

# Integrated Massage Home Study Course

10 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, 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 Integrated Massage Home Study Course

Thank you for investing in the Integrated Massage home study course, a 10 CE hour course designed to further your knowledge in the principles and practices of integrating deep tissue massage, neuromuscular therapy, Swedish massage, connective tissue release, cross-fiber therapy, assisted stretching, and shiatsu therapy to effectively treat the body as a whole. The following will give instructions on what you will need to do to complete this course. This is a 10 CE hour course, so that means it should take you approximately 10 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 textbook and exam.
2. Access the online resources/video clips:
  - a. Go to: <https://www.jblearning.com/>
  - b. Click "My Account"
  - c. Enter the username: [info@massagetherapyceu.com](mailto:info@massagetherapyceu.com) and the password: CEvideo@1
  - d. Once logged in, click "Navigate 2 Advantage Access for Scheumann's The Balanced Body, Enhanced Fourth Edition"
  - e. Then click "Launch Open Enrollment Course"
3. Access the online examination by logging in to your account at [www.massagetherapyceu.com](http://www.massagetherapyceu.com).
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 textbook *The Balanced Body*, by Ruth Werner. 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 or in the online resources.

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 to 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 Integrated Massage home study course.

# Integrated Massage Exam

## Chapter 1

1. What is the integrated deep tissue therapy system?
  - A) A specific holistic massage therapy approach to physical well-being that manually accesses both superficial and deep structures
  - B) A specific holistic chiropractic approach to physical well-being that manually accesses both superficial and deep structures
  - C) A specific holistic massage therapy approach to mental well-being that manually accesses both superficial and deep structures
  - D) A specific holistic medical approach to mental well-being that manually accesses both superficial and deep structures
  
2. Primary goals of integrated deep tissue therapy techniques include:
  - A) Re-establishing positive and negative ion flow throughout the body
  - B) Improving waste–nutrient exchange at a cellular and muscular level
  - C) Reversal of scar tissue patterns; establishment of correct prime mover/antagonist tension; improvement of physical performance
  - D) Enhancement of oxygen and nutrition in tissue cells; reduction of the effects of scar tissue; decreasing pain sensations
  
3. What is the best description of neuromuscular therapy?
  - A) Form of bodywork designed to reduce tone in postural muscles
  - B) Form of bodywork that addresses a specific manifestation of muscular dysfunction known as trigger points
  - C) Form of bodywork that addresses a specific manifestation of life energy, or qi
  - D) Form of bodywork designed to equalize tension in antagonistic muscle pairs
  
4. The best way to reduce a trigger point is to:
  - A) Provide static manual pressure for 8–12 seconds or until the knot dissipates
  - B) Contract antagonistic muscles against resistance
  - C) Provide gentle manual pressure, often with a pumping action
  - D) Inject the lesion with lidocaine and follow with massage

## Chapter 2

5. What is the recommended sequence to address a whole-body series with integrated deep tissue therapy?
  - A) Upper extremity; lower extremity; core; head and neck
  - B) Trunk; upper extremity; lower extremity; pelvis and abdomen; head and neck
  - C) Head and neck; trunk; lower extremity; upper extremity; pelvis
  - D) Feet; legs; abdomen and back; arms; head and neck

6. The four key portions of an integrated deep tissue session include:
- A) Pre-session interview; client assessment; the session; homework and follow-up
  - B) The session; homework; exercise; stretching instruction
  - C) Setting the appointment; exercise and stretching instruction; bodywork; setting the next appointment
  - D) Client assessment; bodywork; client reassessment; exercise and stretching instruction

### Chapter 3

7. \_\_\_ are rules of behavior that define the parameters of effective interactions between people.
- A) Morals
  - B) Boundaries
  - C) Laws
  - D) Ethics
8. The principle of “Seek to Establish and Re-establish Balance” suggests that:
- A) It is important to juxtapose work on the back of the body with work on the front
  - B) It is important to make sure the client's eyes and earlobes are level after each session
  - C) It is important to watch the client walk after the session to make sure he or she isn't dizzy or disoriented
  - D) It is not important to work with both anterior and posterior muscles in each session

### Chapter 4

9. Step one of the integrated deep tissue therapy system is to:
- A) Interview the client to ascertain his or her goals for the session
  - B) Watch the client perform his or her prescribed exercises
  - C) Diagnose gait and posture habits that cause pain
  - D) Observe patterns of myofascial compensation
10. The two main types of skeletal muscles that have evolved are:
- A) Red fiber and white fiber
  - B) Fast-twitch and medium-twitch
  - C) Striated and variated
  - D) Tonic and phasic

11. “Energy work” that opens an integrative deep tissue therapy session is typically in the form of:
- A) Touch for health and Reiki
  - B) Shiatsu and acupressure
  - C) Trigger point work and proprioceptive neuromuscular facilitation
  - D) Polarity and shiatsu
12. Cross fiber therapy intends to minimize problems related to:
- A) Adhesions
  - B) Proprioception
  - C) Spasms
  - D) Hypotonicity
13. Spreading, fanning, and sifting are all types of:
- A) Connective tissue technique
  - B) Deep tissue therapy
  - C) Cross-fiber massage
  - D) Petrissage
14. Treatment for a typical single trigger point lasts:
- A) 2–4 minutes
  - B) Up to 30 minutes
  - C) 2–4 seconds
  - D) 8–12 seconds

## **Chapter 5**

15. Fascia is usually referred to by its:
- A) Quantity of fibromyoblasts
  - B) Qualities or locations
  - C) Color and density
  - D) Elasticity and strength
16. An image that may help a practitioner to sense fascial softening during bodywork is:
- A) Ice melting on a hot sidewalk
  - B) Steam rising off a pond
  - C) A leaf floating on water
  - D) A river flowing through a rocky stream

17. Myofascial spreading of the calf is done in what direction?
- A) Laterally
  - B) Proximally
  - C) Distally
  - D) Medially
18. Myofascial stretching of the abdomen is done in which direction?
- A) Superior to inferior
  - B) Medial to lateral
  - C) Counterclockwise
  - D) Clockwise

## Chapter 6

19. The overall goal of integrated deep tissue therapy for the chest is:
- A) Less efficient contraction of the diaphragm, restricting movement
  - B) To bring a person's body to a condition of better balance and function
  - C) Decreased pain with inhalation and exhalation
  - D) Improved alignment of the ribs
20. Which structures are considered to be endangerment or cautionary sites of the chest?
- A) Hyoid bone, thyroid cartilage
  - B) Floating ribs, manubrium
  - C) Xiphoid process, floating ribs
  - D) Costal cartilage, xiphoid process
21. If a client displays a hollow, caved-in chest, which muscles are most likely to be shortened?
- A) Rhomboids, trapezius
  - B) Scalenes, rhomboids
  - C) Pectoralis major, pectoralis minor
  - D) Anterior deltoid, posterior deltoid
22. The best way to find trigger points in the intercostal muscles is with:
- A) Rapid back-and-forth frictions between the ribs
  - B) Short side-to-side strokes between the ribs
  - C) Long deep gliding strokes between the ribs
  - D) Static compression at predetermined sites between the ribs

23. The concept of \_\_\_\_\_ provides a useful description of the relationship between the bones and soft tissues of the back.
- A) Tensegrity
  - B) Exogenous power
  - C) Integrity
  - D) Endogenous strain
24. Why is incorporating a fitness ball into a back training program beneficial?
- A) Because the act of maintaining the ball in a stable position during the exercises engages the primary stabilizing muscles that support the spine
  - B) Because the act of maintaining the ball in a stable position during the exercises engages the secondary stabilizing muscles that support the sacrum
  - C) Because the act of maintaining the ball in a stable position during the exercises engages the primary stabilizing muscles that support the head and neck
  - D) Because the act of maintaining the ball in a stable position during the exercises engages the tertiary stabilizing muscles that support the pelvis and legs
25. Trigger points in the \_\_\_\_\_ often register as a continuous, aching sensation.
- A) Serratus posterior inferior
  - B) Longissimus
  - C) Nuchal ligament
  - D) Semispinalis thoracis

## Chapter 7

26. For optimal balance and function, it is important for the pectoral girdle to be in alignment with the:
- A) Knees
  - B) Occiput
  - C) Pelvis
  - D) Ankles
27. If a client has winged scapulae, which muscles are likely to be shortened?
- A) Rhomboids, trapezius, teres minor
  - B) Latissimus dorsi, teres major, pectoralis minor
  - C) Pectoralis major, pectoralis minor, anterior deltoid
  - D) Scalenes, upper trapezius, levator scapulae



28. What is the recommended client position for access to the subscapularis?
- A) Supine
  - B) Seated
  - C) Prone
  - D) Side-lying
29. What is the correct client position for work on the triceps brachii?
- A) Client is supine, upper arm and elbow are bent over his/her chest
  - B) Client is side-lying, upper arm is horizontally adducted over his/her chest
  - C) Client is seated, upper arm is flexed and supported by the practitioner
  - D) Client is prone, upper arm is abducted to 90° and forearm hangs over the table
30. Which of the following is an accessory shiatsu technique that will help to draw off accumulated energy that has built up from release of the hand and forearm muscles?
- A) Ripping off
  - B) Snapping off
  - C) Shooting off
  - D) Compressing off

## Chapter 8

31. The foot has \_\_\_ major arches.
- A) Four
  - B) Five
  - C) Three
  - D) Two
32. A classic lateral ankle sprain involves damage to what structure(s)?
- A) Extensor retinaculum
  - B) Deltoid ligament
  - C) Posterior talofibular ligament
  - D) Anterior talofibular ligament
33. What is the recommended method to work with the anterior portion of the retinaculum ligament?
- A) Sink through the plantar fascia to compress and stretch the retinaculum at the medial arch
  - B) Use the heels of the hands to stretch the retinaculum laterally in segments moving up the lower leg
  - C) Use the knuckles to engage the retinaculum at the distal end of the tibia
  - D) Move both thumbs in short, up-and-down strokes, sliding the retinaculum over the tendon sheaths

34. The recommended closing contact for an integrated deep tissue therapy session on the lower leg and foot involves:
- A) Lightly cupping the client's feet for 30 seconds
  - B) Floating one hand over the toes and the other over the pelvis for 30 seconds
  - C) Lightly cupping the client's head for 30 seconds
  - D) Floating one hand over the heels and the other over the sacrum for 30 seconds

## Chapter 9

35. A total of \_\_\_ muscles are involved in moving the femur at the hip and the knee.
- A) 22
  - B) 12
  - C) 32
  - D) 16
36. What muscle is accessible in and near the sciatic notch?
- A) Biceps femoris
  - B) Gluteus medius
  - C) Piriformis
  - D) Quadratus femoris
37. Which of the following is an objective for the posterior thigh and hip routine?
- A) To increase restrictions in the hamstring muscles and their attachments
  - B) To help the deep lateral rotators to contract
  - C) To reduce sciatic pain generated by a tight piriformis muscle
  - D) To bring imbalance to the soft tissues acting on the sacrum
38. What muscle is recommended for attention with accessory work at the end of a session focused on the posterior hip and thigh?
- A) Diaphragm
  - B) Rectus abdominus
  - C) Hamstrings
  - D) Quadriceps
39. How does the psoas major affect the autonomic function of the abdominal viscera?
- A) When it is too tight it squeezes the sigmoid colon
  - B) The nerves of the sacral plexus pass through it
  - C) Its fascia permeates the organs of the lower abdominal cavity
  - D) When it is too tight it interferes with pelvic lymphatic flow

40. Why is the xyphoid process considered an endangerment or cautionary site?
- A) The abdominal aorta is directly underneath it and any pressure may interfere with aortic function
  - B) Deep massage to the area may cause bruising
  - C) Downward pressure can break it and damage the liver
  - D) It is easily dislocated with downward pressure
41. What is the recommended position for the opening polarity hold in an integrated deep tissue therapy session focused on the abdomen?
- A) Client is supine; the therapist's right palm is cupping the heels, and the left palm is on the navel
  - B) Client is supine; the therapist's right palm is under the lumbar spine, and the left palm is on the abdomen, directly above the right palm
  - C) Client is supine; the therapist's right palm is on the navel and the left hand cradles the back of the neck
  - D) Client is supine; the therapist's right palm is on the navel, and the left palm is on the sternum
42. What is the recommended position for the client during deep tissue work on the tensor fascia latae?
- A) Prone
  - B) Seated
  - C) Side-lying
  - D) Supine
43. Before performing massage to the psoas group, it is recommended to:
- A) Describe what will happen to the client and obtain the client's permission
  - B) Perform the massage sequence without prior explanation or permission
  - C) Completely undrape the client so you have full access to the area to be treated
  - D) Put pressure on the inguinal ligament to relax the area before the massage

## Chapter 10

44. A good sign of optimal alignment of the head is when:
- A) The nose is on center in a vertical plane and the ears are evenly spaced on either side
  - B) The chin is centered and a vertical line can pass from the mandible to the sternum
  - C) The eyes are evenly on a horizontal plane and the TMJ is not protracted
  - D) The ears are evenly on a horizontal plane and a vertical line can pass from the ear through the center of the shoulder

45. The thyroid gland is accessible between \_\_\_ and \_\_\_ at the anterior neck.
- A) C5-T1
  - B) C1-C3
  - C) C3-C7
  - D) C7-T2
46. What is the recommended tool for the connective tissue technique portion of an integrated deep tissue therapy session on the neck?
- A) Forearm
  - B) Ulnar border of the hand
  - C) Fingers
  - D) Knuckles
47. What part of the body is especially recommended for attention in the accessory work that accompanies an integrated deep tissue therapy session on the neck?
- A) The ankles
  - B) The pelvis
  - C) The knees
  - D) The jaw
48. TMJ disorders can create all of the following symptoms EXCEPT:
- A) Pain in the joint itself, in the jaw muscles, and in or above the ears
  - B) Freedom of movement of the TMJ
  - C) Dizziness
  - D) Difficulty opening and closing the mouth
49. Which of the following is an objective of the head/face/jaw routine?
- A) To reduce tightness in the cranial muscles
  - B) To help aggravate factors in headaches and facial pain
  - C) To increase tension in muscles affecting the jaw and TMJ
  - D) To increase muscular stresses in the facial muscles
50. What is the recommended way to stretch after an integrated deep tissue therapy session on the jaw?
- A) The therapist gently stretches the skin of the cheeks and forehead laterally to the point of resistance
  - B) The client yawns while pressing upwards under the center of the chin
  - C) The therapist gently pries the mandible away from the maxilla to the point of resistance
  - D) The client extends his or her head from a prone position

This completes the Integrated Massage Exam.