

Kinesiology and Acupressure Taping Home Study Course

6 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. 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, kinesiology taping or acupressure taping.

Instructions for the Kinesiology and Acupressure Taping home study course

Thank you for investing in the Kinesiology and Acupressure Taping home study course, a 6 CE hour course designed to further your knowledge in the principles and practice of using kinesiology tape on clients as well as on yourself.

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 textbook, watch the online videos, and complete the multiple choice exam and course evaluation.

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 by logging in to your account at 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=PLnvS9HaUaKta4Rz6QJfR5k5BHkWhIUpl>. There are approximately 2 hours of online video clips available demonstrating basic kinesiology taping for common medical conditions. If you are unsure of a client's condition, please refer them to the appropriate professional for diagnosis before treating the injured area.**
- 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. Feel free to review the textbook while taking the test. This course uses the text *Acupressure Taping*, by Hans-Ulrich Hecher, M.D. and Kay Liebchen, M.D. 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 this 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. 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 Kinesiology and Acupressure Taping home study course.

Kinesiology and Acupressure Taping Exam

Part 1

1. What is kinesio-taping?
 - A. A therapeutic technique in which elastic cotton tape is attached to the immediate area or a painful muscle, ligament, or joint
 - B. A therapeutic technique in which nonelastic plastic tape is attached to the immediate area or a painful muscle, ligament, or joint
 - C. A therapeutic technique in which restrictive bandages are attached to the immediate area or a painful muscle, ligament, or joint
 - D. A therapeutic technique in which immobilizing silicone tape is attached to the immediate area or a painful muscle, ligament, or joint
2. Acutaping combines which of the following?
 - A. Kinesio-taping, acupuncture, acupressure, and deep tissue massage
 - B. Kinesio-taping, Chinese medicine, acupuncture, and acupressure
 - C. Chinese medicine, compression, tapotement, and acupressure
 - D. Compression, joint restriction, trigger point therapy, and immobilization
3. In contrast with conventional nonelastic medical taping that is intended to keep the area immobile, flexible kinesio-tape actually:
 - A. Restricts and immobilizes movement
 - B. Restricts and helps movement
 - C. Supports and helps movement
 - D. Supports and restricts movement
4. All of the following describe the concept of yin and yang EXCEPT:
 - A. Yin and yang symbolize the indivisible union of two pairs of contradictory opposites
 - B. Yin and yang are never described moralistically as good or bad but are considered to be equally valued aspects of one unity
 - C. In Chinese medicine, being healthy means that yin and yang are in equilibrium
 - D. Yin and yang represent the five phases of chi, or energy represented in multiple interlocking cycles
5. In contrast with practitioners of modern Western medicine, who understand and treat the human body exclusively in terms of its anatomy and physiology, ancient Chinese Taoist monks developed a medical system that:
 - A. Links the human body to mainstream science and research
 - B. Links the human body to the cycles of nature that surround it
 - C. Diagnoses disease in terms of symptoms rather than causes
 - D. Allows any person to diagnose and self-treat illness

6. In the Taoist view of the human body, the life energy, or chi, runs throughout the body primarily within _____ energy pathways called channels or meridians.
- A. 10
 - B. 14
 - C. 18
 - D. 22
7. Which of the following correctly lists the five principles of osteopathy?
- A. Structure and function, the power of medication, the body broken into segments, the circulation of the lymph, and the patient, not the illness
 - B. Energy flow, the power of self-healing, the body as an entity, the circulation of the lymph, and the illness, not the patient
 - C. Meridians and chakras, the power of self-diagnosing, the body as an entity, the nervous system, and the patient, not the illness
 - D. Structure and function, the power of self-healing, the body as an entity, the circulation of the blood, and the patient, not the illness
8. In kinesio-taping, it can be assumed that there is an effect similar to:
- A. Trigger point therapy or a Swedish massage
 - B. Lymphoid drainage or a soft tissue release massage
 - C. Lymphoid drainage or a connective tissue massage
 - D. Trigger point therapy or a connective tissue massage
9. In Acutaping, the knowledge and experiences of _____, manual healing, and _____ are brought together in the therapeutic methods of taping.
- A. Chinese medicine, osteopathy
 - B. Western medicine, osteopathy
 - C. Chinese medicine, reflexology
 - D. Western medicine, reflexology
10. All of the following are conditions that can be successfully treated with acutaping EXCEPT:
- A. Headaches
 - B. Tennis elbow
 - C. Hypertension
 - D. Menstrual pain
11. As with acupuncture and acupressure, acutaping can be used for many different applications, including all of the following EXCEPT:
- A. Regulation of musculature
 - B. Regulation of immune reaction
 - C. As an inflammatory agent
 - D. Improvement of blood circulation

12. Which of the following is of the utmost importance before every treatment?
- A. Evaluating the client's condition
 - B. Getting a doctor's diagnosis
 - C. Diagnosing the client's condition
 - D. Massaging the affected area
13. All of the following tape protocols can be used to ease tension in the area around the neck and girdle EXCEPT:
- A. Lumbar spine tape
 - B. Levator scapula muscle tape
 - C. Levator costarum (or scalenus) muscle tape
 - D. Trapezius muscle tape
14. It is ideal to use acutaping as a follow-up to other treatment as well as using it as a preventative measure for which of the following conditions?
- A. Joint pain
 - B. Headaches
 - C. Sore muscles
 - D. Lower back pain
15. Which of the following tape protocols is recommended for pain in the area of the calcaneus?
- A. Achilles tendon and ankle joint tape
 - B. Achilles tendon and knee tape
 - C. Thumb saddle joint tape and ankle joint tape
 - D. Knee tape and sacroiliac joint tape
16. Acutaping offers a variety of specific _____ for sports medicine - and for sports activity in general.
- A. Treatment approaches
 - B. Diagnosis approaches
 - C. Preventative approaches
 - D. Pain management approaches
17. All of the following are situations in which acutaping should not be used or will not be helpful EXCEPT:
- A. Regulatory blockages/reactive stiffness
 - B. Preventative medicine
 - C. Acidity
 - D. Blood-clotting disorders

18. All of the following are descriptions of acutape EXCEPT:
- A. The acutape is made of flexible cotton fabric with no latex
 - B. There is an acrylic glue on one side of the tape
 - C. The glue has been put on the tape in waves so that air can permeate the adhesive area and the skin under the tape can breathe
 - D. Because it is not water permeable, the tape blocks moisture released through the skin
19. Which of the following sensations may be associated with using blue tape?
- A. Heat
 - B. Neutral
 - C. Cooling
 - D. Warmth
20. About how long should the duration of therapy last for acute illness?
- A. Three to five treatments
 - B. Several weeks
 - C. One month
 - D. Two months

Part 2

21. Finger and forearm extensor tape is indicated for all of the following ailments EXCEPT:
- A. Carpal tunnel syndrome
 - B. Tennis elbow
 - C. Tendosynovitis
 - D. Detached extensors
22. When taping the thumb saddle joint:
- A. The thumb saddle joint has to be completely covered by the tape
 - B. The thumb has to be completely covered by the tape
 - C. The wrist has to be completely covered by the tape
 - D. The metacarpal joint has to be completely covered by the tape
23. For elbow joint flexor tape, the tape runs:
- A. Along the outer side of the forearm starting slightly below the bend of the elbow, over the biceps, and up to the shoulder
 - B. Along the outer side of the forearm starting slightly below the bend of the elbow, over the triceps, and up to the clavicle
 - C. Along the inner side of the forearm starting slightly below the bend of the elbow, over the biceps, and up to the shoulder
 - D. Along the inner side of the forearm starting slightly above the bend of the elbow, over the biceps, and up to the clavicle

24. How many tapes are used in the trapezius muscle tape?
- A. 1
 - B. 2
 - C. 3
 - D. 4
25. For the levator scapula muscle tape to be effective, the tape must cover:
- A. The whole length of the outer edge of the scapula along the armpit
 - B. The whole length of the inner edge of the scapula along the spine
 - C. The whole length of the top of the shoulder, from the occiput to the acromion process
 - D. The whole length of the spinous processes of the cervical vertebrae
26. When using the levator costarum (or scalenus) tape, the head should be:
- A. Tilted away from the side that is being taped
 - B. Tilted toward the side that is being taped
 - C. In a neutral position
 - D. Rotated toward the side that is being taped
27. Rhomboid muscle tape is recommended for:
- A. Pain in the area of the upper arm and/or headaches
 - B. Pain in the area of the cervical and/or thoracic spine
 - C. Pain in the area of the shoulder and/or dizziness
 - D. Pain in the area of the shoulder and/or thoracic spine
28. When using the cervical spine tape, the second piece of tape should be placed:
- A. Parallel to the first strip at the transition from the cervical spine to the thoracic spine
 - B. Parallel to the first strip at the transition of C1 and C2
 - C. Across the first strip at the transition from the cervical spine to the thoracic spine
 - D. Across the first strip at the transition of C1 and C2
29. The cervical spine lymph tape is based on the cervical spine tape and complements that tape, when the two are used together, in the treatment of:
- A. Sinusitis and ailments like hay fever
 - B. Sinusitis and ailments like migraines
 - C. Lymphedema and ailments like hay fever
 - D. Lymphedema and ailments like migraines
30. How many tapes are used in the thoracic spine tape?
- A. 1
 - B. 2
 - C. 3
 - D. 4

31. Lumbar spine tape is indicated for all of the following ailments EXCEPT:
- A. Pain in the area of the lumbar spine
 - B. Restless leg syndrome
 - C. Digestive disorders
 - D. Ruptured bladder
32. Which of the following strips of tape need to be gently stretched in the lumbar spine star tape?
- A. The first, second, and third
 - B. The second and third
 - C. The fourth only
 - D. The fourth, fifth, and sixth
33. In the sacroiliac joint tape, which of the following is the correct preliminary stretching position when applying the first strip of tape?
- A. Sit on a stool or a chair, tilt your head down, and curve your whole back forward
 - B. Sit up straight; bend the upper part of your body toward the side that is being taped; and put your hand from the side that is being taped on the top of your head
 - C. Sit up straight; bend the upper part of your body away from the side that is being taped; and put your hand from the side that is being taped on the top of your head
 - D. Recline on the side that is not being taped, stretch the lower leg out, and bend the upper leg at the hip joint until the thigh is even with the hip
34. In the abdominal muscle tape (rectus abdominus), which of the following correctly describes the tape placement?
- A. Both strips of tape run from the upper border of the pubic hair straight across the abdomen and end on each side of the anterior superior iliac spine
 - B. Both strips of tape run from the upper border of the pubic hair straight up to the lowest edge of the rib cage, which can easily be felt, ending near the point where the ribs meet the breastbone
 - C. Both strips of tape run from the upper border of the pubic hair straight up to the highest edge of the rib cage, which can easily be felt, ending near the point where the ribs meet the scapula
 - D. One strip of tape runs from the upper border of the pubic hair straight up to the lowest edge of the rib cage, and the other strip runs across the abdomen and ends on each side of the anterior superior iliac spine
35. Abdominal muscle tape (oblique muscles) is indicated for all of the following ailments EXCEPT:
- A. Stomachache
 - B. Menstrual pain
 - C. Digestive blockage
 - D. Irritated bladder

36. In the pelvic bone muscle tape, the tape is _____ before attaching it.
- A. Not stretched
 - B. Slightly stretched
 - C. Moderately stretched
 - D. Aggressively stretched
37. Knee tape is indicated for all of the following ailments EXCEPT:
- A. Anterior cruciate ligament tear
 - B. Knee joint bruise
 - C. Pain in the legs
 - D. Restless legs syndrome
38. Which of the following muscles is the combination tape used for?
- A. Sartorius muscle
 - B. Hip joint abductor muscle
 - C. Flexor muscle on the inner side of the knee joint
 - D. All of the above
39. How many tapes are used in the knee flexor tape?
- A. 1
 - B. 2
 - C. 3
 - D. 4
40. In the Achilles tendon and ankle joint tape, where does the third strip of tape run?
- A. The middle of the sole of the foot, up to the hollow of the knee
 - B. The middle of the heel, up the right and left sides of the foot, to the inner and outer sides of the ankle
 - C. Horizontally across the Achilles tendon over the inner and outer sides of the ankle
 - D. Parallel to the Achilles tendon from the heel up to the mid-calf

This completes the Kinesiology and Acupressure Taping exam.