

Hydrotherapy for Massage Therapists Home Study Course

20 CE Hours
Online Study 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 principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. Always have your client consult a physician for diagnosis before treating any medical condition. Written medical opinions are always the best way to resolve any questions regarding contraindications to massage therapy.

Instructions for the Hydrotherapy for Massage Therapists Home Study Course

Thank you for investing in the Hydrotherapy for Massage Therapists home study course, a 20 CE hour course designed to further your knowledge in the principles and practices of using hydrotherapy in your massage practice. The following will give instructions on what you will need to do to complete this course. This is a 20 CE hour course, so that means it should take you approximately 20 hours to complete this course in its entirety.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the text and exam.**
- 2. Access the online examination in your account. To do that, go to www.massagetherapyceu.com. Click on the student login link on the top left and enter your information. Once logged in you will see your course in your member area.**
- 3. Access the online video bank by following this link: <https://www.youtube.com/playlist?list=PLnvS9HaUaKtZL7VE8attf7UxSSXkcNAC2>. There are approximately 5 hours of online video clips available demonstrating different hydrotherapy and spa treatments.**
- 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 and you can save your answers and return at a later date if needed. This course uses the textbook *Modern Hydrotherapy for the Massage Therapist*, by Marybetts Sinclair. 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. It is advised to answer the exam questions in the study guide before testing online.

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 Hydrotherapy for Massage Therapists home study course.

Hydrotherapy for Massage Therapists Exam

Chapter 1: Introduction to Hydrotherapy

1. Water is made up of:
 - A) 4 parts hydrogen, 1 part oxygen
 - B) 1 part carbon, 1 part oxygen, 2 parts hydrogen
 - C) 2 parts hydrogen, 1 part oxygen
 - D) 1 part hydrogen, 2 parts oxygen
2. Queen Elizabeth promoted the bathing industry because she:
 - A) Experienced the benefits of hydrotherapy for herself and her staff
 - B) Enjoyed the spoils of the travel industry it spurred in Bath, England
 - C) Employed hydrotherapists in addition to massage therapists
 - D) Thought people were plotting against her when they traveled abroad to visit health resorts
3. In France, hot spring water containing radium was considered beneficial for:
 - A) Blood vessel problems
 - B) Thyroid disorders
 - C) Skin conditions
 - D) "Nerves"
4. During the 1918 influenza pandemic, high fevers accompanied by delirium, restlessness, and insomnia were treated with:
 - A) Hot baths
 - B) Wet-sheet packs
 - C) Cold-mitten friction
 - D) Steam baths
5. Contrast treatments of the chest were routinely given after surgery to:
 - A) Prevent pneumonia
 - B) Stimulate circulation
 - C) Increase appetite
 - D) Calm nerves
6. Extremely hot fomentations, one every 30 minutes over affected areas, were used in the treatment of polio to:
 - A) Help the patients relax and rejuvenate
 - B) Help relieve pain and loosen muscles
 - C) Treat fevers
 - D) Battle infections

7. Which of the following is not likely to be used by a practitioner of sports massage?
- A) Local hot packs
 - B) Ice massage
 - C) Contrast baths
 - D) Brand bath

Chapter 2: The Science of Water

8. An 80-pound person will displace how much water?
- A) None
 - B) 2.5 gallons
 - C) 5 gallons
 - D) 10 gallons
9. When water cools it:
- A) Gives off a lot of heat
 - B) Becomes ice
 - C) Gives off a lot of cold
 - D) Absorbs “latent heat”
10. The transfer of heat by direct contact of one heated or cooled substance with another is known as:
- A) Convection
 - B) Evaporation
 - C) Conduction
 - D) Condensation
11. Water droplets on the on the outside of a glass that is very cold is an example of:
- A) Convection
 - B) Radiation
 - C) Conduction
 - D) Condensation
12. Water makes up at least what proportion of the human body?
- A) One-fourth
 - B) One-third
 - C) One-half
 - D) Two-thirds
13. Symptoms of dehydration can include all the following EXCEPT:
- A) Thirst
 - B) Lethargy
 - C) Dry mouth
 - D) Increased appetite

14. Drinking water which flows through old household plumbing fixtures may have:
- A) Hard water
 - B) A high lead and copper content
 - C) A high phthalate content
 - D) A low lead and copper content

Chapter 3: Effects of Hydrotherapy

15. Hydrotherapy affects many of the body's systems. Which of the following is not one of the primary systems affected?
- A) Circulatory system
 - B) Integumentary system/skin
 - C) Nervous system
 - D) Urinary system
16. Which of the following sensations are not detected by the mechanical receptor in the skin?
- A) Deep pressure
 - B) Heat-pain
 - C) Tiny changes in pressure
 - D) Light touch
17. Signs that a client has been in a cold shower too long may include:
- A) Rapid heart rate
 - B) Lucid thinking
 - C) A prolonged sensation of warmth
 - D) Shivering and pale skin
18. Compared with local heat treatment, local cold treatment:
- A) Penetrates more deeply
 - B) Penetrates less deeply
 - C) Is easier for the client to tolerate
 - D) Is used to treat chronic pain
19. Contrast treatments are best indicated for a patient with:
- A) Chronic inflammation
 - B) Psychosomatic illness
 - C) Skin conditions
 - D) Poor circulation
20. Applying friction during a cold bath will:
- A) Produce a warming sensation
 - B) Speed body cooling
 - C) Decrease edema
 - D) Loosen congestion

21. Which of the following is not considered a chemical treatment?
- A) An oatmeal bath
 - B) Steam inhalation with essential oils
 - C) A capsaicin compress
 - D) A salt glow

Chapter 4: Preparing to Give Hydrotherapy Treatments

22. Which of the following does not need to be done after a massage session?
- A) Sanitize all surfaces that come into contact with client's skin
 - B) Throw away substances, such as Epsom salts, that were removed from their containers with a spoon
 - C) Send home remaining substances with clients
 - D) Wash linens in hot water and dry them using heat
23. A client with a small body size:
- A) Is more likely to become chilled by exposure to cold
 - B) Has highly sensitive skin
 - C) Is more likely to become overheated from a whole-body heat treatment
 - D) Tends to prefer gentler treatments
24. Asthmatics should never:
- A) Be treated with whole-body heat treatments
 - B) Be treated with moist heat
 - C) Exit a sauna into warm, humid air
 - D) Move from a warm treatment into cold room air
25. Which of the following is most likely to have no contraindications to hydrotherapy treatments?
- A) HIV patient
 - B) Cancer patient
 - C) Sedentary patient
 - D) Diabetic patient
26. All of the following are safety precautions that should be observed during hydrotherapy treatments EXCEPT:
- A) Exercise caution when handling hot packs, using metal tongs or gloves, so your hands are not burned
 - B) If a client has had a massage before going into a hot tub, steam room, or sauna, he or she should wash off the massage oil or lotion thoroughly before going in
 - C) To prevent chilling, make sure that clients are wrapped in a towel or dry clothing as soon as they get out of a bath or other whole body immersion
 - D) To prevent burns, saunas should always have a metal railing or fence around the heater

27. All of the following are basic guidelines for hydrotherapy EXCEPT:
- A) Check the temperature of hot or cold applications before putting them on your client's skin
 - B) While you are giving the hydrotherapy treatment, explain to the client what you are doing and why
 - C) During treatments, leave the client alone so they can relax
 - D) Never start or end treatment with a chilled client

Chapter 5: Hot Packs, Fomentations, and Compresses: Local Heat Applications

28. Local heat is a good technique for all the following EXCEPT:
- A) Muscle spasm
 - B) Active trigger points
 - C) Swelling and inflammation
 - D) Muscle soreness following deep massage
29. Local heat is contraindicated for all the following EXCEPT:
- A) Diabetic neuropathy
 - B) Poor local circulation
 - C) Malignancy
 - D) Skin rashes
30. Which of the following is not a characteristic of a hot silica gel pack?
- A) They don't conform to body curves as well as fomentations or hot compresses
 - B) They can raise the temperature of the skin as much as 20 degrees F
 - C) Can be applied underneath the body
 - D) They are easy to heat up and apply to the client
31. A therapist decides to heat towels over boiling water, wring them out, and apply them to a client's back. This is an example of:
- A) A hot silica gel pack
 - B) A whole-body heat treatment
 - C) A hot fomentation
 - D) A hot steam treatment
32. Which of the following is an advantage to using a hot compress over a silica gel pack or fomentation?
- A) Hot compresses use a more intense, moist heat than silica gel packs
 - B) Hot compresses use a more intense, moist heat than hot fomentations
 - C) Hot compresses may be easily made and applied with simple items
 - D) Hot compresses can't be easily made and applied with simple items

33. Which of the following will hold intense heat for the longest time?
- A) Silica gel pack
 - B) Electric heating pad wrapped in a towel
 - C) Hot water bottle
 - D) Hot compress wrapped in plastic and a towel
34. All the following are proper times to remove a hot mustard plaster treatment EXCEPT:
- A) After 20 minutes
 - B) When the skin is very red
 - C) When the skin is barely pink
 - D) When the client describes an stinging or burning sensation
35. A good pretreatment to treating tight, fibrous tissue with massage is a(n):
- A) Castor oil pack
 - B) Cold local shower
 - C) Neutral bath
 - D) Flat plastic water bottle filled with tepid water
36. The combination treatment uses:
- A) A contrast treatment to the chest using a hot fomentation and ice rub combined with a hot fomentation to the back and a hot footbath
 - B) A contrast treatment to the chest using a hot compress and ice rub combined with a mustard plaster to the back and a hot footbath
 - C) A contrast treatment to the chest using a hot water bottle and ice rub combined with a hot fomentation to the back and a cold footbath
 - D) A contrast treatment to the chest using a mustard plaster and ice rub combined with a castor oil pack to the back and a cold footbath

Chapter 6: Cold Packs, Compresses, and Ice Massage: Local Cold Applications

37. Local cold can be a good treatment for all the following EXCEPT:
- A) Chronically stiff or spastic muscles
 - B) Chronic or acute low back pain
 - C) Muscle strains and contusions during the first 48 hours
 - D) Wounds that are not completely healed
38. Local cold is contraindicated without a doctor's permission for all the following EXCEPT a(n):
- A) Cold client
 - B) Client with poor circulation
 - C) Area of a client's body where there is a malignancy
 - D) Overheated client

39. Which of the following does not describe a cold silica gel pack?
- A) Has a washable vinyl cover
 - B) Cools tissues faster than an ice application
 - C) Is safe for client to lie on
 - D) Requires only 2 hours in a freezer to prepare it for use
40. Which of the following locations is contraindicated for placement of an ice pack?
- A) Forehead
 - B) Eyes
 - C) Chest
 - D) Thighs
41. All of the following are advantages of using a flat plastic water bottle for cooling the tissues EXCEPT:
- A) It is inexpensive and fairly low tech
 - B) It reduces the temperature of the tissues much faster than other applications
 - C) It is safe to lie on
 - D) It can be combined with various heat applications
42. The benefits of ice massage include all the following EXCEPT:
- A) Water to make ice can be combined with herbs, essential oils, and other chemical treatments
 - B) It provides slow cooling and easy to tolerate
 - C) It can be done by the client as a self-treatment
 - D) It cools tissue more quickly than ice packs or ice bags
43. Which of the following does not affect the amount of time needed for ice massage to be effective?
- A) Thickness of the area to be cooled
 - B) Proximity of the area to the body surface
 - C) Size of the client's body
 - D) Darkness of the client's skin
44. What are compresses?
- A) A method of cooling the tissue using an ice cube or a chunk of ice applied to the skin
 - B) A flat plastic water bottle filled with hot or cold water
 - C) A cold gel pack filled with a combination of water and various additives to form a gel which remains flexible even when it is frozen
 - D) Cloths that are soaked in water or another substance, wrung out, and applied to various parts of the body

Chapter 7: Immersion Baths

45. All of the following are benefits for massage therapists of partial body baths EXCEPT:
- A) They are inexpensive and require only basic equipment
 - B) They may be used for a variety of clients and situations
 - C) They are simple, safe home treatments for your clients
 - D) They are expensive and require elaborate equipment
46. Hot foot baths are an excellent treatment for:
- A) Insomnia
 - B) Edema
 - C) Hot, burning feet
 - D) An overheated client
47. Cold leg baths are:
- A) Comforting and soothing
 - B) Effective for temporarily increasing leg muscle strength
 - C) A good treatment for diabetic neuropathy
 - D) Effective at bedtime to help clients sleep
48. Blood flow to the legs is likely to be highest after which of the following treatments?
- A) Contrast leg bath
 - B) Hot foot bath
 - C) Cold leg bath
 - D) Epsom salts leg bath
49. A neutral bath is a good option for treating:
- A) Depression and anxiety
 - B) A chilled patient before a massage
 - C) Circulatory problems
 - D) Severe musculoskeletal pain
50. Adding oatmeal, sea salts, baking soda, and Epsom salts to a warm bath is generally used for:
- A) Varying or expanding the therapeutic effects of a standard bath
 - B) Varying or decreasing the therapeutic effects of a standard bath
 - C) Treating open wounds
 - D) Stiff muscles
51. A stainless steel whole-body whirlpool is generally used for all of the following EXCEPT:
- A) Posttraumatic pain
 - B) Chronic orthopedic trauma
 - C) Acute edema
 - D) Acute muscle spasm

Chapter 8: Hot Air Baths

52. People can tolerate the high temperature of a sauna because:
- A) The air is dry
 - B) The evaporation of sweat causes a cooling effect
 - C) Intake and outlet vents circulate the air and keep humidity low
 - D) All the above
53. All of the following are directions to give your client before entering the sauna EXCEPT:
- A) Do not eat for at least an hour before you go in the sauna
 - B) After vigorous exercise, enter the sauna immediately to keep your core temperature up
 - C) Drink a glass of water before entering the sauna and another glass or two more during and after the sauna
 - D) Stay in the sauna for 10 to 15 minutes, until you are perspiring freely, but do not stay too long
54. The humidity inside a steam bath is:
- A) 25%
 - B) 50%
 - C) 75%
 - D) 100%
55. Steam baths are excellent for:
- A) A pregnant client with edema
 - B) Client who has just eaten a large meal
 - C) Relieving many kinds of musculoskeletal pain
 - D) A client with congestive heart failure
56. Compared with a steam room, a steam canopy offers which of the following advantages?
- A) Simplicity
 - B) The client can remain on the massage table
 - C) Uses little electricity and only a few cups of water
 - D) All the above
57. Which of the following essential oils can be added to the steam room to help people with respiratory problems?
- A) Lavender or primrose
 - B) Peppermint or spearmint
 - C) Eucalyptus or lavender
 - D) Eucalyptus or peppermint

58. Before sauna or steam treatments, clients should do all of the following EXCEPT:
- A) Avoid eating for at least one hour
 - B) Let their bodies cool after vigorous exercise
 - C) Avoid drinking water
 - D) Avoid the treatment altogether if lightheaded or dehydrated

Chapter 9: Showers

59. All the following are general cautions for shower treatments EXCEPT:
- A) Never use showers directly over implanted devices
 - B) Never begin a cold shower with a client who is chilled
 - C) Monitor water temperature with a thermometer rather than by the client's own preference for hot and cold, even if the client screams
 - D) Use less extreme temperatures for clients who may not be able to sense hot and cold normally
60. A contrast chest shower is indicated for all the following conditions EXCEPT:
- A) Cardiac problems
 - B) Poor circulation in the chest
 - C) Subacute rib sprain
 - D) Healed rib fracture
61. A cold chest shower is contraindicated for all the following EXCEPT a client who:
- A) Has cardiac problems
 - B) Has a cardiac pacemaker
 - C) Is chilled
 - D) Has an acute pectoral or intercostal strain
62. A hot abdominal shower can be used for all the following conditions EXCEPT:
- A) Atonic constipation
 - B) Chronic tension of abdominal muscles
 - C) Menstrual pain
 - D) Postpartum discomfort after 24 hours
63. A contrast arm shower is appropriate for a client with:
- A) Lymphedema in arm
 - B) Raynaud disease
 - C) Poor circulation in arms or hands
 - D) Acute fracture of arm bone
64. A hot leg shower could be used to treat all the following conditions EXCEPT:
- A) Aching muscles from exercise
 - B) Migraine headache
 - C) Chronic tension in leg muscles
 - D) Loss of sensation in the legs

65. How much time is needed to perform a contrast shower?
- A) 30 minutes
 - B) 15 minutes
 - C) 10 minutes
 - D) 5 minutes

Chapter 10: Body Wraps

66. Historically, wet sheet wraps have been used to treat all the following EXCEPT:
- A) Influenza
 - B) Pneumonia
 - C) Toxicity from drug or alcohol addiction
 - D) Muscle weakness
67. A moist blanket wrap is not recommended for:
- A) Warming of a chilled client before massage
 - B) Chronic muscle or joint pain
 - C) Heart conditions or hypertension
 - D) Sciatica
68. The dry sheet wrap consists of:
- A) A cotton blanket wrung out in 110 degree F water and additional blankets to cover it plus external warming devices applied over the wrap
 - B) A cotton blanket wrung out in 50 degree F water and additional blankets to cover it plus external warming devices applied over the wrap
 - C) Two blankets and a sheet, with external warming devices placed under the sheet and directly on the client's skin
 - D) Two blankets and a sheet, with external warming devices placed on top of a client's wrapped body
69. During the final stage of a cold wet sheet wrap, a client:
- A) Becomes very cold
 - B) Experiences a calming neutral effect similar to a neutral bath
 - C) Becomes increasingly irritable
 - D) Sweats profusely
70. Body wraps may be combined with all the following treatments EXCEPT:
- A) Cold footbath
 - B) Salt glow
 - C) Full-body bath
 - D) Sauna

Chapter 11: Friction Treatments

71. The cold mitten friction is:
- A) A friction treatment performed on the bare skin by rubbing it with moistened salt
 - B) A whole-body friction performed with a terry cloth mitt or wash cloth dipped in cold water
 - C) A friction technique using a dry brush applied to the skin surface
 - D) All of the above
72. A cold mitten friction treatment for an overheated client should not include which of the following steps?
- A) Wringing out the cold mitten or cloth
 - B) Covering the parts of the body that are not having friction applied to them
 - C) Asking the client to inhale deeply as friction is applied
 - D) Drying the area completely
73. Which of the following should not be used for a salt glow?
- A) Table salt
 - B) Sea salt
 - C) Kosher salt
 - D) Dead Sea salt
74. Which of the following is not an effect from a salt glow treatment?
- A) Smooth skin
 - B) Relaxed superficial muscles
 - C) Improved circulation to skin
 - D) Moistened skin
75. For which of the following would a salt glow be contraindicated?
- A) Damaged skin
 - B) Skin that is recently shaved
 - C) Skin rashes
 - D) All the above
76. All of the following are indications for a whole-body salt glow EXCEPT:
- A) A client with poor circulation
 - B) Stimulation of the skin and muscles before a massage
 - C) Using it as a general tonic
 - D) Open, infected, or damaged skin
77. A _____ complements the toning action of dry brushing.
- A) Contrast shower
 - B) Cold footbath
 - C) Sauna
 - D) Steam bath

78. All of the following are indications for dry brushing EXCEPT:
- A) Skin stimulation
 - B) Individuals who are bedridden
 - C) Advanced varicose veins
 - D) Individuals who have reduced sensation

Chapter 12: Hydrotherapy Self-Treatments for Health and Wellness

79. In order for self-treatments to be effective the treatments in chapter 12 must be performed:
- A) Several times a week or even daily
 - B) Two times a week
 - C) Once a week
 - D) Once a week to once every other week
80. Which of the following is an example of detoxification using whole body heating?
- A) The use of contrast showers to treat the rescue workers who responded to the destruction on the World Trade Center in New York City on Sept. 11, 2001
 - B) The use of cold mitten friction to treat the rescue workers who responded to the destruction on the World Trade Center in New York City on Sept. 11, 2001
 - C) The use of salt glows to treat the rescue workers who responded to the destruction on the World Trade Center in New York City on Sept. 11, 2001
 - D) The use of saunas to treat the rescue workers who responded to the destruction on the World Trade Center in New York City on Sept. 11, 2001
81. What is the recommended duration and frequency for a sauna treatment?
- A) 5-10 minutes every day
 - B) 15-30 minutes every day
 - C) 5-10 minutes two or three times per week
 - D) 15-30 minutes two or three times per week
82. All of the following are benefits of a whole-body tonic treatment EXCEPT:
- A) Boosts immunity
 - B) Affects basal metabolic rate
 - C) Decreases tolerance to both cold and heat
 - D) Stimulates healthy functioning of blood vessels
83. All of the following are common symptoms of poor circulation EXCEPT:
- A) Warm hands and feet
 - B) Cold hands and feet
 - C) Poorly healing scrapes
 - D) Poorly healing cuts

84. Which of the following is a local hydrotherapy treatment that can help massage therapists prevent repetitive strain injuries?
- A) Epsom salt hand bath
 - B) Iced compress using gloves for tired, aching, or inflamed hands
 - C) Heat-trapping compress for the hands or arms
 - D) All the above

Chapter 13: Hydrotherapy and Massage for Musculoskeletal Injuries

85. Which of the following is not considered a traumatic musculoskeletal injury?
- A) Sore hip from a fall
 - B) Broken arm from a car accident
 - C) Strained shoulder after a collision with another player in a baseball game
 - D) Athlete's foot
86. Hydrotherapy has many benefits for treating amputations. Which of the following is not one of them?
- A) Treats “phantom pain”
 - B) Improves tolerance for any tactile stimulation on the stump
 - C) Softens adhesions
 - D) Relieves discomfort and tension in related muscles, which may be compensating for a change in the person's movements
87. When a dislocated shoulder is no longer immobilized, hydrotherapy and massage techniques can be used for what purposes?
- A) Relieve pain
 - B) Improve circulation
 - C) Increase range of motion and muscle strength
 - D) All the above
88. As part of treating a fractured left foot that was in a cast, a massage therapist uses contrast baths to the right foot. What physiological response does the contrast arm bath elicit?
- A) Reduced fatigue for the compensatory muscles
 - B) Contralateral reflex effect leading to increased circulation in the left foot
 - C) Pain relief for referred pain
 - D) Increased range of motion for the right foot
89. A client strained her low back muscles a month ago while moving a heavy box. Which technique is a massage therapist least likely to select to treat the client's back today?
- A) Castor oil pack application
 - B) Hot, moist application
 - C) Ice massage
 - D) Mustard plaster

90. A baseball player with a rotator cuff injury he sustained this afternoon is coming for a massage session. Which technique are you most likely to employ?
- A) Castor oil pack application
 - B) Hot moist application
 - C) Ice massage
 - D) Mustard plaster
91. Compared with normal skin cells, scar tissue cells are all of the following EXCEPT:
- A) Denser
 - B) Have fewer blood vessels supplying them
 - C) Do not contain sweat glands or hair follicles
 - D) More resistant to ultraviolet radiation
92. Using an Epsom salts bath to treat a runner's sore legs after a marathon helps promote all the following EXCEPT:
- A) Increased circulation to sore muscles
 - B) Help relieve swelling and pain
 - C) Cooling of an overheated athlete
 - D) Help the muscles repair themselves
93. During the subacute phase of a muscle sprain, which of the following treatments is least likely to be helpful?
- A) Circulatory massage
 - B) Deep friction
 - C) Ice packs
 - D) Trigger point massage
94. During the subacute phase of whiplash which of the following treatments is least likely to be helpful?
- A) Neck exercise performed in a hot shower
 - B) Contrast treatment for the neck
 - C) Cold mitten friction
 - D) Trigger point massage

Chapter 14: Hydrotherapy and Massage for Non-Injury Conditions

95. All of the following are factors that can contribute to the development of osteoarthritis EXCEPT:
- A) Repetitive stress
 - B) Aging
 - C) Heredity
 - D) Muscle strength

96. Which of the following is not recommended for arthritis?
- A) Cold local bath followed by massage
 - B) Paraffin treatment followed by massage
 - C) Mustard plaster followed by massage
 - D) Contrast local bath followed by massage
97. Which of the following whole-body treatments is recommended for a client suffering from rheumatoid arthritis?
- A) Cold mitten friction performed before a massage
 - B) Steam bath for 20 minutes prior to performing a massage
 - C) Intense ice massage on the joints of the body
 - D) Silica gel cold pack on the client's back during the massage
98. Which treatment aggravates dry skin?
- A) Whole-body honey wrap
 - B) Salt glow without moisturizing of the skin afterward
 - C) Moisturizing wrap with wheat germ oil
 - D) Whole-body oil application after warm shower
99. A client arrives for a massage experiencing cramps associated with her menstrual period. Which technique might be helpful to this client before the massage?
- A) Flat plastic hot water bottle filled with warm water and placed underneath the lower back, and a moist heat application over the abdomen
 - B) Have the client lie on an electric heating pad
 - C) Ice massage on the abdomen
 - D) Neutral bath
100. Patients with fibromyalgia are typically stiff and painful in the morning. What can you recommend they try at home to relieve this problem?
- A) Ice massage
 - B) A contrast shower the night before a massage
 - C) Contrast footbaths
 - D) A hot bath or shower as soon as they get out of bed
101. Which is least likely to help a client experiencing significant life stress?
- A) Neutral bath
 - B) Warm bath with relaxing essential oils or herbs
 - C) Long cold shower
 - D) Sauna

102. What type of pain is so common that it is one of the top 10 reasons U.S. patients visit their doctors and is also the source of one-third of all their disability costs?
- A) Menstrual pain (dysmenorrhea)
 - B) Low back pain
 - C) Fibromyalgia
 - D) Headache pain
103. Patients with multiple sclerosis might benefit from which treatment?
- A) Sauna
 - B) Steam bath
 - C) Cold water immersion followed by exercise
 - D) Whole-body heat wrap
104. Which of the following types of hydrotherapy treatments can help with muscle weakness?
- A) Moist heat treatments
 - B) Dry heat treatments
 - C) Cold water immersion
 - D) Neutral baths

This Completes the Hydrotherapy for Massage Therapists exam.