

Managing Pain with Massage Home Study Course

12 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 managing pain with massage.

PLEASE CAREFULLY READ THE DIRECTIONS ON PAGE 2

Instructions for the Managing Pain with Massage Course

Thank you for investing in the Managing Pain with Massage home study course, a 12 CE hour course designed to further your knowledge in massage research and various methods of massage for pain management. This guide will contain all of the instructions you will need to complete this course. This is a 12 CE hour course, so that means it should take you approximately 12 hours to read through the text, watch the video portion, and complete the exam.

Steps to complete this course:

- 1. Read the instructions (file number 1 in your online account, this file) and review the textbook by accessing file number 2 in your online account on our website.**
- 2. View the online video clips at:**
<https://www.youtube.com/playlist?list=PLnvS9HaUaKtZZw3nFPuQADz5SVtG68M0G>
- 3. Access the online examination in your account at 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 online exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the textbook and video while taking the exam. This course uses the textbook “A Massage Therapist’s Guide to Pain Management”, by Sandy Fritz and Leon Chaitow. There are no trick questions on the exam. All of the answers can be found in the textbook. We advise you to answer the exam questions in the study guide before testing online or write down your answers as you test.

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. 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 Managing Pain with Massage course.

Managing Pain with Massage Examination

Chapter 1

1. Which of the following factors can cause or exacerbate pain?
 - A. Stress and/or muscle tension
 - B. Nerve damage
 - C. Vascular dysfunction and/or tumors
 - D. All of the above
2. What is pain according to the International Association for the Study of Pain (IASP)?
 - A. An unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage
 - B. A syndrome of sustained burning pain, allodynia, and hyperpathia after a traumatic nerve lesion, often combined with vasomotor dysfunction
 - C. An abnormal sensation, whether spontaneous or evoked
 - D. A receptor preferentially sensitive to a noxious stimulus or to a stimulus which would become noxious if prolonged
3. Which of the following is an example of visceral pain?
 - A. Sprains
 - B. Kidney pain
 - C. Nerve trauma
 - D. Paper cut
4. What is acute pain?
 - A. Pain that has a sudden onset and lasts for months or years
 - B. Pain that has no specific onset and lasts for more than ten weeks
 - C. Pain that is experienced for a short time and usually has a specific cause and purpose
 - D. All of the above
5. All of the following are psychosocial risk factors that may contribute to pain EXCEPT:
 - A. Stress
 - B. Depression
 - C. Blood pressure
 - D. Mental stress

Chapter 2

6. Which of the following complementary modalities are most commonly used in research?
 - A. Chiropractic
 - B. Massage
 - C. Acupuncture
 - D. All of the above

7. According to research, massage benefits appear to be related to mechanical forces applied to soft tissues which:
 - A. Alter pliability in connective tissues
 - B. Create changes in circulation
 - C. Stimulate changes in motor tone of muscles
 - D. All of the above

8. Massage and bodywork can change and influence the way the body works on all of the following levels EXCEPT:
 - A. Mechanical
 - B. Emotional
 - C. Diagnostic
 - D. Immune function

9. Massage research for cancer focuses on the use of massage with the intended goal of:
 - A. Diagnosing and curing the cancer of the patient
 - B. Alleviating symptoms and side effects experienced by cancer patients
 - C. Acting as a replacement for traditional cancer treatment therapies
 - D. All of the above

10. A pilot study done titled “The immediate effect of ischemic compression technique and transverse friction massage on tenderness of active and latent myofascial trigger points” showed that:
 - A. Ischemic compression technique was more effective in reducing tenderness in myofascial trigger points (MTrPs) than transverse friction massage
 - B. Both ischemic compression technique and transverse friction massage were equally effective in reducing tenderness in myofascial trigger points (MTrPs)
 - C. Transverse friction massage was more effective in reducing tenderness in myofascial trigger point (MTrPs) than ischemic compression technique
 - D. Neither ischemic compression technique or transverse friction massage were effective in reducing tenderness in myofascial trigger points (MTrPs)

11. A randomized controlled trial study done on the effects of abdominal massage in management of constipation suggests that:
 - A. Abdominal massage decreased the severity of gastrointestinal symptoms
 - B. Abdominal massage increased bowel movements
 - C. Abdominal massage could be used as a compliment to laxatives rather than a substitute
 - D. All of the above

12. Research studies presented in the textbook on pain syndromes, such as fibromyalgia syndrome, suggest that:
- A. Further research and studies are needed to confirm the effectiveness of manual therapies on pain syndromes such as fibromyalgia syndrome
 - B. Massage therapy is highly effective in relieving and curing symptoms of fibromyalgia syndrome
 - C. Manual therapies are recommended for the diagnosis and treatment of pain syndromes such as fibromyalgia syndrome
 - D. Manual therapies, such as Roling, myofascial release, and/or guided relaxation are not effective in relieving symptoms associated with pain syndromes such as fibromyalgia syndrome
13. According to a preliminary study in men titled “Massage as adjunctive therapy in the management of acute postoperative pain”:
- A. Massage alleviates the need for postoperative pain medications
 - B. The greatest effect of massage on postoperative pain appears to be on the affective component (i.e. unpleasantness) of the pain
 - C. Massage was not shown to have any effect on postoperative pain experienced within 24 hours of the surgery
 - D. The greatest effect of massage on postoperative pain appears to be on the healing rate of the incision
14. A study performed on the effects of massage on delayed onset muscle soreness and physical performance in female collegiate athletes suggests that:
- A. Massage is effective in decreasing muscle soreness but not improving vertical jump in women collegiate athletes
 - B. Massage may be effective in improving vertical jump but not in decreasing muscle soreness in women collegiate athletes
 - C. Massage may be effective in decreasing muscle soreness and improving vertical jump in women collegiate athletes
 - D. Massage is not effective in decreasing muscle soreness or improving vertical jump in women collegiate athletes

Chapter 3

15. What is hyperalgesia?
- A. An increased response to a stimulus which is normally painful
 - B. A decreased response to a stimulus which is normally painful
 - C. An increased response to a stimulus which is normally not painful
 - D. A decreased response to a stimulus which is normally not painful
16. Which of the following is an example of a biomechanical influence on health?
- A. A short right leg
 - B. Depression
 - C. Fear
 - D. Nutrient deficiency

17. According to the text, pain is:
- A. The unpleasant feeling that is conveyed to the brain by sensory neurons, and is interpreted by every individual in the same manner
 - B. The individual or subjective experience to a stimulus, not only the perception of the noxious stimulus but also the interpretation of that sensation as an unpleasant one
 - C. A state of physical, emotional, or mental alertness that ranges from mild discomfort or dull distress to acute often unbearable elation
 - D. All of the above
18. Pain is influenced by:
- A. Age and sex
 - B. Level of anxiety
 - C. Expectation
 - D. All of the above
19. All of the following are examples of acute pain EXCEPT:
- A. Pain experienced at the onset of a torn muscle
 - B. Pain experienced from fibromyalgia syndrome
 - C. Pain experienced from a bee sting
 - D. Pain experienced from a recent surgical incision
20. Which of the following symptoms may be associated with chronic overbreathing?
- A. Fatigue
 - B. Anxiety
 - C. Headaches
 - D. All of the above

Chapter 4

21. The massage therapist needs to understand the diagnostic process and the target of various treatments so that the massage application can support specific medical treatment.
- A. True
 - B. False
22. Which of the following is an example of something that happens during the physical examination?
- A. Asking the client about their pain
 - B. Performing an MRI
 - C. Palpating soft tissues for pain
 - D. Having the client fill out a health history form
23. All of the following can be classified as repetitive stress injuries EXCEPT:
- A. Acute trauma
 - B. Writer's cramp
 - C. Carpal tunnel syndrome
 - D. Tendonitis

24. What is a nerve block?
- A. An injection of an anesthetic around a nerve's fiber to prevent pain messages that are traveling along that nerve pathway from reaching the brain
 - B. Severing the nerve fibers on one or both sides of the spinal cord, eliminating the sensations of pain and temperature
 - C. Extracting a portion of the intervertebral disc to relieve pain and pressure from nerve endings
 - D. Applying brief pulses of electricity in the region of pain to block pain transmission to the spinal cord
25. What are analgesics?
- A. Intravenous drugs used to produce a loss of sensation and consciousness
 - B. Drugs that relieve pain without producing loss of consciousness or reflex activity
 - C. Applying brief pulses of electricity to treat the area of pain
 - D. All of the above
26. All of the following are examples of NSAIDs EXCEPT:
- A. Amoxicillin
 - B. Ibuprofen
 - C. Ketoprofen
 - D. Naproxen
27. If an individual is taking an anti-inflammatory medication, which of the following massage techniques may be ineffective?
- A. Effleurage
 - B. Friction
 - C. Vibration
 - D. Kneading
28. Why should the injection site of a client who has recently had a cortisone injection be avoided?
- A. Massage could cause the medication to seep out of the injection site
 - B. Massage could cause the medication to metabolize and become harmful to the client
 - C. Massage could spread the medication and reduce effectiveness on localized tissue
 - D. Massage could cause infection at the site of the injection
29. Which of the following is a precaution of applying heat or cold modalities?
- A. Do not use a heating pad on bare skin
 - B. Do not use heat over a new injury because heat can cause increase bleeding – wait at least 24 hours
 - C. Do not use heat or cold application for more than 10-15 minutes before allowing temperature to return to normal and then repeat
 - D. All of the above

Chapter 5

30. Which of the following is the correct order of steps in the clinical reasoning process?
- A. Determine the goals of treatment, collect data, determine the plan, implement the plan
 - B. Collect data, determine the goals of treatment, determine the plan, implement the plan
 - C. Determine the plan, collect data, determine the goals of treatment, implement the plan
 - D. Implement the plan, determine the plan, determine the goals of treatment, collect data

31. What should the pain plan of care include?
- A. Description of the pain treatment methods that will be utilized
 - B. Treatment goals
 - C. Methods that will be used to measure progress towards the stated goals
 - D. All of the above
32. Which of the following are examples of ways to assess a client's pain level?
- A. Have the client apply a numerical value to their pain on a scale of 1-10, with 10 being the worst
 - B. Have the client mark their pain level on a visual analogue scale (VAS)
 - C. Have the client fill out the McGill Pain Questionnaire
 - D. All of the above
33. What does massage application with stretching do?
- A. Shortens the lengthened, weak areas
 - B. Lengthens the short, tight areas
 - C. Has no effect on tissues
 - D. Relieves trigger points
34. All of the following are body characteristics of the lower crossed syndrome EXCEPT:
- A. Sway back posture
 - B. Over-tight erector spinae and quadratus lumborum
 - C. Over-tight abdominal and gluteal muscles
 - D. Slack abdominal and gluteal muscles
35. All of the following are phasic muscles (muscles that weaken in response to dysfunction) EXCEPT:
- A. Scalenes
 - B. Tensor fascia lata
 - C. Rhomboids
 - D. Rectus abdominis
36. What is the working level in tissue palpation?
- A. The first contact, molding to the contours of the structure, with no actual pressure
 - B. The level at which most manipulative procedures begin; the practitioner can feel pliable counter-resistance to the applied force
 - C. The level when tissue resistance is overcome, and discomfort/pain is reported
 - D. All of the above
37. Which of the following are skin assessment tests?
- A. Skin on fascia displacement
 - B. Skin stretching assessment
 - C. Drag palpation assessment
 - D. All of the above

38. The positional release method is more suitable for:
- A. Very painful, acute situations
 - B. Chronic, dull pain
 - C. Nerve impingement pain
 - D. Mildly painful, acute situations
39. What does the acronym STAR stand for when palpating for trigger points?
- A. Sweating, tissue texture change, asymmetry, range of motion increased
 - B. Sensitivity, tissue tightening, aggravation of tissues, range of motion reduced
 - C. Sensitivity, tissue texture change, asymmetry, range of motion reduced
 - D. Symmetry, tissue change, analgesic use, range of motion increased

Chapter 6

40. What is outcome based massage?
- A. When massage is used to address a specific problem or set of symptoms
 - B. When massage is used for general relaxation purposes
 - C. When massage is used in a healthcare setting to perform what the client requests
 - D. When massage is used to assess and diagnose a client's symptoms
41. Which of the following can be used to describe qualities of touch in massage?
- A. Depth of pressure
 - B. Direction
 - C. Rhythm
 - D. All of the above
42. Compression loading forces occur when:
- A. Two ends of a structure are pulled apart from one another
 - B. Two structures are pressed together
 - C. Compression and tension are used in combination with each other
 - D. Tissues are moved back and forth creating a combined pattern of compression and elongation of tissue
43. Which of the following is a component of friction?
- A. It consists of small, deep movements performed on a local area
 - B. The movement in friction is usually transverse to the fiber direction
 - C. It is not used during an acute illness, or soon after an injury, or close to a fresh scar
 - D. All of the above
44. Which of the following describes passive joint movement?
- A. When both the client and the massage practitioner move an area
 - B. When the client actively moves the joint against a resistance provided by the massage practitioner
 - C. When the client's muscles stay relaxed and the massage practitioner moves the joint with no assistance from the client
 - D. All of the above

Chapter 7

45. Massage application targeted to pain management incorporates all of the following goals EXCEPT:
- A. Reduce swelling and create counterirritation through skin stimulation
 - B. Increased tissue pliability and reduced tissue density
 - C. Increase localized nerve irritation or circulation reduction
 - D. Reduce nerve and proprioceptive irritation
46. In General Adaptation Syndrome, what is the stage of exhaustion?
- A. The initial stage, which may trigger a fight or flight response
 - B. The second stage, which continues until the ability of the body to compensate further is exhausted
 - C. The third stage, which the individual's self-regulating/self-repair potentials will be exhausted and chronic symptoms and frank disease follow
 - D. The fourth stage, which the individual self heals and symptoms decrease and the body returns to homeostasis
47. The major sites of _____ are often close to the origins and insertions of the muscles and this is where neuromuscular technique (NMT) probes for information more effectively than most other systems.
- A. Trigger points
 - B. Muscle tears
 - C. Scar tissue
 - D. Veins and arteries
48. Which of the following is true about NMT?
- A. A light lubricant is always used in NMT, to avoid skin drag
 - B. The main contact is made with the tip of the thumb(s), more precisely the medial aspect of the tip
 - C. In some regions the tip of the index or middle finger is used instead
 - D. All of the above
49. Which of the following is an example of muscle energy technique (MET)?
- A. Strain-counterstrain (SCS)
 - B. Post isometric relaxation (PIR)
 - C. Positional release (PR)
 - D. Rotational inhibition (RI)
50. All of the following are common therapist errors in application of MET EXCEPT:
- A. Inadequate counterforce to the contraction
 - B. Moving to a new position too hastily after the contraction
 - C. Adequate client/patient instruction is given
 - D. The therapist fails to maintain the stretch position for a period of time that allows soft tissues to begin to lengthen

51. Which of the following is a main feature of positional release technique (PRT)?
- A. All movements should be passive (therapist controls the movement, client/patient does nothing)
 - B. Muscle origins and insertions are brought together, rather than being stretched
 - C. Movement is away from any direction, or position, that causes pain or discomfort
 - D. All of the above
52. The integrated neuromuscular inhibition sequence for deactivating trigger points integrates all of the following techniques EXCEPT:
- A. Positional release technique (PRT)
 - B. Post isometric relaxation (PIR)
 - C. Spray-and-stretch techniques
 - D. Ischemic compression
53. Spray-and-stretch methods use:
- A. Vapocoolant spray or ice massage in one direction along with passive stretching to deactivate trigger points
 - B. Vapocoolant spray or heat application in one direction along with passive stretching to deactivate trigger points
 - C. Alternating heat application and ice massage along with active stretching to deactivate trigger points
 - D. Vapocoolant spray or ice massage in one direction along with active stretching to deactivate trigger points

Chapter 8

54. The protocol described in chapter 8 should be used as a foundation for using massage to address pain. Any of the various positions and method applications can be incorporated into your massage routine.
- A. True
 - B. False
55. The musculature of the posterior neck region (as well as all regions of the body) needs to be addressed in layers, systematically moving from:
- A. Deep to superficial
 - B. Superficial to deep
 - C. Medial to lateral
 - D. Lateral to medial
56. All of the following are main muscles being addressed in the anterior torso EXCEPT:
- A. Pectoralis minor
 - B. Anterior serratus
 - C. Quadratus lumborum
 - D. External and internal abdominal obliques
57. When using initial palpation assessments on the posterior torso, what are you looking for?
- A. Temperature changes
 - B. Skin texture
 - C. Damp areas
 - D. All of the above

58. What is the action of the inner (local) muscle unit, rotator cuff muscles, and the coracobrachialis of the shoulder?
- A. To hold and guide the humerus in the glenoid fossa, using the scapula as a broad based attachment
 - B. To hold and guide the deltoid over the humerus, using the scapula as a broad based attachment
 - C. To hold and guide the humerus in the popliteal fossa, using the scapula as a broad based attachment
 - D. To hold and guide the femur in the glenoid fossa, using the olecranon as a broad based attachment
59. When treating the shoulder, the sidelying position is effective for addressing:
- A. The spinalis and the teres major and minor attachment on the arm
 - B. The latissimus and teres major and minor attachment on the arm
 - C. The latissimus and the sternocleidomastoid attachment on the arm
 - D. All of the above
60. What is the goal of massage for the forearm, wrist, and hand?
- A. Assess, diagnose, and treat dysfunction due to repetitive movements of the forearm and hand
 - B. Maintain normal tissue function so that core stability is adequate in all planes of motion
 - C. Maintain normal tissue function so that repetitive movement does not become repetitive strain
 - D. Tear down normal tissue function so that repetitive movement does not become repetitive strain
61. The hip is usually addressed with the client in the _____ positions.
- A. Supine
 - B. Prone
 - C. Sidelying
 - D. Sitting
62. Which of the following muscles cross two joints in the leg and function at both the hip and knee?
- A. Rectus femoris
 - B. Hamstring group
 - C. Sartorius
 - D. All of the above
63. What technique can be used to assess superficial (connective tissue) fascia of the leg, particularly the IT band and the junctions of the hamstring and quadriceps, for tissue bind?
- A. Moving of the skin
 - B. Myofascial release methods
 - C. Deep friction
 - D. Compression

64. Which of the following is the best position for addressing the intrinsic muscles of the foot?
- A. Seated
 - B. Prone
 - C. Supine
 - D. Sidelying
65. How long is the recommended treatment protocol for the ill, fragile, or pre- and post surgery client?
- A. 15-20 minutes
 - B. 30-45 minutes
 - C. 45-60 minutes
 - D. 60-75 minutes

Chapter 9

66. What is the objective of using adjunctive approaches with massage for treating pain?
- A. Lighten the adaptive load
 - B. Enhance functionality
 - C. Relieve or remove unpleasant symptoms
 - D. All of the above
67. Progressive muscular relaxation exercise involves:
- A. Soaking in a bath which is the same temperature as the body
 - B. Tensing and relaxing muscles in the body
 - C. Performing breathing exercises twice a day
 - D. Alternating hot and cold applications
68. Which of the following health care professionals can perform high velocity, low amplitude (HVLA) manipulation?
- A. Massage therapists
 - B. Personal trainers
 - C. Chiropractors
 - D. All of the above
69. In the upper crossed syndrome, all of the following muscles may be shortened EXCEPT:
- A. Suboccipitalis
 - B. Serratus anterior
 - C. Upper trapezius
 - D. Levator scapulae
70. Research has shown that breathing pattern disorders (BPD) may influence health by:
- A. Altering blood pH, creating respiratory alkalosis
 - B. Encouraging a sense of apprehension and anxiety, affecting balance, muscle tone, and motor control
 - C. Reducing oxygen release to cells, tissues, and brain so encouraging ischemia, fatigue, pain, and the evolution of myofascial trigger points
 - D. All of the above

71. Experts have reported that respiratory dysfunction is commonly observed in patients with _____ and _____.
- A. Low back pain, pelvic floor (PF) dysfunction
 - B. Neck, middle back pain
 - C. Low back pain, tarsal tunnel syndrome
 - D. Carpal tunnel syndrome, pelvic floor (PF) dysfunction
72. A key to changing breathing behavior is to focus on:
- A. Long, slow exhalation
 - B. Long, deep inhalation
 - C. Short, quick exhalation
 - D. Short, slow inhalation
73. How often should pursed lip breathing be performed?
- A. Twice daily
 - B. Once daily
 - C. Every other day
 - D. Once a week
74. Which of the following is a contraindication to performing NMT on the diaphragm?
- A. Liver disease
 - B. Gallbladder disease
 - C. Significant tenderness or swelling in the area
 - D. All of the above
75. What is the Nijmegen Questionnaire?
- A. A questionnaire filled out by the client/patient which assesses for myofascial trigger points
 - B. A questionnaire filled out by the client/patient which assesses for acute and chronic hyperventilation syndrome
 - C. An assessment test performed by the therapist in which the therapist asks the client a series of questions relating to their breathing habits
 - D. A health history form filled out by the client/patient which assesses for chronic lung disorders

This concludes the Managing Pain with Massage exam.