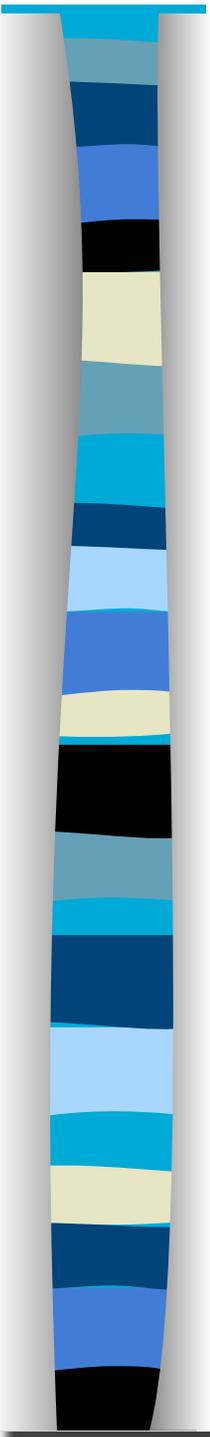
Countertransference A redirection of feelings, in which a therapist tries to personalize an otherwise professional relationship with a client; opposite of transference.

Transference A subconscious psychological phenomenon where the client places the therapist in a place of importance in his/her personal life, beyond professional boundaries.



ABMP Exam Coach

Ethics, Boundaries, and Laws:
Code of Ethics



Subject: Ethics, Boundaries, and Laws

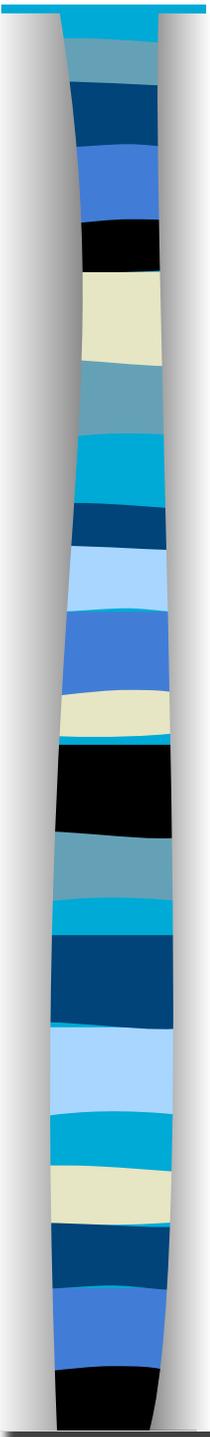
Topic: Code of Ethics

Subtopic:

Ethics A branch of philosophy exploring values, morals, principles, right and wrong, and responsibility.

Code of ethics A statement of a professional group's ethical principles.

Law Rules that are recognized by a community as binding and enforceable by authority.



Subject: Ethics, Boundaries, and Laws

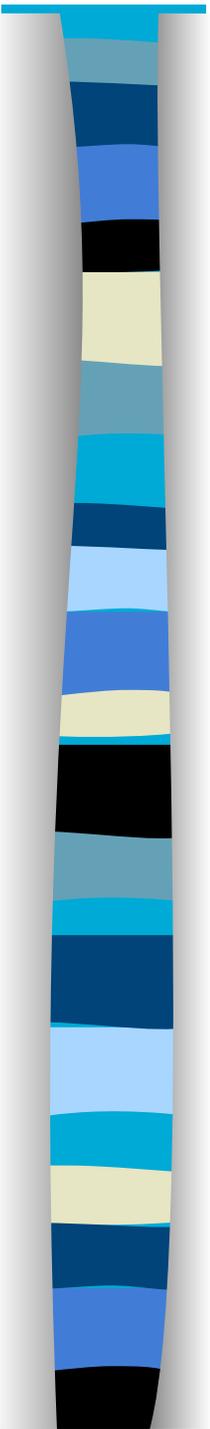
Topic: Code of Ethics

Subtopic:

Professional conduct Positively representing the massage profession by maintaining standards of practice and demonstrating ethical behavior.

Standards of ethical practice Professional guidelines based on ethical principles that describe the behaviors and language of ethical practice.

Values A collection of beliefs that indicates accepted standards for behavior of an individual or group.



Subject: Ethics, Boundaries, and Laws

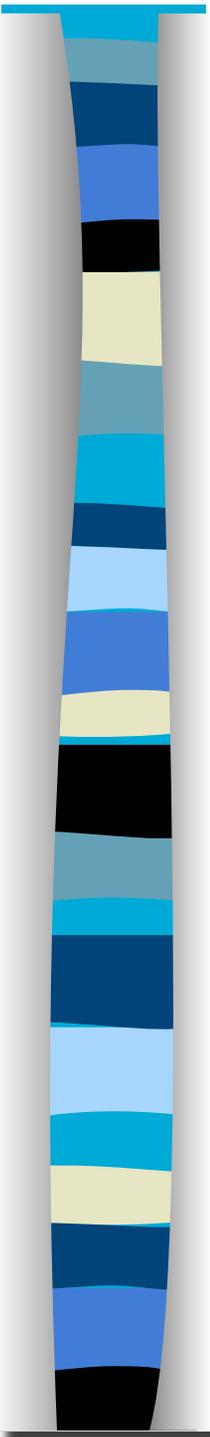
Topic: Code of Ethics

Subtopic:

Autonomy Personal independence, self-sufficiency, self-government, and the capacity to make decisions and act on them.

Character traits Inherent attributes that influence how a person responds in a given situation.

Client abuse Any action by the practitioner that intentionally or unintentionally harms or injures the client because of inappropriate, unethical, unprofessional, or incompetent behavior.



Subject: Ethics, Boundaries, and Laws

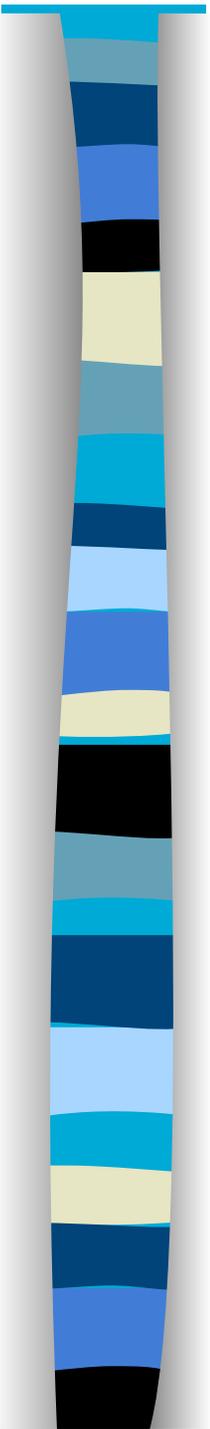
Topic: Code of Ethics

Subtopic:

Client autonomy The client's right to decide what happens to his or her own body based on the personal independence and self-government granted to people under the law. Children under the age of 18 have the same rights as adults, but are less able to assert these rights based on youth and inexperience. For this reason, minors must have a legal or appointed adult guardian present when they receive massage.

Client rights The client's autonomy to make decisions about what happens to his/her body.

Commitment to high-quality care Serving the best interest of the client at all times, in all ways, to provide the best service possible.



Subject: Ethics, Boundaries, and Laws

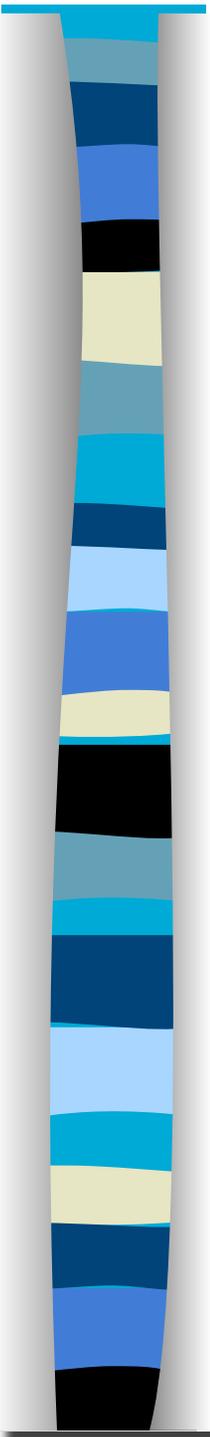
Topic: Code of Ethics

Subtopic:

Confidentiality Agreeing not to share the client's information without the client's written consent, within the limits of the law.

Conflict of interest A conflict between a person's private interests and his or her public obligations.

Desexualize massage Avoiding any mention of sexuality during the massage, whether joking or in earnest.



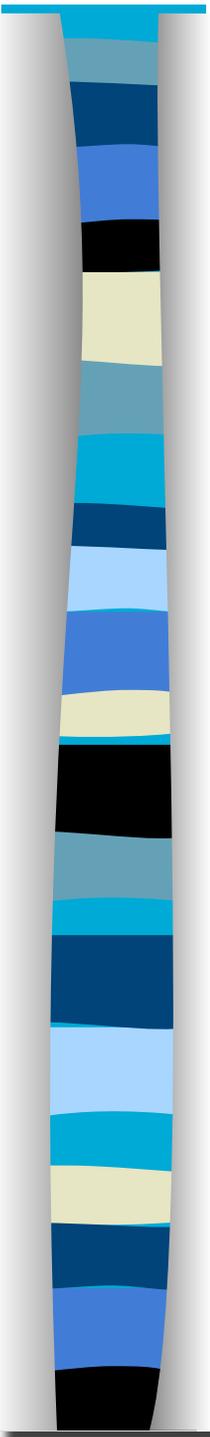
Subject: Ethics, Boundaries, and Laws

Topic: Code of Ethics

Subtopic:

Discrimination When prejudicial or racial attitudes lead to behavior; discrimination is an act based on prejudice or racism.

Do no harm Providing massage only when there is a reasonable assumption it will benefit the client.



Subject: Ethics, Boundaries, and Laws

Topic: Code of Ethics

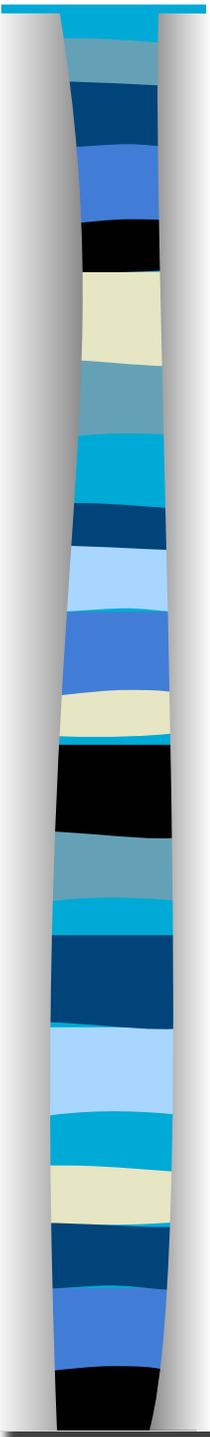
Subtopic:

Ethical decision-making model A step-by-step method to work through ethical dilemmas.

Ethical dilemmas When two or more principles are in conflict, and something of value is compromised regardless of the decision.

Ethical principles Appropriate behavior defined for an individual or group.

Ethical violation A breach of ethical principles resulting in inappropriate, offensive, or harmful behavior.



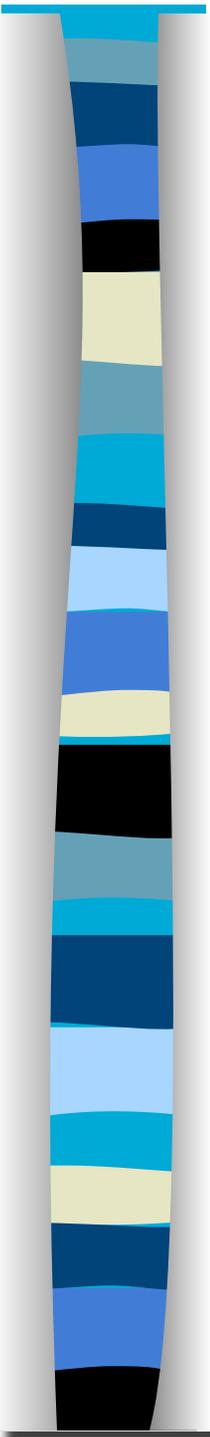
Subject: Ethics, Boundaries, and Laws

Topic: Code of Ethics

Subtopic:

Honest representation of qualifications Honesty in advertising, promoting services ethically and in good taste, and practicing/ advertising only techniques for which a person has been adequately trained or certified.

Honesty in business Conducting business with integrity; avoiding any activity that conflicts with the best interest of the client or profession.

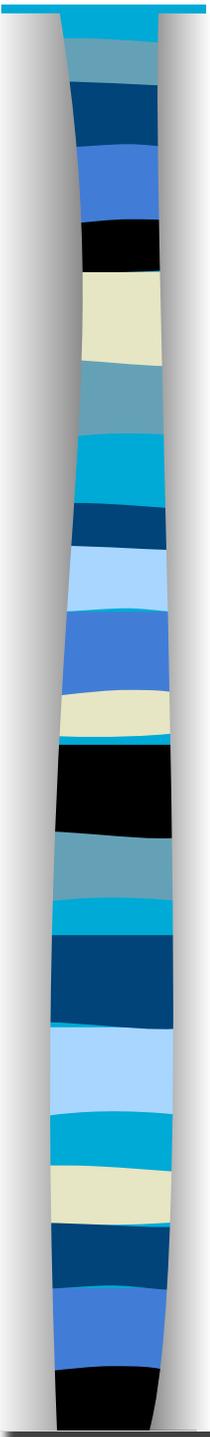


Subject: Ethics, Boundaries, and Laws

Topic: Code of Ethics

Subtopic:

Incident report A written document that is completed whenever an unusual event occurs that creates an unsafe environment or distress for a client, practitioner, or business owner. Situations that would warrant an incident report include a client making sexual advances during the massage session causing the practitioner to terminate the session; or a client, unhappy with a massage, who ends a session early and demands a refund. An incident report should include the date, time, and place the incident occurred, the name and title of the person filing the event, the contact details of involved individuals and witnesses, a detailed account of what happened, written witness accounts of what happened if appropriate, and how the matter was resolved (e.g., the client left the premises, or the client was given a full refund, etc.).



Subject: Ethics, Boundaries, and Laws

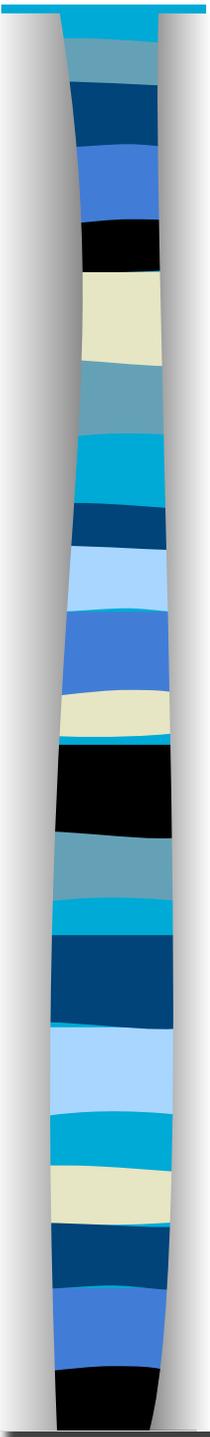
Topic: Code of Ethics

Subtopic:

Informed consent Receiving consent for treatment from the client after having fully disclosed policies and limitations that may affect the treatment.

Inherent worth of all people Acknowledging the value of each individual and not discriminating against any person for any reason.

Kickback Any type of compensation provided for referrals of clients.



Subject: Ethics, Boundaries, and Laws

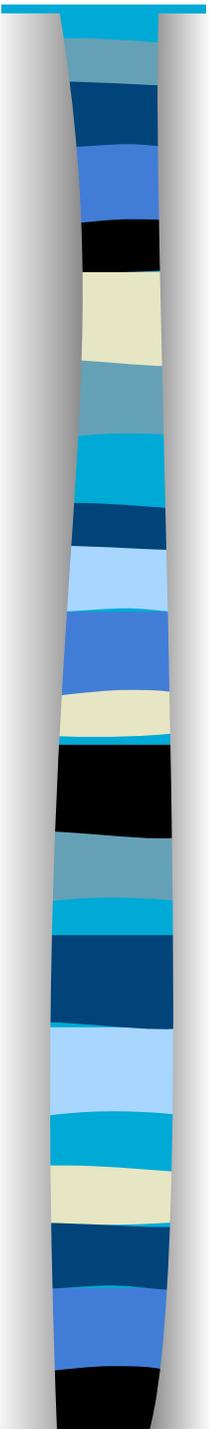
Topic: Code of Ethics

Subtopic:

Limits of training The extent to which a therapist is qualified to perform certain therapies based on his or her education and/or certification.

Practitioner responsibilities The practitioner's duty during a session is to uphold ethical standards of behavior, not work outside the massage therapy scope of practice, and provide a nonjudgmental environment where clients feel safe. Practitioners should refer clients to other health-care professionals when the client's needs exceed the limits of the massage therapy scope of practice.

Prejudice A pre-formed opinion (usually unfavorable) based on inadequate knowledge, irrational feelings, or inaccurate stereotypes. The belief that one's sex, socioeconomic class, or generation is superior are common prejudices.



Subject: Ethics, Boundaries, and Laws

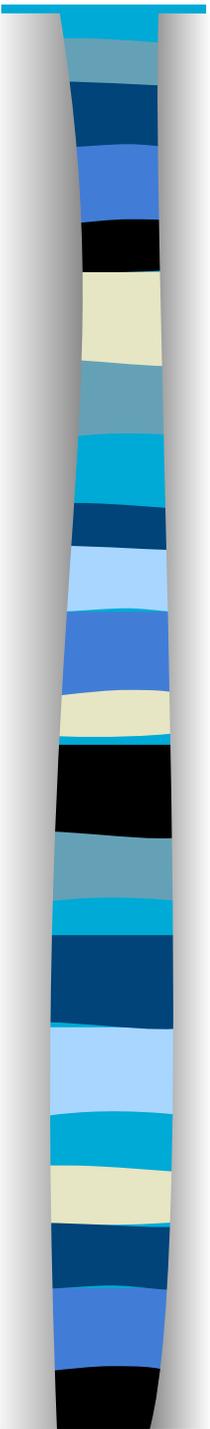
Topic: Code of Ethics

Subtopic:

Professionalism The competence, skill, good judgment, appropriate dress, and polite behavior that is expected from a person who is trained to do a job well.

Racism The belief that one's ethnic stock is superior to or significantly different from another person's ethnic stock.

Referral The act of directing a client toward another professional because it is reasonably assumed that person's services will benefit the client.



Subject: Ethics, Boundaries, and Laws

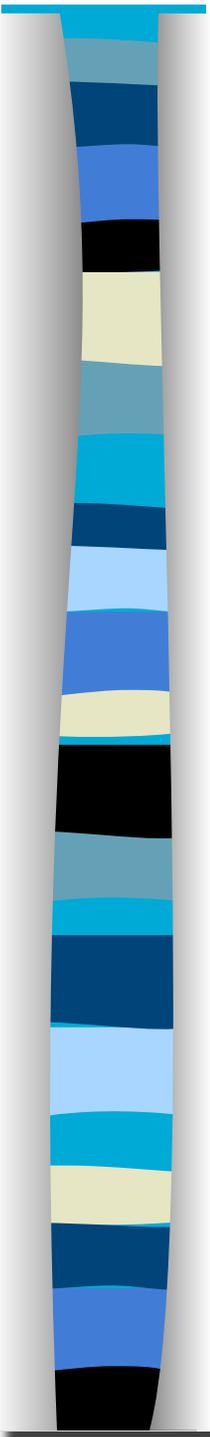
Topic: Code of Ethics

Subtopic:

Respect dignity and rights of all Treating all people fairly and equally regardless of difference in beliefs, behaviors, or characteristics; avoiding discriminatory thoughts or actions.

Rights A moral or legal entitlement to obtain something, act in a certain way, or be treated with dignity and respect.

Sexual abuse In a therapeutic relationship, the practitioner develops a power advantage over the client (power differential) and is considered a legal caregiver. For this reason, any sexual misconduct (regardless if the client consents), is considered sexual abuse. The practitioner is responsible and liable for sexual abuse, even if the client initiates sexual behavior. Sexual abuse is punishable by the law and may lead to severe fines or imprisonment.



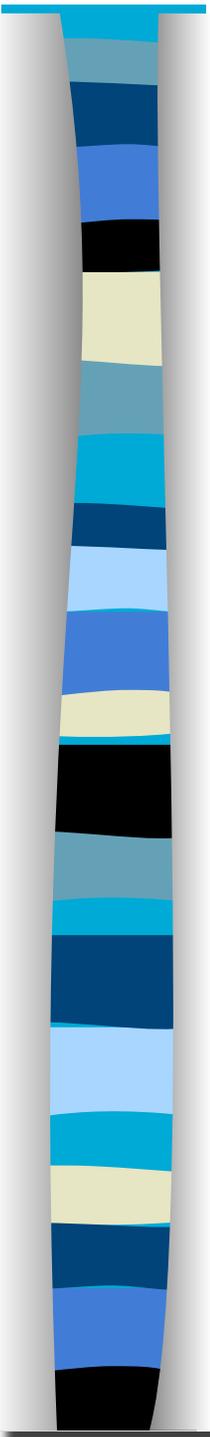
Subject: Ethics, Boundaries, and Laws

Topic: Code of Ethics

Subtopic:

Sexual harassment Uninvited or unwelcome verbal or physical behavior of a sexual nature, especially by a person in an authority position (e.g., a practitioner with a client because of the power differential that exists in therapeutic relationships). Sexual harassment is punishable by the law and may lead to severe fines or imprisonment.

Sexual impropriety A failure to observe professional standards or show due modesty in the massage environment. Examples of sexual impropriety include poor draping practices, telling sexual jokes, discussion of one's own sexuality within earshot of a client, gender-based comments or sexual stereotyping based on sexual orientation, requests of a date or the acceptance of a date, or emailing or calling clients for reasons unrelated to the massage session. Sexual impropriety can lead to sexual harassment charges.



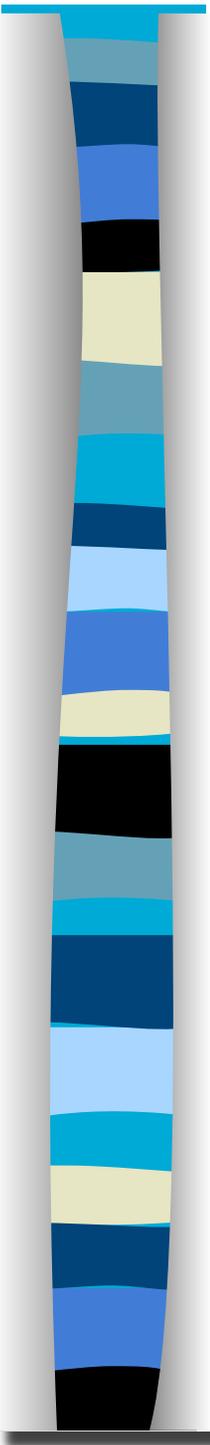
Subject: Ethics, Boundaries, and Laws

Topic: Code of Ethics

Subtopic:

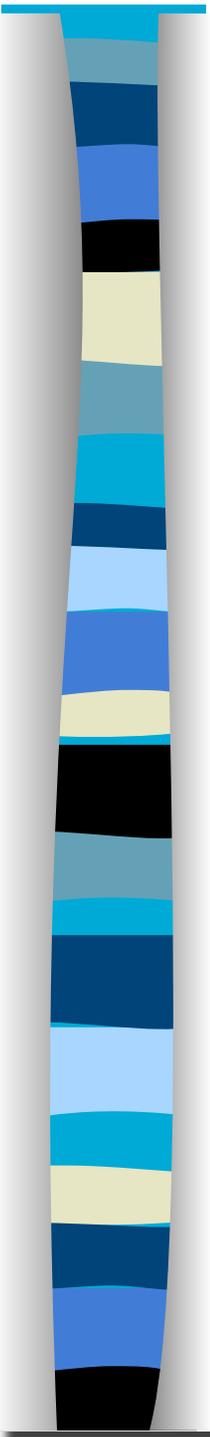
Sexual innuendo An insinuation, oblique remark, hint, overtone, undertone, or allusive reference that suggests sexual interest or intent. For example, hanging "artistic" nude photographs in the massage clinic, calling a client by a sexual nickname such as "honey," making approving body comments such as, "You look great in those jeans," etc.

Stereotyping When a person adopts an oversimplified opinion or image of another group of people, often caused by prejudice.



ABMP Exam Coach

Ethics, Boundaries, and Laws:
Professional Boundaries



Subject: Ethics, Boundaries, and Laws

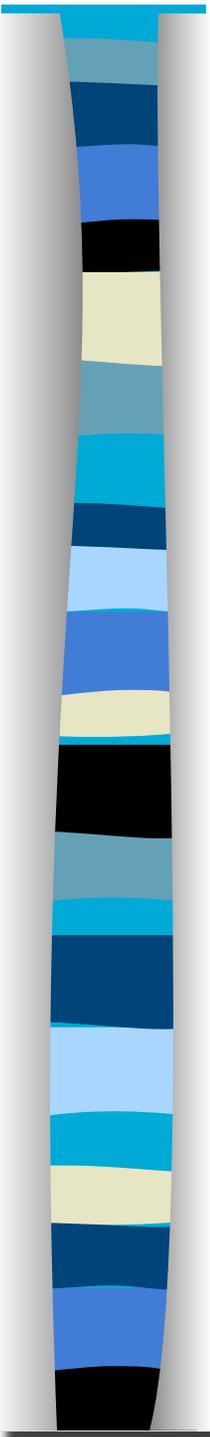
Topic: Professional Boundaries

Subtopic:

Boundaries Conscious or subconscious imaginary lines that mark the limits of an individual's personal space or territory.

Emotional boundary The amount and the type of emotion a person feels comfortable sharing.

Impermeable boundary This boundary allows little to no information or energy to pass through; appropriate only in limited situations, such as when a client makes an overt sexual advance.



Subject: Ethics, Boundaries, and Laws

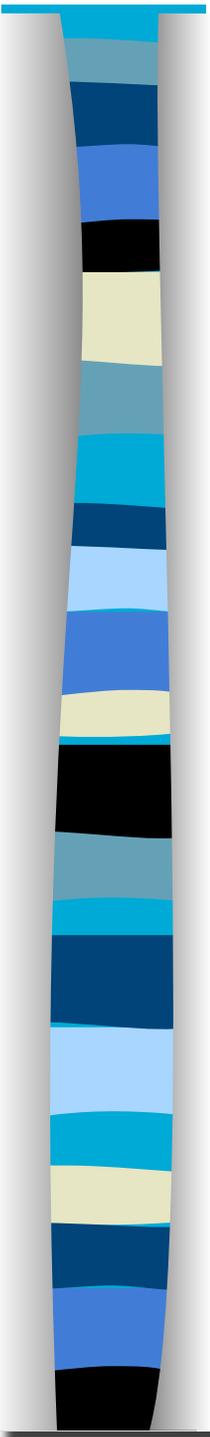
Topic: Professional Boundaries

Subtopic:

Mental boundary The beliefs, values, and ideas a person feels comfortable sharing.

Permeable boundary A boundary that allows information, feelings, thoughts, beliefs, and energy to flow freely in and out.

Physical boundary The amount of space a person needs around his or her body in order to feel comfortable.



Subject: Ethics, Boundaries, and Laws

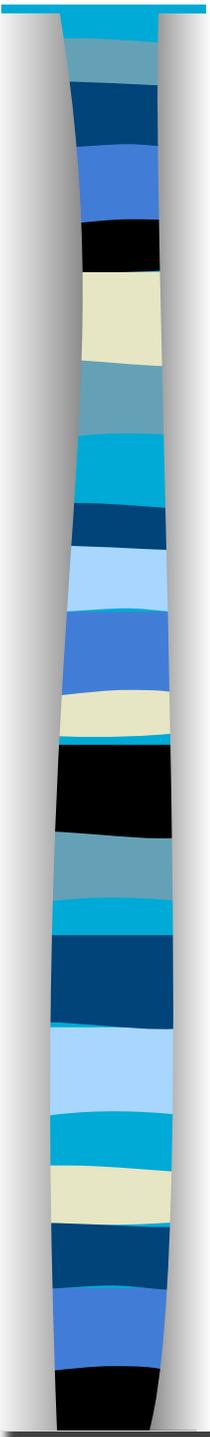
Topic: Professional Boundaries

Subtopic:

Semipermeable boundary The appropriate boundary for a therapeutic relationship; allows for a balance of compassion between therapist and client while maintaining some separation and professionalism.

Sexual boundary To what degree and with whom a person is comfortable expressing themselves sexually.

Spiritual boundary Subconscious beliefs, needs, and energy that a person radiates out into the world and absorbs from those around him/her.



Subject: Ethics, Boundaries, and Laws

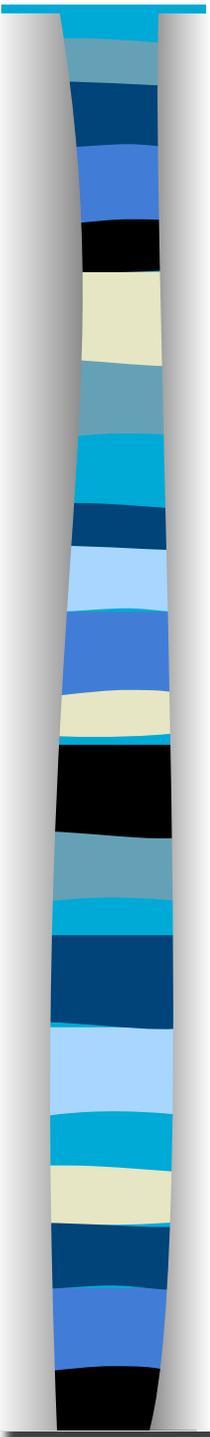
Topic: Professional Boundaries

Subtopic:

Boundary form The aspect of life that a boundary relates to; i.e. physical, emotional, mental, etc.

Boundary type The degree to which a boundary can be crossed; described as permeable, semipermeable, and impermeable.

Boundary violation When one person disregards another's personal space in a way that makes the other person uncomfortable.



Subject: Ethics, Boundaries, and Laws

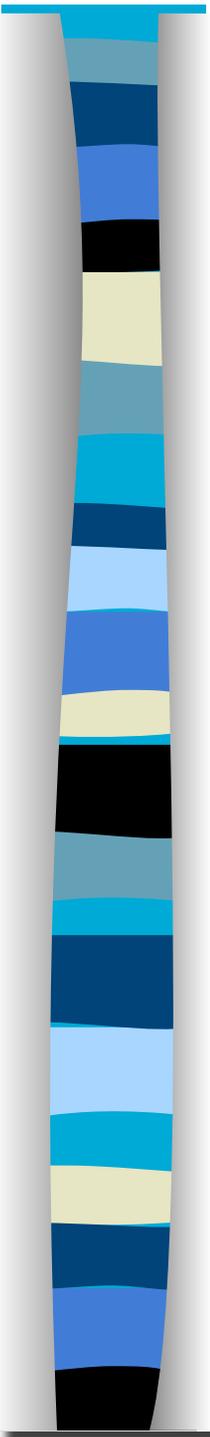
Topic: Professional Boundaries

Subtopic:

Client abuse Any action by the practitioner that intentionally or unintentionally harms or injures the client because of inappropriate, unethical, unprofessional, or incompetent behavior.

Conflict of interest A conflict between a person's private interests and his or her public obligations.

Dual relationship A situation in which more than one relationship between therapist and client exists.



Subject: Ethics, Boundaries, and Laws

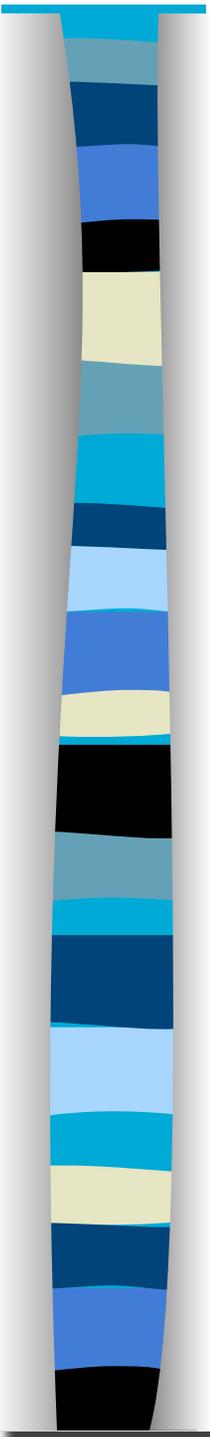
Topic: Professional Boundaries

Subtopic:

Embodiment The subjective sensation of having and moving within a physical body.

Emotion Subjective feelings that arise without conscious effort and connect a person to meaning in life.

Emotional intelligence The ability to observe one's own feelings and emotions and those of others, to differentiate among them, and utilize them to direct thoughts and behavior.



Subject: Ethics, Boundaries, and Laws

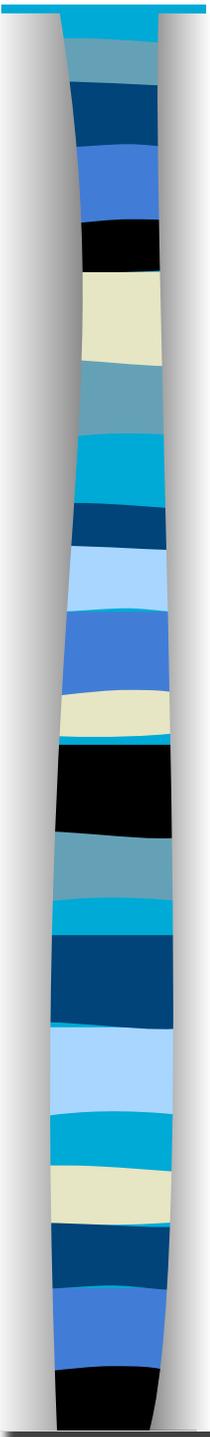
Topic: Professional Boundaries

Subtopic:

Emotional release A rise of feelings within a client and the expression of those feelings through words or other forms of expression.

Emotional release process Phases of a client's emotional expression, and the way in which the therapist manages his/her own reaction while maintaining a therapeutic environment.

Informed consent Receiving consent for treatment from the client after having fully disclosed policies and limitations that may affect the treatment.



Subject: Ethics, Boundaries, and Laws

Topic: Professional Boundaries

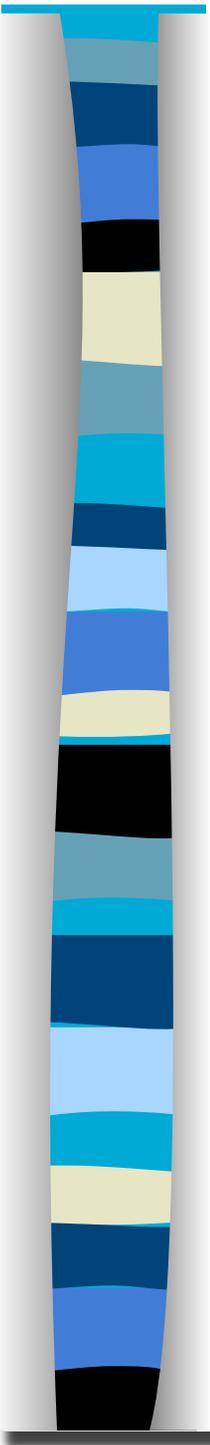
Subtopic:

Intimacy A shared feeling of understanding, empathy, and closeness.

Personal space The physical, mental, emotional, and spiritual space that people hold around themselves.

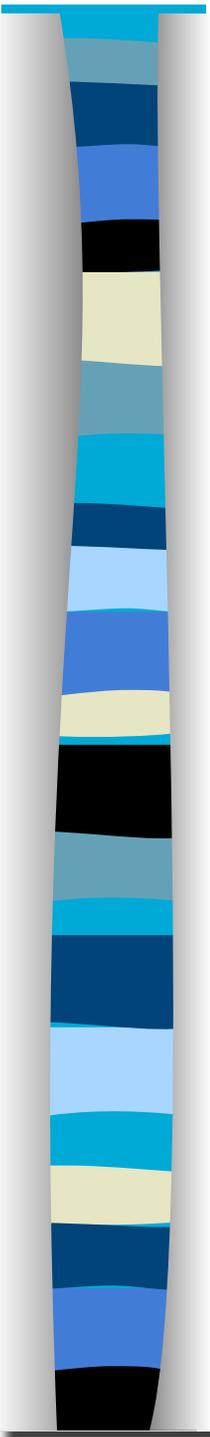
Power differential The subconscious authority a therapist is granted by a client.

Sexual arousal response A reaction of the parasympathetic nervous system that results in arousal of sexual organs.



ABMP Exam Coach

Ethics, Boundaries, and Laws:
Laws and Regulations



Subject: Ethics, Boundaries, and Laws

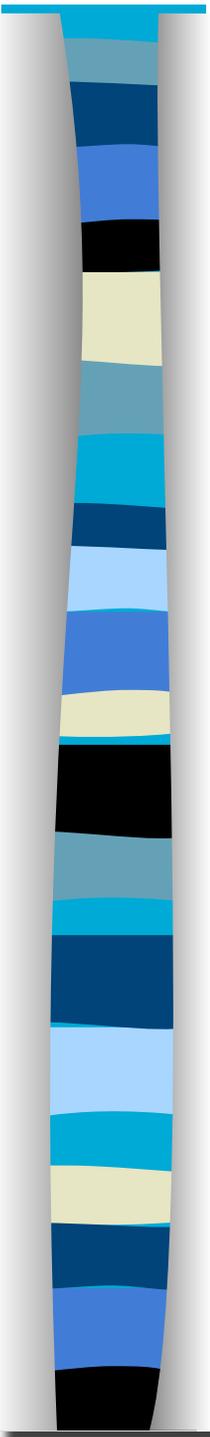
Topic: Laws and Regulations

Subtopic:

Background check Required for licensure by some states; includes a review of the applicant's legal history and having fingerprints on file.

Board of massage A board that supervises the safe and legal practice of massage.

Certificate of completion A document proving completion of an educational program.



Subject: Ethics, Boundaries, and Laws

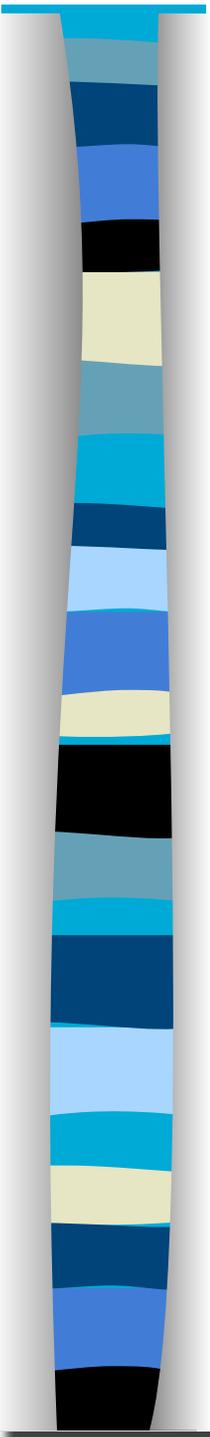
Topic: Laws and Regulations

Subtopic:

Chiropractic adjustment Purposefully realigning a person's bones as would be carried out by a doctor of chiropractic medicine.

Consumer complaint Consumers can file complaints against a massage therapist through the state board of massage website.

Continuing education Further education in advanced or specific topics in massage or health.



Subject: Ethics, Boundaries, and Laws

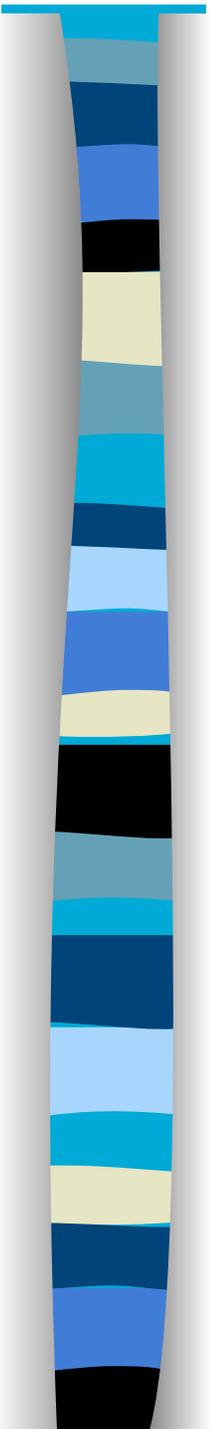
Topic: Laws and Regulations

Subtopic:

CPR/FA Training Cardiopulmonary resuscitation (CPR) and/or first aid (FA) training.

Diagnose Naming a client's signs and symptoms as a specific disease or condition through interviewing, physical examination, or testing, as would be carried out by a medical doctor. This practice is outside the scope for massage therapy.

Disciplinary actions Any punishing action taken by a regulatory board against a massage therapist.



Subject: Ethics, Boundaries, and Laws

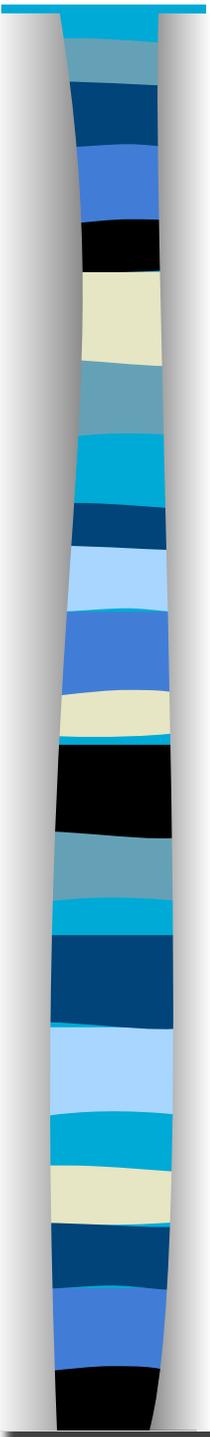
Topic: Laws and Regulations

Subtopic:

Education requirements The amount and type of education that qualifies a person to practice massage, after having sat for the required examination(s).

Exemptions to the law The permission not to do something that others are required to do.

Grandfathering provision Allows people who practiced massage under an old system to integrate into the new system.



Subject: Ethics, Boundaries, and Laws

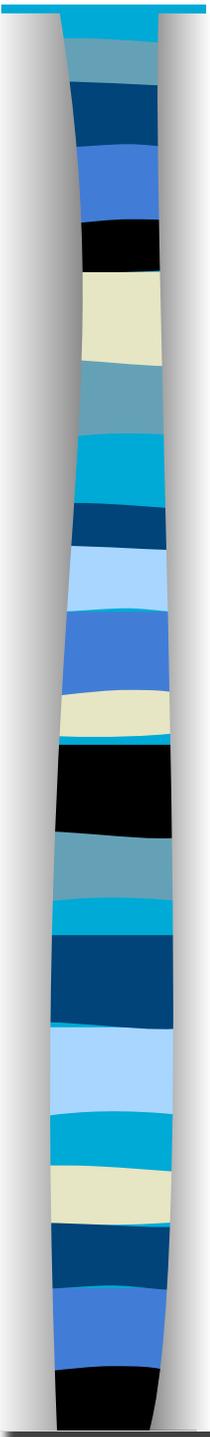
Topic: Laws and Regulations

Subtopic:

HIPAA The Health Insurance Portability and Accountability Act standardized health-care record keeping and outlined guidelines for patient privacy.

HIV/AIDS training Guidelines established for treating clients with HIV / AIDS; required in some states.

Jurisprudence exam An exam, usually open-book, that tests knowledge of state laws, ethics, and continuing education requirements for massage practitioners.



Subject: Ethics, Boundaries, and Laws

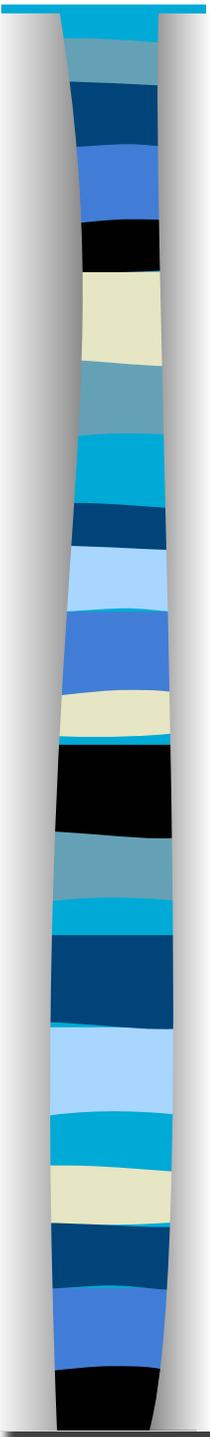
Topic: Laws and Regulations

Subtopic:

Law A rule that is recognized by a community as binding and enforceable by authority.

Liability insurance Insurance that protects a practitioner in the case of client injury from the massage, or a "slip and fall"-type accident.

Licensing Mandatory requirement for practice in most states. Allows qualifying therapists to use a protected title and list their credentials after their names in advertising material.



Subject: Ethics, Boundaries, and Laws

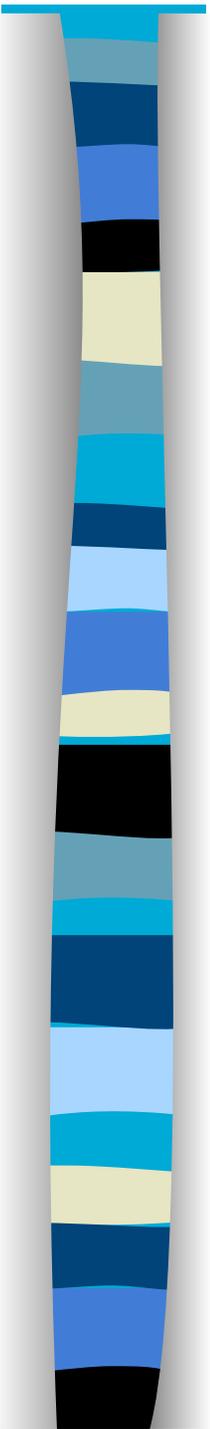
Topic: Laws and Regulations

Subtopic:

Massage credentials Certification, license, registration, or any other designation noting that a person is qualified to practice massage therapy.

Mental health counseling Giving advice or professional input regarding a client's personal life or emotions (this practice is out of scope for massage therapy).

Practical examination An examination in which the applicant must demonstrate massage techniques in front of a panel to prove competency and overall professionalism.



Subject: Ethics, Boundaries, and Laws

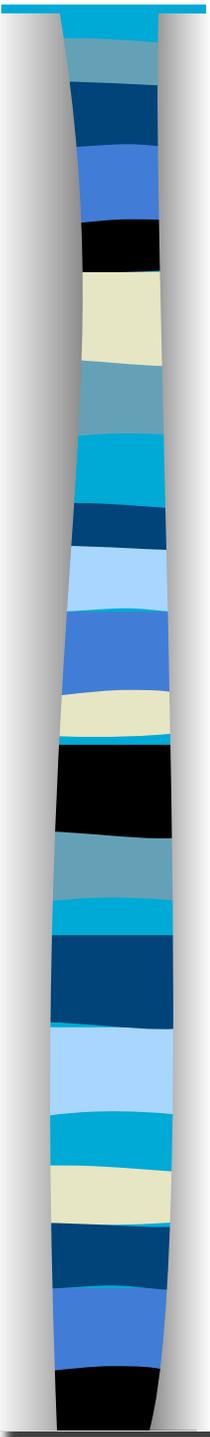
Topic: Laws and Regulations

Subtopic:

Prescribe Directing a client to follow a specific course of treatment, particularly related to using a specific medication at set times and a certain dosage (this is outside the massage therapy scope of practice).

Public protection When a state board lists disciplinary actions against a massage therapist on their website to ensure public safety.

Registration Designation that carries similar legal stature to licensure; identifies therapists who have completed requirements necessary for professional practice.



Subject: Ethics, Boundaries, and Laws

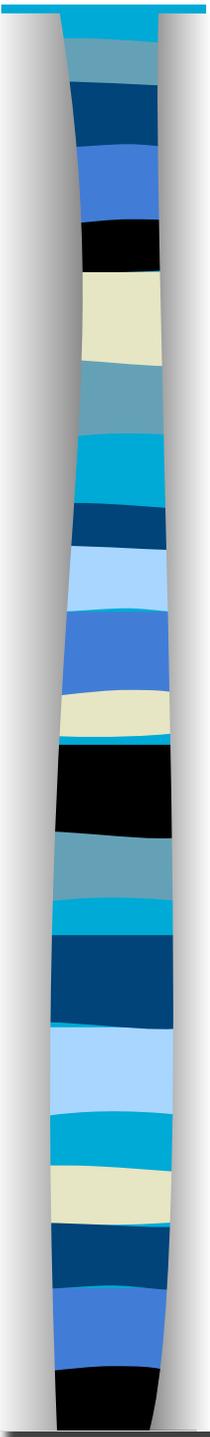
Topic: Laws and Regulations

Subtopic:

Regulation Directives that give official guidance about how laws should be followed.

Revocation/suspension of credentials Legal action permanently or temporarily taking away a person's credentials and thus their ability to practice massage.

Scope of practice Defines the methods and techniques a professional can use in practice.



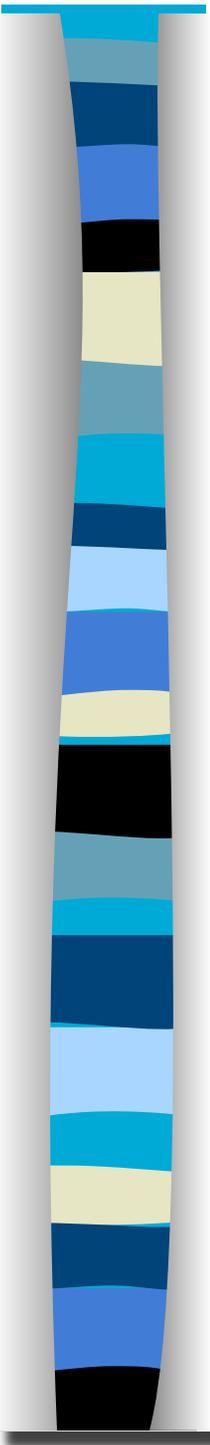
Subject: Ethics, Boundaries, and Laws

Topic: Laws and Regulations

Subtopic:

Standards of ethical practice Professional guidelines based on ethical principles that describe the behaviors and language of ethical practice.

State-approved massage exam An exam approved by the state board of massage or department of education that tests students on entry-level massage concepts.



75a MBLEx Prep

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Massage Professional Practices

- Equipment and Safety
- Hygiene & Sanitation
- Client Records
- Body Mechanics