

Evidence Based Massage Home Study Course

12 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*

Table of Contents

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

Center for Massage Therapy Continuing Education, LLC

© 2024, Center for Massage Therapy Continuing Education, LLC
PO Box 117
Elk Point, SD 57025
www.massagetherapyceu.com
Ph: 866-784-5940 • Fax: 605-761-2261
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 course 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 principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. This course is not meant to teach advanced hands-on massage or spa techniques. Written medical opinions are always the best way to resolve any questions regarding contra-indications to massage therapy.

Instructions for the Evidence Based Massage home study course

Thank you for investing in the Evidence Based Massage home study course, a 12 CE hour course designed to introduce you to the theory and practice of performing evidence based therapeutic massage. This guide will contain all of the instructions you will need to complete this course. This is a 12 CE hour course, so that means it should take you approximately 12 hours to read the textbook and complete the multiple choice exam and course evaluation.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook and exam.**
- 2. Access the online examination by logging in to 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 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 *Evidence-Based Therapeutic Massage*, by Elizabeth Holey and Eileen Cook. Feel free to review the text while completing the exam. There are no trick questions on the exam. All of the answers are clearly found in the text.

If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or 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 Evidence Based Massage home study course.

Evidence Based Massage Exam

Please Note: The authors of the textbook are from the UK so they spell certain words differently such as - practiced is spelled practised and program is spelled programme.

Chapter 1

1. The authors of the textbook define therapeutic massage as:
 - a. The scientific manipulation of the soft tissues of the body, as apart from mere rubbing
 - b. The hand motions practised on the surface of the living body with a therapeutic goal
 - c. The aware and conscious manipulation of the soft tissues of the body for therapeutic purposes
 - d. The manipulation of the soft tissues of the body by a trained therapist as a component of a holistic therapeutic intervention

Chapter 2

2. All of the following are properties of the skin EXCEPT:
 - a. It is the tough, waterproof, external surface of the body known as the integument
 - b. It conveys emotional responses through its vascular changes
 - c. It varies in thickness between 5 and 8-9 mm
 - d. It regulates temperature due to its neurovascular mechanisms and insulating properties
3. Which of the following is the main constituent of connective tissue?
 - a. Fibroblasts
 - b. Collagen
 - c. Plasma cells
 - d. Mast cells
4. Which of the following are factors increasing lymphatic flow?
 - a. Increased capillary pressure
 - b. Increased plasma osmotic pressure
 - c. Reduced interstitial fluid pressure
 - d. Reduced capillary permeability

Chapter 3

5. It is now widely accepted that human touch is _____ for the healthy functioning of the individual.
 - a. A prerequisite
 - b. Not necessary
 - c. Contraindicated
 - d. Recommended
6. When looking at the circulatory effects of massage, as the hands are moved, so the area of increased pressure is moved, creating _____ pressure difference between one area of tissue and another.
 - a. A persistent
 - b. An erratic
 - c. A nonexistent
 - d. A fluctuating

7. Massage has been advocated (Jacobs 1960) for relieving the:
 - a. Muscle trigger point cycle
 - b. Self-perpetuating muscle spasm cycle
 - c. Non-continuing muscle spasm cycle
 - d. Tendon-ligament injury cycle

8. There are many types of physiological reflex, defined in *Mosby's Medical, Nursing and Allied Health Dictionary* as:
 - a. A reflected action, particularly an involuntary action or movement
 - b. A reproduced action, particularly a voluntary action or movement
 - c. A compulsive action, particularly an involuntary action or movement
 - d. A forced action, particularly a voluntary action or movement

9. According to Korr's theory, all neuronal components within a single vertebral segment may become _____ by abnormal activity or irritation in any of the individual components.
 - a. Calmed
 - b. Hypoactive
 - c. Facilitated
 - d. Painful

Chapter 4

10. All of the following are local, pathological factors to consider when performing massage EXCEPT:
 - a. Inflammation
 - b. Healing
 - c. Oedema
 - d. Adverse neural dynamics

11. Which of the following is a symptom of inflammation?
 - a. Redness
 - b. Swelling
 - c. Pain
 - d. All of the above

12. In which of the following situations could massage be ineffective or exacerbate the swelling?
 - a. In the presence of deep vein thrombosis
 - b. Insufficiency of the lymphatic system
 - c. Long standing oedema
 - d. Swelling due to arthritis

13. The slower type of pain can be felt as:
 - a. Sharp
 - b. Prickling
 - c. Aching
 - d. All of the above

14. All of the following are absolute contraindications to massage EXCEPT:
- Open wounds
 - Tension headaches
 - During early stages of healing
 - Over areas of acute inflammation

Chapter 5

15. A well-developed manual sensitivity is important for:
- Examining and assessing tissues
 - Modifying techniques to different tissues and tissue layers
 - Adapting techniques to suit an individual's tissues
 - All of the above
16. To palpate effectively:
- Use the tips of the fingers
 - Use the pads of the fingers
 - Use the forearms
 - Use the tip of the elbow

Chapter 6

17. What is clinical decision-making?
- A one-time event that begins before treatment, is applied and maintained through the treatment programme in an ongoing evaluation of its effects, and is not changed
 - A one-time event that happens once the treatment is over, leading to any necessary adaptation at the next treatment
 - A continuous event that begins before treatment, is applied and maintained through the treatment programme in an ongoing evaluation of its effects, leading to any necessary adaptation
 - A continuous event that begins after the first treatment, monitors the changes noted by the client, leading to no adaptations in future sessions
18. All of the following are goals that may be identified for which massage may be useful EXCEPT:
- Reducing muscle spasm
 - Increasing general circulation
 - Increasing feelings of stress
 - Enhancing sense of self

Chapter 7

19. Which of the following is a point for massage without a lubricant?
- Massage can be applied more deeply in the tissues
 - Friction on the skin is reduced
 - Fragile skin is protected from being stretched
 - The gliding effect of some massage manipulations is enhanced

20. When using essential oils in massage, which of the following is the correct approximate guide to use?
- 1-3 drops of essential oil in 30 ml carrier oil
 - 3-12 drops of essential oil in 30 ml carrier oil
 - 10-15 drops of essential oil in 30 ml carrier oil
 - 15-18 drops of essential oil in 30 ml carrier oil
21. Which of the following is a principle to adhere to regarding patient positioning and draping?
- The patient must be comfortable and warm
 - The body part to be massaged and the joints distal and proximal to it should be supported
 - Extra supplies of linen, pillows, blankets and towels should be nearby in case they are needed
 - All of the above
22. Which of the following is a purpose of petrissage?
- To stretch muscle fibres passively
 - To increase mobility and length to fibrous tissue
 - To sedate
 - To decrease muscle tone
23. Rolling of small muscles and superficial tissue is performed with the:
- Pads of the fingers and thumbs
 - Whole of the hands
 - The broad surface of the forearm
 - The elbow
24. All of the following are purposes of friction EXCEPT:
- To stimulate local circulation
 - The aid removal of chemical irritants
 - To decrease mobility between tissue interfaces
 - To restore mobility to specific anatomical structures
25. Heavy tapotement penetrates to deeper layers and should never be used over:
- Nerves
 - Bones
 - Muscles
 - Organs
26. Vibration is performed with:
- One hand
 - The forearm
 - The elbow
 - Both hands

27. Which of the following is a feature of deep transverse frictions?
- Must be applied at 90 degrees to the direction of the fibres, across the structure
 - Must take the tissues through their full sweep, i.e. to their end-feel
 - The skin must move with the therapist's fingertips
 - All of the above

Chapter 8

28. Where are the lymph glands located in the upper limb: the arm?
- In the carpal fossa at the front of the elbow and in the axilla
 - In the cubital fossa at the front of the elbow and in the axilla
 - In the lateral fossa at the front of the elbow and in the palm
 - In the epicondyle fossa at the front of the elbow and in the axilla
29. Which of the following patient positions is recommended for working on the lower limb: the leg and foot?
- Lying prone
 - Lying supine
 - Sidelying
 - Standing
30. Where do the lymph glands drain in the lower back?
- The axilla
 - Anterior triangle of the neck
 - The groin
 - All of the above
31. In the neck, deep massage should be avoided at the:
- Anterior aspect of the neck
 - Posterior aspect of the neck
 - Lateral aspect of the neck
 - Calcaneal aspect of the neck
32. Which of the following patient positions is recommended for working on the abdomen?
- Prone
 - Sidelying
 - Standing
 - Supine
33. If a client is experiencing acute neck pain when performing whole-hand kneading of the paravertebral muscles of the neck, how can you support the patient's head?
- Lift the head using a pillow on the therapist's lap
 - Support the head using a wedge on the therapist's forearms
 - Support the head on a pillow on the therapist's lap
 - Use one hand to support the neck at all times

34. All of the following are major muscles of the face EXCEPT:
- a. Procerus
 - b. Trapezius
 - c. Occipitofrontalis
 - d. Temporalis

Chapter 9

35. Connective tissue manipulation (CTM) is a soft tissue manipulative therapy which is, conceptually, a:
- a. Reflex therapy
 - b. Energy therapy
 - c. Relaxation massage
 - d. Cognitive therapy
36. Which of the following types of patients may benefit from CTM?
- a. Those with scarring or shin splints
 - b. Those with hormonal problems
 - c. Those with intractable nerve root pain
 - d. All of the above
37. In the subcutaneous (unterhaut) technique, small pushing movements are made in a _____ direction?
- a. Cephalad
 - b. Caudal
 - c. Medial
 - d. Lateral
38. Which of the following is a feature of myofascial release?
- a. Passive stretching along the direction of the muscle fibres is followed by a hold, until release is felt and the process is repeated until there is no further release
 - b. Active stretching along the direction of the muscle fibres is followed by a compression, until release is felt and the process is repeated until there is no further release
 - c. Assisted stretching along the direction of the muscle fibres is followed by a hold, until release is felt and the process is repeated three times
 - d. Isometric stretching across the direction of the muscle fibres is followed by a compression, until release is felt and the process is repeated twice
39. Which of the following is a purpose of segmentmassage?
- a. To produce a sympathetic reaction, promoting nerve stimulation and excitability
 - b. To influence other functions or structures within the same spinal segment and to stimulate cutaneovisceral reflexes
 - c. To increase pain
 - d. To reduce circulation

40. All of the following are considered bioenergy therapies EXCEPT:
- Acupuncture
 - Acupressure
 - Swedish massage
 - Shiatsu
41. In acupressure, it is generally recommended that local acupoints be pressed for up to:
- 1 minute
 - 2 minutes
 - 3 minutes
 - 4 minutes
42. Where is acupoint Ki 3 located?
- In the depression distal to the base of the fourth and fifth metatarsals
 - Midway between the Achilles tendon and the tip of the medial malleolus
 - At the highest point of vastus medialis, 2 cun proximal to the upper border of the patella
 - Middle of elbow crease on medial side of biceps brachii tendon
43. Which of the following is acupoint St 44 indicated for?
- Headache
 - Knee pain
 - Wrist pain
 - Stress
44. Reflextherapy or reflexology is a therapy in which:
- There are 12 major channels (meridians) of the body in which chi (energy or life force) circulates and the therapist uses the pad of the finger or the thumb to apply pressure
 - General relaxation massage is performed using basic strokes such as effleurage and petrissage
 - Each area of the body is represented by zones on the feet and that the feet can be used as a diagnostic tool to uncover imbalances
 - Trigger points within muscle tissue that refer pain to other areas of the body are identified and treated by applying static compression

Chapter 10

45. Prolonged stress may result in raised levels of _____, which can have further harmful effects, such as decreased immunity and hypertension.
- Endorphins
 - Oxytocin
 - Oxygen
 - Cortisol
46. Which of the following is a stress-related disease or condition related to the central nervous system?
- Stroke
 - Insomnia
 - Ulcers
 - Asthma

47. In a full body sedative massage, strokes should be:
- Moderate to deep in pressure and performed quickly and rhythmically
 - Light to moderate in pressure and performed quickly and sporadically
 - Light to moderate in pressure and performed slowly and rhythmically
 - Moderate to deep in pressure and performed slowly and sporadically

Chapter 11

48. According to a study by Stephenson et al 2000, there is evidence that a _____ can have a significant effect on perceptions of pain, nausea and relaxation.
- 10-minute face massage
 - 10-minute hand massage
 - 10-minute head
 - 10-minute foot massage
49. All of the following are aims of manual lymphatic drainage EXCEPT:
- To inhibit lymphatic drainage and to clear proximal lymphotomes
 - To open up superficial collateral lymphatic vessels
 - To facilitate lymph removal by opening up the flaps in the vessel walls
 - To stretch and assist in the reabsorption of fibrous tissue
50. The techniques in manual lymphatic drainage should be:
- Extremely deep
 - Extremely light and superficial
 - Directed away from lymph glands
 - Moderate in pressure and rhythmic

Chapter 12

51. Which of the following are factors that can contribute to the original causative factor of musculoskeletal problems and, in some cases, one can lead to another?
- Mechanical and/or postural
 - Occupational and/or traumatic
 - Surgical and/or disease
 - All of the above
52. All of the following are ways a myofascial trigger point may be deactivated EXCEPT:
- Ultrasound
 - Direct pressure
 - 'Milking' massage technique
 - Pain relievers
53. Massage in acute back pain should aim to:
- Stretch shortened tissue
 - Reduce oedema
 - Mobilise adhesions and tissue interfaces
 - Increase muscle spasm

Chapter 13

54. What is sports massage?

- a. A combination of soft tissue mobilising techniques integrated and applied to the athlete to enhance the positive benefits of physical performance and to minimize the negative effect of the physical stress of training and competition
- b. A combination of soft tissue mobilising techniques integrated and applied to the athlete to minimise the positive benefits of physical performance and to enhance the negative effect of the physical stress of training and competition
- c. A combination of soft tissue mobilising techniques integrated and applied to the athlete to enhance the positive benefits of physical performance and to improve the positive effect of the psychological stress of training and competition
- d. A combination of energy techniques integrated and applied to the athlete to enhance the positive benefits of physical performance and to minimize the negative effect of the physical stress of training and competition

55. Which of the following is a reason an athlete at a major competition may present for massage?

- a. As part of their routine maintenance
- b. As part of their warm-up routine
- c. To aid recovery between bouts of activity
- d. All of the above

56. When does an intermuscular haematoma form?

- a. When a direct blow to the muscle causes disruption of the fascia surrounding the traumatized muscle fibres, allowing bleeding to occur freely between and around neighbouring tissues
- b. When a direct blow to the muscle causes a significant crush injury to the muscle fibres but the fascial sheath surrounding the muscle remains intact, allowing bleeding to build up within the muscle being unable to escape
- c. When a direct blow to the muscle causes disruption of the fascia surrounding the traumatized muscle fibres, allowing bleeding to build up within the muscle being unable to escape
- d. When a direct blow to the muscle causes a significant crush injury to the muscle fibres but the fascial sheath surrounding the muscle remains intact, allowing bleeding to occur freely between and around neighbouring tissues

57. Cools et al (2003) reports that chronic shoulder pain is probably the most common upper extremity problem in athletes involved in:

- a. Running sports
- b. Overhead sports
- c. Water sports
- d. Propelling sports

Chapter 14

58. Which of the following is an approach that can be taken to help an individual cope with pain?

- a. Whole body massage
- b. Local Swedish massage
- c. Reflex techniques
- d. All of the above

59. Which of the following is a local stroke that may be useful to stretch and mobilise the tissues in treatment of work-related problems?
- a. Effleurage
 - b. Wringing
 - c. Friction
 - d. Acupressure
60. All of the following are ways in which massage is being used with babies EXCEPT:
- a. In premature baby units
 - b. In babies with acute infections
 - c. In baby massage classes
 - d. In private massage sessions

This completes the Evidence Based Massage exam.