

# Deep Tissue Massage for Muscular Conditions Home Study Course

8 CE Hours  
Online Study Guide

Presented by the:  
*Center for Massage Therapy Continuing Education*

*PO Box 117 • Elk Point, SD 57025*  
*866-784-5940 • [www.massagetherapyceu.com](http://www.massagetherapyceu.com)*

# Table of Contents

INSTRUCTIONS ..... 3  
EXAM (for review before taking the online exam)..... 4

## Center for Massage Therapy Continuing Education

© 2024, Center for Massage Therapy Continuing Education, LLC  
PO Box 117  
Elk Point, SD 57025  
[www.massagetherapyceu.com](http://www.massagetherapyceu.com)  
Ph: 866-784-5940  
[info@massagetherapyceu.com](mailto:info@massagetherapyceu.com)

Published by the Center for Massage Therapy Continuing Education, LLC

The author grants permission to photocopy this outline for personal use only. Beyond this consent, no portion of this outline may be copied or reproduced in any form without written permission from the Center for Massage Therapy Continuing Education.

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 deep tissue massage.

### **Instructions for the Deep Tissue Massage for Muscular Conditions home study course**

Thank you for investing in the Deep Tissue Massage for Muscular Conditions home study course, an 8 CE hour course designed to further your knowledge in the principles and practice of deep tissue massage for common muscular and neuromuscular disorders in the body. This guide will contain all of the instructions you will need to complete this course. This is an 8 CE hour course, so that means it should take you approximately 8 hours to read the textbook, watch the online videos, and complete the multiple choice exam and course evaluation.

#### **The following are steps to follow in completing this course:**

- 1. Read the text, access the online resources and videos, and review the exam.**
- 2. To access the online resources and videos:**
  - a. Go to <http://evolve.elsevier.com/simancek/deeptissuemassage/>
  - b. Click “Register”
  - c. Scroll down and click “Proceed to Checkout/Redeem”
  - d. Fill out your information. If you already have an Evolve account, you can login. Then under “Tell us about your institution” enter the following information:
    - i. Institution country: United States of America
    - ii. Institution state: South Dakota
    - iii. Institution name: Center for Massage Therapy Continuing Education
    - iv. If it asks for the address it is: PO Box 117, Elk Point, SD, 57025
    - v. Program type: Massage Therapy
    - vi. Year of graduation: Enter the current year (this does not matter or will have no weight on your completion date of the course). Click “Continue”
  - e. Scroll down and click “Submit”
  - f. Click “Get Started” in the middle
  - g. If you get a box that comes up regarding grades, click “Proceed with Caution” (this site is only for viewing the resources and videos, your grading and certificate comes directly from the Center for Massage Therapy CE).
- 3. Access the online examination by logging in to your account at <https://massagetherapyceu.com/login.php>.**
- 4. 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 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 text *Deep Tissue Massage Treatment*, by Jeffrey A. Simancek. There are no trick questions on the exam. All of the answers are clearly found in the text or the videos. It is advised to answer the exam questions in this study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam.

If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or [info@massagetherapyceu.com](mailto: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 Deep Tissue Massage for Muscular Conditions home study course.

# Deep Tissue Massage for Muscular Conditions Exam

## Chapter 1

1. As a modality, deep tissue massage focuses on:
  - A. Addressing the muscular complaints that are rooted in the deeper layers of the musculoskeletal system
  - B. Addressing the muscular complaints that are rooted in the more superficial layers of the musculoskeletal system
  - C. Addressing muscular complaints with massage that uses strong, painful pressure and invasive massage techniques
  - D. Addressing the muscular complaints that are rooted in the feet with energy techniques
2. Which of the following techniques is an example of a sheer force?
  - A. Ischemic compression
  - B. Kneading
  - C. Stripping
  - D. Static stretching
3. When using deep tissue massage, the deeper the tissue is, the \_\_\_\_\_ the movement needs to be.
  - A. Firmer
  - B. Faster
  - C. Slower
  - D. Lighter

## Chapter 2

4. Which of the following client positions is best for assessing posture?
  - A. In a natural, relaxed seated position
  - B. In a natural, relaxed standing position
  - C. In a natural, relaxed supine position
  - D. In a natural, relaxed prone position
5. What is a postural distortion pattern?
  - A. A set of unrelated distortions within the body
  - B. The process of loading and unloading weight in the legs during the act of motion
  - C. A set of questions to ask the client in the initial interview
  - D. A set of interrelated distortions within the body
6. What are functional assessments?
  - A. A way to assess the dynamic posture and coordination during movement
  - B. Methods that assess the body during movements
  - C. The study of how kinetic chains work together to create motion
  - D. Intake forms, such as a medical history

7. What is the normal range of motion for back extension based on goniometric findings?
- A. 25 degrees
  - B. 40 degrees
  - C. 60 degrees
  - D. 80 degrees

### Chapter 3

8. Deep tissue massage:
- A. Builds on the basic massage techniques to reach a specific layer of tissue and outcome
  - B. A specific modality that uses advanced techniques to reach a specific layer and outcome
  - C. Builds on the basic massage techniques to reach the superficial layer of tissue
  - D. A specific modality that uses techniques directed at affecting the body's energy flow
9. Which of the following is a tapotement technique?
- A. Gliding
  - B. Kneading
  - C. Friction
  - D. Percussion
10. Trigger point therapy:
- A. Focuses on structural and postural alignment
  - B. Is a classification of modalities that includes techniques that focus on the fascial connection throughout the body
  - C. Addresses specific areas of hyperirritability located within the muscles and connective tissue
  - D. Uses static and dynamic stretching to improve the overall health of the body

### Chapter 4

11. All of the following are principles of deep tissue massage EXCEPT:
- A. Be cautious of the use of lubricants when going deep
  - B. Focus on the layer you are working and work that layer
  - C. When completing an area of deep massage, quickly withdraw the stroke
  - D. Use the right tool for the right technique
12. Fists can be used to apply:
- A. Compressive strokes or gliding strokes
  - B. Palpation assessment of structures and tissues
  - C. Compression to a specific, defined area of the body
  - D. Kneading and squeezing strokes

### Chapter 5

13. Which of the following are precautionary sites of the neck?
- A. Cervical plexus and the brachial plexus
  - B. Cervical vertebrae 1 through 6
  - C. Carotid artery and jugular vein
  - D. All of the above

14. Which of the following is the focus of the massage session for headaches?
- A. Reducing trigger points, stimulating muscles, creating skeletal imbalances, and decreasing ROM of the neck
  - B. Reducing trigger points, tight muscles, skeletal imbalances, and increasing ROM of the neck
  - C. Increasing trigger points, tight muscles, skeletal imbalances, and increasing ROM of the neck
  - D. Increasing trigger points, tight muscles, skeletal imbalances, and decreasing ROM of the neck
15. All of the following are signs and symptoms of temporomandibular joint (TMJ) disorder EXCEPT:
- A. Clicking
  - B. Normal ROM
  - C. Lock jaw
  - D. Difficulty opening the mouth
16. Which of the following muscles is mainly involved in congenital torticollis?
- A. Pectoralis
  - B. Rhomboid
  - C. Sternocleidomastoid (SCM)
  - D. Occipitalis
17. What is whiplash?
- A. A lateral tilt or contralateral rotation in the head
  - B. A group of disorders that result in compression of the neurovascular bundle in the thoracic outlet
  - C. An injury involving a sudden acceleration and deceleration, which causes hyperextension or hyperflexion of the head and neck
  - D. Vascular-based headaches affecting the vessels surrounding the brain
18. Which of the following techniques work well to address muscular tightness associated with thoracic outlet syndrome?
- A. Myofascial release techniques along with stripping and lengthening strokes
  - B. Vibration techniques along with tapotement and kneading
  - C. Myofascial release techniques along with feather and energy strokes
  - D. Deep compression into the thoracic outlet area

## Chapter 6

19. Which of the following joints in the shoulder is more susceptible to injury?
- A. Sternoclavicular (SC) joint
  - B. Sacroiliac (SI) joint
  - C. Tibiofemoral (TF) joint
  - D. Acromioclavicular (AC) joint

20. When kneading the deltoid muscle, which of the following is the correct direction to work?
- A. Distally to proximally
  - B. Proximally to distally
  - C. Anterior to posterior
  - D. Medially to laterally
21. Which of the following client positions is best to access the belly of the subscapularis?
- A. Seated
  - B. Sidelying
  - C. Prone
  - D. Supine
22. Which of the following muscles form the external rotator cuff?
- A. Supraspinatus, infraspinatus, and teres minor
  - B. Rhomboids, supraspinatus, and infraspinatus
  - C. Levator scapulae, posterior deltoid, and teres major
  - D. Subscapularis, teres minor, and teres major
23. Approximately \_\_\_\_\_% of doctor visits for shoulder pain are due to rotator cuff injuries.
- A. 25%
  - B. 40%
  - C. 60%
  - D. 90%

## Chapter 7

24. Which of the following nerves is most well known for its involvement and association with carpal tunnel syndrome?
- A. Ulnar nerve
  - B. Median nerve
  - C. Radial nerve
  - D. Cubital nerve
25. Which of the following techniques should be used first when addressing clients with epicondylitis?
- A. Skin rolling and myofascial techniques
  - B. General kneading to the forearm muscles
  - C. Deep stripping and friction
  - D. Diagnosing the client's injury
26. Although the carpal tunnel is located in the wrist, the tendons of the \_\_\_\_\_ are most often affected.
- A. Extensor group
  - B. Fingers
  - C. Biceps group
  - D. Flexor group

## Chapter 8

27. Which of the following is a muscle of the superficial layer of the back?
- A. Suboccipitalis
  - B. Intercostalis muscles
  - C. Levator scapulae
  - D. Trapezius
28. Lordosis is a term used to describe:
- A. The inward curves of the spine commonly found in the lumbar and cervical areas
  - B. The outward curves of the spine commonly found in the thoracic area
  - C. A process in which the changes in the function of the body are followed by changes in the structure
  - D. When the natural kyphotic curvature of the back exceeds 40 degrees
29. When performing the hyperkyphosis sequence, the stretching should focus on:
- A. Opening the back cavity
  - B. Opening the chest cavity
  - C. Opening the pelvic cavity
  - D. Closing the chest cavity
30. A client with lower crossed syndrome, which is mostly associated with an anterior tilt in the pelvis, shows signs of:
- A. Lengthening in the quadratus lumborum, longissimus, iliopsoas, and rectus femoris
  - B. Shortening in the pectoralis major and minor, and the biceps femoris
  - C. Shortening in the quadratus lumborum, longissimus, iliopsoas, and rectus femoris
  - D. Lengthening in the trapezius, rhomboids, vastus medialis, and rectus femoris

## Chapter 9

31. The iliotibial (IT) band or tract runs the length of the lateral thigh and also acts as an attachment point for which of the following muscles?
- A. Gluteus minimus and the tensor fascia latae (TFL)
  - B. Gluteus maximus and the tensor fascia latae (TFL)
  - C. Piriformis and quadratus femoris
  - D. Gluteus maximus and the inferior gemellus
32. Which of the following are the two main actions of the hamstrings group?
- A. Knee flexion and hip extension
  - B. Knee extension and hip flexion
  - C. Knee flexion and hip flexion
  - D. Knee extension and hip extension
33. To palpate and work the psoas muscle, what is the entry point?
- A. Approximately 2 inches medial to the anterior superior iliac spine
  - B. Approximately 2 inches medial to the posterior superior iliac spine
  - C. Approximately 1 inch medial to the anterior superior iliac spine
  - D. Approximately 1 inch medial to the posterior superior iliac spine



34. In the prone position, how are the psoas and hip flexors stretched?
- A. With the foot stabilized, flex the knee and hold on to the thigh just above the knee, extend the hip to the point of resistance
  - B. With the pelvis stabilized, extend the knee and hold on to the thigh just above the knee, flex the hip to the point of resistance
  - C. With the knee stabilized, extend the knee and hold on to the thigh just below the knee, flex the hip to the point of resistance
  - D. With the pelvis stabilized, flex the knee and hold on to the thigh just above the knee, extend the hip to the point of resistance
35. In the piriformis sequence, all of the following techniques are recommended to warm the tissues of the posterior hip EXCEPT:
- A. Petrissage
  - B. Compression
  - C. Deep slides
  - D. Stripping strokes
36. In the iliotibial band disorders sequence, deep slides moving from proximal to distal are used to encourage:
- A. Shortening
  - B. The formation of trigger points
  - C. Lengthening
  - D. Warming of the tissues

## Chapter 10

37. Sprains occur when a(n) \_\_\_\_\_ is overstretched or torn.
- A. Ligament
  - B. Musculotendinous unit
  - C. Bone
  - D. Organ
38. Which of the following compartments of the leg is the hardest to access and is the compartment most often involved in acute compartment syndrome cases?
- A. Anterior
  - B. Lateral
  - C. Superficial posterior
  - D. Deep posterior
39. Shin splints, chronic compartment syndrome, and periostitis are \_\_\_\_\_, and myofascial release techniques are the best approach.
- A. Muscular disorders
  - B. Connective-tissue disorders
  - C. Nerve disorders
  - D. Edema disorders

40. Which of the following techniques are recommended when working with plantar fasciitis?
- A. Working with the trigger points and hypertonicity of the soleus and gastrocnemius
  - B. Active and resistive range of motion along with deep slides
  - C. Stripping with the knuckles of the plantar fascia
  - D. All of the above

This completes the Deep Tissue Massage for Muscular Conditions exam.