

# Infant Massage Home Study Course

5 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 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 infant massage.

## **Instructions for the Infant Massage home study course**

Thank you for investing in the Infant Massage home study course, a 5 CE hour course designed to further your knowledge in the principles and practice of infant massage.

This guide will contain all of the instructions you will need to complete this course. This is a 5 CE hour course, so that means it should take you approximately 5 hours to read the textbook, study the material, complete the multiple choice exam and course evaluation. This course is not meant to teach advanced hands on techniques. Please seek advanced training for advanced hands on skills.

### **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](http://www.massagetherapyceu.com). Once there, click on the student login link on the top left and enter your information.**
- 3. Access the online technique demonstration video bank by following this link: [https://www.youtube.com/playlist?list=PLnvS9HaUaKtY\\_NS5ZNCQRHoTxHNEBHGMx](https://www.youtube.com/playlist?list=PLnvS9HaUaKtY_NS5ZNCQRHoTxHNEBHGMx). There are approximately 30 minutes of online video clips available demonstrating a basic infant massage as an instructor teaches a class. Please note that no exam questions come from these videos. These videos are supplemental material. All exam questions come directly from the textbook.**
- 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. There is no time limit when taking the exam. Feel free to review your textbook while taking the test. This course uses the text *An Infant Massage Guidebook for Well, Premature and Special Needs Babies*, by Mary Ady, CIMI. There are no trick questions on the exam. All of the answers are clearly found in the text. The exam is included in this guide for review before taking the exam.

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 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 Infant Massage course.

## Infant Massage Exam

Please note: Most of this textbook is written in the tense of a parent performing massage on their own infant. This type of presentation is also appropriate for therapists learning to perform infant massage. You may also use this information to instruct parents on how to massage their own infants, if needed.

### Chapter 1

1. Which of the following is a benefit of infant massage?
  - A. Decreases the production of stress hormones
  - B. Provides relaxation by increasing serotonin
  - C. Promotes sounder and longer sleep patterns
  - D. All of the above

### Chapter 2

2. Research studies led by Dr. Tiffany Field have proven all of the following benefits of infant massage EXCEPT:
  - A. Enhanced growth in preterm infants
  - B. Decreased autoimmune problems
  - C. Decreased pulmonary function in asthma
  - D. Decreased glucose levels in infants and children with diabetes
3. What is cardiomyopathy in infants?
  - A. A chronic disease of the heart muscle that is caused by a genetic disorder or has an onset after an infection, in which the heart becomes weakened
  - B. A disease which affects the mucous membranes, the skin, and the lymph nodes and may cause damage to the heart muscle and coronary arteries
  - C. An inflammation of the myocardium, the thick muscular layer of the heart wall
  - D. A genetic disease in which an infant is born with one or more tiny holes in the heart lining and wall
4. Infant massage increases both the infant's venous and lymphatic flow.
  - A. True
  - B. False
5. When does type 1 diabetes occur?
  - A. When the pituitary gland fails to secrete enough insulin
  - B. When the pancreas fails to produce enough insulin
  - C. When the liver fails to transform proteins into simple sugars
  - D. When the thyroid gland fails to produce enough thyroid hormone
6. All of the following are common disorders of the gastrointestinal system found in infants and children EXCEPT:
  - A. Celiac disease
  - B. Colic
  - C. Lupus
  - D. Irritable bowel syndrome

7. The immune system consists of:
  - A. White blood cells
  - B. Thymus
  - C. Lymph nodes and lymph channels
  - D. All of the above
  
8. Immunodeficiencies can not be caused by medications.
  - A. True
  - B. False
  
9. All of the following are functions of the skin EXCEPT:
  - A. Protecting and guarding all underlying muscles and organs
  - B. Temperature regulation
  - C. Sweating
  - D. Storage of water and lipids, and synthesis of vitamins C and D through exposure to UV rays
  
10. Which of the following is a viral infection which may affect the skin?
  - A. Varicella
  - B. Herpes simplex
  - C. Papillomavirus
  - D. All of the above
  
11. Cerebral palsy in infants is the result of:
  - A. Damage to the central nervous system before or during birth
  - B. A developmental defect or damage to the spinal cord before or during birth
  - C. A developmental defect or damage to the brain before or during birth
  - D. Damage to nerve endings through out the body before or during birth
  
12. How can infant massage benefit the nervous system?
  - A. It can have a sedative or stimulating effect depending on the type of pressure and strokes given
  - B. It affects neurotransmitters of the brain and increases endorphin secretion
  - C. It can help reduce nerve entrapment through the release of soft-tissue or muscular binding and reduce nerve root compression caused by muscular tension
  - D. All of the above
  
13. Which of the following is a common problem of the musculoskeletal system which may affect infants, children, and teens?
  - A. Epilepsy
  - B. Sprains/strains
  - C. Cystic fibrosis
  - D. All of the above

14. Which of the following is the most common genetic disease of the lungs affecting children and young adults in the United States?
- A. Diabetes
  - B. Cystic fibrosis
  - C. Meningitis
  - D. Bronchopulmonary dysplasia
15. Performing infant massage usually does not benefit infants or children with attention deficit hyperactivity disorder, autism, or Down's syndrome.
- A. True
  - B. False
16. As a massage therapist, it is imperative that you consult with the infant's pediatrician before treating an infant with any health condition?
- A. True
  - B. False
17. All of the following are contraindications to infant massage EXCEPT:
- A. Acute infection or fever
  - B. Inflammation or fractures
  - C. Sleepiness or alertness
  - D. Nausea, vomiting, or diarrhea

### Chapter 3

Please remember that NICU babies are extremely fragile and require special handling. It is also very important to consult the infant's physician before performing any type of massage on an infant in the NICU.

18. All of the following are possible monitors used on infants in the NICU EXCEPT:
- A. Cardiorespiratory monitor
  - B. Pulse oximeter
  - C. Transcutaneous oxygen and/or carbon dioxide monitor
  - D. Blood pressure cuff
19. Which of the following is an infant stress cue?
- A. Apnea or bradycardia
  - B. Rapid heart beat or drop in oxygen levels
  - C. Hiccups or gagging
  - D. All of the above

### Chapter 4

20. When performing infant massage, about how far should your face be from theirs?
- A. 1-5 inches
  - B. 3-5 inches
  - C. 7-15 inches
  - D. 15-24 inches

21. Finish time for infant massage is always up to the baby and will vary with each massage.
- A. True
  - B. False
22. Why is mineral oil not recommended for infant massage?
- A. It is an unnatural product which can suffocate the breathing process of our cells
  - B. It does not absorb well into the skin and clogs pores
  - C. It may produce symptoms similar to dry skin because it interferes with the natural moisturizing process of the skin
  - D. All of the above
23. Which of the following oils is the best for infant massage?
- A. Mineral oil
  - B. Castor oil
  - C. Jajoba oil
  - D. Coconut oil
24. Essential oils are recommended for infants of all ages, from birth to toddlers.
- A. True
  - B. False
25. For babies from 3-6 months, which of the following essential oils are acceptable once a skin patch test has been performed?
- A. Lavender and chamomile
  - B. Mandarin and neroli
  - C. Eucalyptus and ginger
  - D. Peppermint and rosemary
26. Which type of pressure is recommended for use on infants as well as adults?
- A. Light
  - B. Vibrational
  - C. Moderate
  - D. Firm

## Chapter 5

27. Before performing massage on any infant, it is important for you to decompress and relax from the stress of your daily life.
- A. True
  - B. False
28. Which of the following is an infant massage precaution?
- A. Medical instability
  - B. Smaller, less mature infants
  - C. Chronic illness
  - D. All of the above

29. The opening gliding technique for the feet and legs is performed on:
- A. The foot
  - B. The entire leg
  - C. The lower leg
  - D. The upper leg
30. “Circles” is a technique performed on an infant’s foot. Which of the following massage therapist tools is used to perform “circles”?
- A. Palm of hand
  - B. Thumbs
  - C. Finger tips
  - D. Forearms
31. Reflexology for the relief of colic begins on the lower \_\_\_\_\_ side of the infant’s foot, just above the heel line.
- A. Medial
  - B. Dorsal
  - C. Lateral
  - D. Osseous
32. Which of the following nursery rhymes can be incorporated into the technique “toe pulls”? (Singing and talking to the infant during the massage may help them relax and enjoy the massage.)
- A. This Little Piggy
  - B. Where is Thumbkin
  - C. Twinkle Twinkle Little Star
  - D. All of the above

## Chapter 6

33. Where is the proper placement of the massage therapist’s thumbs in the “hand spreading” technique?
- A. On the dorsal surface of the hand
  - B. On the palmar surface of the hand
  - C. On the baby’s forearm
  - D. Wrapped around the fingers
34. What type of pressure is used for the “nerve stroke” technique?
- A. Very light
  - B. Moderate
  - C. Very firm
  - D. All of the above

## Chapter 7

35. The “chest spread” technique is performed with the therapist using their whole hands.
- A. True
  - B. False



36. During the colic-relief sequence for the abdomen, when performing the ending technique across the pelvic line, what should you focus on?
- A. The reflexing movement of the baby's ascending colon
  - B. Stimulating the movement of the transverse colon
  - C. The descending colon
  - D. The sigmoid colon and relieving the baby's gastrointestinal distress

### **Chapter 8**

37. Massage of the infant's back can be performed with the baby in which of the following positions?
- A. Infant's stomach towards you, while holding the baby over your shoulder
  - B. Across your lap on their belly
  - C. In your arm in a "football hold," stomach down
  - D. All of the above

### **Chapter 9**

38. Which of the following types of pressure is best for infant massage on the face?
- A. Firm
  - B. Moderate
  - C. Gentle
  - D. Still touch
39. If, at any time, the infant begins fussing or giving cues of restlessness, what should you do?
- A. Continue performing the routine as outlined
  - B. End the massage or move to a different area
  - C. Instruct the parent to calm the baby so you can complete the massage
  - D. All of the above

### **Chapter 10**

40. What does the author recommend doing once the massage routine is completed?
- A. Swaddle the baby in a blanket to help them stay warm and comfortable
  - B. Leave the baby in a diaper only to allow the oil/lotion to be absorbed by the skin
  - C. Give the baby a bath to wash off the oil/lotion
  - D. Leave the baby alone in the treatment room for about 10 minutes

Continue reading the remainder of Chapter 10. This section contains activities for parents with their children, so no questions over this material will be asked.

This completes the Infant Massage exam.