

# 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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## 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, watch the instructional DVD, complete the exam and course evaluation. This course is not meant to teach advanced hands on techniques. Please seek advanced training for hands on skills.

In this course you will be presented with information on the following modalities for massage therapy:

- Active isolated stretching
- Ayurvedic Therapies
- Cancer massage
- Craniosacral therapy
- Geriatric massage
- Infant and pediatric massage
- Lomilomi
- Manual lymphatic drainage
- Myofascial release
- Neuromuscular therapy
- Orthopedic massage
- Polarity therapy
- Prenatal massage
- Reflexology
- Shiatsu
- Sports and fitness massage
- Structural integration
- Traditional Thai massage
- Trager psychophysical integration
- Trigger point release
- Tuina

### **The following are steps to follow in completing this course:**

- 1. Read the instructions and review the textbook, DVD and exam. Your textbook and DVD will be mailed to you.**
- 2. Access the online examination in your account at [www.massagetherapyceu.com](http://www.massagetherapyceu.com).**
- 3. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with an 80% or better to pass this home study course. Feel free to review the textbook and DVD while taking the test. This course uses the textbook *Modalities for Massage and Bodywork*, 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 question please feel free to contact us at 866-784-5940, 712-490-8245 or by email at [info@massagetherapyceu.com](mailto:info@massagetherapyceu.com).

**It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam and risk losing your answered questions!**

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. 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
4. About how many AIS stretches exist?
  - A. 50
  - B. 100
  - C. 200
  - D. 300
5. When performing AIS stretching, clients should inhale during which phase?
  - A. Active contraction phase
  - B. Stretch phase
  - C. Recovery phase
  - D. Added force phase
6. Which of the following may be a contraindication to AIS?
  - A. Acute trauma or tears
  - B. Irritation and swelling
  - C. Degenerative joint disease
  - D. All of the above

## Chapter 2: Ayurvedic Therapies

7. What is Ayurveda?
  - A. An eastern Indian system of holistic therapies and medicine that integrates the mind, body and spirit
  - B. A traditional Chinese medicine modality which integrates the mind, body and spirit
  - C. A Western system of holistic therapies and medicine that integrates the body, mind and spirit
  - D. An ancient Thai system of holistic modalities which integrate the mind, body and spirit
  
8. Which of the following is true of the doshas?
  - A. Dosha refers to the three psychphysiologic 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
  
9. Which of the following is an indication for udvartana, or dry massage?
  - A. Disorders associated with vata
  - B. Disorders associated with kapha
  - C. Disorders associated with pitta
  - D. Disorders with a lack of ama
  
10. Which of the following are benefits of abhyanga?
  - A. Increases the positive energy of kapha and eliminates toxins
  - B. Balances endocrine secretions and improves the tone of tissue and skin
  - C. Slows the aging process, alleviates pain and eliminates stress
  - D. All of the above
  
11. All of the following techniques are used in Ayurvedic massage EXCEPT:
  - A. Stretching
  - B. Kneading
  - C. Squeezing
  - D. Pressing
  
12. 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 and/or localized inflammation
  - D. Relieve afflictions of the hip such as sciatica

## Chapter 3: Cancer massage

13. 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, appearance
  - C. Site, stage, grade and type
  - D. Appearance, stage, grade, type

14. How long after surgery should massage be avoided?
- A. About 8 weeks
  - B. About 6 weeks
  - C. About 4 weeks
  - D. About 2 weeks
15. 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
16. Massage for cancer patients should begin with what basic massage modality?
- A. Swedish massage
  - B. Trigger point therapy
  - C. Deep tissue massage
  - D. Thai yoga massage
17. Which of the following are helpful guidelines when treating patients with cancer?
- A. Obtain a written health history and plan the massage based on the history and verbal communications
  - B. Be present with the patient and position them for their personal comfort
  - C. Use verbal and nonverbal communication to treat the client and develop a trusting relationship
  - D. All of the above
18. Training for massage therapists who treat cancer patient should include all of the following EXCEPT:
- A. Education on the study of cancer and its treatments
  - B. Education in advanced deep tissue massage techniques
  - C. Education in order to make reasonable considerations for the patient's current condition
  - D. Education on the indications and contraindications of cancer

#### **Chapter 4: Craniosacral therapy**

19. What is CranioSacral Therapy (CST)?
- A. A deep tissue modality of releasing tensions in and around the head and neck to relieve pain and dysfunction and improve whole-body health and performance
  - B. A light touch method of releasing tensions in and around the central nervous system to relieve pain and dysfunction and improve whole-body health and performance
  - C. An acupressure method of releasing tensions in and around the head and neck to relieve pain and dysfunction and improve whole-body health and performance
  - D. A myofascial method of releasing fascia along the spine to relieve pain and dysfunction and improve whole-body health and performance

20. What is the function of the craniosacral system?
- A. The craniosacral system functions as a semiclosed hydraulic system that bathes the brain and spinal cord and their cells in cerebrospinal fluid
  - B. The craniosacral system functions to circulate lymph throughout the body in order to promote edema in healthy tissues
  - C. The craniosacral system functions to push oxygenated blood through the tissues of the body
  - D. All of the above
21. What level of touch is required to palpate the craniosacral rhythm?
- A. Medium palpation to feel the rhythms of the body
  - B. Heavy palpation to palpate the deep craniosacral system
  - C. Gentle palpation to meld with the body
  - D. Deep palpation to penetrate the superficial tissues
22. What results from the presence of a facilitated segment in the spinal cord?
- A. A release of fascial restrictions in the related segment
  - B. A tightening and loss of mobility of the dural tube related to the involved segment
  - C. A still point
  - D. An energy cyst
23. Which of the following conditions have responded well to CST?
- A. Pain syndromes
  - B. Traumatic injuries
  - C. Learning disabilities
  - D. All of the above
24. All of the following are contraindications to CST EXCEPT:
- A. Autism
  - B. Acute brain hemorrhage
  - C. Recent fracture of the ribs
  - D. Intracranial aneurysm

### **Chapter 5: Geriatric massage**

25. Geriatric massage uses adapted \_\_\_\_\_ techniques and \_\_\_\_\_ to meet the needs of the elderly.
- A. Deep tissue and fees
  - B. Friction and treatment time
  - C. Swedish massage and positioning
  - D. Shiatsu and positioning
26. Which of the following is a massage implication for elderly clients with thin and frail skin?
- A. Use a semi-reclining position
  - B. Reduce pressure and shearing forces
  - C. Offer water before and after the sessions
  - D. Avoid unhealthy nails

27. Which of the following is a benefit of geriatric massage?
- A. Increased blood and lymph circulation
  - B. Improves skin condition
  - C. Increases self esteem and reduces isolation
  - D. All of the above
28. Why should the treatment time for the elderly be reduced?
- A. To reduce the possibility of fatigue
  - B. Because of the changes in aging skin
  - C. Because of physical limitations and impairments
  - D. To prevent against chilling
29. What are the two most attended workshop programs that provide training in geriatric massage?
- A. Day-Break and Spa Services
  - B. Comfort Touch and Geriatric Massage
  - C. Day-Break and Comfort Touch
  - D. Geriatric Massage and Spa Services

### **Chapter 6: Infant and pediatric massage**

30. All of the following are true about infant and pediatric massage EXCEPT:
- A. Infant or pediatric massage refers to the process of stroking the muscles of the infant using a variety of specialized massage techniques
  - B. Vocalizations, eye to eye contact and other positive behavioral reinforcements are important components of infant and pediatric massage
  - C. Infant massage is most likely to be performed by parents, grandparents and primary care givers
  - D. Infant and pediatric massage can only be performed by a certified infant massage instructor
31. Which of the following are the 4 main benefits of infant massage?
- A. Provide nourishment, enhance stimulation, provide better rest, and promote healing in the tissues
  - B. Provide stimulation, enhance relaxation, relieve pain, and promote attachment and bonding
  - C. Provide stimulation, offer support, relieve deep muscular pain, and relieve trigger points
  - D. Relieve pain, enhance relaxation, promote attachment and bonding, and decrease stimulation and sensation
32. 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



33. Which of the following states of the newborn is the optimal time for communication and infant massage?
- A. Quite sleep
  - B. Quiet alert
  - C. Active alert
  - D. Fussy, crying
34. When is massage not recommended for the infant?
- A. When the infant is sleeping
  - B. When the infant has a full stomach
  - C. When the infant shows signs of stress or over-stimulation
  - D. All of the above
35. 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: Lomilomi**

36. Which of the following describes lomilomi, commonly known as Hawaiian massage?
- A. Loving touch, aligning the body, mind, heart and spirit to the divine
  - B. Traditionally, it is a holistic health care system using many natural modalities such as massage, herbal medicine and/or chiropractic
  - C. A system of deep work using biomechanical and energetic waves to stimulate the cells to heal and regenerate
  - D. All of the above
37. What two techniques are particularly important in the practice of lomilomi?
- A. Foot and abdominal massage
  - B. Trigger point release and back walking
  - C. Abdominal massage and back walking
  - D. Abdominal and hand massage
38. Lomilomi incorporates all of the following components EXCEPT:
- A. Reflexology and acupuncture
  - B. Breath, forgiveness and prayer
  - C. Hot stones and lomi sticks
  - D. Steam, water and sunlight
39. What is “hana lima”?
- A. Using palpation to assess the patient
  - B. Lubricant used for the treatment session
  - C. Using observation to assess the patient
  - D. The process of incorporating prayer into lomilomi

40. Contraindications to lomilomi have multiple levels depending on the practitioner's knowledge and experience.
- A. True
  - B. False

### **Chapter 8: Manual lymphatic drainage**

41. Which of the following is a condition which may benefit from manual lymphatic drainage (MLD)?
- A. Lymphedema
  - B. Sports injuries
  - C. Dermatologic indications
  - D. All of the above
42. Which of the following describes 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 (wastes, toxins, proteins, viruses, bacteria, excess water and dead cells) 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
43. All of the following are true about the application of MLD EXCEPT:
- A. Pressure is extremely light, about 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
44. Which MLD technique is most frequently used on the back because it can cover large surface areas most efficiently?
- A. Scoop technique
  - B. Rotary technique
  - C. Stationary circles
  - D. Pump technique
45. MLD has positive effects on which of the following?
- A. The nervous system
  - B. The smooth muscles of the blood and lymph vessels
  - C. Drainage of excess fluids
  - D. All of the above
46. All of the following are contraindications to MLD EXCEPT:
- A. Untreated edema
  - B. Untreated metastatic cancer
  - C. Untreated thrombosis
  - D. Cardiac insufficiency (congestive heart failure)

## Chapter 9: Myofascial release

47. Which of the following is true of myofascial release (MFR)?
- A. Direct body effects of MFR include 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 MFR acts to stretch or elongate muscular and fascial (myofascial) structures
  - D. All of the above
48. 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
49. 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
50. Which of the following are general MFR core techniques which use little to no lubricant?
- A. Skin rolling and MFR direct technique
  - B. Separation of compartments and lifting or rolling muscle compartments
  - C. Anchor and stretch strokes and expedited lengthening strokes
  - D. All of the above
51. All of the following are conditions and injuries that respond well to MFR EXCEPT:
- A. Acute fractures, sprains and strains
  - B. Adhesions and scar tissue
  - C. Fibromyalgia, myofascial pain syndrome and myofascitis
  - D. Tendinosis, tenosynovitis, low back and neck pain
52. 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**

53. 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
54. 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
55. 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
56. What is the main difference between the American and European versions of NMT?
- A. The experience and training of the practitioner
  - B. Common foundational platforms differ greatly
  - C. Use of lubricant, hand positioning and the use of the thumb
  - D. All of the above
57. What is the function of NMT in relation to myofascial trigger points?
- A. NMT focuses on deactivating trigger points rather than locating them or determining causation factors
  - B. If a trigger point is located using NMT technique, the practitioner then refers the client to another provider for treatment
  - C. Much of NMT treatment time is spent locating and deactivating trigger points as well as uncovering perpetuating factors that cause trigger points to form
  - D. All of the above
58. What is flat palpation primarily used for?
- A. To elicit a local twitch response
  - B. To assess muscles that are difficult to lift and closely adherent to the body
  - C. To manipulate tissues by grasping and compressing them
  - D. To manipulate tissues by effectively reducing fibrotic adhesions

## **Chapter 11: Orthopedic massage**

59. Orthopedic massage offers practitioners a systemic and effective approach to treating pain and injuries and allows them to integrate skills they already possess.
- A. True
  - B. False

60. Orthopedic massage is referred to as a comprehensive system which involves what three components?
- A. Assessment, treatment technique variety, and knowledge of conditions and physiology
  - B. Treatment technique, ability to diagnose the condition, and knowledge of conditions
  - C. Assessment, referral, and treatment of chronic pain syndromes
  - D. Education, assessment, and treatment technique
61. What is deep longitudinal stripping?
- A. A sports massage technique used to spread and broaden muscle fibers so the muscle can gain flexibility and tonus
  - B. A technique which incorporates passive movement in order to mobilize tissues
  - C. A trigger point therapy technique used to apply direct sustained pressure on the tissue to release myofascial adhesions
  - D. A slow gliding stroke along the direction of muscle fibers applied with the primary purpose of encouraging elongation in the muscle tissue
62. What does incorporating movement along with massage do?
- A. Helps decrease tension and trigger point activity in the muscles while the area is being treated
  - B. Helps mobilize soft tissues by enhancing freedom of movement and improving myofascial function
  - C. Allows the massage practitioner to better diagnose the myofascial dysfunction present in the tissues
  - D. It will further damage muscle fibers and exacerbate injuries
63. Which of the following is a benefit of applying techniques with active shortening?
- A. Decreases tightness in the muscle fibers, thus increasing adhesions and tension in the tissues
  - B. Enhances elongation of the muscles and promotes cramping
  - C. Stretches the myofascial tissues and decreases fascia restriction
  - D. Enhances broadening, thus reducing adhesions and tension and helping the muscle return to normal function
64. Which of the following is an absolute contraindication to orthopedic massage?
- A. Direct contact massage on an open wound
  - B. Range of motion stretching methods on an acute and severe ligament sprain
  - C. Treating fibromyalgia with deep massage
  - D. Both A and B

## **Chapter 12: Polarity therapy**

65. 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, cupping therapy, Tuina massage and Chinese herbal medicine
  - C. Traditional Chinese medicine, energetic nutrition, communication/facilitation and craniosacral therapy
  - D. All of the above

66. 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 and release energy blockages that manifest as pain or dysfunction
  - C. In PT, imbalances in one region are reflected in imbalances in other areas
  - D. All of the above
67. What are marmas?
- A. Specific points which contain high concentrations of prana located along the chakras
  - B. Special 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. None of the above
68. 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
69. What can the sacral/perineal rock be used for?
- A. To balance the two nervous systems in their bipolar effects with prana in the body
  - B. In emergency situations when a client is anxious or cannot sleep
  - C. To induce parasympathetic dominance and releases both physical and emotional tension
  - D. All of the above
70. 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**

71. 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, tragerwork and trigger point release
72. 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

73. Why should you evaluate a pregnant woman for pitting edema on every visit?
- A. To test for possible preeclampsia
  - B. To test for possible blood clots
  - C. To test for emotional stability
  - D. To test for possible blood vessel compression
74. 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 harm the fetus
  - D. All of the above
75. 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
76. Although not nationally or state regulated, the author of the text strongly recommends that pregnancy massage is best learned in a classroom situation with onsite supervision of a trained professional.
- A. True
  - B. False

#### **Chapter 14: Reflexology**

77. What is reflexology?
- A. A method for activating the healing powers of the body through the feet and hands
  - B. A method of relieving myofascial trigger points in the hands and feet
  - C. A method of reducing interstitial fluid in the body through soft tissue manipulation
  - D. An assessment method used to find myofascial trigger points
78. 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
79. According to reflexology theory, how many energy zones are present in the body?
- A. 4
  - B. 10
  - C. 13
  - D. 15

80. A \_\_\_\_\_ may occur after treatment in clients with lots of toxins resulting from poor health choices or chronic stress.
- A. Bone spur
  - B. Healing response
  - C. Temporary panic
  - D. Relaxation response
81. Which of the following is a basic relaxation technique in reflexology?
- A. Loosening the ankle
  - B. Metatarsal kneading
  - C. Relaxing the area beneath the head of the metatarsals
  - D. All of the above
82. 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

### **Chapter 15: Shiatsu**

83. Shiatsu is based on:
- A. Ayurvedic principles
  - B. Traditional Indian medicine
  - C. Traditional Chinese medicine
  - D. Thai medicine
84. 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
85. In traditional Chinese medicine, how many organ channels exist?
- A. 4
  - B. 8
  - C. 10
  - D. 12
86. 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
87. 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



88. What is the purpose of the “asking” assessment portion in shiatsu?
- A. To obtain information about the client’s state and any conditions present and to establish a connection with the client
  - B. To connect the practitioner’s Ki with the client’s Ki
  - C. To assess the client for visual cues in their posture, body movements, demeanor and body energy patterns
  - D. All of the above

**Chapter 16: Sports and fitness massage**

89. \_\_\_\_\_ 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
90. 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, and decrease fluid movement
  - D. Management of pain, reduced suffering, and support of healing mechanisms
91. How can you assess/test for acute inflammation?
- A. Apply enough pressure to cause mild discomfort and hold for 20 seconds, if discomfort increases, this suggests that the tissues are in an acute state
  - B. Apply enough pressure to cause moderate discomfort and hold for 10 seconds, if discomfort subsides, this suggests that the tissues are in an acute state
  - C. Apply enough pressure to cause moderate discomfort and hold for 15 seconds, if discomfort increases, this suggests that the tissues are in an acute state
  - D. Apply enough pressure to cause mild discomfort and hold for 10 seconds, if discomfort increases, this suggests that the tissues are in an acute state
92. Which of the following is an example of a shear loading force in sports massage?
- A. Gliding
  - B. Kneading
  - C. Friction
  - D. Tension
93. Which of the following types of massage is most effective for the client who is unable to walk or exercise aerobically?
- A. Circulatory and lymphatic massage
  - B. Joint movement and deep tissue massage
  - C. Tension and shear loading forces
  - D. Pre-event massage techniques

94. In the general approach for massage application, which of the following is assessed and treated first?
- A. Deeper fascial structures
  - B. Joint motion
  - C. Reflex mechanisms
  - D. Flexibility

### **Chapter 17: Structural integration**

95. 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
96. 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
97. Dr. Ida Rolf developed a 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
98. 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. All of the above
99. Which of the following people can benefit from structural integration?
- A. Children
  - B. Athletes
  - C. Musicians
  - D. All of the above
100. 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 18: Traditional Thai massage**

101. Who is the historical founder of Thai Medicine?
- A. Nuad Bo' Rarn
  - B. Jivaka Sanskrit
  - C. Jivaka Kumar Bhaccha
  - D. Richard M. Gold
102. Which of the following differentiates Thai massage from Western massage?
- A. Thai massage is practiced with the client fully clothed
  - B. Thai massage is a core component of an entire traditional medical practice
  - C. Thai massage treatment sessions take place on a pad of mat placed on the floor
  - D. All of the above
103. 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
104. All of the following are common techniques used in Thai massage EXCEPT:
- A. Finger and thumb walking
  - B. Palm and foot press
  - C. Thumb and elbow press
  - D. Thumb, finger and palm circles
105. When is the “stopping the blood flow” technique contraindicated?
- A. When treating clients who suffer from osteoporosis
  - B. When treating clients with a history of heart problems, diabetes and vascular problems
  - C. When treating clients who bruise easily and are experiencing acute pain or injury
  - D. When treating normal healthy clients

## **Chapter 19: Trager® psychophysical integration**

106. Why did Milton Trager name his method Psychophysical integration?
- A. Because his work contained two main components, Mentastics and hook-up, which are both related to mental and physical re-education
  - B. Because he wanted his bodywork to be recognized by psychotherapists as well as massage therapists and body workers
  - C. Because he believed that profound changes in the body must be preceded or accompanied by profound shifts in the mind
  - D. All of the above
107. 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

108. According to the Trager approach, what is tablework?
- A. A type of work that that involves movements combined with subjective internal monitoring
  - B. Presencing
  - C. The use of gentle rocking motions in combination with traction, compression, torquing and other forms of tissue engagement
  - D. A form of deep tissue massage combined with trigger point therapy and emotional healing
109. In Mentastics, a combination of “mental and gymnastics”, who performs the movements?
- A. The practitioner performs the movements on the client
  - B. The client performs the movements
  - C. The practitioner, with the use of a tool
  - D. None of the above
110. Which of the following describes the concept of hook-up?
- A. Hook-up is a state of expanded mental, physical and spiritual awareness
  - B. Hook-up feels deeply pleasurable and peaceful
  - C. When the practitioner is hooked-up the client feels gently held, respected and guided into a state of deep peacefulness, trust and non-pressured letting go
  - D. All of the above
111. During Trager work the practitioner, through gentle, pleasurable movement, is introducing new information to the area of the unconscious mind associated with that part of the body.
- A. True
  - B. False

## **Chapter 20: Trigger point release**

112. What is a trigger point?
- A. A tender, hyperirritable spot within a muscle that, when provoked, refers pain and other sensations to a 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 an old injury which contains a build up of scar tissue and adhesions
  - D. All of the above
113. 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
114. A trigger point 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

115. All of the following modalities can effectively deactivate trigger points EXCEPT:
- A. Trigger point pressure release
  - B. Swedish massage
  - C. Chilling techniques
  - D. Myofascial release methods
116. When using trigger point pressure release to deactivate trigger points, about when should the practitioner feel the tissue begin to soften?
- A. 5-10 seconds
  - B. 8-11 seconds
  - C. 12-15 seconds
  - D. 16-20 seconds
117. Most myofascial trigger points either lie in the \_\_\_\_\_ of a muscle or at the \_\_\_\_\_?
- A. Belly, joint surfaces
  - B. Endplate zone (midfiber), fascial band
  - C. Fascia, attachment sites
  - D. Endplate zone (midfiber), attachment sites
118. 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 21: Tuina

119. Tuina, based on traditional Chinese medicine, consists of a combination of which of the following modalities?
- A. NMT and deep tissue massage
  - B. Myofascial release and acupressure
  - C. Energy balancing and physical therapy
  - D. All of the above
120. All of the following are indications of Tuina EXCEPT:
- A. Infectious diseases
  - B. Disorders due to trauma
  - C. Medical syndromes
  - D. Diseases of pediatrics
121. The thumb stroking method is used to treat which of the following areas?
- A. Joints such as the ankle or wrist
  - B. Large fleshy areas such as the buttock
  - C. Smaller areas such as the forehead, face or neck
  - D. The scapula and areas of concentrated fascia

122. What is the primary focus of the Tuina practitioner?
- A. To identify patterns of disease in the body and refer the client to the appropriate professional
  - B. To identify patterns of imbalance within the body and to reestablish patterns of balance
  - C. To diagnose patterns of imbalance in the body and to reestablish patterns of balance
  - D. To identify blockages in Qi and to remove those blockages
123. 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
124. When treating a knee sprain, which of the following points should you address first?
- A. Futu, ST 32
  - B. Dubi, ST 35
  - C. Zusanli, ST 36
  - D. Weizhong, BL 40

This completes the Modalities for Massage Therapy home study course.