

Massage Therapists Guide to Proper Body Mechanics Home Study Course

42 CE Credit Hours
Online Course Guide

Presented by the:
Center for Massage Therapy Continuing Education

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It is the responsibility of the practitioner to determine the appropriateness of the techniques presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. Written medical opinions are always the best way to resolve any questions regarding contra-indications to possible massage related injuries.

PLEASE CAREFULLY READ THE DIRECTIONS ON PAGE 2

Instructions for the Massage Therapist's Guide to Proper Body Mechanics Home Study Course

Thank you for investing in the Massage Therapist's Guide to Proper Body Mechanics home study course, a 42 CE hour course designed to further your knowledge in the practice of effective, strain free massage. This guide will contain all of the instructions you will need to complete this course. This is a 42 CE hour course, so that means it should take you approximately 42 hours to read through the text, practice technique modifications and proper body mechanics and complete the exam.

In this course you be presented with:

- Aspects of massage that can lead to injuries
- How to use your body safely and effectively in massage sessions
- Proper body mechanics for the entire body, not just the hands and arms
- Common problems suffered by massage therapists
- Massage room preparations to accommodate the use of proper body mechanics
- How to properly use your hands, fingers and thumbs for an effective strain free massage
- How to use your body to properly support your arms and hands
- Breathing techniques
- How to correctly perform common massage strokes that you already know
- Proper body mechanics for seated and floor massage
- Self maintenance to prolong your career as a massage therapist

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook and exam. Your textbook will be mailed to you.**
- 2. Access the online examination in your account at www.massagetherapyceu.com.**
- 3. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the online exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the textbook while taking the test. This course uses the textbook "Dynamic Bodyuse for Effective Strain-free Massage", by Darien Pritchard. There are no trick questions on the exam. All of the answers can be found in the textbook.

It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam.

Good luck as you complete this course. If you have any question please feel free to contact us at 866-784-5940, 712-490-8245 or by email at info@massagetherapyceu.com. Most state boards require that you keep your "proof of completion" certificates for at least four years in case of audit. Thank you for taking our Massage Therapist's Guide to Proper Body Mechanics home study course.

Massage Therapist's Guide to Proper Body Mechanics Examination

Section 1: Dynamic Bodyuse for Massage: an Overview

Chapter 1

1. Which of the following is a reason why massage therapists may neglect how they use their bodies during a massage session?
 - A. Their teaching was focused primarily on massage techniques, not how they are delivered
 - B. They were taught to perform a specific routine without adaptations to the individual
 - C. The demands of a work situation may require the practitioner to perform a strict routine without adapting techniques to the client or the practitioner
 - D. All of the above
2. Learning how to incorporate pressure without straining your body or doing damage to your hands is one of the greatest challenges in doing massage.
 - A. True
 - B. False
3. The most common work-related strains in massage involve the _____ and _____.
 - A. Wrists and shoulders
 - B. thumbs and wrists
 - C. Shoulders and back
 - D. Back and knees
4. As you read through the text and incorporate ideas into your practice, you may feel that you are not working "hard enough". This is because you won't be. The idea is to work easier while working stronger so that you can pace yourself and conserve your energy.
 - A. True
 - B. False
5. What does it mean to develop an attitude of working defensively while treating clients?
 - A. To consider the toll on your own body of doing particular strokes for an extended time and of working on people with significantly larger builds than yourself.
 - B. To distance yourself from clients and be careful not to develop a trusting relationship with them
 - C. To go out of your way to perform techniques that may potentially be harmful to your own body
 - D. All of the above
6. Which of the following is a benefit of good bodyuse?
 - A. Reducing strain on your body
 - B. Increasing effectiveness of your massage strokes
 - C. Having a better response from your clients
 - D. All of the above
7. How can you, as a therapist, look after your working tools (hands, thumbs, forearms, etc.)?
 - A. Perform the same techniques and routine for every client
 - B. Don't limit your work load on days when you are feeling tired or weak
 - C. Save your hands by using other areas such as forearms and elbows when possible
 - D. Stand stiffly and in one position while performing a massage

8. How can you, as a therapist, use your body to support your working tools (hands, thumbs, forearms, etc.)?
 - A. Get your body aligned behind your working hands to use your bodyweight
 - B. Lean and sway your body to generate the power and movement for your massage strokes
 - C. Continually reposition yourself around the massage area for the best advantage
 - D. All of the above

9. If you need to use your thumbs to apply pressure, how should they be positioned?
 - A. In a hyperextended position to gain the most force
 - B. They should be in line with your hand and forearm and supported by the fingers and other hand
 - C. They should be bent out to the side and supported by the other hand
 - D. All of the above

10. In order to save your thumbs and/or fingers, which of the following can be used to deliver the massage?
 - A. Back of the hand
 - B. Knuckles
 - C. Fist
 - D. All of the above

11. Which of the following is generally the cause of strain in the wrists for massage therapists?
 - A. Consistently working with them in a hyperextended position while applying pressure
 - B. Keeping them in line with your arm in a relatively straight position
 - C. Holding the wrist and supporting it while using the hand or fist to apply pressure
 - D. All of the above

12. What generally happens when a practitioner performs a massage standing still?
 - A. The practitioner involves the whole body while standing still and reduces the workload on the upper body
 - B. Standing still leads the practitioner to rely on “muscling through” and puts unnecessary demands on the practitioner’s shoulder and arm muscles
 - C. Standing still allows the practitioner to deliver greater power and fluidity to massage strokes
 - D. Standing still allows you to bend at the waist to reach across the massage table

13. Which of the following is a benefit of leaning forward while performing massage strokes?
 - A. Leaning forward allows your shoulders and arms to stiffen up to generate more power
 - B. Leaning forward has no benefit on performing massage strokes
 - C. Leaning forward enables you to generate power for massage strokes without strain and without stiffening your shoulders or arms
 - D. Leaning forward leaves your hands relatively stiff so you can push through deep muscle tissue

14. Physically, the ideal in massage is to work with a balance between _____ (when necessary), _____ and _____.
 - A. Force, stiffness, balance
 - B. Thumbs, fingers, knuckles
 - C. Strain, stiffness, fluidity
 - D. Strength, ease, precision

Chapter 2

15. Although most of us initially learnt a massage routine, you do not have to stick rigidly to it, or use strokes that do not work well for you.
 - A. True
 - B. False

16. The energy and abilities you have available for massage varies according to what?
 - A. Your health and fitness
 - B. Your previous injuries
 - C. Your workload
 - D. All of the above

17. Which of the following is a common myth about massage?
 - A. Believing that deep work does not have to be painful for the client
 - B. Believing that you must be able to massage every client no matter how much it strains your body
 - C. Admitting and treating strains on your own body is beneficial for your career
 - D. All of the above

18. Which of the following types of massage techniques are most likely to cause problems?
 - A. Large broad strokes that involve the entire hand and arm
 - B. Deeper massage techniques that use the forearms or elbows
 - C. Techniques that involve extensive use of the fingers and thumbs
 - D. Techniques that use light flowing movements, such as energy strokes

19. Which of the following is a way to reduce strain on your wrists?
 - A. Keep wrists in a hyperextended position for long periods of time while massaging
 - B. Keep your wrists relatively straight and, if possible, support it with the other hand
 - C. Keep your wrists as stiff as possible
 - D. All of the above

20. What can you do in order to prevent yourself from overusing your dominate hand?
 - A. Teach your slower hand to replicate the strokes of your dominate hand
 - B. Practice using both hands even though your non-dominate hand may never become quite as skilful, this will spread the workload more evenly between your hands
 - C. When performing two-handed strokes, work at a pace that suits your non-dominate hand
 - D. All of the above

21. Which of the following are common problems of positioning and bodyuse?
 - A. A table which is too high and standing still
 - B. Overreaching and trying to apply pressure on the client's far side
 - C. Trying to maintain continuous contact and hunching over
 - D. All of the above

Chapter 3

22. Which of the following are general principles to follow in massage sessions?
 - A. Take care of your hands when doing repetitive activities and be guided by your own comfort
 - B. Respect your limits
 - C. Involve your whole body in massage strokes and stay relaxed in your body
 - D. All of the above

23. What does it mean to use the largest “tools” possible?
- A. To use the tip of your thumb where ever possible in order to maximize pressure
 - B. To use your fingers where ever possible in order to minimize the strain on the digits
 - C. To use larger areas such as the base of your thumb, fist or heel of your hand in order to minimize the strain on the digits
 - D. All of the above
24. The _____ is the second most commonly strained area of a massage practitioner’s hands.
- A. Wrist
 - B. Forearm
 - C. Back
 - D. Finger
25. Which of the following can you use to help stabilize the client’s body and reduce pressure on your arms/hands when you are applying pressure or doing concentrated work on a small area?
- A. The massage chair/table
 - B. Hold it in the air with your free hand
 - C. The floor
 - D. A book
26. How can you back up your working tools with the rest of your body while you are performing massage strokes?
- A. Move your body to support the movements of your hands
 - B. Align your body behind your working tools and generate power by leaning your body
 - C. Move your body in the direction of the stroke and use your body to balance between pressure and movement
 - D. All of the above

Chapter 4

27. Which of the following best describes the concept of the massage “dance”?
- A. Using fluid movement involving the ‘musical’ qualities of massage – rhythm, fluidity, continuity and evenness – to deliver a continuous, coordinated massage
 - B. Playing music that you can relate to and dance to during a massage session
 - C. Using a stiff back and forth movement to keep your body rigid during a massage session in order to prevent injury
 - D. Bending back and forth at the waist during a massage to deliver the maximum force of strokes
28. All of the following are general principles of good body use EXCEPT:
- A. Use your whole body to deliver techniques
 - B. Keep your waist, arms and wrists bent and stiff
 - C. Use proper working stances such as a lunge stance or a horse stance
 - D. Aligning your body behind your working tools
29. What are the two working stances commonly used for leaning your weight and moving with your massage strokes?
- A. The cat and the horse stance
 - B. The lunge and the bent stance
 - C. The lunge and the horse stance
 - D. The stiff and the bending stance

30. It is important to move your body for each stroke so that you deliver continuous power to your hands.
- A. True
 - B. False
31. If you find yourself stiffening up each time you apply pressure and/or sway forward, what can you do?
- A. Check whether your knees are locked or not
 - B. Check whether you are inhaling or holding your breath
 - C. Check to see if your client is positioned correctly
 - D. Check to see if your music is playing properly
32. What can you do in order to avoid overreaching and putting unnecessary pressure on your lower back?
- A. Change your body position or move to one side of the table or the other
 - B. Bend at the waist to reach to the opposite side of the table
 - C. Stand stiffly and move at the waist to comfortably reach the area you want to work
 - D. Use a stool to stand on in order to reach the desired area

Chapter 5

33. Monitoring how you use your body will enable you to make adjustments before small strains develop into major problems.
- A. True
 - B. False
34. Which of the following is an important aspect of the concept of self-monitoring?
- A. Distribute your attention between yourself and the client by focusing on how you are delivering techniques and how the client is receiving and responding to them
 - B. Assessing each massage technique
 - C. Do not continue doing massage strokes that strain your hands or your body
 - D. All of the above
35. All of the following are danger signs that indicate the development of serious problems in the thumb or wrist EXCEPT:
- A. Pain that persists after massage sessions
 - B. Hypersensitivity to bumping these areas
 - C. Normal range of motion in these areas
 - D. Sudden weakness or loss of control of your hands, such as dropping things
36. What will the primary focus of self-monitoring be during the working day?
- A. How your clients respond to your massage strokes
 - B. How you are using your body as you massage
 - C. How many massage sessions you can perform throughout the day
 - D. All of the above

Chapter 6

37. What is palpation?
- A. Using touch to examine and identify body structures and problems
 - B. Using sight to examine and identify body structures and problems
 - C. Using proper draping techniques throughout a massage session
 - D. Using smell to examine and identify personal hygiene issues of the client

38. In its broader meaning, palpation can refer to any perceptions of the client that you gain through the medium of touch; these include which of the following?
- Individual muscles, bones, tendon and ligaments
 - The client's energy which is particularly palpable in the muscles
 - The client's responses that you feel during the massage in the tissues that you are working on
 - All of the above
39. When feeling with your hands (whether you are sliding, applying pressure, kneading, squeezing or using percussion) the main principal to keep in mind is to:
- Keep your hands stiff
 - Only use the tops of your digits, not your whole hand
 - Keep your hands relaxed as you perform massage techniques
 - Do not support the working hand with your other hand
40. Blending _____ and _____ into massage movements can bring out a dynamic grace in the massage practitioner's work and is more likely to give the client a good feeling about their own body.
- Stiffness and pressure
 - Rhythm and fluidity
 - Pressure and tension
 - Rhythm and ease
41. All of the following are conveyed/communicated through the quality of your touch EXCEPT:
- Your mood and attitude
 - Trust and a trustworthy atmosphere
 - Your grades in massage school
 - A calm and relaxing atmosphere

Section 2: Preparations

Chapter 7

42. Which if the following factors will influence your decision on the best *height* and *width* of table for you to work on?
- Your height and length of your arms
 - Your weight
 - Your education and training
 - Your strength
43. Which of the following is a potential problem of working on a table that's too high for you?
- If your table is too high, you are likely to hunch over
 - Working on a table that is too high forces you to overuse your upper body
 - Working on a table that is too high forces you to lean to far forward over your clients
 - If your table is too high, you can easily work on larger clients
44. How can you properly set up or take down your massage table if you are by yourself?
- Bend over the table and grab it by yourself to avoid straining your back
 - Place your foot against one of the far side legs or center leg and "sit" back to pull the table towards yourself to lift it
 - Reach over the top of the table while bending at the waist, then lift up quickly to left the table to a standing position
 - None of the above

45. If you feel cramped or restricted as you move around the massage table (or chair), you are likely to stiffen up and work awkwardly.
- A. True
 - B. False
46. Which of the following is a benefit of using a bolster under the back of the supine client's knees?
- A. A bolster will provide support and comfort for the client
 - B. It will take pressure off of the client's lower back
 - C. It will enable you to apply pressure around the joint without fear of overstretching or straining it
 - D. All of the above

Chapter 8

47. Why is it important to wear a short sleeved or sleeveless top while performing a massage session?
- A. It is not important, and a long sleeved top is preferred
 - B. So that there are no long or puffy sleeves in the way of performing the massage
 - C. So you appear professional in your massage practice
 - D. All of the above

Chapter 9

48. The way that practitioners work needs to suit their _____ and _____.
- A. Education and training
 - B. Clothing and health
 - C. Build and aptitudes
 - D. Clients and their needs
49. Which of the following body types are the most at risk of straining their bodies doing massage?
- A. Practitioners with a large, strong body and hands
 - B. Practitioners with a stocky, robust build
 - C. Practitioners with a small frame or a tall, slender build
 - D. Practitioners with a short, wiry build
50. If you do not have a strong developed stamina for performing massage and bodywork, what can you do to build stamina over time?
- A. Take on as many clients as you can to quickly build stamina
 - B. Allow time to build up a clientele or pace yourself by incorporating other massage related activities, such as teaching, into your career
 - C. Suddenly increase your workload
 - D. Take on a second job performing hands on massage to develop your stamina in a short time frame

51. Why do tall practitioners need to be more careful of their lower back when doing massage?
- A. Because the distance between the top of the pelvis and the lower ribs is further/longer in taller people, the muscles have to work harder and there is more potential for problems
 - B. Because the distance between the top of the pelvis and the lower ribs is shorter in taller people, the muscles have to work harder and there is more potential for problems
 - C. Because of their build, tall people can develop the belief that the only way they can create more force by pushing harder, which can cause injury in the lower back
 - D. Because they cannot reach as far across the table, taller practitioners are more at risk for strain
52. How can shorter practitioners generate effective, sustainable power without straining their bodies?
- A. By reaching carefully across the table to work on the client's far side
 - B. By positioning their body well and leaning forward
 - C. By pushing much harder than they are comfortable with
 - D. By bending at the waist to generate more upper body pressure
53. Practitioners need to work differently at different ages.
- A. True
 - B. False
54. The practitioner's energy and their ability to apply themselves can be affected by many other life factors; these include all of the following EXCEPT:
- A. The practitioner's physical background
 - B. Physical handicaps, such as being visually impaired or hearing impaired
 - C. Their grades in massage school
 - D. Being pregnant

Chapter 10

55. Which of the following are examples of warm-ups that practitioners can perform to prepare for a massage session?
- A. Stretches to release stiffness and increase your suppleness
 - B. Energizing exercises to wake up your body for action
 - C. Calming and centering procedures
 - D. All of the above
56. It is strongly recommended by the author of the text to have a general health check before undertaking a new exercise program.
- A. True
 - B. False
57. Stretches are generally the most useful exercises when:
- A. You want to strengthen your body
 - B. You perform them fast and rigidly
 - C. You don't have much time before a massage or between clients
 - D. You are looking to build your cardiovascular system

58. Which of the following is a benefit of performing arm stretches?
- A. They help to open up your chest
 - B. They help to mobilize your shoulders
 - C. They are useful to rebalance having your shoulders and arms reaching forward for long periods
 - D. All of the above
59. “Mobilizing the trunk” exercises include all of the following EXCEPT:
- A. Side bending
 - B. Abdominal crunches
 - C. Left rotation (twisting to the left)
 - D. Right rotation (twisting to the right)
60. The main thing(s) to focus on when re-establishing a balanced posture are:
- A. Relaxing your shoulders to counter the tendency to unconsciously tense them around your ears
 - B. Relaxing your arms and hands
 - C. Keeping your breathing easy and full, rather than restricted by hunching over
 - D. All of the above
61. Which of the following is an example of an energizing exercise?
- A. Stretching your neck back and forth and side to side
 - B. Shaking and vibrating your hands, feet, limbs, trunk and whole body
 - C. Regularly squeezing a rubber ball
 - D. Relaxing your arms and hands
62. It is important to be able to relax your body in order to prevent a slow accumulation of tension, which often happens unnoticed.
- A. True
 - B. False
63. Which of the following describes the mental component of “centering” in massage?
- A. Centering yourself involves gathering your energy and mental faculties to focus them towards an activity, rather than approaching it in a scattered, unfocused way
 - B. Centering yourself involves rigorous cardiovascular exercise to improve your heart and body function
 - C. Centering yourself involves performing various stretching activities to relax your muscles
 - D. Centering yourself involves performing energizing activities to wake up your mind and body before performing a massage session
64. All of the following are mental preparations for massage therapy EXCEPT:
- A. Calming and centering yourself
 - B. Having a mental checklist
 - C. Changing the draping on your massage table
 - D. Mentally finishing your workday

Section 3: Using the Hands: the Traditional Tools of Western Medicine

65. Which of the following is an aspect of massage that puts the greatest pressure on your hands?
- A. Doing repetitive movements
 - B. Hyperextending your thumbs, fingers and/or wrists
 - C. Standing still and only using your shoulder or arm muscles for massage strokes
 - D. All of the above

Chapter 11

66. Which of the following hand types are most at risk for injury while performing massage therapy?
- A. Small Hands
 - B. Long, slender fingers
 - C. Hypermobility thumbs/fingers
 - D. All of the above
67. All of the following are early warning signs/symptoms of repetitive strain EXCEPT:
- A. Intermittent or persistent pain when you are not using your hands
 - B. Sudden onset of severe pain, redness and swelling
 - C. Waking at night with sudden pains through the affected area
 - D. Sensitivity to bumping your hands
68. Which of the following is considered to be a poor working practice in massage therapy?
- A. Flaccid hands
 - B. Stiff hands
 - C. Tense shoulders
 - D. All of the above
69. Thumb problems primarily arise from:
- A. Generating power with your body while using your thumbs/hands
 - B. Conserving your thumbs by using alternative body parts to deliver the massage
 - C. Overuse and working with your thumbs in a hyperextended position
 - D. Minimizing the use of your thumbs
70. The ideal presented in this book is to position yourself and to use your bodyweight so that you can conserve your hands while working effectively, instead of trying to muscle through.
- A. True
 - B. False
71. Which of the following is a way to conserve your hands and wrists while performing a massage?
- A. Using the largest appropriate part of your hand
 - B. Support your wrist with your other hand
 - C. Work double handed to increase power and precision
 - D. All of the above

72. What can you do if you find it hard to relax your hands?
- A. You can tense them, holding them clenched for about 10 seconds, and then let them gently curl and soften
 - B. You can keep them tensed throughout the day while working on clients and then try and relax them at night
 - C. You can use them flaccidly on clients throughout the day
 - D. You can use your hands, applying maximum force throughout the day, to get see how they feel when they are tensed
73. All of the following are ways that you can save your hand and wrist EXCEPT:
- A. Vary the strokes that you do
 - B. Use your thumbs and fingers for as many massage strokes as you can
 - C. Vary how you use your hand within a stroke
 - D. Balance your hand use – teach yourself to be ambidextrous
74. Supporting the client’s body or finding ways of supporting your working hand(s) whenever you can, does NOT reduce the pressure on your hands.
- A. True
 - B. False
75. Which of the following are things you can use to support your hands and body during a massage session?
- A. The massage table/couch
 - B. Cushions or bolsters
 - C. Your own body
 - D. All of the above
76. Which of the following is a proper way to strengthen your hands?
- A. Use as much force as you can while performing massage strokes
 - B. Regularly squeeze a rubber ball outside of work to build strength gradually
 - C. Bend your fingers back and forth throughout the day, hyperextending them
 - D. Keep your hands tense throughout the working day to build strength
77. Stretching and mobilizing exercises for your hands should be performed when?
- A. As preparation and warm up before you perform a massage
 - B. After performing a massage to release tension
 - C. Both A and B
 - D. During the massage session
78. How do you correctly perform wrist stretches in order to mobilize your wrist?
- A. Stretch your hands forward, back and sideways by performing a smooth wrist circle that incorporates pronation and supination of your forearm
 - B. Stiffen your shoulders and forearms, then perform a smooth wrist circle to move your wrist forward, back and sideways
 - C. Bend the elbow to 90 degrees, flex and extend the elbow holding each movement for 10 seconds
 - D. Squeeze a rubber ball regularly outside of work

Chapter 12

79. The main practices which put pressure on your fingers and can strain them if they are done too often are:
- A. Applying firm pressure with your fingers
 - B. Not supporting your fingers when pressing with them
 - C. Using your fingers when a larger part of your hand or arm would be more effective
 - D. All of the above
80. When you are applying pressure through your fingertips, make sure that your fingers do not _____.
- A. Hypoextend
 - B. Hyperextend
 - C. Pronate
 - D. Slightly curl
81. What technique adjustments can you use in order to support your working fingers?
- A. Support them with other parts of your hands
 - B. Use the other hand to support and guide your fingers
 - C. Support under your working fingers
 - D. All of the above

Chapter 13

82. How do most thumb strains develop over time?
- A. By putting too much pressure through them
 - B. By having them hyperextended when applying pressure
 - C. By not supporting them so that they take all of the pressure
 - D. All of the above
83. Why is there a great temptation to overuse your thumbs for pressure strokes?
- A. Because your thumbs and fingers are irreplaceable for the initial palpation of tissues and light massage strokes
 - B. Because it is much easier to use your forearms and elbows for palpating small areas of tissue
 - C. Because tense, stiff thumbs are the best working tool for performing deep pressure work
 - D. Because it is difficult to use your thumbs for initial palpation of tissues
84. Proper alternatives to using your thumbs for pressure strokes include using all of the following EXCEPT:
- A. The fist
 - B. The elbow
 - C. The fingertips
 - D. The base of the thumb (thenar eminence)
85. How can you properly support your thumb when you are using it for massage strokes?
- A. Support it with other parts of your hand, such as your fingers or knuckles
 - B. Use your other hand to support your working thumb
 - C. Use a reinforced thumb for applying pressure
 - D. All of the above

Chapter 14

86. When using the base of your thumb as an alternative to using your thumb or fingers to perform massage strokes, how can you increase the pressure?
- A. By stiffening the thumb and holding the fingers stiffly
 - B. By pressing with the other hand on the base of the thumb to increase the pressure
 - C. By pressing and bending at the wrist to push into the tissues
 - D. All of the above
87. Using the outside edge of your hand (the little finger side) will enable you to slide through narrow areas, for example between the scapula and the thoracic spine on a slender client.
- A. True
 - B. False
88. When is the lateral wrist bone (distal radius) useful in performing massage strokes?
- A. For applying pressure in narrow areas such as between the scapula and the thoracic spine
 - B. For pressing up under the client's body by using the client's weight bearing down on it
 - C. For deep trigger point work in areas such as the buttocks and hamstrings
 - D. For light energy strokes on the client's back

Chapter 15

89. In this text, the knuckles refer to which of the following joints in the hand?
- A. The metacarpo-phalangeal (MP) joints of the fingers
 - B. The little finger only
 - C. The interphalangeal (IP) joints of the fingers
 - D. The carpal bones in the wrist
90. The knuckles can be used to perform which of the following massage techniques?
- A. Vibrations
 - B. Kneading
 - C. Friction
 - D. All of the above
91. All of the following are ways of involving your body when using knuckle techniques EXCEPT:
- A. Lean forward for pressure by using your bodyweight to deliver power to your knuckles, rather than standing still and tensing up
 - B. Change position to keep your body behind your hands by regularly repositioning yourself so that you are directly behind your hands
 - C. Muscle through the tissues by standing still and tensing up in the shoulders
 - D. Don't try to reach to far, instead change positions while delivering the massage strokes

Chapter 16

92. The fist is primarily used for what type of massage strokes?
- A. Tappotment and energy strokes
 - B. Applying stationary pressure or sliding pressure strokes
 - C. Large broad strokes, such as effleurage
 - D. Kneading and petrissage strokes

93. Ways of using your non-working hand to support your fist while you work include:
- A. Holding the wrist to support the fist
 - B. Wrapping the other hand around the fist
 - C. Slipping the thumb inside the fist to guide it as you work
 - D. All of the above
94. What is the proper way to hold your arms when applying pressure with your fists?
- A. Bent at a 45 degree angle
 - B. In a relatively straight position in order to transmit the power
 - C. Extended across the table to reach the client's entire back
 - D. Bent at a 90 degree angle
95. Using the side of your fist (medial/little finger side) for sliding strokes enables you to:
- A. To do longer strokes to stretch the tissue
 - B. To perform wringing strokes to the tissues to increase circulation
 - C. To do deep spot work in a small area
 - D. To perform long energy strokes to the surface of the skin
96. Using your bodyweight enables you to keep the pressure _____ without straining your upper body, and to move your fist slowly and evenly in sliding pressure strokes.
- A. Varied
 - B. Consistent
 - C. Very deep
 - D. Intermittent

Chapter 17

97. Which of the following are ways of reducing the pressure on your wrists and the likelihood of straining them?
- A. Keeping your wrists relatively straight when you apply pressure and using your other hand to support your working hand
 - B. Incorporating more passive stretches into your massage routine which will open out your wrists rather than compressing them
 - C. Reducing the amount of hand-intensive activities in the rest of your life
 - D. All of the above
98. What is tenosynovitis?
- A. Pressure on the median nerve which causes numbness, tingling or pain in the thumb, index and middle fingers
 - B. Pinching of the sciatic nerve which results in severe pain and swelling in the sciatic area
 - C. Inflammation of tendon sheaths, which is usually caused when the tendons in them swell up through overuse
 - D. An acute inflammation characterized by pain redness and swelling
99. What are the three stages in the development of wrist strain?
- A. Persistent pain which is aggravated by any hand intensive activity, acute swelling and discomfort when working
 - B. Discomfort when working, persistent pains or aches and persistent pain which is aggravated by any hand intensive activity
 - C. Sudden strain or injury, persistent pains and numbness and tingling in the hand
 - D. All of the above

100. All of the following are ways that you can respond to a potential wrist strain (pain in your wrists) EXCEPT:
- A. Ignore the pain as long as it only occurs while you are massaging
 - B. Do not continue to work in ways that strain your wrists
 - C. Learn to use your forearm and elbow
 - D. Reduce the hand-intensive activities in the rest of your life
101. The ideal is to keep your wrist as straight as possible without rigidifying it when you are incorporating pressure in your massage strokes.
- A. True
 - B. False

Section 4: Other Working “Tools”: “Hands Free” Massage
Chapter 18

102. Using your forearm enables you to save your hands in _____ to _____ pressure massage strokes.
- A. Medium to deep
 - B. Light to medium
 - C. Light to deep
 - D. Very light to light
103. According to the text, the “soft” forearm working area is defined as:
- A. The edge of the ulna
 - B. The tip of the elbow
 - C. The flexor muscle bellies
 - D. The base of the thumb
104. If using your forearm is a new area for you, the author suggests that you find an experienced teacher to help you to translate the ideas in this chapter into action.
- A. True
 - B. False
105. What area of your forearm should you use for sustained pressure?
- A. The area of your forearm close to your elbow
 - B. The lower soft forearm area
 - C. The tip of the elbow
 - D. The base of the wrist
106. The hard forearm or “blade” is quite useful for:
- A. Small areas, to “dig in” to the muscles of your client
 - B. Working deeply into bony areas such as the forehead
 - C. Working across muscles to stretch them sideways
 - D. Working lightly on larger areas to increase energy flow through the tissues
107. How can you follow the contours of your client’s body when using your forearm?
- A. Keep your forearm stiff and rigid as you work over the tissue
 - B. Keep your body stationary as you perform the stroke with your forearm bent at a 45 degree angle
 - C. Tilt your forearm through a range of angles in order to follow the contours of the client’s body
 - D. All of the above

108. When you are working next to the client's spine/bones with your forearm, what can you do in order to protect your client's spine when you are working?
- A. You can use the area close to your elbow to put firm pressure on the client's spine
 - B. You can use the thumb of your supporting hand to protect the spine as well as guiding your forearm
 - C. You can use the soft forearm to glide up and down the client's spine
 - D. You can use the thumb of your supporting hand to apply pressure on the spine of your client
109. Which of the following is a proper way to position/use your body when using your forearm to perform the massage stroke while maintaining good body mechanics?
- A. Use a "chimp" stance to save your back
 - B. Kneel when necessary to avoid hunching over
 - C. Sway forward to move your forearm forward
 - D. All of the above

Chapter 19

110. Which of the following is a working area of the elbow?
- A. The point of the elbow
 - B. The back of the elbow
 - C. The inside of the elbow
 - D. All of the above
111. Which of the following is an important caution when using your elbow to deliver massage strokes?
- A. Maintain even pressure and don't try to force a release
 - B. Guide your elbow with your other hand whenever possible
 - C. Monitor your own breathing
 - D. All of the above
112. What is the point of the elbow (the olecranon) used for when performing massage strokes?
- A. Applying sustained pressure on one area or for sliding pressure forward along a narrow line
 - B. Applying pressure while performing pulling strokes on a broad area
 - C. Applying sustained pressure on a large broad area
 - D. Performing light effleurage strokes in a small area
113. The back of the elbow works well when you want to press as firmly as with the point without digging in so sharply.
- A. True
 - B. False
114. What is the inner side of the elbow (the medial epicondyle of the humerus) most effective for?
- A. Pulling strokes, such as dragging it across the client's hamstrings
 - B. Pushing strokes, such as pushing deeply into the gluteal muscles
 - C. Direct, sustained pressure on one point
 - D. Light energy strokes

Chapters 20 and 21

Traditionally, most practitioners in the US have only been taught to use their hands and arms for massage. Because of this, no questions will be asked from chapters 20 and 21.

If you have never used your knees, feet, shoulder or hip/thigh to perform massage techniques, please seek an experienced teacher to incorporate new techniques into your massage routine. This course is not meant to teach new hands on techniques, it is meant to teach proper body mechanics using the techniques you already know.

If you are familiar with using your knees, feet, shoulder or hip/thigh please review these chapters for help in using your body properly during your massage sessions.

Section 5: Using Your Body to Support Your Working Tools

Chapter 22

115. What is the primary job of the shoulders while performing massage techniques?
 - A. To deliver the strength necessary to perform deep tissue techniques
 - B. To transmit the power that is generated by leaning and swaying your body to your arms
 - C. To aid in keeping your arms and hands stiff and rigid while performing massage strokes
 - D. To aid in reaching over the client to effectively deliver massage strokes

116. What are the two components of shoulder tension?
 - A. General stress that causes us to tense our shoulders up and muscle strain from performing physical activities
 - B. Sudden onset of pain and swelling that comes from overuse and tension that develops from the activities in our hands
 - C. Tension that develops from the activities of our hands and general stress that causes us to tense our shoulders up
 - D. Muscle strain from hand-intensive activities and sudden onset of pain and swelling from an injury

117. Which of the following factors can cause shoulder tension in massage?
 - A. Habitual tension already held in the shoulders
 - B. Working on a table that is too high
 - C. Not using your body to support the work of your hands
 - D. All of the above

118. How can standing too close to the table lead to tensing your shoulders?
 - A. It allows you to use your body to transmit the power necessary to deliver massage strokes
 - B. It leaves you cramped (not enough room to work) and not able to lean your bodyweight into your strokes and save your shoulders
 - C. Standing too close to the table will not lead to tensing the shoulders
 - D. It forces you to sway your body with massage strokes so you have to use your shoulders to generate strength instead of transmitting it

119. If you've had your arms and shoulders in front of your chest for long periods, which of the following exercises/stretchers will help to rebalance your upper body posture?
 - A. Arm stretches to open the chest
 - B. Mobilizing exercises to release the shoulders
 - C. Cardiovascular exercises to increase circulation in the shoulders
 - D. Breathing exercises to center the body

120. Mobilizing the shoulders exercises include:
- A. Stretching the arms back with interlocked fingers
 - B. Tensing and relaxing the shoulders
 - C. Moving your shoulders through a circle that encompasses all directions
 - D. Both B and C
121. Tensing the shoulders is often part of a bigger pattern of body tension or poor body use.
- A. True
 - B. False

Chapter 23

122. In order to move your arms with massage strokes, is it important to:
- A. Avoid clamping your arms by your side
 - B. Move your arms with strokes whenever possible
 - C. Have your hands echo your body movements in effleurage strokes
 - D. All of the above
123. What is the correct way to perform a stretch or lift?
- A. Pull the client's body part with your arms for passive stretches
 - B. Get your hands in position and then sway back to pull your arms straight to move the client's body part
 - C. Reach across the massage table and pull with your arms toward you
 - D. Pull the client's body part while keeping your arms in a flexed position

Chapter 24

124. Which of the following is a common habit (of how you may hold your head) which can cause problems while you are massaging?
- A. Dropping your head to watch your working hands
 - B. Holding your head stiffly
 - C. Tensing your face
 - D. All of the above
125. How can you train yourself out of holding your head stiffly while massaging?
- A. Drop your head down and watch as you perform the strokes, practice the movements with your head down to train your body not to stiffen your neck
 - B. Perform a familiar effleurage stroke by swaying your whole body forward and back. Shut your eyes and do the stroke until you have found a steady relaxed rhythm for the movement
 - C. Close your eyes while you are performing familiar massage strokes, try to "look" through your closed eyelids to focus on the area you are working
 - D. All of the above
126. Eye exercises can help you to break out of restricted visual patterns, relax your eyes and use them better.
- A. True
 - B. False

127. Which of the following are ways to release the neck?
- A. Perform warming up neck movements, such as moving the head to one side and then the other
 - B. Perform head movements while massaging, such as gently tilting your head up and down a little
 - C. Massage your neck regularly
 - D. All of the above

Chapter 25

128. Which of the following are main causes of back strain in massage?
- A. Standing still, rather than swaying your body to deliver strokes with power and fluidity and hunching over or standing stiffly upright
 - B. Trying to reach to far and twisting your trunk
 - C. Lifting awkwardly and lifting parts of the client's body that are too heavy for you
 - D. All of the above
129. What does it mean to align your lower and upper body behind your working hands?
- A. Having your shoulders, hips and feet facing in the same direction so that your body isn't twisted
 - B. Having your shoulders, hips and feet facing in a different direction so that you are twisted at the waist
 - C. Hunching over the massage table so you can use your trunk to generate strength when performing strokes
 - D. All of the above
130. What are three common postural habits which many people have in everyday life that can restrict them when they come to the massage table?
- A. Relaxed shoulders, standing stiffly upright and bending at the waist
 - B. Hunching over, standing relaxed and relaxed shoulders
 - C. Hunching over, standing stiffly upright and leaning with stiff knees
 - D. Standing stiffly upright, leaning with the whole trunk and relaxed shoulders
131. Which of the following best describes concept of using dynamic posture for massage?
- A. Developing a combination of a stiffly held position and a relatively straight back as well as moving stiffly around the massage table to deliver smooth massage strokes
 - B. Developing a dynamic combination of strength and suppleness as part of your moving "dance" around the massage table as well as using breathing to energize yourself without tensing up
 - C. Having a dynamic combination of stiffness and suppleness in order to generate strength and fluidity while performing a massage
 - D. Developing a dynamic combination of upper and lower body fluidity in order to twist and reach across your client while performing massage strokes as well as using breathing techniques to relax your neck and shoulders
132. If you find yourself consistently breathing in forcefully or holding your breath with a particular stroke, what can you do?
- A. Try inhaling as you push into a strong stroke
 - B. Try exhaling as you push into a strong stroke
 - C. Try holding your breath as you push into a strong stroke
 - D. Try tensing your shoulders as you push into a strong stroke

133. Which of the following are exercises/stretchers that can be used to aid in maintaining suppleness and strength in your trunk?
- A. Curling forward and bending back
 - B. Side bending
 - C. Rotating your spine
 - D. All of the above

Chapter 26

134. Which of the following postural habits (how we hold our bodies) may place physical restrictions on our capacity to breathe fully?
- A. Poor posture
 - B. Being tense
 - C. Holding your breath
 - D. All of the above
135. If stress is a factor that restricts your breathing, what can you do to break out of this?
- A. Consciously take some deep breaths on a regular basis
 - B. Undertake a physical activity that requires fuller breathing to meet the demands of the body
 - C. Address the situations that are causing you stress
 - D. All of the above
136. According to the text, which of the following is the correct way to breathe when performing effleurage strokes?
- A. Breathe out as you push forward and breathe in as you pull back
 - B. Breathe out as you pull back and breathe in as you push forward
 - C. Hold your breath as you perform the effleurage stroke, then breathe when you have finished
 - D. Breathe out as you push forward and pull back and breathe in after the stroke is finished
137. Which of the following are activities that may help expand your breathing capacity?
- A. Sports activities, such as swimming and running
 - B. Yoga, Alexander technique and the Feldenkrais Method©
 - C. Singing or learning to play a wind instrument
 - D. All of the above
138. During _____ the lungs expand, the ribs elevate and the sternum contracts.
- A. Exhalation
 - B. Inhalation
 - C. Contraction
 - D. Centering
139. During _____ the diaphragm moves superiorly and the ribs and sternum depress.
- A. Inhalation
 - B. Contraction
 - C. Exhalation
 - D. Expansion

140. The exercises presented for expanding your breathing potential are intended to:
- A. Expand your general breathing capacity
 - B. Teach you the one correct way to breathe
 - C. Teach you how to effectively hold your breath
 - D. Teach you how to correctly exhale
141. What are the three dimensions of breathing?
- A. Breathing with the front, breathing at the side and breathing at the back
 - B. Breathing in the neck, breathing in the pelvis and breathing at the back
 - C. Breathing in the upper back, breathing with the chest and breathing at the side
 - D. Breathing in the core, breathing in the stomach and breathing with the pelvis

Chapter 27

142. What is the primary role of the pelvis in massage?
- A. To allow your body to bend at the waist in order to hunch over the massage table, from there power can be generated to deliver massage strokes
 - B. To generate power through the trunk and into the shoulders, from where it can then be transmitted to your working hands
 - C. To transmit the power generated in your legs to your trunk, from where it can then be transmitted to your working hands or forearms
 - D. To transmit the power generated from your trunk to your shoulders, from where it can be transmitted to your working hands or forearms
143. All of the following are muscles that connect the trunk to the pelvis EXCEPT:
- A. Rectus abdominis
 - B. Gracilis
 - C. Iliacus
 - D. Psoas major
144. Where is the body's center of gravity located?
- A. The lower abdomen
 - B. The upper abdomen
 - C. The upper thighs
 - D. The chest
145. Even when you are applying stationary pressure, it is important to soften your knees and lean your body for the power.
- A. True
 - B. False
146. Which of the following is a mobilizing exercise for the hips?
- A. Side bending
 - B. Breathing from the side
 - C. Hip circles
 - D. Neck circles
147. When you are applying pressure, either stationary or sliding, where should your hips be facing?
- A. Facing to the right side of your working hands
 - B. Facing towards your working hands
 - C. Facing to the left side of your working hands
 - D. Twisted away from your working hands

148. Which direction should the back of your pelvis face when applying stretches?
- A. Twisted to the left of the direction you will need to move for the stretch
 - B. Twisted to the right of the direction you will need to move for the stretch
 - C. Towards the direction in which you will need to move for the stretch
 - D. It is not important where your hips face, just use your arms to pull as you stretch

Chapter 28

149. It may take you some time to develop the combination of mobility and stamina in your legs. Don't overdo it when you are first learning massage, but persevere in order to take the pressure off your upper body.
- A. True
 - B. False
150. Which of the following are ways you can initiate movement and power from your lower body?
- A. Align your feet and hips behind your hands and changing position to keep your body behind your hands
 - B. Let your knees bend and avoid standing still
 - C. Have a wide stance and leaning forward to deliver pressure
 - D. All of the above
151. Fluid movement in massage can only come from:
- A. Moving your body, such as swaying to deliver massage strokes
 - B. Bending at the waist to count on strength to deliver movement and fluidity
 - C. Hunching over to use your shoulders to move with the strokes
 - D. Using force in your arms to deliver strokes
152. What is the lunge stance?
- A. A stance in massage where the feet are side by side
 - B. A stance in massage where one foot is forward and the other is back
 - C. A stance in massage where you bend at the waist over the massage table
 - D. All of the above
153. Which of the following strokes is the lunge stance primarily used for?
- A. Long effleurage strokes
 - B. Sliding deep tissue strokes
 - C. Kneading along the client's arm or leg
 - D. All of the above
154. Whenever you are standing alongside the table and facing towards either end of it, have your _____ foot (the one furthest from the table) forward, and the _____ foot (the one closest to the table) back.
- A. Inside, outside
 - B. Left, right
 - C. Outside, inside
 - D. Right, left
155. In the lunge stance, which of the following is an acceptable angle/position for the back foot?
- A. Turned 90 degrees away
 - B. Turned 45 degrees away
 - C. Turned 30 degrees away
 - D. Both B and C

156. In the lunge stance, what is the correct position for the front foot?
- A. Facing forward towards the hands
 - B. Turned out away from the hands
 - C. Turned in across the hands
 - D. All of the above
157. What can you do while you are massaging in order to avoid overreaching?
- A. Step forward alongside the table to change position
 - B. It is ok to overreach as long as it is for a short period of time
 - C. Bend your knee beyond your foot in order to reach
 - D. Bring the back leg past the front leg to “walk” up the table
158. Which of the following is a good time to use the horse stance when performing massage strokes?
- A. When you want to perform deep sliding strokes
 - B. When you want to use both hands equally
 - C. When you want to lean forward to perform gliding strokes
 - D. When you want to reach across the massage table
159. In the horse stance, approximately how far apart should your knees be?
- A. Directly below your shoulders at all times
 - B. Directly below your hips and in line with your feet
 - C. Far enough apart so that you can comfortably sway without losing balance
 - D. As close as possible to keep your center of gravity
160. Which of the following are poor postural habits to watch out for when using the horse stance?
- A. Standing with equal pressure of your feet and keeping your knees a safe distance apart
 - B. Standing too much on one leg and letting your knees sag inward
 - C. Swaying from side to side and reaching too far
 - D. Standing with equal pressure on each leg and letting your knees sag inward
161. What can you do if you are not sure how you stand while massaging?
- A. Have yourself videoed or get coaching from a skilled bodyworker
 - B. Practice the incorrect way of working and compare it to how you normally stand
 - C. Continue your current way of standing even if you think it may be incorrect
 - D. All of the above
162. What is the purpose/benefit of performing mobilizing exercises for the hips, knees and ankles?
- A. To increase flexibility in order to be able to bend your knees and sway your body while massaging
 - B. To decrease flexibility in order to be able to bend your knees and sway while massaging
 - C. To increase flexibility in order to be able to reach across and hunch over while performing a massage
 - D. To stretch your muscles and help you to relax after performing massage techniques

Section 6: Integrated Bodyuse for Massage

Chapter 29

163. In review, which of the following are main principles of good bodyuse in massage covered throughout the textbook?
- A. Conserving your hands by using them skillfully and saving your hands by using other body areas to perform massage techniques
 - B. Getting your body behind your working tools to use your bodyweight and continually repositioning your self around the massage couch/table
 - C. Leaning and swaying your body to generate power and movement that supports your working tools
 - D. All of the above
164. The ideal is to generate power for pushing, pulling and sustained pressure techniques from your lower body and to transmit this to your hands or other massage tools.
- A. True
 - B. False

Chapter 30

165. What does the concept of “positional intelligence” in massage encompass?
- A. Recognizing the possibilities and limitations of your position in relation to the client
 - B. Changing your techniques or your position, when necessary, to work effectively and avoid strain
 - C. Recognizing when it is appropriate to reach to apply pressure on the far side of the client’s back
 - D. Both A and B
166. A major principle of chapter 30 is that you can only comfortably apply pressure when you can lean your body for the power, although you can reach further for pushing and pulling strokes (as long as you sway forwards and backwards for these strokes).
- A. True
 - B. False
167. What may happen if you try to apply firm pressure on the far side of the client’s back?
- A. You may find that you can generate more pressure by reaching across the table to perform firm pressure strokes
 - B. You may find yourself tensing your shoulders and putting pressure on your back
 - C. You may find yourself able to work in a relaxed position and apply firm pressure
 - D. You may find that applying pressure across the table is an effective way to perform sustained pressure strokes
168. When you are at the end (top/head) of the table, about how far down the client’s back should you try to apply pressure?
- A. You can comfortably apply pressure all the way down the client’s back
 - B. No further than the mid back area because you won’t be able to get your weight above your hands
 - C. No further than the low back area because you will begin to reach too far over the table
 - D. No further than the neck area because you won’t be able to get your weight above your hands

169. What may happen to your arms if you are standing too close to the table?
- A. Standing too close to the table allows you to generate power from your arms to deliver massage strokes
 - B. If you are too close to the table, your arms will be relaxed and able to transmit power from your trunk
 - C. If you are too close to the table, your arms will be bent, which dissipates the power from your trunk
 - D. All of the above
170. The _____ position gives you easier and more extensive access to the outer side of the hip and thigh than you can get with other client positions.
- A. Supine
 - B. Prone
 - C. Side lying
 - D. Seated

Chapter 31

171. For seated work using a stool or chair, which of the following provides the best seating?
- A. A stationary chair
 - B. A stool which does not roll
 - C. A stool on wheels with an easily adjustable height seat
 - D. All of the above
172. All of the following are correct ways to involve your body while seated EXCEPT:
- A. Align your trunk and hands
 - B. Lean with your whole trunk
 - C. Involve your legs
 - D. Twist at the trunk
173. What is the correct seated positioning if your table/couch has no room for your legs under the table?
- A. Spread your legs widely to get close enough to your client, but be careful not to put strain on your back
 - B. Sit far away from the table and reach forward to perform massage strokes, but be careful not to put strain on your back
 - C. Sit to the side of the table/couch and twist your trunk to reach the client, but be careful not to apply too much pressure
 - D. Lower your stool to the lowest position and try to slide your legs under the table, but be careful not to put strain on your back
174. When sitting on the table to perform massage techniques, why should you try to keep one foot on the ground?
- A. To reduce your stability and to generate power with your hands
 - B. To stabilize your trunk and to generate the power that comes to your hands
 - C. To stabilize your trunk and to help you twist at the waist to generate power
 - D. To counterbalance your bodyweight and to reduce stability

Chapter 32

175. Which of the following are aspects of body use to monitor while kneeling on the floor to perform massage techniques?
- A. Generating power with your shoulders and keeping your arms stiff
 - B. The comfort of your back and keeping your trunk stiff
 - C. The comfort of your knees and looking after your back
 - D. Keeping your arms straight and bending at the waist
176. What is the proposal position?
- A. Kneeling with both knees on the floor
 - B. Squatting down with a straight back
 - C. Having one knee on the massage table and one foot on the floor
 - D. Having one knee and one foot on the floor
177. It is not important to keep your hips facing in the direction of your massage tools and in the direction of your movement when you are applying sustained pressure or doing strokes that sway forward and back.
- A. True
 - B. False
178. Which of the following situations might it be useful to kneel one knee onto the massage table?
- A. In order to support parts of the client's body, such as their ankle
 - B. When you want to save your back when you need to get closer to your client on a wide table
 - C. If you have short legs and need to get closer to your client on a wide table
 - D. All of the above

Section 7: Body use for Common Massage Strokes

179. Section 7 looks at coordinating how you use your body and your hands for "classic" Swedish massage strokes such as effleurage, petrissage, compression and percussion and vibration. If these techniques are new to you please seek hands on training. This course is not meant to teach new hands on techniques. It is meant to help you perform techniques you already know using proper body mechanics.
- A. True
 - B. False

Chapter 33

180. Which of the following is a correct way to use your hands when performing effleurage strokes?
- A. Use as much of your hands as you can
 - B. Keep your hand and the non-working parts of your hands relaxed
 - C. Use your other hand to increase the pressure
 - D. All of the above
181. According to the text, why should you keep your hips aligned directly behind your hands?
- A. So that your bodyweight is the powerhouse for your hand movements
 - B. So that you can reach across the couch/table to work on the opposite side
 - C. So that you can apply firm pressure on both sides of the client's back
 - D. So that you can properly hunch over the couch/table to apply pressure

182. When you lean forward with your whole trunk to increase the pressure, what stance should you be using (figure 33.9)?
- A. Horse stance
 - B. Lunge stance
 - C. Kneeling stance
 - D. Seated
183. All of the following are benefits of swaying for sliding hand movements EXCEPT:
- A. Swaying forward and back will give fluidity to the stroke
 - B. Swaying forward will force you to perform unnecessary hard work
 - C. Swaying forward and back will allow you to deliver power when it's appropriate
 - D. Swaying forward and back will enable you to keep your hands relaxed
184. When you are doing long, slow effleurage strokes, you can also use your breathing to help pace the strokes and keep them even.
- A. True
 - B. False
185. How are “holds” generally performed?
- A. By leaning forward to hold sustained pressure on a client's body
 - B. By stepping forward to work across the table
 - C. By resting your hands quietly for a time on the client's body
 - D. By swaying your body back and forth to deliver a long gentle stroke

Chapter 34

186. Petrissage strokes are most effective on which of the following body areas?
- A. Short, deep muscles of the buttocks, such as the piriformis
 - B. Long muscles of the limbs
 - C. Areas of the trunk where you can get your hands around the muscles
 - D. Both B and C
187. When performing petrissage strokes, which of the following are general principles to look after your hands?
- A. Try not to use your finger and thumb tips too often
 - B. Avoid having your thumbs hyperextended and save them by using the base of your thumb or knuckles instead
 - C. Reduce the pressure on your fingers by using them together rather than separately
 - D. All of the above
188. All of the following are correct body mechanics when performing squeezing strokes EXCEPT:
- A. Hyperextend your wrist as you work
 - B. Support your hand
 - C. Don't overuse your finger or thumb tips
 - D. Move your body for the “squeeze and stretch” technique
189. In the text, large hands movements in which you pick up and twist the tissues as you pass them from hand to hand are referred to as:
- A. Thumb kneading
 - B. Breadmaking
 - C. Milking
 - D. Draining

190. How can you conserve your thumbs when performing kneading or equivalent strokes?
- A. Bend at the waist to deliver more pressure from your shoulders instead of your thumbs
 - B. Hyperextend your thumbs as your work to save them from overuse
 - C. Use other tools such as your knuckles, fist or elbow
 - D. All of the above
191. What is wringing?
- A. Combining sliding along muscles with squeezing to “pump” the limb muscles
 - B. Using your thumbs and fingers to squeeze the tissues
 - C. Using large hand movements to pick up and twist tissues
 - D. Using one hand to push forward as the other pulls back to wring the muscles between them
192. When performing wringing strokes, where should your thumb be positioned?
- A. At a 90 degree angle, slightly hyperextended
 - B. Next to your hands, moving with the fingers
 - C. At a 45 degree angle, slightly hyperextended
 - D. Hyperextended to wring larger tissues more effectively

Chapter 35

193. Compression strokes used in Swedish massage include all of the following EXCEPT:
- A. Squeezing
 - B. Friction
 - C. Cross-fibre friction
 - D. Compression
194. In order to reduce the pressure on your fingers and thumbs in friction strokes, avoid which of the following?
- A. Having your digits or wrists hyperextended
 - B. Just moving your fingers or thumb when you could move your whole hand
 - C. Consistently applying more pressure than is comfortable for them
 - D. All of the above
195. Which of the following are ways to conserve your fingers?
- A. Use as many fingers as you can
 - B. Keep your fingers together
 - C. Support your fingers with your other hand
 - D. All of the above
196. How can you support your index knuckle when performing friction strokes?
- A. Hold it and guide it between the thumb and index fingers of your other hand
 - B. Hold your arm straight and stiffly guide your knuckle
 - C. Bend your wrist and rest it on the client’s body to support your working knuckle
 - D. Hold your wrist and thumb stiffly to guide your knuckle
197. Because you can’t move your body at the rate of your hands in friction strokes, there is a temptation to stand still and just rely on muscle power for the strokes.
- A. True
 - B. False

198. Which of the following is the correct way to lean forward to add pressure to your strokes?
- A. Bend at the waist or hunch over the table
 - B. Lean forward by bending your knees in the lunge stance
 - C. Stand still and tense your shoulders to generate power
 - D. Reach across the table to perform pressure strokes
199. The _____ is ideal for applying pressure with less effort while saving your hand and your wrist entirely.
- A. Heel of the hand
 - B. Knuckle
 - C. Forearm
 - D. Palm
200. How can you control the depth and sharpness of your working elbow is while you are working?
- A. By how much you hunch over the massage table
 - B. By the amount of tension in your shoulders
 - C. By how much you push down with your upper arm
 - D. By the amount that you bend your arm/elbow

Chapter 36

201. Which of the following massage techniques has to be modified when using massage without oil?
- A. Petrissage
 - B. Vibration
 - C. Passive stretches
 - D. Limb rolling
202. Which of the following are general principles of performing massage without oil?
- A. Look after your hands by taking care not to overuse your thumbs and fingers
 - B. Involve your body by taking up a dynamic posture
 - C. Proportioning strokes by trying to reduce the amount of kneading you do
 - D. All of the above
203. Effleurage can be done with the same pressure as with oil.
- A. True
 - B. False
204. Because there is a great temptation to rely on your fingers and thumbs for non-oil pressure strokes, you may strain them by:
- A. Using them too often
 - B. Consistently putting too much pressure through them
 - C. Hyperextending them when applying pressure
 - D. All of the above
205. What is the “anchor and stretch” technique?
- A. A technique in which you maintain pressure while sliding the skin and/or clothing over the muscles
 - B. A technique in which you press on a muscle while moving a distal part of the body to move the muscle under your pressure
 - C. Slow, focused sliding pressure of deep tissue massage techniques
 - D. All of the above

Chapter 37

206. Which of the following are types of percussion strokes?
- A. Hitting/striking
 - B. Flicking
 - C. Plucking
 - D. All of the above
207. All of the following are general aspects of delivering percussion that will influence how you use your body EXCEPT:
- A. Use only your hands to deliver fast and firm strokes
 - B. Work at a pace that is comfortable for your non-dominant hand
 - C. Keep the rhythm even
 - D. Monitor the effects of percussion strokes
208. Why is it helpful to think of “hitting/striking” strokes as “bouncing” strokes?
- A. It can help steer therapists into the thought of hitting/striking strokes as heavy-handedly beating down onto the client with clenched hands and tense wrists
 - B. So therapists learn to treat the client’s body like a trampoline that they drop their hand onto, which rebounds them up for the next stroke
 - C. So therapists learn to use both hands firmly and tensely while they hit down onto the tissue
 - D. It is only helpful to think of hitting/striking strokes as bouncing strokes for light percussion strokes
209. Your build as a practitioner will affect how you are able to do percussion.
- A. True
 - B. False

Chapter 38

210. Which of the following are two vibrating techniques commonly used in massage?
- A. Rolling and plucking
 - B. Kneading and hitting/striking
 - C. Tremoring/wobbling and rolling
 - D. Tremoring/wobbling and plucking
211. Which of the following is a way you can involve/use your body while performing vibrating strokes?
- A. Keep your shoulders relaxed
 - B. Keep your hands in front of your hips
 - C. Don’t try to reach too far across the client’s body
 - D. All of the above

Chapter 39

212. It is important for the client to feel that they can trust you, especially when you are moving them into unfamiliar or vulnerable positions.
- A. True
 - B. False

213. When you are applying stretches, it is important that you:
- A. Make the stretch slow and easy to avoid the client tensing against sudden, vigorous movements
 - B. Coach the client to extend his/her range but don't attempt to force stretches beyond the client's limits
 - C. Don't strain yourself as you apply stretches
 - D. All of the above
214. All of the following are good lifting practices EXCEPT:
- A. Lift with your knees to save your back
 - B. Hold the weight far from your body
 - C. Face in the direction that you are moving in as you lift
 - D. Change direction by turning your feet, not just twisting your body
215. How are "pulling" stretches beneficial to you as a therapist?
- A. They give you an opportunity to relax your hands
 - B. They open out the joints of your own arms and shoulders
 - C. They give you a break from applying pressure through your upper body
 - D. All of the above
216. How can you look after your hands while performing "pushing" stretches?
- A. Avoid hyperextending your wrist as you apply pressure
 - B. Conserve your hands whenever you can by using your forearm
 - C. Sway forward to push
 - D. All of the above
217. All of the following are types of assisted/resisted stretches EXCEPT:
- A. Proprioceptive Neuromuscular Facilitation (PNF)
 - B. Neuromuscular Technique (NMT)
 - C. Anchor and Stretch
 - D. Muscle Energy Technique (MET)

Chapter 40

Because many therapists may not be familiar with rhythmical body movements, there are no questions asked from this chapter. If you are familiar with these techniques, please review this chapter. If you are not familiar with these techniques, please seek advanced training before attempting any of these techniques on your clients.

Section 8: Varied Working Situations Chapters 41 and 42

In order to avoid being redundant in this course, no questions will be asked from section 8. The same body mechanics principles and rules apply to seated massage and floor massage. These chapters take what was presented in previous chapters and apply it to seated chair massage and floor massage. Please take time to review how to use proper body mechanics while performing seated and floor massage.

Section 9: Self-maintenance for the Practitioner

Chapter 43

218. What can you do to make your working situation pleasant and easier?
- A. Keep your working environment pleasant and uncluttered
 - B. Pace yourself carefully, especially on days when your energy is fluctuating
 - C. Review your techniques and take stock of your body and your energy at the end of the day
 - D. All of the above
219. Which of the following is a way you can disengage from the last client and prepare for the next one?
- A. By washing your hands
 - B. By continually thinking about the previous client and their condition
 - C. Allowing your client's to take time after the session to recover
 - D. Allow client's issues to affect you after the massage session
220. Clients can sometimes feel very tired, low or sore after massage sessions through no fault of yours.
- A. True
 - B. False
221. Which of the following is an important thing to do in order to preserve your energy and prolong your massage career?
- A. Maintain your boundaries
 - B. Make sure that you have breaks during the day
 - C. look after yourself outside of the massage situation
 - D. All of the above
222. All of the following are ways you can replenish and take care of yourself EXCEPT:
- A. Perform general self-maintenance
 - B. Take on client's issues
 - C. Do things that nourish you
 - D. Have support/supervision to deal with client and work issues

Chapter 44

223. Chapter 44 surveys/summarizes exercise disciplines and possibilities that may be available to you to stay strong, fit and supple. It is strongly advised to have a general health check before undertaking an exercise program.
- A. True
 - B. False

Chapter 45

224. Chapter 45 focuses on ways of dealing with the problems that most commonly arise for massage practitioners. This chapter and chapter 46 can be used as a general reference (not a diagnostic tool) for you if you are having symptoms. If you are experiencing persistent pain, please seek specialist help.
- A. True
 - B. False

This completes the Massage Therapist's Guide to Proper Body Mechanics exam. Thank you for taking our body mechanics course!