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Examination

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QUESTION 1

What do the trapezium, trapezoid, capitate and hamate have in common?

- A. comprise the proximal row of carpal bones
- B. comprise the distal row of carpal bones
- C. tarsal bones of the foot
- D. bones of the cranium

Correct Answer: B

Explanation: The trapezium, trapezoid, capitate and hamate comprise the distal row of carpal bones of the hand. The scaphoid lunate, triquetrum and pisiform comprise the proximal row of carpals.

QUESTION 2

Which system is also known as the excretory system?

- A. Integumentary
- B. Digestive
- C. Urinary
- D. Respiratory

Correct Answer: C

Explanation: The purpose of the excretory system is to regulate the chemical composition of the body by removing metabolic waste and to monitor the proper amount of water, salts and nutrients. The integumentary, digestive and respiratory system all play a minor role in the excretory system. However, the urinary system is responsible for the excretion of fluid to maintain homeostasis.

QUESTION 3

_____ is the knowledge base and practice parameters of the massage profession.

- A. Therapeutic relationship
- B. Scope of practice
- C. Code of ethics
- D. Informed consent

Correct Answer: B

Explanation: The knowledge base refers to education and special training/skills for providing care. The practice

parameters refer to conduct and environment. These two combined explain the basic concept of the scope of practice.

QUESTION 4

What is the outside membrane of the myelin sheath called?

- A. Astrocyte
- B. Oligodendroglia
- C. Axons
- D. Neurilemma

Correct Answer: D

Explanation: The outside layer of the myelin sheath is called the neurilemma.

QUESTION 5

Where would you locate stratum lucidum?

- A. heart
- B. muscle
- C. skin
- D. bone

Correct Answer: C

Explanation: Stratum lucidum is a translucent buildup of two to three layers of dead skin cells typically found on the palms of the hands or the soles of the feet. Stratum lucidum is located between the deeper stratum granulosum and the more superficial stratum corneum layers of skin. The thickness of stratum layers of cells is governed by the rate of mitosis (cellular division.)

QUESTION 6

The federal and state laws that govern the massage profession are the _____.

- A. professional boundaries
- B. legal boundaries
- C. HIPAA regulations
- D. OSHA regulations

Correct Answer: B

Explanation: Federal and state law form the legal boundaries of the massage profession.

QUESTION 7

A postural assessment may be performed while a client is at rest in a supine position.

- A. TRUE
- B. FALSE

Correct Answer: A

Explanation: A postural assessment can be performed while the client is standing to observe how they hold themselves upright in relation to gravitational forces or while laying down in a supine/prone position to determine any asymmetries.

QUESTION 8

A client with a valgus deformity is also described as being _____.

- A. knock kneed
- B. pigeon toed
- C. hump backed
- D. double jointed

Correct Answer: A

Explanation: A valgum deformity is an outward angulation of the distal segment of a joint or bone. In other words, the knees will be angled medially and the feet will be angled laterally. Reverse this scenario to laterally angled knees and medially angled feet and you will see a varum deformity also known as bow legged.

QUESTION 9

A client is eating a snack while waiting for a massage in the waiting area and begins coughing and panicking, pointing to her throat. You ask if you can help, but the client is unable to speak. What has most likely happened, and what should you do?

- A. Food is lodged in his esophagus and you should give him water to drink.
- B. Food is lodged in his esophagus and you should hit him sharply on the back to dislodge it.
- C. Food is lodged in his esophagus and you should immediately apply an abdominal thrust (Heimlich maneuver) to dislodge it.
- D. Food is lodged in his trachea and you should give him water to drink.

Correct Answer: C

Explanation: Foreign objects, including food, can become lodged in the larynx or trachea (windpipe). These can often be

expelled by coughing. If the person can speak or make sounds, the airway is open and there is no emergency. If the person cannot breathe or speak, there is an immediate threat of death by asphyxiation and emergency measures are needed. The Heimlich maneuver is the correct first emergency remedial action to take.

QUESTION 10

Which two tendons comprise the anatomical snuff box?

- A. Extensor pollicus longus and extensor pollicus brevis
- B. Extensor carpi ulnaris and flexor digitorum longus
- C. Extensor digiti minimi and flexor carpi radial
- D. Extensor digitorum and extensor retinaculum

Correct Answer: A

Explanation: The term anatomical snuff box or rather, "snuff box" was coined by using the space between the tendons of the extensor pollicus longus and the extensor pollicus brevis (and the abductor pollicis longus) as a place to hold snuff tobacco.

QUESTION 11

Which of the following procedures is an exfoliating treatment?

- A. Salt glow
- B. Aromatherapy bath
- C. Herbal wrap
- D. Steam bath

Correct Answer: A

Explanation: A salt glow is a treatment in which the practitioner applies sea salts to the body in a rubbing fashion to exfoliate the skin.

QUESTION 12

Quick, shallow breaths are an indication of forced inhalation. Which of the following muscles would be hypertonic from an improper breathing pattern?

- A. Rhomboids
- B. Scalenes
- C. Abdominals
- D. Diaphragm

Correct Answer: B

Explanation: Scalene muscles are typically reposed during normal respiration and only come into action during heavy exertion or forced inhalation. However, in a faulty breathing pattern, the scalene (along with the upper trapezius, levator scapulae, SCMS and pec minor) become primary breathing muscles and are active with each inspiration. This additional stress leads to the development of trigger points within these muscles. Assisting the client to correct their breathing pattern is as essential to rehabilitation as is releasing the hypertonic muscles.