

Modalities for Massage Therapy Home Study Course

22 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.

PLEASE CAREFULLY READ THE DIRECTIONS ON PAGE 2

Instructions for the Modalities for Massage Therapy Home Study Course

Thank you for investing in the Modalities for Massage Therapy home study course, a 22 CE hour course designed to further your knowledge in different modalities for massage and bodywork. This guide will contain all of the instructions you will need to complete this course. This is a 22 CE hour course, so that means it should take you approximately 22 hours to read the text, access the online resources/videos, and complete the exam and course evaluation.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook and exam.**
- 2. Access the online videos:**
 - a. Go to <http://evolve.elsevier.com/stillerman/modalities>**
 - b. Click “Register”**
 - c. Scroll down and click “Proceed to Checkout/Redeem”**
 - d. Fill out your information. If you already have an Evolve account, you can login. Then under “Tell us about your institution” enter the following information:**
 - i. Institution country: United States of America**
 - ii. Institution state: South Dakota**
 - iii. Institution name: Center for Massage Therapy Continuing Education**
 - iv. Program type: Massage Therapy**
 - v. Year of graduation: Enter the current year (this does not matter or will have no weight on your completion date of the course). Click “Continue”**
 - e. Scroll down and click “Submit”**
 - f. In the yellow/orange box, click “Get Started”**
 - g. Click on “Evolve Resources for Modalities for Massage and Bodywork, 2nd Edition”**
 - h. Click “I agree”**
 - i. Click on the “Videos” link on the left bottom to watch the videos**
- 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. Feel free to review the textbook and videos while taking the test. This course uses the textbook *Modalities for Massage and Bodywork, 2nd Edition* by Elaine Stillerman. There are no trick questions on the exam. All of the answers can be found in the textbook. 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 by email at info@massagetherapyceu.com.

It is advised to answer the exam questions in the study guide before testing online or writing down your answers as you test. 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 Modalities for Massage Therapy home study course.

Modalities for Massage Therapy Examination

Chapter 1: Active isolated stretching

1. Active isolated stretching (AIS) is a stretching technique that employs the neurologic reflex known as:
 - A. Reciprocal inhibition
 - B. Strain-counterstrain
 - C. Muscle energy technique
 - D. Sustained pressure
2. What is the main difference between static and dynamic stretching?
 - A. Static stretching can be done either actively or passively, dynamic stretching can only be done actively
 - B. Static stretching focuses on holding a stretch while dynamic stretching involves more movement of the client's body
 - C. Static stretching is used more frequently in AIS, dynamic stretching is rarely used
 - D. None of the above
3. The "active isolated stretching" moniker is partially derived from the use of an:
 - A. Active, agonist muscle contraction
 - B. Passive, agonist muscle contraction
 - C. Active, antagonist muscle contraction
 - D. Passive, antagonist muscle contraction
4. During the AIS protocol, about how long should the stretch phase last?
 - A. No more than 2 seconds
 - B. No more than 5 seconds
 - C. No more than 7 seconds
 - D. No more than 10 seconds
5. Aaron L. Mattes has developed over _____ specific stretches that address all of the major muscles and muscle groups of the body.
 - A. 50
 - B. 100
 - C. 200
 - D. 300

Chapter 2: Ayurvedic Therapies

6. What is Ayurveda?
 - A. An eastern Indian system of holistic therapies and medicine that integrates the mind, body, and spirit not only as a means to heal but also as a way of life
 - B. A traditional Chinese medicine modality which integrates the mind, body, and spirit not only as a means to heal but also as a way of life
 - C. A Western system of holistic therapies and medicine that integrates the mind, body, and spirit not only as a means to heal but also as a way of life
 - D. An ancient Thai system of holistic modalities which integrate the mind, body, and spirit not only as a means to heal but also as a way of life

7. Which of the following is true of the doshas?
 - A. Dosha refers to the three psychophysiological principles of the body, also known as bodily humors, and references the 5 elements
 - B. There are three doshas called vata, pitta, and kapha
 - C. When functioning normally and present in normal qualities, the doshas maintain all healthy body processes
 - D. All of the above

8. Which of the following is an indication for udvartana, or dry massage?
 - A. Disorders associated with excess vata
 - B. Disorders associated with excess kapha
 - C. Disorders associated with excess pitta
 - D. Disorders with a lack of ama

9. Which of the following are benefits of abhyanga?
 - A. Increases the positive energy of kapha; and eliminates toxins, thus calming vata
 - B. Balances endocrine secretions; and improves the tone of tissue and skin
 - C. Slows the aging process, which leads to a longer life span; and alleviates pain
 - D. All of the above

10. All of the following techniques are used in Ayurvedic massage EXCEPT:
 - A. Stretching
 - B. Kneading
 - C. Squeezing
 - D. Pressing

11. What is the goal of lepana?
 - A. Detoxification and loosening of tissues
 - B. Balance the central nervous system and quiet the mind
 - C. Reduce swelling, pain or localized inflammation of tissues
 - D. Relieve afflictions of the hip such as sciatica

Chapter 3: Cancer massage

12. What are the four characteristics that define cancer and will influence the treatment for it?
 - A. Site, type, level, and severity
 - B. Stage, grade, color, and appearance
 - C. Site, stage, grade, and type
 - D. Appearance, stage, grade, and type

13. A _____ is a good introductory massage following surgery.
 - A. Gentle massage, lasting 60-90 minutes and using less pressure
 - B. Gentle massage, lasting 20-30 minutes and using less pressure
 - C. Gentle massage, lasting 20-30 minutes and using more pressure
 - D. Gentle massage, lasting 60-90 minutes and using more pressure

14. Which of the following is a physical benefit of massage for cancer patients?
- A. Restores homeostasis and relieves pain
 - B. Strengthens the immune system and lowers stress levels
 - C. Improves blood circulation, appetite, and quality of sleep
 - D. All of the above
15. To ensure a successful outcome, all of the following are suggestions to set the stage for cancer massage EXCEPT:
- A. A written health history will help the therapist assess the health status of the client
 - B. Each massage session should be documented with notation of the changes that have occurred since the previous massage
 - C. The client should be positioned for personal comfort
 - D. Maintaining cleanliness, including hand washing, is not important because of healthy immunity in clients, especially those currently undergoing treatment
16. Education for massage therapists in the art of cancer massage includes all of the following EXCEPT:
- A. The study of cancer and its treatments
 - B. Advanced deep tissue massage techniques
 - C. Considerations related the client's current condition
 - D. Contraindications and cautions

Chapter 4: Craniosacral therapy

17. What is Craniosacral Therapy (CST)?
- A. A method of using heavy touch, external listening skills, and a healing attitude or intention to evaluate whole-body health and to invite the body to self-correct
 - B. A method of using light touch, internal listening skills, and a healing attitude or intention to evaluate whole-body health and to invite the body to self-correct
 - C. A method of using heavy touch, internal listening skills, and a healing attitude or intention to evaluate cranial health and to invite the body to self-correct
 - D. A method of using light touch, external listening skills, and a healing attitude or intention to evaluate cranial health and to invite the body to self-correct
18. What is the craniosacral system?
- A. The membranes and cerebrospinal fluid that protect the brain and spinal cord
 - B. The lymph nodes and the lymphatic fluid that protect the brain and spinal cord
 - C. The muscles and nerves that protect the brain and spinal cord
 - D. The cranial bones and dura mater that protect the brain and spinal cord
19. What level of touch is required to palpate the craniosacral rhythm?
- A. Medium touch, typically the weight of a US nickel, about 5 grams
 - B. Heavy touch, typically the weight of a US quarter, about 10 grams
 - C. Very light touch, typically the weight of a US nickel, about 5 grams
 - D. Light touch, typically the weight of a US quarter, about 10 grams

20. How is a still point induced?
- A. By automatically following the rhythm of the myofascia through a cycle of flexion and extension, then we create a manual barrier to the rhythm
 - B. By manually following the fascia of the cranium from top to bottom, then we create a mental barrier to the rhythm
 - C. By manually locating a trigger point in the muscle, then we apply pressure to the trigger point
 - D. By manually following the rhythm of the cerebrospinal fluid through a cycle of flexion and extension, then we create a manual barrier to the rhythm
21. How is the temporal wobble performed?
- A. Using the ring finger as the major leverage point, we gently lift the frontal bone anteriorly
 - B. Using the first three fingers of each hand on the posterior lateral part of the parietal bone, we medially compress, disengaging from the temporal bones, and then gently lift the parietal bones superiorly
 - C. With thumbs on the mastoid processes, we alternately move the temporalis medially and laterally
 - D. With a thumb in each ear, we gently traction posteriorly and laterally using the ears as handles to move the temporal bones
22. All of the following are contraindications to CST EXCEPT:
- A. Recent brain surgery
 - B. Acute stroke or aneurysm
 - C. Recent trauma with displacing ankle sprain
 - D. Compression or severe lesion of the spinal cord

Chapter 5: Geriatric massage

23. What is geriatric massage?
- A. The modification of basic massage techniques and body positions to meet the needs of the elderly
 - B. A gentle, light, rhythmic manual technique that has been used by massage therapists and other professionals since the early 1930's
 - C. A collection of approaches and techniques that focuses on freeing restrictions of movement that originate in the soft tissues of the body
 - D. A Japanese type of bodywork that grew out of the human need to touch others and to make others feel better by being touched
24. Osteoarthritis is often called:
- A. An autoimmune disease
 - B. A hormonal arthritis
 - C. Muscle degeneration
 - D. Wear and tear arthritis
25. All of the following are fall risk factors for the elderly EXCEPT:
- A. Fit and robust client
 - B. Decreased vision or hearing
 - C. Problems with balance or gait
 - D. Advanced age (75+ years)

26. If your client is inactive and frail:
- A. Use techniques that are vigorous, slow, and deep
 - B. Use techniques that are rhythmic, slow, and gentle
 - C. Use techniques that are rhythmic, fast, and deep
 - D. Use techniques that are vigorous, fast, and deep
27. All of the following are organizations that teach geriatric massage and massage for terminally ill clients EXCEPT:
- A. Daybreak Geriatric Massage Institute
 - B. Comfort Touch
 - C. Compassionate Touch
 - D. Lighthouse

Chapter 6: Infant and pediatric massage

28. Infant massage is about:
- A. Love
 - B. Providing outcome based techniques
 - C. Pain relief
 - D. Growth
29. Which of the following are the 4 main benefits of infant massage?
- A. Providing nourishment, enhancing stimulation, providing better rest, and promoting healing in the tissues
 - B. Providing stimulation, enhancing relaxation, relieving pain, and promoting attachment and bonding
 - C. Providing stimulation, offering support, relieving deep muscular pain, and relieving trigger points
 - D. Relieving pain, enhancing relaxation, promoting attachment and bonding, and decreasing stimulation and sensation
30. Which of the following massage techniques/modalities is appropriate to use on infants?
- A. Swedish and/or east Indian massage
 - B. Reflexology
 - C. Conditioned relax response
 - D. All of the above
31. All of the following are cues of engagement EXCEPT:
- A. Eye-to-eye contact
 - B. Cooing
 - C. Arching body
 - D. Babbling
32. What is the typical length of treatment for infant massage?
- A. 10-20 minutes
 - B. 20-30 minutes
 - C. 30-40 minutes
 - D. 45-60 minutes

Chapter 7: Manual lymphatic drainage

33. What is manual lymph drainage (MLD)?
- A. The modification of basic massage techniques and body positions to meet the needs of the elderly
 - B. A gentle, light, rhythmic manual technique that has been used by massage therapists and other professionals since the early 1930's
 - C. A collection of approaches and techniques that focuses on freeing restrictions of movement that originate in the soft tissues of the body
 - D. A Japanese type of bodywork that grew out of the human need to touch others and to make others feel better by being touched
34. Which of the following describes the structure of the lymph vessel system?
- A. A two way vessel system which transports fluid and substances to the liver for detoxification
 - B. A one-way system transporting fluid and substances from the tissues back to the venous system
 - C. A system of veins and arteries which compliments and has the same functions as the circulatory system
 - D. All of the above
35. All of the following are true about the application of MLD EXCEPT:
- A. Pressure is extremely light, anywhere from 0 to 30 mm Hg
 - B. Movements are generally repeated in sets of five
 - C. Pressure is moderate to deep, depending on the area being treated
 - D. No oil is necessary
36. Which of the following areas is treated first in MLD?
- A. Feet
 - B. Groin
 - C. Abdomen
 - D. Neck
37. All of the following are main applications for MLD EXCEPT:
- A. Inflammation in joints
 - B. Lymphedema
 - C. Lipedema
 - D. Untreated thrombosis
38. What is the typical treatment time for MLD?
- A. 60 minutes
 - B. 120 minutes
 - C. 10 minutes
 - D. 200 minutes

Chapter 8: Muscle energy techniques

39. What type of muscle contraction is used in muscle energy technique (MET)?
- A. Isometric
 - B. Isotonic
 - C. Active
 - D. Passive
40. All of the following are contraindications for METs EXCEPT:
- A. Acute musculoskeletal injuries
 - B. Unset or unstable fractures
 - C. Unstable or fused joints
 - D. Sciatica
41. In MET, it is key:
- A. To position the client to permit the most advantageous relaxation of the muscle and also to allow the practitioner to stop at the next barrier to minimally stretch the muscle for the shortening process
 - B. To position the client to permit the most advantageous contraction of the muscle and also to allow the practitioner to stop at the next barrier to minimally stretch the muscle for the shortening process
 - C. To position the client to permit the most advantageous contraction of the muscle and also to allow the practitioner to move through the next barrier to fully stretch the muscle for the lengthening process
 - D. To position the client to permit the least advantageous relaxation of the muscle and also to allow the practitioner to move through the next barrier to minimally stretch the muscle for the lengthening process
42. When performing piriformis METs, which of the following is the correct client position?
- A. Seated
 - B. Supine
 - C. Prone
 - D. Sidelying

Chapter 9: Myofascial release

43. Which of the following is true of myofascial release (MFR)?
- A. Direct bodily effects range from alleviation of pain, improvement of athletic performance, and greater flexibility and ease of movement
 - B. MFR is a goal-oriented approach to working with tissue-based restrictions and their two-way interactions with movement and posture
 - C. The application of controlled and focused force in a purposeful direction acts to stretch or elongate the muscular and fascial (myofascial) structures
 - D. All of the above
44. All of the following accurately describe fascia EXCEPT:
- A. It surrounds each muscle fiber, surrounds bundles of muscle fibers and individual muscles to differentiate them from adjacent muscles
 - B. It is capable of voluntary contraction and movement
 - C. It is present in broad sheets to add support to the body
 - D. It defines surfaces between structures

45. What is the main difference between indirect release technique and direct release technique?
- A. Direct release uses more unwinding and “following” of release tendencies and does not directly encourage the fascia to release in a direction the practitioner feels will improve function or posture
 - B. Indirect release uses a “pin and stretch” technique to release fascia while direct release uses more unwinding and “following” of release tendencies
 - C. Direct release uses less unwinding and “following” of release tendencies and more directly encourages the fascia to release in a direction the practitioner feels will improve function or posture
 - D. None of the above
46. Which of the following muscles would best benefit from the lifting or rolling muscle compartments technique?
- A. Long muscles such as the quadriceps
 - B. Anywhere different muscles overlap such as the trapezius
 - C. Appendages in which long, narrow muscles move joints as well as the latissimus
 - D. Superficial fascia over the sacrum
47. What can the practitioner do to work around contraindicated varicose veins?
- A. Avoid all MFR work until the person has seen the appropriate health care provider
 - B. Work directly through the varicose veins with deep pressure
 - C. Approach the tissue from the side, not directly through the varicose veins
 - D. Use only certain MFR techniques when working directly through the varicose veins

Chapter 10: Neuromuscular therapy

48. Neuromuscular therapy (NMT) assessments and examinations consider all of the following EXCEPT:
- A. Bone density tests and blood counts
 - B. Ischemia and myofascial trigger points
 - C. Neural entrapment and nerve compression
 - D. Postural assessment and gait patterns
49. Most factors in illness as well as in healthcare applications can be grouped under what general headings?
- A. Biomechanical, psychological, and physical
 - B. Biomechanical, biochemical, and psychosocial
 - C. Environmental, mental, and physical
 - D. Biochemical, environmental, and biomechanical
50. Which of the following is a treatment tool in the application of NMT?
- A. Hot and cold packs
 - B. The hands
 - C. Pressure bars
 - D. All of the above

51. The amount of pressure to use during applied strokes as well as during sustained pressure:
- A. Will vary from person to person and even from tissue to tissue in the same person
 - B. Will remain constant from person to person throughout the treatment at about 10 grams
 - C. Will vary from person to person but will remain constant from tissue to tissue in the same person
 - D. Will remain constant from person to person throughout the treatment at about 2 pounds
52. In _____ the whole hand, finger pads, or fingertips are slid through the skin over the underlying fascia to assess for restriction.
- A. Finger-walking
 - B. Flat palpation
 - C. Snapping palpation
 - D. Pincer compression

Chapter 11: Orthopedic massage

53. Practitioners and educators use the term orthopedic massage to refer to:
- A. A similar set of treatment systems and techniques and in the most general sense, this approach simply encompasses the treatment of neuromuscular disorders
 - B. A related set of treatment systems and techniques and in the most general sense, this approach simply encompasses the treatment of skeletal disorders
 - C. A divergent set of treatment systems and techniques and in the most general sense, this approach simply encompasses the treatment of neural disorders
 - D. A divergent set of treatment systems and techniques and in the most general sense, this approach simply encompasses the treatment of musculoskeletal disorders
54. What does HORPS stand for?
- A. Health, observation, pain scale rating, range-of-motion testing, and subjective
 - B. History, objective, pain scale rating, resistance testing, and special tests
 - C. History, observation, palpation, range-of-motion and resistance testing, and special tests
 - D. History, observation, plan, range-of-motion and resistance testing, and subjective
55. What are deep gliding techniques?
- A. Essentially tapotement strokes but are applied with a deeper pressure than the more superficial tapotement strokes
 - B. Essentially effleurage strokes but are applied with a deeper pressure than the more superficial effleurage strokes
 - C. Essentially petrissage strokes but are applied with a deeper pressure than the more superficial petrissage strokes
 - D. Essentially feather strokes but are applied with a deeper pressure than the more superficial feather strokes
56. _____ treatment is a common treatment for chronic overuse tendon disorders such as tendinosis.
- A. Deep friction
 - B. Stretching
 - C. Compression broadening
 - D. Static compression

Chapter 12: Polarity therapy

57. Polarity therapy (PT) integrates what four aspects of energy medicine?
- A. Polarity bodywork, energetic nutrition, exercise and stretching postures, and communication/facilitation
 - B. Polarity bodywork, energetic nutrition, Tuina massage, and Chinese herbal medicine
 - C. Traditional Chinese medicine, energetic nutrition, communication/facilitation, and craniosacral therapy
 - D. Polarity bodywork, energetic science, that yoga techniques, and communication/facilitation
58. Which of the following is true of PT?
- A. PT is a dynamic system designed to balance the life force that animates all matter
 - B. The goal of Polarity bodywork is to trace (by palpation) and release (by skilled touch) those energy blockages that manifest as pain or dysfunction
 - C. The practitioner helps the client to achieve a state of balance through artful and specific strategies that allow the client's innate wisdom and the restorative capacities of the whole being to bring about improved health and well-being
 - D. All of the above
59. What are marmas?
- A. Specific points which contain high concentrations of prana located along the chakras
 - B. Special (Ayurvedic) energy centers similar to acupuncture points but include larger areas of the body such as the abdomen or heart region
 - C. One of the five elements, marmas are incorporated with the sense of smell and influence the bones and blood vessels
 - D. Special (Chinese) energy centers similar to trigger points but include larger areas of the body such as the abdomen or heart region
60. What is the cradle hold used for in PT?
- A. To bring balance to the central nervous system through the alignment of the craniosacral system
 - B. To facilitate expansion of the chest and release of gas
 - C. To bring balance to the parasympathetic and sympathetic nervous systems
 - D. To facilitate alignment with the craniosacral system
61. Where is structural contact made in the shoulder reflex point?
- A. With the medial cuneiform and sesamoid bones
 - B. With the lateral cuneiform and sesamoid bones
 - C. With the cuboid bone
 - D. With the base of the great toe, both anteriorly and posteriorly
62. According to the American Polarity Association, all of the following are areas of study which are required for associate and registered polarity practitioners EXCEPT:
- A. Theory and basic principles of reiki
 - B. Theory and basic principles of polarity
 - C. Energetic nutrition
 - D. Stretching postures

Chapter 13: Prenatal massage

63. All of the following modalities/techniques are appropriate, with consideration of positioning, for prenatal massage EXCEPT:
- A. Craniosacral therapy, energy work, and joint mobilization
 - B. Deep abdominal work and leg work
 - C. Manual lymphatic drainage, myofascial release, and reflexology
 - D. Swedish massage, Trager work, and trigger point release
64. Which of the following is a physiologic change of the musculoskeletal system during pregnancy?
- A. An anterior pelvic tilt and increased lumbar spine compression
 - B. Cervical protraction
 - C. Stretching, weakening, and loss of tone in the core abdominal muscles
 - D. All of the above
65. Why should deep, protracted pressure on certain acupuncture points be avoided during pregnancy?
- A. It can prolong labor and inhibit the body's natural hormone secretion
 - B. It can result in uterine contractions
 - C. It can cause the muscles of the pelvis to relax unnaturally
 - D. It can cause leg cramps
66. Why are prenatal massage strokes generally done in a horizontal direction?
- A. To encourage lymphatic fluid circulation
 - B. To encourage shortening of stretched muscles
 - C. To encourage elongation of compressed muscles and joints
 - D. To promote excretion of wastes
67. When adapted for prenatal massage purposes, manual lymphatic drainage strokes should be performed with how much pressure?
- A. 10-30 g
 - B. 30-50 g
 - C. 50-80 g
 - D. 80-110 g

Chapter 14: Reflexology

68. What is reflexology?
- A. A method for activating the healing powers of the body through stimulation of reflexes on the feet, hands, face, and outer ears
 - B. A method of relieving myofascial trigger points of the body through stimulation of reflexes on the feet, hands, face, and outer ears
 - C. A method of reducing interstitial fluid of the body through stimulation of reflexes on the feet, hands, face, and outer ears
 - D. A method of neuromuscular therapy using stimulation of reflexes on the feet, hands, face, and outer ears

69. Which of the following is a benefit of reflexology?
- A. Reduces stress and improves circulation
 - B. Cleanses the body and helps nature achieve homeostasis
 - C. Revitalizes energy and provides preventative healthcare
 - D. All of the above
70. According to reflexology theory, how many energy zones are present in the body?
- A. 4
 - B. 10
 - C. 13
 - D. 15
71. Where is the best place to use the finger walking technique?
- A. Large fleshy areas such as the sole of the foot
 - B. Specific pinpoint reflexes
 - C. Bony, thin-skinned areas
 - D. The big toe only
72. Which of the following is a nonprofit corporation which certifies practitioners in the practice of reflexology?
- A. American Chiropractic Association
 - B. American Massage Therapy Association
 - C. National Certification Board for Therapeutic Massage and Bodywork
 - D. American Reflexology Certification Board

Chapter 15: Reiki

73. Where are the roots of Reiki?
- A. India, Tibet, and Japan
 - B. Indiana, Brazil, and China
 - C. India, China, and Japan
 - D. Thailand, Tibet, and China
74. Who is the founder of Reiki?
- A. Alexandria Juliani
 - B. Mikao Usui
 - C. Hawayo Takata
 - D. Mehmet Oz
75. In Reiki therapy, through a series of _____, the Reiki practitioner moves the hands over the body, passing this energy from the universe through the hands and into the self or others.
- A. Deep compressions
 - B. Vibrations
 - C. Feather strokes
 - D. Light touches

76. Traditionally, how many degrees of Reiki are there?
- A. 10
 - B. 7
 - C. 5
 - D. 3
77. What happens with each attunement in Reiki?
- A. The student's energy field is gradually opened to the flow of Reiki
 - B. The student's organs are gradually opened to the flow of Reiki
 - C. The student's muscles are gradually opened to the flow of Reiki
 - D. The student's nerve channels are gradually opened to the flow of Reiki

Chapter 16: Shiatsu

78. Shiatsu is based on:
- A. Ayurvedic principles
 - B. Traditional Indian medicine
 - C. Traditional Chinese medicine
 - D. Thai medicine
79. What is the goal of shiatsu?
- A. To help rebalance the client's energy and alleviate discomfort
 - B. To cure disease while affecting Qi flow
 - C. To stretch and elongate the soft tissues of the client
 - D. To balance the practitioners Qi flow
80. In traditional Chinese medicine, how many organ channels exist?
- A. 4
 - B. 8
 - C. 10
 - D. 12
81. What is the hara?
- A. A Japanese word for belly which refers to the abdominal area of the practitioner
 - B. The source of the practitioners Ki (Qi) and strength
 - C. An area that the practitioner faces toward the client's body during the shiatsu session
 - D. All of the above
82. Shiatsu techniques and stretches are performed with all of the following EXCEPT:
- A. Palms and/or elbows
 - B. Head and/or shoulder
 - C. Thumbs and/or fingertips
 - D. Feet and/or knees
83. The condition of the _____ is easily seen in a person's complexion.
- A. Spleen Channel
 - B. Earth imbalance
 - C. Heart Channel
 - D. Stomach Channel

Chapter 17: Sports and fitness massage

84. _____ massage, given during breaks in the event, concentrates on those muscles being used or about to be used.
- A. Pre-event
 - B. Intercompetition
 - C. Post-event
 - D. Remedial
85. All of the following are outcomes of massage for sports and fitness EXCEPT:
- A. Increased body stamina, stability, and mobility
 - B. Flexibility, agility, and reduced soft tissue tension and binding
 - C. Increased soft tissue tension and binding, decrease fluid movement, and improved mood
 - D. Management of pain and reduction in suffering, support of healing mechanisms, and improved mood
86. How can you assess/test for acute inflammation?
- A. Apply enough pressure to the area to cause mild discomfort and maintain for up to 20 seconds, if discomfort increases, this suggests that the tissues are in an acute state
 - B. Apply enough pressure to the area to cause mild discomfort and maintain for up to 10 seconds, if discomfort subsides, this suggests that the tissues are in an acute state
 - C. Apply enough pressure to the area to cause mild discomfort and maintain for up to 15 seconds, if discomfort increases, this suggests that the tissues are in an acute state
 - D. Apply enough pressure to the area to cause mild discomfort and maintain for up to 10 seconds, if discomfort increases, this suggests that the tissues are in an acute state
87. Which of the following is an example of a shear loading force in sports massage?
- A. Gliding
 - B. Kneading
 - C. Friction
 - D. Tension
88. A stretch does not need to be held longer than _____ and should be performed in sets of two to five repetitions with a 15- to 30-second rest in between each stretch.
- A. 5 seconds
 - B. 10 seconds
 - C. 15 seconds
 - D. 20 seconds
89. In the general approach for sports massage application, which of the following is assessed and treated first?
- A. Skin, superficial fascia, and edema reduction
 - B. Tissue density, ground substance, and fluid
 - C. Joint motion
 - D. Flexibility

Chapter 18: Strain and counterstrain

90. What is strain and counterstrain?

- A. A passive positional procedure that places the body in a position of greatest comfort and thereby relieves pain and dysfunction by halting the inappropriate proprioceptor activity that maintains somatic dysfunctions
- B. An active positional procedure that places the body in a position of greatest discomfort and thereby relieves pain and dysfunction by halting the inappropriate proprioceptor activity that maintains somatic dysfunctions
- C. A neutral positional procedure that places the body in a position of greatest comfort and thereby creates pain and dysfunction by promoting the inappropriate proprioceptor activity that maintains somatic dysfunctions
- D. A passive positional procedure that places the body in a position of greatest discomfort and thereby relieves pain and dysfunction by halting the appropriate proprioceptor activity that diminishes somatic dysfunctions

91. When performing the strain and counterstrain technique, the position of comfort (mobile point) should be held for:

- A. No less than 30 seconds
- B. No less than 90 seconds
- C. No less than 120 seconds
- D. No less than 200 seconds

92. Where is the tender point for the levator scapulae commonly located?

- A. Just inferior to the medial border of the scapula
- B. Just inferior to the lateral border of the scapula
- C. Just superior to the medial border of the scapula
- D. Just superior to the lateral border of the scapula

93. What institute is the leader in the certification process for providers of strain and counterstrain treatment?

- A. The Smith Institute
- B. The Dowd Institute
- C. The Johnson Institute
- D. The Jones Institute

Chapter 19: Structural integration

94. What is Structural Integration?

- A. A highly specific manual treatment of the lymphatic system
- B. A massage modality originating from traditional Chinese medicine
- C. A highly specific manual treatment of the connective tissue of the body
- D. Massage that is done when working with athletes

95. Fascial layers in the body are:

- A. Divided into segments
- B. Connected by a magnetic field
- C. Connected like an endless web
- D. Located in the abdominal area

96. Dr. Ida Rolf developed her series of _____ treatment sessions as a type of journey through all the important layers of the fascial network of the body.
- A. 5
 - B. 10
 - C. 15
 - D. 20
97. Which of the following techniques is used when treating overly tense myofascial layers of the musculoskeletal system?
- A. Direct lengthening
 - B. Sliding techniques
 - C. Indirect techniques
 - D. Subtle contact
98. Which of the following types of migraine headaches will usually respond well to Structural Integration?
- A. Thunderclap migraines
 - B. Tension based migraines
 - C. Vascular migraines
 - D. Cluster migraines

Chapter 20: Traditional Thai massage

99. Who is the historical founder of Thai medicine?
- A. Nuad Bo' Rarn
 - B. Jivaka Sanskrit
 - C. Jivaka Kumar Bhaccha
 - D. Richard M. Gold
100. Which of the following differentiates Thai massage from Western massage?
- A. Thai massage is practiced with the client fully dressed in loose-fitting clothing
 - B. Thai massage is a core component of an entire traditional medical practice: traditional Thai medicine
 - C. Thai massage treatment sessions take place on a cotton pad or mat that is placed on the floor or on a low platform
 - D. All of the above
101. According to traditional Thai medicine, which of the following is considered the most important of the three doshas?
- A. Pitta
 - B. Kapha
 - C. Vata
 - D. Sen
102. The most basic and most frequently used technique in Thai massage is the:
- A. Finger walk
 - B. Palm press
 - C. Thumb press
 - D. Finger circle

103. When is the “stopping the blood flow” technique contraindicated?
- A. When the client suffers from osteoporosis
 - B. When the client has a history of heart problems, diabetes, or vascular problems
 - C. When the client bruises easily and are experiencing acute pain or injury
 - D. When the client has no notable history of high blood pressure

Chapter 21: Trager® psychophysical integration

104. Trager Psychophysical Integration is a unique approach to manual therapy that combines:
- A. Gentle touch, rhythmic motion, and client awareness
 - B. Gentle stretching, rhythmic motion, and client participation
 - C. Deep touch, Thai theories, and client awareness
 - D. Swedish massage, gentle compression, and practitioner awareness
105. What are the three components of the Trager approach?
- A. Tablework, Mentastics, and hook-up
 - B. Tablework, tensegrity, and psychotherapy
 - C. Hook-up, massage, and emotional support
 - D. Massage, tensegrity, and Mentastics
106. Trager used the phrase hook-up to describe:
- A. The physical state of the practitioner as he or she works
 - B. The mental state of the client as they receive the bodywork
 - C. The physical state of the client as they receive the bodywork
 - D. The mental state of the practitioner as he or she works
107. The intent of the Trager approach is to enable the client to:
- A. Release conscious physical and mental freedoms or holding patterns
 - B. Release conscious emotional and mental limitations or holding patterns
 - C. Release unconscious physical and mental limitations or holding patterns
 - D. Release unconscious neurological and emotional freedoms or holding patterns

Chapter 22: Trigger point release

108. What is a myofascial trigger point (MTrP)?
- A. A tender, hyperirritable spot within a muscle that, when provoked, refers pain and other sensations to a (fairly predictable) target zone
 - B. A specific point, along a body meridian, in which Qi flow can be manipulated and changed
 - C. A tender, hyperirritable spot within a chronic injury which contains a build-up of scar tissue and may refer pain and other sensations to a target zone
 - D. A small hard lump or nodule in a muscle belly that, when provoked, does not refer pain and other sensations to a (fairly predictable) target zone
109. Which of the following persons are significant in the history of trigger point therapy?
- A. Janet G. Travell, MD
 - B. David G. Simons, MD
 - C. Bonnie Prudden
 - D. All of the above

110. A MTrP that, when deactivated, also releases its associated satellite(s) is called a:
- A. Latent trigger point
 - B. Primary trigger point
 - C. Key trigger point
 - D. Satellite trigger point
111. All of the following modalities can effectively deactivate MTrPs EXCEPT:
- A. Trigger point pressure release
 - B. Swedish massage
 - C. Chilling techniques
 - D. Myofascial release methods
112. Which of the following is considered a possible contraindication to trigger point release?
- A. Acute injuries
 - B. Symptoms of disk injury
 - C. Lymphedema
 - D. All of the above

Chapter 23: Tuina

113. Tuina is based upon the ancient system of:
- A. Chinese medicine
 - B. Thai medicine
 - C. Western medicine
 - D. Ayurvedic medicine
114. What is Qi?
- A. One of the fundamental substances that maintains the normal, vital activities of the human body and all of life
 - B. A tender, hyperirritable spot within a muscle that, when provoked, refers pain and other sensations to a (fairly predictable) target zone
 - C. A system of observing, listening, feeling, coordinating, and cataloging symptoms with pathology and etiology
 - D. A theory about relationships, patterns, and change
115. Which of the following organ channels is Yang in nature?
- A. Lung and Spleen channels
 - B. Stomach and Gallbladder channels
 - C. Heart and Kidney channels
 - D. Liver and Ren channel
116. When treating a cervical strain, all of the following acupoints should be treated EXCEPT:
- A. Fengfu (Du-16)
 - B. Tianzhu (Bl-10)
 - C. Fengchi (GB-20)
 - D. Weizhong (Bl-40)

This completes the Modalities for Massage home study course.