

Introduction to Polarity Therapy Home Study Course

6 CE Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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Published 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. This course is not meant to teach advanced hands-on massage techniques. Written medical opinions are always the best way to resolve any questions regarding contra-indications to massage therapy.

PLEASE CAREFULLY READ THE DIRECTIONS ON PAGE 2

Instructions for the Introduction to Polarity Therapy Home Study Course

Thank you for investing in the Introduction to Polarity Therapy home study course, a 6 CE credit hour course designed to further your knowledge of polarity therapy and polarity energy balancing in massage and bodywork. This guide will contain all of the instructions you will need to complete this course. This is a 6 CE hour course, so that means it should take you approximately 6 hours to read the text and complete the exam and course evaluation. This course is not meant to teach advanced hands on techniques. It is an introductory course meant to introduce you to polarity therapy and its power to heal. Please seek advanced training for hands on skills.

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 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 online 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 “Your Healing Hands: The Polarity Experience”, by Richard Gordon. There are no trick questions on the exam. All of the answers can be found in the textbook.

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 question please feel free to contact us at 866-784-5940, 712-490-8245 or by email at 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 Introduction to Polarity Therapy home study course.

Introduction to Polarity Therapy Examination

Section I

1. In polarity energy balancing, by employing the currents of life-force that naturally flow through everyone's hands, we can release and balance another person's energy.
 - A. True
 - B. False
2. All of the following are names for life-force (the energy) EXCEPT:
 - A. Prana
 - B. Odic force
 - C. Purity
 - D. Chi
3. How is polarity energy balancing used to influence energy flow?
 - A. Once points are located, needles are used to stimulate points on the body where energy flow is blocked or weak
 - B. Physical and nonphysical touch techniques are used to send energy through the entire system to open up any blocked energy points
 - C. Stretching techniques are used to send energy through the entire system to open up any blocked energy points
 - D. Light lymphatic strokes are used to send energy through the entire system to open up any blocked energy points
4. The more relaxed you are, the easier it is to feel the life-force as it passes through your hands.
 - A. True
 - B. False
5. Which of the following is true regarding hand placement in polarity energy balancing?
 - A. The right hand of the practitioner treats the left side of the client
 - B. The left hand of the practitioner treats the right side of the client
 - C. When working the center for the body, the practitioner's left hand goes above and their right hand goes below
 - D. All of the above
6. Which of the following is a possible result of or reaction to polarity therapy?
 - A. Rejuvenation
 - B. Emotional release
 - C. Feeling hot or cold
 - D. All of the above
7. What is the recommend initial treatment protocol for polarity sessions when treating a chronic condition?
 - A. One session per week until definite signs of improvement are seen
 - B. Occasional treatment when flare-ups occur
 - C. Three to four times per week until definite signs of improvement are seen
 - D. One session per month until definite signs of improvement are seen

Section II

8. Which of the following types of touch is used in one-to-one polarity therapy?
 - A. Deep massage
 - B. Light pressure touch
 - C. Non-physical touch
 - D. All of the above

9. What is the purpose of shaking and rinsing your hands after giving a polarity?
 - A. To remove and ground the static, non-directed energy that may be on your hands
 - B. To let the client know that you have good hygiene
 - C. To avoid the transference of the clients energy to you
 - D. To take in the static, non-directed energy that may be on your hands

10. Deep breathing during polarity therapy should start from below the navel and go upward all the way to the shoulders.
 - A. True
 - B. False

11. What is the appropriate length of time to hold a position, such as the cradle, when giving a polarity?
 - A. 30 seconds
 - B. 1 minute
 - C. There is no set time length
 - D. 10 minutes

12. In the “north pole stretch,” which two fingers on the right hand should hold the base of the occipital bone?
 - A. The index finger and the thumb
 - B. The middle finger and the thumb
 - C. The little finger and the thumb
 - D. The index finger and the middle finger

13. When working on the feet, it is important to alternate strokes from one foot to the other.
 - A. True
 - B. False

14. What is the effect of the “brushing off” technique?
 - A. It frees energy blockages in the feet
 - B. It stretches the plantar fascia of the foot
 - C. It pulls off static, non-directed energy
 - D. It stretches the cervical musculature

15. What is the effect of placing pressure on sore spots (not resulting from injury) in the body?
 - A. It stimulates the flow of life-force through corresponding reflexive organs
 - B. It pulls off static, non-directed energy
 - C. It stretches the tissues and promotes the pooling of energy in one place
 - D. It allows you to feel and diagnose specific conditions in clients

16. Which of the following is a contraindication to “the toe pull” technique?
- A. Edema
 - B. Tiredness
 - C. Arthritis
 - D. Plantar fasciitis
17. When performing the “flexed tendon press,” which of the following structures is pressed back in order to place the large tendon under the big toe in a flexed position?
- A. The ball of the foot
 - B. The toes
 - C. The knee
 - D. The arch of the foot
18. Work on the feet is intended to release blocked energy; therefore polarizing the life-force with right or left hand use is not important.
- A. True
 - B. False
19. In the “thumb webbing and forearm stimulation” technique, where is the proper placement of pressure on the client’s hand?
- A. Just above the wrist and toward the outside of the hand
 - B. The webbing between the thumb and the index finger
 - C. The fleshy part of the palm just below the thumb
 - D. Directly in the center of the palm
20. In the “collar bone, solar plexus rock,” the _____ hand is placed on the solar plexus, just under the center of the rib cage.
- A. Left
 - B. Right
21. If you come across a sore spot on the underside of the collar bone while performing the “collar bone, solar plexus rock,” what should you do?
- A. Leave the sore spot alone so you don’t disrupt the polarity experience
 - B. Work the spot longer to stimulate the flow of life-force
 - C. Refer your client to another healthcare practitioner
 - D. Inform the client that they may have a condition which you can diagnose
22. When completing the finishing moves, what should you do after each technique?
- A. Rub your hands together briskly
 - B. Rock your client gently
 - C. Throw off static energy by shaking your hands as though you were throwing off water
 - D. Talk with your client about how their day has been going

23. Which of the following is the correct hand placement of the “forehead and navel” technique?
- A. Your right palm placed gently on the navel and your left palm placed gently on the forehead
 - B. Your left palm placed gently on the navel and your right palm placed gently on the forehead
 - C. Your left thumb gently touching a spot just below the navel and your right thumb placed about $\frac{3}{4}$ inch above the brows
 - D. Your right thumb gently touching a spot just below the navel and your left thumb placed about $\frac{3}{4}$ inch above the brows
24. There is no physical contact made in the “crown spread” move.
- A. True
 - B. False
25. Which of the following finishing moves is especially important if your client has back problems?
- A. Hip rock and shoulder hold
 - B. Forehead and navel
 - C. Spinal charging
 - D. Center charging
26. Which of the following is the correct sequence of pressure in the “back brush off” technique?
- A. Begin with a firm stroke and get lighter and lighter each time
 - B. Begin with a very gentle stroke and get firmer and firmer each stroke
 - C. Perform the technique with a steady pressure from start to finish
 - D. All of the above
27. Which hand brushes down the client’s right side in the “front brush off” technique?
- A. Left
 - B. Right

Section III

28. Specific moves in polarity therapy are designed to concentrate the flow of life-force through those parts of the body which express the most blockage.
- A. True
 - B. False
29. Positively charged zones harmonically reflex which of the following?
- A. Negatively charged zones
 - B. Positively charged zones
 - C. Neutrally charged zones
 - D. The center line
30. All of the following are principles when locating sore spots EXCEPT:
- A. Sore spots will be found in corresponding locations of like-charged zones
 - B. What is true for the left side is often true for the right side
 - C. What is true for the front is never true for the back
 - D. Sore spots will often be found around the major joints of the body

31. The key principle to remember when applying specific moves is to find the sore spots on one or both sides of the blockage, and polarize the energy through it.
- A. True
 - B. False
32. Which of the following lines of current (life-force) are the strongest and recommended to polarize when performing specific moves?
- A. Horizontal lines
 - B. Curved lines
 - C. Jagged lines
 - D. Vertical lines
33. Which of the following is a caution/contraindication to pressing on areas of the body?
- A. Injury such as a fracture
 - B. Infection
 - C. Pressing deeply on the internal organs
 - D. All of the above
34. All of the following are examples of the correct way to polarize sore spots to unblock the life-force EXCEPT:
- A. Your right hand holds the reflexive sore spot on the left foot and your left hand holds the reflexive sore spot on the right hand
 - B. Your left hand holds the sore spot on the sole of the left foot and your right hand holds the sore spot on your client's right forearm
 - C. Your right hand stimulates the sore spots on either the left or right foot while your left hand works reflexive sore spots along the underside of the cheek bone
 - D. Hold your left hand over the intestines and with your right hand locate and stimulate sore places on the calves
35. What is a dynamic center?
- A. A certain point along a vertical line of force which is easily susceptible to blockage
 - B. A certain area on the body that is highly receptive to the flow of life-force
 - C. A certain area on the body where energy flow cannot be manipulated
 - D. A certain area on the body that is contraindicated for polarity therapy
36. The coccyx has the maximum _____ polarity of any point in the spine.
- A. Positive
 - B. Negative
 - C. Neutral
 - D. Combined
37. The coccyx positions should not be used on people:
- A. With very high blood pressure
 - B. Who are prone to epilepsy
 - C. Who are nervous or uncomfortable with you working on the coccyx area
 - D. All of the above

38. Which of the following navel center positions is beneficial to pregnant or laboring women?
- A. Position 1
 - B. Position 2
 - C. Position 3
 - D. Position 4
39. The base of the occipital bone at the top of the spine has a powerful, _____ charge.
- A. Positive
 - B. Negative
 - C. Neutral
 - D. Combined
40. What is the base of the occipital bone, position 1 beneficial for?
- A. The digestive system
 - B. The respiratory system
 - C. The heart and the upper back
 - D. All of the above

Section IV

41. What is the polarity circle?
- A. The polarity circle is composed of three people who form a circuit to channel energy to a seventh person in the center
 - B. The polarity circle is composed of six people who form a circuit to channel energy to one another
 - C. The polarity circle is composed of six people who form a circuit to channel energy to a seventh person in the center
 - D. The polarity circle is composed of six people who hold hands and receive a polarity session from a seventh person
42. In the polarity circle, what is the proper hand position of person # 5?
- A. On the left side of the center person with your left hand holding the person's left foot and your right hand holding the person's right hand
 - B. On the right side of the center person with your right hand holding the person's left foot and your left hand holding the person's right hand
 - C. Cradling the head using no pressure with the index and middle fingers down the sides of the neck and the thumbs resting by the ears
 - D. On the right side of the center person with your right hand resting on the left hip bone and the left hand on the right shoulder

Section V

43. What does the attention of a holistic healer focus on?
- A. Preventative care, natural treatments and the personal responsibility of each person for his/her own health
 - B. Treating the signs and symptoms of disease first, then balancing the body as a whole being
 - C. Prescribing drugs which have healing properties and can chemically stimulate or suppress the action of cells
 - D. All of the above

44. Cells will heal and regenerate quickly if given a favorable environment. All of the following support a favorable environment for cells EXCEPT:
- A. High quality thoughts and feelings
 - B. High quality food
 - C. Stress and a heavy work load
 - D. Regular vigorous exercise
45. Polarity is an effective method of recharging the life-force to balance our physical and emotional states. However, to get long lasting results, we must also deal with the causes of imbalances.
- A. True
 - B. False
46. Which of the following does the author suggest in order to create a positive lifestyle?
- A. Speak positively
 - B. Surround yourself with positive people
 - C. Help and give to others selflessly
 - D. All of the above
47. The best approach to changing diet habits is to fully commit to completely new patterns of health and living at once.
- A. True
 - B. False
48. All of the following are ways cooking, processing and preserving food changes the structure of the food EXCEPT:
- A. Delicate enzymes are destroyed
 - B. Fiber is broken down
 - C. Vitamins are preserved
 - D. Natural oils become saturated fats

Section VI

49. It has been proven that some people have the ability to make use of life-force in ways that affect physical matter.
- A. True
 - B. False
50. Which of the following techniques does the author recommend to demonstrate polarity and the effects of life-force to the doubtful?
- A. The cradle
 - B. The headache move
 - C. The tummy rock
 - D. All of the above

This completes the Introduction to Polarity Therapy home study course.