

Introduction to Tui Na Massage Home Study Course

10 CE Hours
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 Tui Na massage.

Instructions for the Introduction to Tui Na Massage home study course

Thank you for investing in the Introduction to Tui Na Massage home study course, a 10 CE hour course designed to introduce you to Tui Na massage and its related theories. This guide will contain all of the instructions you will need to complete this course. This is a 10 CE hour course, so that means it should take you approximately 10 hours to read the text, login and complete the online exam.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook and exam. Your textbook will be mailed to you.**
- 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 exam. This course uses the text *The Tui Na Manual* by Maria Mercati. There are no trick questions on the exam. All of the answers are clearly found in the text.

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 Tui Na Massage home study course.

Introduction to Tui Na Massage Exam

Chapter 1

1. Tui Na massage has been practiced in China for more than:
 - A. 3000 years
 - B. 4000 years
 - C. 5000 years
 - D. 6000 years
2. Qi (pronounced “chee”) is:
 - A. A Tui Na massage technique
 - B. The activating energy for all life processes
 - C. A pressure point in the upper back
 - D. A pressure point on the hand
3. Qi flows throughout the body following:
 - A. The flow of blood
 - B. Channels called meridians
 - C. Nerve paths
 - D. The lymph nodes
4. Tui Na works holistically to promote qi-flow throughout the:
 - A. Mind
 - B. Universe
 - C. Feet
 - D. Body
5. Which of the following is a characteristic of a Tui Na treatment?
 - A. It is best given through cotton clothing
 - B. It does not require the use of oils
 - C. The room should be warm
 - D. All of the above

Chapter 2

6. In traditional Chinese medicine, what are the fundamental ‘five substances’?
 - A. Qi, jing, shen, blood and body fluids
 - B. Qi, yin, yang, blood and body fluids
 - C. Qi, jing, shen, water and earth
 - D. Qi, jing, cold, damp and body fluids
7. Which of the following is a yang meridian?
 - A. Lung
 - B. Spleen
 - C. Stomach
 - D. Kidney
8. According to the Five Elements, an imbalance in the wood element can affect the:
 - A. Liver or gall bladder organs and meridians
 - B. Spleen and stomach organs and meridians
 - C. Large intestine and lung organs and meridians
 - D. Bladder and kidney organs and meridians

Chapter 3

9. What is the 'cun' (pronounced 'soon')?
- A. A standard unit, used in Chinese medicine to measure the distance of qi-points from bony landmarks, 1 cun = 1 inch
 - B. A non-standard unit, used in Western medicine to measure the distance of muscles from bony landmarks
 - C. A non-standard unit, used in Chinese medicine to measure the distance of qi-points from bony landmarks
 - D. A standard unit, used in Western medicine to measure the distance from bony landmark to bony landmark
10. Which of the following is a yin hand meridian?
- A. Large intestine
 - B. Lung
 - C. Sanjiao
 - D. Small intestine
11. All of the following qi-points are recommended to use for migraines EXCEPT:
- A. GB 8
 - B. GB 20
 - C. GB 43
 - D. GB 34
12. Which of the following is a function of the heart yin organ?
- A. Regulates blood and qi production
 - B. Controls the shen
 - C. Links to the joy emotion
 - D. All of the above
13. Where does the sanjiao yang meridian begin?
- A. At SJ 1 on the outside of the fourth finger just behind the nail
 - B. At SJ 1 on the chest just beside the nipple in the space between the fourth and fifth ribs
 - C. At SJ 1 in the centre of the armpit
 - D. At SJ 1 on the outer edge of the little finger just behind the nail
14. Which of the following meridians are classified under the earth element?
- A. Liver and gall bladder
 - B. Heart and small intestine
 - C. Spleen and stomach
 - D. Lung and large intestine
15. Treatment of the lung yin meridian qi-point LU 2:
- A. Promotes respiration and treats coughs
 - B. Treats shoulder pain and mobility
 - C. Prevents colds and relieves flu symptoms
 - D. Treats sore, swollen throat

16. Which of the following qi-points are recommended to use for lower back pain?

- A. K 7
- B. K 2
- C. BL 21
- D. BL 25

17. Which of the following is the longest meridian?

- A. Kidney
- B. Bladder
- C. Lung
- D. Du

18. Which of the following points should not be used in pregnancy?

- A. R 22 and R 17
- B. R 14 and R 12
- C. R 6 and R 5
- D. R 3 and R 4

Chapter 4

19. In which of the following circumstances should you not use Tui Na?

- A. An adult in overall good general health
- B. On the legs of a pregnant woman
- C. On the knee of a client with an artificial joint
- D. A teenager in overall good general health

20. Elbow kneading is usually performed on qi-points:

- A. GB 30 and BL 23-BL 26
- B. GB 29 and BL 20-BL 23
- C. GB 28 and BL 26-BL 29
- D. GB 27 and BL 30-BL 33

21. Kneading with plucking is effective:

- A. On the outer bladder meridian and GB 18
- B. On the outer bladder meridian and GB 20
- C. On the inner bladder meridian and GB 21
- D. On the inner bladder meridian and GB 25

22. Chafing across the sacral area of the lower back generates heat that your partner may feel along the lines of the _____ of the legs even as far as the feet.

- A. Stomach meridian
- B. Bladder meridian
- C. Kidney meridian
- D. Spleen meridian

23. All of the following are benefits of joint manipulation techniques EXCEPT: (please keep in mind that as massage therapists we are not trying to manipulate the bones in any way, the techniques presented are to stretch and loosen the joints and surrounding tissue.)
- A. Tightens and manipulates the connective tissues of the joint capsule to restrict joint mobility
 - B. Stretches the muscles that control the joint to improve muscle tone
 - C. Improves the distribution of qi and blood through the meridians into the joints
 - D. Removes qi and blood blockages from the meridians
24. Rotation techniques are not indicated for the _____.
- A. Shoulders
 - B. Ankles
 - C. Wrists
 - D. Neck
25. Which of the following techniques greatly facilitates qi-flow through the shoulders and into the arms, improving shoulder mobility?
- A. Shoulder rotation stretch
 - B. Shoulder rotation with elbow extended
 - C. Shoulder stretch with scapular press
 - D. Arm shake

Chapter 5

26. To receive the full benefit from a Tui Na treatment the environment should be:
- A. Cold
 - B. Warm
 - C. Dark
 - D. Bright
27. When performing Tui Na on the neck and shoulder, how should your partner be positioned?
- A. Lying prone with support under the ankles
 - B. Lying supine with support under the knees
 - C. Seated in an upright chair with good middle back support
 - D. Seated in an upright chair with support under the hamstrings
28. The Chinese rolling technique focuses on the:
- A. Bladder and gall bladder meridians
 - B. Small intestine and bladder meridians
 - C. Ren and du meridians
 - D. Gall bladder and small intestine meridians
29. Which of the following is one of the best qi-points for treating all headaches and reducing blood pressure?
- A. GB 20
 - B. BL 10
 - C. GB 21
 - D. BL 14

30. All of the following meridians are massaged when Tui Na is applied to the shoulder, arm and hand EXCEPT:
- A. Sanjiao
 - B. Large intestine
 - C. Bladder
 - D. Heart
31. Rolling the top of the shoulder joint is performed on:
- A. The biceps brachii muscle
 - B. The triceps brachii muscle
 - C. The deltoid muscle
 - D. The trapezius muscle
32. Which of the following qi-points are targeted in the ‘heels of palms squeezing and kneading in opposition’ technique?
- A. LU 1 and LU 2
 - B. LI 15 and SJ 14
 - C. LI 11 and H 3
 - D. SJ 5 and P 6
33. In the ‘pressing and kneading the joints’ of the hand, which qi-points should be pressed and kneaded?
- A. LI 4
 - B. SJ 3
 - C. SI 3
 - D. All of the above
34. Which of the following stretches should never be performed with an elderly or frail partner?
- A. Levered upper back stretch and arm and shoulder stretch
 - B. Rotating the arm and levered upper back stretch
 - C. Hand stretch and squeezing and kneading the upper arm
 - D. Rotating the arm and arm and shoulder stretch
35. The back shu qi-points are located:
- A. 3 cun from the midline
 - B. 2.5 cun from the midline
 - C. 1.5 cun from the midline
 - D. 1 cun from the midline
36. The back routine begins on the:
- A. Right side first
 - B. Left side first
 - C. Pelvis first
 - D. Neck first
37. Thumb kneading _____ maintains flexibility of the sacroiliac joint.
- A. BL 27-30
 - B. BL 31-34
 - C. BL 23 and GB 25
 - D. All of the above

38. Which of the following techniques restore the natural flow of qi for a wonderfully calming effect?
- A. Percussion on the back and buttocks
 - B. Rubbing the back
 - C. Chafing the back
 - D. Forearm kneading on the back
39. Which of the following is an extra point located in the medial knee eye which can treat knee pain?
- A. Jianqian
 - B. Yintang
 - C. Xiyan
 - D. Taiyang
40. Which of the following are gateway points through which qi flows between the spine and the legs?
- A. GB 27 and BL 51
 - B. GB 28 and BL 52
 - C. GB 29 and BL 53
 - D. GB 30 and BL 54
41. Which of the following leg positions helps relieve sciatic pain?
- A. Leg in flexed position
 - B. Leg in frog position
 - C. Leg in extended position
 - D. Leg in cat position
42. The textbook recommends holding the 'lumbar press with flexed legs manipulation' for how long?
- A. About 30 seconds
 - B. About 45 seconds
 - C. About a minute
 - D. About 90 seconds
43. What does the qi-point K 1 do?
- A. It brings the qi downwards, giving a wonderfully grounded feeling and improved sleep
 - B. It brings the qi upwards, giving a wonderfully grounded feeling and improved sleep
 - C. It brings the qi downwards, giving a wonderfully agitated feeling and decreased sleep
 - D. It brings the qi upwards, giving a wonderfully disconnected feeling and improved sleep
44. All of the following meridians are addressed when Tui Na is applied to the leg and foot EXCEPT:
- A. Stomach
 - B. Liver
 - C. Kidney
 - D. Lung
45. Which of the following qi-points are pressed and kneaded when working on the 'front of the leg'?
- A. ST 31
 - B. ST 34
 - C. GB 29
 - D. All of the above

46. Body weight should not be applied when performing 'knee-hip ultra flex manipulation' on which of the following?
- A. People with osteoporosis
 - B. Adults in general good health
 - C. People suffering from migraines
 - D. Women
47. How many times should the 'double leg and back shake' be performed?
- A. 1-3 times
 - B. 3-5 times
 - C. 5-10 times
 - D. 10-15 times
48. What can qi-point LIV 3 help relieve?
- A. Ankle sprain
 - B. Migraines
 - C. Colds
 - D. Gout
49. Which of the following qi-points can regulate the stomach?
- A. SP 15
 - B. ST 21
 - C. ST 29
 - D. K 13
50. What effect does 'thumb rocking the stomach meridians' have?
- A. Inhibits digestion and reproductive functions
 - B. Boosts liver and gall bladder functions
 - C. Inhibits liver function and constipation
 - D. Boosts digestion and reproductive functions
51. How is the 'interlocked hand squeeze and knead' technique performed?
- A. With the fingers interlocked, hand squeeze and knead firmly up and down the centre of the abdomen
 - B. Using both hands separately, hand squeeze and knead firmly up and down the centre of the abdomen
 - C. With the fingers interlocked, shake and vibrate very gently up and down the centre of the abdomen
 - D. Using both hands separately, shake and vibrate very gently up and down the centre of the abdomen
52. The yintang point:
- A. Treats lateral headaches and eases head cold symptoms
 - B. Draws qi upwards, giving a uplifting feeling
 - C. Treats insomnia and calms the mind
 - D. All of the above

53. Which of the following is an effect of ‘kneading the scalp’?
- A. Boosts hair growth and stimulates the brain
 - B. Inhibits hair growth and relaxes the brain
 - C. Boosts hair growth and calms the brain
 - D. Inhibits hair growth and stimulates the brain
54. In the ‘pulling the neck’ technique, after kneading has been completed, how long should the gentle lift and pull be held?
- A. 15 seconds
 - B. 30 seconds
 - C. 45 seconds
 - D. One minute

Chapter 6

55. Tui Na treatment for specific conditions should be given:
- A. Daily for at least two weeks, then once a week until the pain has gone and mobility is restored
 - B. Daily for at least one week, then three times a week until the pain has gone and mobility is restored
 - C. Daily for at least one week, then once a week until the pain has gone and mobility is restored
 - D. Daily for at least three weeks, then once a week until the pain has gone and mobility is restored
56. Which of the following is a local qi-point for chronic pain in the sacroiliac region?
- A. BL 22
 - B. BL 36
 - C. BL 57
 - D. BL 25
57. Which of the following is a distal qi-point for sprain from ankle twisted inwards?
- A. GB 34
 - B. GB 40
 - C. K 3
 - D. K 6
58. According to TCM, insomnia is frequently a problem related to the substance:
- A. Qi
 - B. Shen
 - C. Jing
 - D. Yang
59. What is the neibagua?
- A. A circular area around qi-point H 8 in children under the age of six
 - B. A circular area around qi-point K 8 in children under the age of six
 - C. A circular area around qi-point P 8 in children under the age of six
 - D. A circular area around qi-point R 8 in children under the age of six

60. In a Tui Na self-treatment, all of the following are qi-points that should be kneaded daily on each foot EXCEPT:
- A. LIV 3
 - B. K 1
 - C. SP 3
 - D. SP 8

This completes the Introduction to Tui Na Massage exam.