

Medical Massage Therapy Home Study Course

18 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 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 medical massage therapy.

PLEASE CAREFULLY READ THE DIRECTIONS ON PAGE 2

Instructions for the Medical Massage Therapy Home Study Course

Thank you for investing in the Medical Massage Therapy home study course, an 18 CE hour course designed to further your knowledge in the principals and practice of performing condition specific, outcome based massage in a medical or clinical setting. This guide will contain all of the instructions you will need to complete this course. This is an 18 CE hour course, so that means it should take you approximately 18 hours to read the textbook and complete the exam and course evaluation.

In this course you will learn:

- Definition of medical/clinical massage
- Physiologic effects of basic massage strokes and techniques
- Medications used to treat common conditions
- When it may be time to refer your client to another health care professional
- Massage protocols for over 35 different common conditions

The following are steps to follow in completing this course:

- 1. Download and review the textbook and the online exam contained in this study guide.**
- 2. Access the online examination in your account at www.massagetherapyceu.com.**
- 3. Complete the examination and print the certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with an 80% or better to pass this home study course. Feel free to review the textbook while taking the test. This course uses the textbook, *“Step-by-Step Massage Therapy Protocols for Common Conditions”*, by Charlotte Michael Versagi. There are no trick questions on the exam. All of the answers can be found in the textbook. If you have any questions please feel free to contact us at 866-784-5940 or by email at info@massagetherapyceu.com.

It is advised to answer the exam questions in this study guide before testing online. That way, when you are testing, you are not online for hours, and do not have go back and forth through the online exam.

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 Medical Massage Therapy home study course.

Medical Massage Therapy Examination

Chapter 1

1. Which of the following is a characteristic of medical/clinical massage?
 - A. A whole-body session that is usually performed in a non-medical environment
 - B. Massage in which the ultimate goal is relaxation
 - C. Massage that attempts to address chronic pain, injury, and immobility
 - D. Massage that is used for clients who do not have major medical conditions
2. Which of the following is within the scope of practice for a massage therapist?
 - A. Diagnose a medical condition
 - B. Assess soft tissue of the client
 - C. Prescribe oral or topical medications or supplements
 - D. Suggest oral or topical medications or supplements
3. For this course and according to the textbook, what is the definition of the word protocol?
 - A. The plan of care or formula for how to get from point A to point B
 - B. The therapeutic treatment goal of the massage session
 - C. Charting the client's or patient's progress throughout treatment
 - D. The physiologic effects of massage therapy strokes
4. All of the following are absolute contraindications for massage therapy EXCEPT:
 - A. Thrombus
 - B. High blood pressure that is not controlled by medication
 - C. Fever
 - D. Open wound, sore, or ulcer
5. Why is appropriate, detailed charting of the massage therapy session important?
 - A. It provides a record of the techniques used
 - B. It provides a record of progression or digression and the level of pain
 - C. It provides efficacy when insurance companies ask for therapeutic results
 - D. All of the above
6. What does the "objective" portion of SOAP charting refer to?
 - A. The client's or patient's point of view
 - B. What the massage therapist observed and palpated, as well as techniques used
 - C. The results of the various techniques that have been applied
 - D. The next steps for both the therapist and the client or patient

Chapter 2

7. By increasing circulation, the massage therapist supports all of the following physiologic processes EXCEPT:
 - A. Cellular de-oxygenation
 - B. Removing waste products
 - C. Regulating body temperature
 - D. Fighting disease

8. Which of the following is a form of petrissage?
 - A. Kneading
 - B. Wringing
 - C. Skin rolling
 - D. All of the above

9. All of the following are specific physiologic effects of heavy tapotement EXCEPT:
 - A. Local numbing
 - B. Decreased local circulation
 - C. Increased sympathetic nervous system activity
 - D. Loosening of mucus in the lungs

10. Where is cross-fiber friction performed?
 - A. At the point where a muscle turns into tendon
 - B. On and around scar tissue
 - C. At any location where muscles are deeply layered
 - D. All of the above

11. Which of the following is a specific physiologic effect of heat application?
 - A. Decreased local skin temperature
 - B. Decreased local blood flow, initially, from vasoconstriction
 - C. Increased local cellular metabolism and nutrient supply
 - D. Increased pain perception because of increased nerve conduction velocity

12. What is active range-of-motion (ROM)?
 - A. The application of a specific massage technique while moving a client's or patient's joint
 - B. The movement being performed by the client or patient without the help of the massage therapist
 - C. The massage therapist moves the client's or patient's joint through its range of motion with no assistance from the client or patient
 - D. All of the above

Chapter 3

13. What does the pain-spasm-pain cycle begin with?
 - A. Hypertonicity
 - B. Spasm
 - C. Fibrosis
 - D. Trigger points

14. In the fibrosis stage of the pain-spasm-pain cycle, what happens?
 - A. The muscle begins to spasm
 - B. Healthy muscle tissue is replaced by fibrotic tissue
 - C. The client will begin to guard the joint, known as splinting
 - D. Trigger points develop in fibrotic tissue

15. The gate control theory of pain suggests that:
- A. Simple hypertonicity leads to painful trigger points unless the cycle is broken
 - B. Pain is perceived by the body through localized nerves which transmit impulses through the spinal cord to the brain
 - C. Whatever is going on in the periphery of the body combined with whatever is going on in the brain itself will determine pain perception
 - D. all of the above
16. Which of the following is an example of the “slaying the dragon” concept?
- A. Massaging the shoulders for 5 minutes before treating a tension headache
 - B. Working on the gluteus maximus muscle before approaching the lumbar spine area
 - C. Softening and warming the superior trapezius before working on burning pain in the rhomboids
 - D. All of the above

Chapter 4

17. A full understanding of every medication taken by a client leads to safe, intelligent, and holistic care, and inquiring about every medication is well within the massage therapist’s scope.
- A. True
 - B. False
18. Which of the following is a massage therapy consideration for acetaminophen and codeine?
- A. Use caution around injection site
 - B. Abdominal massage may help relieve constipation
 - C. Help client on/off table
 - D. There are no massage therapy considerations for acetaminophen and codeine
19. Which of the following is a trade name for diazepam?
- A. Celebrex
 - B. Valium
 - C. Colace
 - D. Cymbalta
20. Which of the following is a side effect of eszopiclone (Lunesta)?
- A. Chest pain, migraine headache
 - B. Stomach upset, ringing in the ears
 - C. Nausea, dry mouth, constipation
 - D. Painful urination, increased sweating

21. What is the action of oxycodone hydrochloride (OxyContin)?
- A. Encourages peristalsis and bowel movement
 - B. Reduces symptoms of MS
 - C. Lowers blood pressure, prevents angina
 - D. Reduces moderate to severe pain
22. What class of drug is rizatriptan benzoate (Maxalt)?
- A. Antiviral
 - B. Antipsychotic
 - C. Antimigraine
 - D. Antiparkinson
23. Which of the following is a massage therapy consideration of venlafaxine hydrochloride (Effexor)?
- A. Help client on/off table
 - B. Use caution with stimulating techniques
 - C. Use caution with deep-tissue techniques
 - D. All of the above

Chapter 5

24. Which of the following homework assignments is appropriate for a massage therapist to suggest to a client?
- A. Joint “end-feel”
 - B. Passive and active ROM exercises
 - C. Lung and diaphragm function
 - D. All of the above
25. All of the following are suggested homework ROM and stretching exercises EXCEPT:
- A. 123s
 - B. ABCs
 - C. Arm wall walking
 - D. Doorway stretches
26. Which of the following strengthening exercises is appropriate for a massage therapist to suggest to a client?
- A. Biceps curls using a dumbbell
 - B. Squeezing of a tennis ball intermittently throughout the day
 - C. Doing isometric exercises
 - D. All of the above

27. All of the following are examples of when a massage therapist should refer a client to another healthcare professional EXCEPT:
- A. The massage therapist has treated the client once a week, every week, for 2 months with steady progress and improvement
 - B. The massage therapist realizes she is unqualified to treat a client who is taking multiple medications, has chronic unrelenting pain, and complains of several concurrent physical problems
 - C. A client comes for massage therapy complaining of acute pain following a car accident or stroke
 - D. A client comes for massage therapy suffering from unrelenting, acute headaches of an unknown origin

Chapter 6

28. What is ankylosing spondylosis?
- A. A motor paralysis of cranial nerve VII, the facial nerve, affecting one side of the face
 - B. A compressive disorder of the median nerve in the wrist
 - C. A chronic, systemic inflammatory disease of the axial skeleton joints, characterized by pain and progressive stiffening of the spine
 - D. An exaggerated, often progressive, increase in the normal posterior thoracic spinal curvature characterized by pain and stiffening of the spine
29. Which of the following is a primary therapeutic goal of massage therapy in the treatment of ankylosing spondylosis?
- A. Maintaining mobility
 - B. Maintaining proper posture
 - C. Maintaining positioning
 - D. Maintaining ROM

Chapter 7

30. All of the following are therapeutic goals of massage therapy in the treatment of Bell's palsy EXCEPT:
- A. Help hasten the facial muscles' return to normal ROM and tone
 - B. To diagnose, shorten, and cure the disorder in as little time as possible
 - C. To help ensure that the flaccid muscles' return to normal is not accompanied by disfigurement
 - D. To provide a hopeful and humorous companion for the client's often frustrating return to normalcy
31. The ultimate goal of the massage session when working on a client experiencing Bell's palsy will be _____ sessions focused solely on the muscles of the face.
- A. 15 minute
 - B. 30 minute
 - C. 45 minute
 - D. 60 minute

Chapter 8

32. Which of the following is a sign or symptom of acute bursitis?
- A. Local dull, aching pain; or tenderness, usually with activity or when pressing on the bursa
 - B. Muscle spasm accompanied by active trigger points
 - C. Deep burning pain; often referred pain during rest and activity
 - D. Adhesions, low-grade inflammation, and fibrosis
33. Which of the following techniques are locally contraindicated in acute bursitis?
- A. Techniques that apply light pressure such as effleurage
 - B. Compression techniques such as trigger point therapy
 - C. Active and passive stretching techniques
 - D. Techniques that pull tissues surrounding the affected joint

Chapter 9

34. Which of the following is a test that massage therapists can perform to assess for signs and symptoms of carpal tunnel syndrome (CTS)?
- A. Phalen wrist flexion test
 - B. Wilson wrist extension test
 - C. Gait test
 - D. Tinel hip flexion test
35. Which of the following is something that massage therapists can do to minimize their risk of developing CTS?
- A. Remember not to hunch your shoulders
 - B. Do not apply too much pressure while leaning into your hyperflexed wrist
 - C. Rest between massages
 - D. All of the above
36. Which of the following is a self-care homework assignment that can be given to clients suffering from CTS?
- A. Stretch to warm up your hands and forearms before beginning your daily activities
 - B. Allow ample time to rest your arms and hands during the day
 - C. Do doorway stretches if your symptoms originate in your neck
 - D. All of the above

Chapter 10

37. Which type or category of cerebral palsy (CP) accounts for 70-80% of all cases?
- A. Spastic CP
 - B. Athetoid CP
 - C. Ataxic CP
 - D. Mixed CP

38. Which of the following is a benefit (for CP clients) of keeping a “pain, spasm, and victory journal”?
- A. It will reveal patterns or cycles in the onset of pain or spasm
 - B. It will show whether the client is consistently responding to certain weather conditions
 - C. It will keep the client accountable to their therapy and allow the therapist to determine future therapeutic goals
 - D. All of the above

Chapter 11

39. All of the following are signs and symptoms massage therapy can address when treating clients with chronic fatigue syndrome EXCEPT:
- A. The toxic load of muscles
 - B. Headaches
 - C. Active infection
 - D. Joint pain
40. Which of the following is a contraindication and caution for treating a client with chronic fatigue syndrome?
- A. Moderate petrissage and kneading
 - B. Cross-fiber work or trigger point work
 - C. Gentle range-of-motion movements
 - D. Deep breathing throughout the session

Chapter 12

41. Which of the following can be a medication cause of constipation?
- A. Insufficient fiber
 - B. Sedentary lifestyle
 - C. Antidepressants
 - D. Eating disorders
42. In the three-step process of colon massage, massage begins very lightly to gain your client’s trust and ends with your supported fingers _____ inches deep into the abdomen.
- A. One
 - B. Two
 - C. Three
 - D. Four

Chapter 13

43. What is a dermatome?
- A. An area of skin where sensation is supplied by a single spinal nerve
 - B. An area of skin where sensation is supplied by a group of spinal nerves
 - C. A gradual deterioration of the intervertebral discs
 - D. A jelly-like substance nestled in between each vertebra in the spine

44. Which of the following muscles are treated in the massage protocol for treating degenerative disc disease?
- A. Iliopsoas
 - B. Quadratus lumborum
 - C. Erector spinae
 - D. All of the above

Chapter 14

45. Delayed onset muscle soreness (DOMS) occurs after:
- A. A sprain or strain
 - B. Vigorous exercise
 - C. A muscle tear
 - D. Stretching
46. All of the following are therapeutic goals of massage therapy in the treatment of DOMS EXCEPT:
- A. Increasing blood circulation to and removing waste products from the affected muscle set
 - B. Using medication to relieve the temporary pain caused by DOMS
 - C. Increasing ROM at the proximal and distal joints
 - D. Breaking down adhesions that might have formed secondary to immobility

Chapter 15

47. In order to be given a fibromyalgia diagnosis, how many of the 18 tender points on the body have to be confirmed?
- A. 7
 - B. 9
 - C. 11
 - D. 15
48. What is the ideal massage session frequency for treating a client with fibromyalgia?
- A. 60-minute sessions once a week for the duration of the condition
 - B. 30-minute sessions once a week for the duration of the condition
 - C. 60-minute sessions once a month for the duration of the condition
 - D. 30-minute sessions once a month for the duration of the condition
49. Which of the following is a contraindication for treating a client with fibromyalgia?
- A. Deep work or aggressive stretching
 - B. Light pressure compression
 - C. Hot or cold packs
 - D. Medium pressure effleurage or stroking

Chapter 16

50. Which of the following is a sign or symptom of frozen shoulder (adhesive capsulitis)?
- A. Progressive unilateral shoulder pain, usually beginning at night, interrupting sleep
 - B. Progressive shoulder functional restriction during normal ROM
 - C. Pain while at rest and exacerbated with all shoulder activities
 - D. All of the above
51. Which of the following is the ideal positioning for treating a client experiencing frozen shoulder?
- A. Side-lying on the unaffected shoulder
 - B. Side-lying on the affected shoulder
 - C. Seated
 - D. All of the above

Chapter 17

52. Which of following signs and symptoms of migraine headache can be treated with massage?
- A. Nausea and vomiting
 - B. Scalp, face, neck, and shoulder hypertonicity
 - C. Peripheral visual auras and ringing in the ears
 - D. Hypersensitivity to light, sound, or smells
53. When treating a client experiencing migraine headache, all of the following preparations should be made in the massage room EXCEPT:
- A. Have a cold pack ready
 - B. Lower the lights
 - C. Have scented lotions ready
 - D. Set music at a low volume or use no music at all

Chapter 18

54. Although the research on headache etiology is ongoing, the current thinking is that the condition results from changes in the levels of the neurotransmitter:
- A. Dopamine
 - B. Acetylcholine
 - C. Norepinephrine
 - D. Serotonin
55. Which of the following massage techniques is part of the massage protocol when treating a client experiencing a tension headache?
- A. Fascial release techniques
 - B. Hair tugging
 - C. Sternocleidomastoid (SCM) release
 - D. All of the above

56. All of the following are preventative measures people can take to reduce the incidence and severity of tension headaches EXCEPT:
- A. Breathe deeply throughout the day, especially when you feel yourself getting tense
 - B. Avoid the use of a phone headset
 - C. Find ways to relax and enjoy yourself
 - D. Apply heat to your shoulders when you are watching TV or reading at night after a particularly stressful day

Chapter 19

57. Which of the following is a therapeutic goal of massage therapy in the treatment of HIV/AIDS?
- A. Support the immune system
 - B. Help flush accumulated toxins from the bloodstream
 - C. Increase lymphatic flow
 - D. All of the above
58. All of the following are contraindications and cautions for treating a client with HIV/AIDS EXCEPT:
- A. Passive ROM
 - B. Massaging near an open sore or wound
 - C. Fever
 - D. Medication metaports

Chapter 20

59. A massage therapist should not attempt to treat postural hyperkyphosis unless they are working as part of a healthcare team or have advanced training.
- A. True
 - B. False
60. What is the ideal massage session frequency for treating a client with hyperkyphosis?
- A. Twice a week for 2 weeks, then once a week for 6 weeks or until the postural abnormality is resolved
 - B. Twice a week for 4 weeks, then once a week for 6 weeks or until the postural abnormality is resolved
 - C. Once a week for 2 months, then once a month for 6 months or until the postural abnormality is resolved
 - D. Once a week for 1 month, then once a month for 6 weeks or until the postural abnormality is resolved

Chapter 21

61. What is the primary cause of iliotibial band syndrome (ITBS)?
- A. Knee overuse during running or cycling
 - B. Prolonged extremity immobility and/or prolonged sitting
 - C. Running on hard banked surfaces
 - D. Cycling long distances with improperly adjusted bicycle seat

62. What type of massage is ineffective for ITBS?
- A. Deep, aggressive massage with the proper warm up
 - B. Broadening techniques such as skin rolling and wringing
 - C. Light, superficial massage
 - D. Muscle stripping
63. Which of the following is an effective stretch for a client experiencing ITBS to perform as part of their self-care routine?
- A. Standing IT band stretch
 - B. Side-leaning IT band stretch
 - C. The standing quadriceps stretch
 - D. All of the above

Chapter 22

64. When techniques are used to specifically quiet the person's mind and body and the session is given in the appropriate environment, massage therapy for the treatment of insomnia can:
- A. Help reduce stress and anxiety and thereby induce sleep
 - B. Help increase stress and anxiety and thereby inhibit sleep
 - C. Help reduce stress and anxiety and thereby cure insomnia
 - D. Help increase awake time during the day and thereby inhibit sleep
65. Which of the following are the best types of massage techniques for clients suffering from insomnia?
- A. Stimulating techniques such as petrissage
 - B. Relaxing techniques such as Swedish massage
 - C. Fascial release techniques such as Rolfing
 - D. Traditional Chinese medicine techniques such as cupping

Chapter 23

66. All of the following are common signs and symptoms of multiple sclerosis (MS) EXCEPT:
- A. Paresthesia
 - B. Stumbling and/or loss of coordination
 - C. Migraine headache
 - D. Profound fatigue
67. Which of the following questions will help assess the patient's immediate concerns and determine short- and long-term treatment goals when treating MS?
- A. In which stage of MS has the patient been diagnosed?
 - B. Does the patient experience paresthesias? Where?
 - C. Which specific symptoms would the patient like to address today?
 - D. All of the above

Chapter 24

68. Which of the following is a reasonable therapeutic goal of massage therapy in the treatment of muscle spasm?
- A. Softening hypertonic muscles
 - B. Increasing circulation to the affected muscle
 - C. Relieving the pain
 - D. All of the above
69. All of the following are included in the massage protocol when treating muscle spasm EXCEPT:
- A. Recommend an NSAID pain reliever before treatment
 - B. Application of heat or ice
 - C. Begin work on the tendon sites, not the muscle belly
 - D. Use passive ROM and deep vibratory techniques once the spasm has quieted

Chapter 25

70. What is diabetic peripheral neuropathy?
- A. Damaged and painful distal sensory and motor nerves secondary to the administration of a neurotoxic chemotherapeutic agent
 - B. Damaged and painful distal sensory and motor nerves secondary to uncontrolled blood glucose
 - C. Damaged and painful distal sensory and motor nerves secondary to an uncontrolled prolonged fever
 - D. Damaged and painful distal sensory and motor nerves secondary to infection
71. When should a massage therapist refer a patient to their primary care physician who is suffering from neuropathy?
- A. If the patient states they are having a bad day
 - B. If the patient is particularly sensitive to a technique
 - C. If you notice nonresponsive cold tissue
 - D. All of the above

Chapter 26

72. Which of the following is a common medication used to treat osteoarthritis (OA)?
- A. Topical pain-relieving, counterirritant creams, rubs, and sprays
 - B. Pain relievers, such as acetaminophen
 - C. Cortisone injections directly into the joint
 - D. All of the above
73. Which of the following is a self-care homework assignment that can be given to clients suffering from OA?
- A. Medication suggestions
 - B. Weight bearing exercises
 - C. Moving and stretching exercises
 - D. Cardiovascular exercises

Chapter 27

74. What is Parkinson's disease?
- A. A chronic, progressive neurodegenerative movement disorder resulting from norepinephrine insufficiency in the brain
 - B. A chronic, progressive neurodegenerative movement disorder resulting from serotonin insufficiency in the brain
 - C. A chronic, progressive neurodegenerative movement disorder resulting from dopamine insufficiency in the brain
 - D. A chronic, progressive neurodegenerative movement disorder resulting from acetylcholine insufficiency in the brain
75. All massage strokes, ROM exercises, and stretches performed on patients suffering from Parkinson's disease are:
- A. Performed quickly, in a stimulating manner, and with a keen eye for their effects on the patient's tremors
 - B. Performed slowly, methodically, and with a keen eye for their effects on the patient's tremors
 - C. Performed with deep, invigorating pressure using a keen eye for their effects on the patient's tremors
 - D. Performed randomly, in a non-specific order, with a keen eye for their effects on the patient's tremors

Chapter 28

76. Which of the following is an anatomic structure involved in piriformis syndrome?
- A. Sciatic nerve
 - B. Piriformis muscle
 - C. Tendinous bands at edges of piriformis muscle
 - D. All of the above
77. In the massage protocol for treating piriformis syndrome, it is recommended that massage therapists familiarize themselves with the origins and insertions of the surrounding muscles and work them:
- A. In the direction of the origin
 - B. In the direction of the insertion
 - C. Across the grain of the muscle fibers
 - D. Deep into the belly of the muscle
78. A massage therapist must identify which of the following two structures in order to ensure they are working directly on the piriformis muscle when treating piriformis syndrome?
- A. The posterior/superior iliac spine (PSIS) and the ischial tuberosity
 - B. The posterior/inferior iliac spine (PIIS) and the sacrum
 - C. The posterior/superior iliac spine (PSIS) and the greater trochanter
 - D. The greater trochanter and the sacrum

Chapter 29

79. All of the following are assessment techniques which can be performed by massage therapists for plantar fasciitis EXCEPT:
- A. Observing the client's gait, checking for signs of limping
 - B. Palpating the neck and shoulders of the client, looking for signs and symptoms of compensation
 - C. Instructing the client to carefully hop up and down on the affected foot, looking for reproduction of pain
 - D. Palpating the plantar surface of the foot, looking for the presence of fibrotic thickenings and adhesions
80. In the massage protocol for both acute and chronic stages of plantar fasciitis, how many minutes are spent on the affected foot itself?
- A. 15
 - B. 30
 - C. 45
 - D. 60

Chapter 30

81. Which of the following is a therapeutic goal of massage therapy in the treatment of post-polio syndrome (PPS)?
- A. Increased joint range of motion (ROM)
 - B. Increased balance
 - C. Reduced anxiety
 - D. All of the above
82. All of the following are contraindications and cautions for treating a client with post-polio syndrome EXCEPT:
- A. Avoid the use of supine positioning
 - B. Avoid vigorous, quick, or too deep massage techniques
 - C. Use cold packs only for short periods
 - D. Use caution when positioning on and off the table

Chapter 31

83. Massage therapy for the treatment of post-traumatic stress disorder (PTSD) is limited to:
- A. The treatment of muscle hypertonicity only
 - B. The treatment of mental symptoms only
 - C. The treatment of both mental symptoms and muscle hypertonicity
 - D. The treatment of what the client requests
84. If a client suffering from PTSD tends to have nightmares, flashbacks and/or is mentally unstable, touch may not be an appropriate therapy.
- A. True
 - B. False

Chapter 32

85. What is Raynaud's phenomenon?
- A. A chronic, inflammatory, and autoimmune disease affecting both the connective tissue and the synovial membrane of multiple joints
 - B. Chronic, episodic peripheral vasoconstriction (blood vessel narrowing), usually precipitated by an extreme response to cold temperatures
 - C. A progressively debilitating neuromuscular condition occurring decades after recovery from acute poliomyelitis
 - D. An inflammatory disease of the central nervous system (CNS) in which the myelin sheath deteriorates, resulting in destruction of nerve fibers
86. An important element of addressing primary Raynaud's is:
- A. Ruling out the presence of arthritis
 - B. Diagnosing either primary or secondary Raynaud's
 - C. Teaching self-massage to the client
 - D. Using cold packs with massage

Chapter 33

87. All of the following are common medications used to treat rheumatoid arthritis (RA) EXCEPT:
- A. Salicylate nonopioid pain relievers, such as aspirin (Ecotrin, Empirin, Astrin)
 - B. Immunosuppressants, such as azathioprine (Imuran) and abatacept (Orencia)
 - C. Anti-inflammatories, such as sulfasalazine (Azulfidine) and infliximab (Remicade)
 - D. Antihypertensives, such as prazosin hydrochloride (Minipress)
88. All massage and bodywork is contraindicated for RA sufferers during:
- A. A flare stage
 - B. A remission stage
 - C. An early stage
 - D. A chronic stage

Chapter 34

89. An essential element of a massage therapist's scar work protocol is to purposely:
- A. Relax the tissue surrounding the scar
 - B. Create an area of localized inflammation
 - C. Create an area of vasoconstriction
 - D. Open the wound to re-initiate the healing process
90. Before a massage therapist begins work on a mature scar, a _____ is applied.
- A. Cold pack
 - B. Chemical peel
 - C. Hot pack
 - D. Sitz bath

Chapter 35

91. Which of the following can be a cause of sciatica?
- A. Herniated disc in the lumbar spine
 - B. Spinal stenosis
 - C. Spinal tumor
 - D. All of the above
92. The therapist must have a firm diagnosis of the cause of the sciatica before proceeding with treatment.
- A. True
 - B. False

Chapter 36

93. Although it is outside a massage therapist's scope of practice to diagnose scoliosis, they can assess:
- A. The severity of the curvature
 - B. Its effects on the rest of the body
 - C. The extent of the muscular concavity (hypotonicity) and/or convexity (hypertonicity)
 - D. All of the above
94. All of the following are therapeutic goals of massage therapy in the treatment of scoliosis EXCEPT:
- A. Relieve hypertonicity and spasm
 - B. Return the normal spinal curvature
 - C. Remove myofascial restrictions
 - D. Remove waste from underused muscles

Chapter 37

95. The information and techniques presented for sprains and strains assumes the massage therapist is attending to subacute pain, swelling, and stiffness and/or chronic pain, stiffness, and scarring secondary to an initial (now past) sprain or strain injury.
- A. True
 - B. False
96. All of the following techniques are appropriate to use when treating sprains or strains EXCEPT:
- A. Cross-fiber friction
 - B. Muscle stripping
 - C. Aggressive ROM
 - D. Kneading

Chapter 38

97. Medically, persistent severe and/or low level stress can do which of the following?
- A. Cause muscular tension in the neck, back, and shoulders
 - B. Exacerbate or cause headaches
 - C. Elevate blood pressure, cause abnormal heart beat, increase blood clots and hardening of arteries, increase the propensity for heart attack and heart failure
 - D. All of the above
98. Which of the following are two simple calming techniques used by many massage therapists working on patients in high-stress environments, including hospitals, hospices, and nursing homes?
- A. “Slow-stroke back (or front) massage” and “slaying the dragon”
 - B. “Slow-stroke back (or front) massage” and “hold and stroke”
 - C. “Sternocleidomastoid (SCM) release” and “hold and stroke”
 - D. “Slaying the dragon” and “stroke and release”

Chapter 39

99. All of the following are questions for a massage therapist to ask the physician, the lead rehabilitation therapist, the patient, and/or the patient’s caregiver before treating a stroke patient EXCEPT:
- A. When can the massage therapist begin to diagnose contractures?
 - B. When did the stroke occur?
 - C. If PT is being performed, what results have been achieved? How can the massage therapist enhance the PT’s efforts?
 - D. Does the patient have seizures or emotional outbursts?
100. Massage therapy performed on a stroke patient is extremely:
- A. Deep, specific, repetitive, and fast
 - B. Detailed, general, varied, and slow
 - C. Detailed, specific, repetitive, and slow
 - D. Vague, superficial, repetitive, and moderate

Chapter 40

101. Which of the following muscles help support the temporomandibular joint (TMJ) and are involved in jaw protrusion, retraction, contraction, compression, and side-to-side gliding?
- A. Masseter and temporalis
 - B. Pterygoids and digastrics
 - C. Suprahyoid and infrahyoid
 - D. All of the above
102. When performing massage and bodywork on the TMJ area, which of the following structures requires caution?
- A. Aorta and the xiphoid process
 - B. Carotid artery and the styloid process
 - C. Subclavian artery and the scapular notch
 - D. All of the above

Chapter 41

103. All of the following are assessment techniques which can be performed by massage therapists for tendinosis EXCEPT:
- A. Gentle palpation
 - B. Passive and active ROM
 - C. Magnetic resonance imaging (MRI)
 - D. Assess related structures for accompanying pain
104. Which of the following self-care exercises can significantly speed healing in tendinopathies?
- A. Mobilization in the early stages of the injury
 - B. Apply ice packs only when the pain is dull and achy
 - C. When the client is not in acute pain, grip the belly of the affected muscle and squeeze it like a sponge
 - D. All of the above

Chapter 42

105. All forms of thoracic outlet syndrome (TOS) are _____ syndromes of either the brachial plexus or the veins and arteries that feed the shoulder, arm, and hand.
- A. Entrapment
 - B. Congenital
 - C. Inflammatory
 - D. Visceral
106. What is the ideal massage session frequency when the client is first diagnosed with TOS and pain and discomfort are at their worst?
- A. 60- to 90-minute sessions, twice a week
 - B. 60- to 90-minute sessions once a week
 - C. 60-minute sessions every other week
 - D. 60-minute sessions once a month

Chapter 43

107. What is a trigger point (TrP)?
- A. A generalized area of muscle hypertonicity that radiates in an unpredictable pain pattern
 - B. A localized area of muscle hypertonicity that radiates in a predictable pain pattern
 - C. A generalized area of muscle hypotonicity that radiates in a predictable pain pattern
 - D. A localized area of muscle hypotonicity that radiates in an unpredictable pain pattern

108. Which of the following techniques does the textbook suggest is best for working on trigger points?
- A. Deep compression with an elbow or massage tool which causes ischemia
 - B. Techniques that have the purposeful effect of restricting blood flow
 - C. Slow, medium-depth, almost pumping techniques
 - D. All of the above
109. Why are there no time durations indicated for the techniques presented in the trigger point protocol?
- A. Because the therapist must be keenly aware of the tissue's condition before moving mechanically on to the next step
 - B. Because the massage therapist must train themselves to remain very aware of the depth to which they are working, the tissue's response, the presence of any spasms or tissue flinching, the width of the taut muscle band, the presence of "Rice Krispies," and whether or not the TrP is softening
 - C. Because the massage therapist must try, instead, to approximately spread the time evenly between all the steps, spending the most time directly on the trigger points themselves
 - D. All of the above

Chapter 44

110. All of the following are signs and symptoms massage therapy can address when treating clients with whiplash EXCEPT:
- A. Scar tissue
 - B. Generalized stiffness
 - C. Cervical fracture
 - D. Constricted fascia
111. When working with a whiplash client, treatment should begin:
- A. No sooner than 3 days after the incident
 - B. Immediately after the incident
 - C. No sooner than 2 weeks after the incident
 - D. Once a chronic stage has been reached
112. Which of the following massage techniques is recommended for treatment of a whiplash injury?
- A. Myofascial techniques
 - B. Petrissage
 - C. Kneading
 - D. All of the above

This completes the Medical Massage exam.