Theory & Practice of Therapeutic Massage Exam Review, 5th Edition

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Theory & Practice of Therapeutic Massage Exam Review

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Foreword

Theory & Practice of Therapeutic Massage, 5th Edition Exam Review follows the type of massage therapy questions most frequently used by massage therapy testing boards, conducted under the auspices of the Federation of State Massage Therapy Boards: Massage & Bodywork Licensing Examination (MBLEX), and the National Certification Board for Therapeutic Massage & Bodywork: the National Certification Examination (NCE).

This exam review book is designed to be of major assistance to students in preparing for the examinations and future career path. The exclusive concentration on multiple-choice test items reflects the fact that most certification and licensing examinations are confined to this type of question.

Questions on the different examinations will not be exactly like these and may not touch upon all the information covered in this review. But students who diligently study and practice their work as taught in the classroom and who use this book for test preparation and review should receive higher grades on both classroom and license examinations.

The answers to the questions are found at the end of the book.
Part 1: The History and Advancement of Therapeutic Massage

CHAPTER 1—HISTORICAL OVERVIEW OF MASSAGE

MULTIPLE CHOICE

1. In the past, a female massage practitioner was called a:
   a. massager
   b. masseur
   c. masseuse
   d. masso

2. The Sanskrit term ______ means to press softly.
   a. makeh
   b. massa
   c. mass’h
   d. masso

3. In the United States, the use of the word massage was popularized by:
   a. Herodicus
   b. Douglas Graham
   c. Aesculapius
   d. Johann Georg Mezger

4. Massage has been important in Western medical traditions for at least ______ years.
   a. 5,000
   b. 3,000
   c. 2,000
   d. 1,000

5. A modern term for Chinese massage is:
   a. anmo
   b. tschanpua
   c. tsubo
   d. tui-na

6. The Japanese term for energy point or pressure point is:
   a. Ayurveda
   b. Tsai
   c. tschanpua
   d. tsubo

7. ________ is a Japanese finger-pressure massage technique.
   a. Shiatsu
   b. Tapotement
   c. Tsubo
   d. Tui-na

8. ________ is a Hindu technique of massage in the bath.
   a. Anmo
   b. Shiatsu
   c. Tschanpua
   d. Tsubo
9. In his writings, Hippocrates used the word __________, which means the art of rubbing a body part upward.
   a. anatripsis       c. Hippocratic
   b. Ayurveda        d. tschanpu

10. William Harvey, an English physician, is credited with discovering __________ in 1628.
    a. anatripsis     c. lymphedema
    b. blood circulation   d. massage

11. __________ gained great knowledge of anatomy in his role as a physician to gladiators.
    a. Cicero    c. Hippocrates
    b. Galen    d. Rhazes

12. Persian philosopher/physician __________ authored the *Canon of Medicine*, considered the most important book in medical history.
    a. Avicenna      c. Herodicus
    b. Galen       d. Rhazes

13. __________ classified massage movements as gentle, medium, and vigorous frictions and employed flexion, extension, and circumduction of joints.
    a. Avicenna       c. William Harvey
    b. Galen     d. Ambroise Pare

14. In 1569, __________ published *De Arte Gymnastica* on gymnastics and the benefits of massage when integrated into body and mind treatments.
    a. Galen       c. Mercurialis
    b. William Harvey    d. Ambroise Pare

15. In the early nineteenth century, Englishman __________ was a surgeon and practitioner of chirurgy, or healing with the hands.
    a. Douglas Graham    c. William Harvey
    b. John Grosvenor    d. Mathias Roth

16. __________ gymnastics, or gymnastics applied to the treatment of disease, was developed by Per Henrik Ling.
    a. Duplicated       c. Medical
    b. Swedish    d. Tapotement

17. In the Ling System, __________ movements are performed by the patient and can be called exercise.
    a. active               c. passive
    b. duplicated    d. therapeutic
18. Mathias Roth, an English physician, published the first English book on the Swedish Movements in:
   a. 1813  
   b. 1851  
   c. 1858  
   d. 1861

19. Modern massage terminology is credited to:
   a. Johann Mezger  
   b. Mathias Roth  
   c. Charles Fayette Taylor  
   d. Emil Vodder

20. In massage, __________ lifts, squeezes, and presses the tissues.
   a. effleurage  
   b. friction  
   c. petrissage  
   d. tapotement

21. __________ is a succession of strokes applied by gliding the hand over an extended portion of the body.
   a. Effleurage  
   b. Friction  
   c. Petrissage  
   d. Tapotement

22. Albert J. Hoffa's __________, one of the most basic books in the field of massage, contains many of the techniques used in Swedish massage.
   a. Art of Massage  
   b. Good Health  
   c. Healing Massage Techniques  
   d. Technik Der Massage

23. The invention of __________ had a detrimental effect on hands-on massage therapy.
   a. computers  
   b. electricity  
   c. lymphatics  
   d. spas

24. Emil Vodder developed __________, a method of gentle rhythmical massage that effectively treats chronic lymphedema.
   a. connective tissue massage  
   b. Esalen massage  
   c. lymphatics  
   d. manual lymph drainage

25. Which one of the following massage types is believed to affect vascular and visceral reflexes related to varied pathologies and disabilities?
   a. Connective Tissue Massage  
   b. Deep Transverse Friction Massage  
   c. Esalen Massage  
   d. Manual Lymph Drainage

26. __________, an English orthopedic physician, is credited with popularizing Deep Transverse Friction Massage.
   a. James H. Cyriax  
   b. Elizabeth Dicke  
   c. Maria Ebner  
   d. Emil Vodder
27. Beginning around __________, a massage renaissance that continues today began in the United States.
   a. 1950    c. 1970
   b. 1960    d. 1980

28. The Esalen Institute in Big Sur California, founded in 1962, became a popular center for which of the following?
   a. human potential movement   c. Trager method
   b. preventive health movement d. wellness model

29. Which of the following is the oldest national professional massage association in the United States?
   a. ABMP    c. AOBTA
   b. AMTA    d. IMA

30. The National Certification Exam, established in 1990, required applicants to have at least __________ hours of training from a state-recognized school.
   a. 100    c. 800
   b. 500    d. 1,000

31. __________ massage is designed to enhance athletes’ performances.
   a. Deep tissue    c. Sports
   b. Chair    d. Team

32. __________ massage was a great innovation that helped demystify massage and make it more accessible to a wider audience.
   a. Chair    c. Sports
   b. Floor    d. Table

33. By 2009, __________ states and the District of Columbia had state-wide massage licensing.
   a. 10    c. 30
   b. 20    d. 40

34. In 2005, the __________ was established when members from twenty-two state massage therapy licensing agencies convened.
   a. APTA    c. NCBTMB
   b. FSMTB    d. NCE
35. In 1992, Tiffany M. Fields founded the _________ in collaboration with the University of Miami Medical School.
   a. Center for Complementary and Alternative Medicine  
   b. Massage Therapy Foundation  
   c. National Institutes of Health  
   d. Touch Research Institute  

36. In 1998, the NIH established the:
   a. AMTA  
   b. CAM  
   c. NCCAM  
   d. TRI  

37. Which system of massage stems from the Chinese medical practice of acupuncture?
   a. acupressure  
   b. shiatsu  
   c. Swedish  
   d. tsubo  

38. Shiatsu, a finger pressure method, is based on the Oriental concept that the body has a series of energy points called:
   a. chi  
   b. Ki  
   c. tui-na  
   d. tsubo  

39. Which massage system is said to improve body metabolism and relieve a number of physical disorders?
   a. acupressure  
   b. German  
   c. Japanese  
   d. Swedish  

40. _________ is a method developed by Randolph Stone that uses massage manipulations derived from both Eastern and Western practices.
   a. Polarity therapy  
   b. Rolfing  
   c. Sports massage  
   d. Trager method  

41. _________ aligns the major body segments through manipulation of the connective tissue.
   a. Polarity therapy  
   b. Reflexology  
   c. Rolfing  
   d. Trager method  

42. _________ stimulates particular points on the surface of the body, which in turn affect other body areas or organs.
   a. Craniosacral therapy  
   b. Reflexology  
   c. Touch for Health  
   d. Trager method  

43. _________ is a simplified form of applied kinesiology that involves techniques from both Eastern and Western origins.
   a. Neuromuscular technique  
   b. Reflexology  
   c. Rolfing  
   d. Touch for Health
44. Around 1940, osteopaths Stanley Lief and Boris Chaitow originated:
   a. neuromuscular techniques
   b. reflexology
   c. Rolfing
   d. Trager method

45. John Upledger is credited with developing which of the following?
   a. craniosacral therapy
   b. kinesiology
   c. neuromuscular techniques
   d. reflexology
CHAPTER 2—REQUIREMENTS FOR THE PRACTICE OF THERAPEUTIC MASSAGE

MULTIPLE CHOICE

1. The massage practitioner has an ethical responsibility to the public and to:
   a. other businesses  c. insurance companies
   b. clients  d. no answers

2. According to law, who can diagnose illnesses and other medical conditions and prescribe medications for those conditions?
   a. doctors  c. nurse’s aides
   b. doctors and registered nurses  d. pharmacists

3. An individual’s scope of practice is directly related to ________ and ________.
   a. clients, training  c. ethics, clients
   b. skills, training  d. beliefs, skills

4. Many occupations and professions have national or state regulatory boards that help define and enforce adherence to a(n):
   a. ethical practice  c. scope of practice
   b. rule of business  d. standard of practice

5. Which of the following statements about scope of practice is not true?
   a. Personal bias influences a person’s scope of practice.
   b. Educational focus influences a practitioner’s scope of practice.
   c. Scope of practice is influenced by the skills acquired.
   d. Massage therapy has a clearly defined scope of practice.

6. In the United States, ________ percent of states have adopted licensing regulations for massage practice.
   a. 40  c. 80
   b. 60  d. 90

7. Many municipalities adopt ordinances to curb unethical practices and use of the term ________ to conceal questionable or illegal activities.
   a. license  c. municipal
   b. massage  d. practice
8. Ordinances adopted to curb unethical and illegal practices in massage practice include all of the following except:
   a. criminal record searches  c. mug shots
   b. fingerprinting               d. proficiency exams

9. A massage license from a city is most likely valid:
   a. only in the city where issued  c. only in the county where issued
   b. throughout the state          d. throughout the United States

10. All of the following will be able to provide information concerning massage regulations except:
    a. city attorney                  c. department of health
    b. county commissioner’s office   d. mayor’s office

11. ________ between two licensing entities means that the two entities will honor a valid massage license.
    a. Dualism  c. Reciprocity
    b. Grandfathering          d. Statute sharing

12. In terms of massage licensing, which laws usually take precedence?
    a. city                         c. federal
    b. county                       d. state

13. Which of the following is not a requirement for state licensure?
    a. massage therapy training     c. high school diploma
    b. complete written exam        d. minimum 21-year age

14. Both NCE and MBLEx are exams in ________ format.
    a. written-essay            c. short-answer
    b. multiple-choice          d. true-false

15. All of the following are subjects covered on the NCE exam except:
    a. benefits                   c. morphology
    b. kinesiology                d. pathology

16. Which of the following is a service within a massage therapist’s scope of practice?
    a. acupuncture                     c. psychotherapy
    b. chiropractic assessment         d. therapeutic assessment
17. When setting up a massage practice, local business and ________ laws must be followed.
   a. education   c. medical
   b. massage     d. zoning

18. COMTA requires schools to have at least ________ classroom hours of training before consideration for accreditation.
   a. 500       c. 800
   b. 600       d. 1,000

19. Subjects required in COMTA training include all of the following except: a. assessment, planning, and performance  
   b. business development and practices  
   c. effects of massage and bodywork  
   d. massage contraindications and precautions

20. In states that license massage, educational requirements vary from ________ to ________ hours of training.
   a. 300, 600   c. 300, 1,000
   b. 500, 1,000 d. 300, 2,200

21. Continuing education is among the renewal requirements for all of the following except: a. ABMP     c. FSMTB
   b. AMTA      d. NCB

22. Which of the following is not a purpose of a massage therapist’s continuing education courses?
   a. expand technical skills  
   b. hire employees  
   c. improve business  
   d. refresh interest

23. Some states require a(n) ________ for licensing, which serves as proof of the massage therapist’s adequate health.
   a. doctor’s permission   c. insurance certificate
   b. health certificate    d. physician referral

24. Health requirements for the massage practitioner include ________ and the ability to concentrate.
   a. annual physical exams   c. certification
   b. cardiovascular fitness  d. physical stamina
25. Massage practitioners could have their licenses revoked, suspended, or canceled for any of the following reasons except:
   a. ethical misconduct  
   b. felony conviction  
   c. narcotics addiction  
   d. misdemeanor conviction  

26. Which of the following is awarded by schools and institutions to show the successful completion of a course of study?
   a. award  
   b. certificate  
   c. license  
   d. regulation  

27. Which of the following National Certification Board (NCB) exams focuses on classic Western massage without the Asian bodywork component?
   a. NCBTMB  
   b. NCE  
   c. NCETM  
   d. NCETMB
CHAPTER 3—PROFESSIONAL ETHICS FOR MASSAGE PRACTITIONERS

MULTIPLE CHOICE

1. A profession is usually regulated, is represented by a professional association, and adheres to a:
   a. scope of practice c. moral code
   b. code of ethics d. professional strategy

2. Educational requirements, scopes of practice, codes of ethics, and state and local regulations are all examples of:
   a. ethical standards c. professional ethics
   b. practical ethics d. professional standards

3. Everyone has ________ that dictate how they act and interact with the world and other people.
   a. boundaries c. force fields
   b. ethics d. strategies

4. ________ provide protection and a sense of self.
   a. Moral codes c. Personal boundaries
   b. Professional boundaries d. Defense zones

5. ________ boundaries are predetermined practices that protect the safety of the client and the therapist.
   a. Ethical c. Personal
   b. Professional d. Physical

6. The eight major areas to consider when establishing professional boundaries include all of the following except:
   a. appearance c. money
   b. language d. self-perception

7. Voice intonation is a component of which type of professional boundary?
   a. appearance c. language
   b. interpersonal space d. self-disclosure

8. ________ refers to a therapeutic massage setting that is professional, safe, and comfortable.
   a. Location c. Time
   b. Appearance d. no answers
9. When first establishing interpersonal space with a client, the massage therapist should be:
   a. standing while the client sits  c. always standing
   b. sitting if the client is standing  d. at the client’s eye level

10. In self-disclosure, the information needed to gain the client’s informed consent and confidence includes all of the following except:
    a. appointment policies  c. modalities practiced
    b. marital status  d. treatment plan

11. Which of the following areas of professional boundaries relates directly to physical boundaries on and off of the table?
    a. appearance  c. self-disclosure
    b. language  d. touch

12. Touch boundaries on the treatment table include all of the following except:
    a. touch depth and quality  c. which parts of the client’s body are not touched
    b. supervised touch  d. which parts of the practitioner’s body touch the client

13. Touch that is too ________ may cause discomfort and violate boundaries.
    a. light  c. light or deep
    b. deep  d. neither light nor deep

14. Time boundaries are defined by establishing and maintaining policies regarding all of the following except:
    a. late arrivals  c. missed appointments
    b. late payments  d. session length

15. Fees that are too low or exorbitantly high for the services rendered are professional boundary:
    a. adjustments  c. regulations
    b. infractions  d. all answers

16. The therapeutic relationship is a practitioner/client relationship that is ________-centered.
    a. client  c. practitioner
    b. money  d. time
17. A ________ is a place where clients assume they are safe from physical, emotional, and sexual impropriety.
   a. client space       c. safe environment
   b. massage practice   d. treatment space

18. ________ in the practitioner/client relationship is the foundation of safety, protection, trust, and respect.
   a. Compromise c. Equality
   b. Confidentiality d. Relaxation

19. The ________ legally requires massage therapists to report situations of imminent or life-threatening danger by or to a client.
   a. confidentiality clause c. power differential
   b. duty to warn and protect d. right of client privilege

20. In a client-based relationship, the question “To whose benefit is the questioned activity?” determines:
   a. client satisfaction c. procedure time allotment
   b. procedure appropriateness d. confidential information

21. In a(n) ________ relationship, one party has more authority while the other is more vulnerable or submissive.
   a. subordinate relationship c. peer relationship
   b. imbalance differential d. power differential

22. In which of the following relationships is the power differential fairly even?
   a. husband/wife c. student/teacher
   b. employer/employee d. practitioner/client

23. A feeling of ________ can signal the crossing of a personal boundary.
   a. unease c. pleasure
   b. surprise d. pain

24. ________ is/are the most effective tool for both preventing and clarifying boundary issues.
   a. Clear communication c. Litigation
   b. Ethical standards d. Policies
25. In the therapeutic relationship, who is responsible for being sensitive to, respecting, and maintaining personal and professional boundaries?
   a. client         c. practitioner
   b. employee       d. no answers

26. A client’s unconscious tendency to project onto the practitioner the attributes of someone from a former relationship is called:
   a. transference   c. communication
   b. power differential d. countertransference

27. __________ tends to diminish the effectiveness of the therapeutic relationship.
   a. Communication   c. Projection
   b. Confidentiality d. Transference

28. It is not a sign of transference when the client does which of the following?
   a. demands more of the practitioner’s time
   b. proposes sexual involvement
   c. berates the practitioner
   d. chooses to end treatment

29. Clients who bring their practitioners gifts may be exhibiting signs of:
   a. appreciation    c. power differential
   b. countertransference d. transference

30. Which of the following is not a sign of countertransference?
   a. The client brings or offers the practitioner gifts or favors.
   b. The practitioner dreads an upcoming appointment with a client.
   c. The practitioner experiences fatigue or depression after a session.
   d. The practitioner thinks excessively about a client between sessions.

31. Dressing in a special manner for certain clients may be a sign of:
   a. countertransference c. power differential
   b. dual relationship d. transference

32. The best defense against transference and countertransference is:
   a. abiding by state mandates c. limiting services to family and close friends
   b. discontinuing the relationship d. maintaining healthy professional boundaries
33. Bartering for work or services may create what type of relationship?
   a. balance of power  c. nontherapeutic
   b. dual  d. power differential

34. Which of the following is a classic dual relationship?
   a. client barters for massage services  c. practitioner barters massage for other services
   b. client and practitioner take on other roles  d. client refers friends to the practitioner

35. The practitioner who develops feelings for a client should do which of the following?
   a. ask the client out to coffee  c. determine mutual consent
   b. assess the client's feelings  d. refer the client to another practitioner

36. Who is responsible for maintaining professional boundaries?
   a. client  b. massage therapist  c. peer supervisor  d. all answers

37. The positive touch of massage increases which of the following?
   a. cortisol  b. dopamine  c. norepinephrine  d. stress

38. People who suffer from depression have low levels of:
   a. cortisol  b. epinephrine  c. norepinephrine  d. serotonin

39. Touch is considered __________ when it is applied to do harm to or dominate the receiver.
   a. aggressive  c. erotic
   b. casual  d. no answers

40. In a therapeutic setting, __________ touch is never appropriate.
   a. casual  b. erotic  c. positive  d. therapeutic

41. __________ is a natural physiological and cognitive response to stimulation perceived as erotic by the body.
   a. Positive touch  b. Sexual abuse  c. Sexual arousal  d. Touch therapy
42. Which of the following conceals most signs of a woman's
sexual arousal?
   a. careful lighting  c. proper table position
   b. proper draping  d. no answers

43. Therapists who find they are involved in cases of transference,
countertransference, or dual relationships should pursue:
   a. client referral  c. supervision
   b. power differentials d. therapeutic massage

44. In ________ supervision, therapists who practice similar forms
of therapy meet regularly and consistently using an agreed-
upon format.
   a. mentor  c. mental health
   b. peer group d. clinical

45. Which of the following is not an example of ethical standards
of practice?
   a. maintaining accurate client c. treating clients with
      records  d. sharing client information
      b. staying within scope of practice d. freely

46. ________ is the ability to be tolerant under stressful or
undesirable conditions.
   a. Intuition  c. Patience
   b. Honesty  d. Tact

47. The quality of being reliable, responsible, self-disciplined, and
well adjusted is:
   a. tact  b. intuition  d. self-motivation

48. ________ is projected by attitudes about self and one's
chosen profession.
   a. Cheerfulness  c. Intuition
   b. Honesty  d. Self-esteem

49. The ability to set positive goals and put forth the energy and
effort needed to achieve those goals is called:
   a. self-motivation  b. self-esteem  d. maturity

50. A(n) ________ is particularly important in personal service because
professionals address the health and well-being of individuals.
   a. appropriate business name  c. robust business plan
   b. reliable reputation d. employee handbook