

Pediatric Massage Home Study Course

10 CE Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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Written and Published 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 Pediatric Massage Home Study Course

Thank you for investing in the Pediatric Massage home study course, a 10 CE hour course designed to further your knowledge of performing massage therapy on children ages 2-18. This guide will contain all of the instructions you will need to complete this course. This is a 10 CE hour course, so that means it should take you approximately 10 hours to read the text, complete the exam and course evaluation.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the text and exam.**
- 2. Access the online examination in your account at 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 a 70% or better to pass this home study course. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the textbook while taking the test. This course uses the textbook “Pediatric Massage Therapy”, by Marybetts Sinclair. There are no trick questions on the exam. All of the answers can be found in the textbook.

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.

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. 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 Pediatric Massage Therapy home study course.

Pediatric Massage Examination

Chapter 1

1. Although little research has been done on the physiologic effects of massage on children, firsthand observations can help us understand the effects of massage.
 - A. True
 - B. False

2. All of the following are benefits of massage therapy on children EXCEPT:
 - A. Prevention of chronic musculoskeletal problems
 - B. Increased circulation of blood and lymph and pain relief
 - C. Increased fascia restriction and tightness
 - D. Improved respiration and relaxation

3. Which of the following is a stressor affecting modern children?
 - A. Working like adults as young as 6 or 7
 - B. High incidence of child death before age 5 due to infectious disease
 - C. Increased competition and decreased playtime
 - D. Low incidence of physical and sexual abuse

4. Which of the following is a physiologic response to stress in children?
 - A. Excretion of thyroxin, which speeds up the body's metabolism
 - B. Shutting down of the entire digestive tract
 - C. The heart beats harder and faster
 - D. All of the above

5. Many patterns of chronic muscle tension in specific areas originate when there is localized trauma or pain in infancy or childhood.
 - A. True
 - B. False

6. What is the importance of a person's body image?
 - A. Body image is central to the sense of self and self organization
 - B. A distinct and stable body image is needed to perceive oneself and others accurately
 - C. A child's body image and clear body boundaries are basic to their identity
 - D. All of the above

7. Which of the following can be linked to a weak or distorted body image?
 - A. Healthy touch experiences
 - B. Negative touch experiences
 - C. Healthy neurologic development
 - D. Low stress and strife

8. Massage therapy promotes the development of a healthy body image in all of the following ways EXCEPT:
- A. Massage provides children with a negative touch experience
 - B. Massage provides children with perceptual feedback
 - C. Massage reinforces body boundaries
 - D. Massage shows respect for the child's body

Chapter 2

9. During the preschool years, what is the average weight gain per year?
- A. 1-3 lbs.
 - B. 3-5 lbs.
 - C. 5-7 lbs.
 - D. 7-9 lbs.
10. Which of the following may be a sign that a school-age child is under a high level of stress?
- A. Behavioral problems
 - B. Withdrawal from others
 - C. Headaches and/or stomach aches
 - D. All of the above
11. Which of the following stages of development may be the most challenging for hands-on practitioners?
- A. Preschooler
 - B. School-age
 - C. Teenager
 - D. All of the above
12. When working on preschool age children, all of the following are nonverbal cues of resistance or pain EXCEPT:
- A. Flinching
 - B. Holding of breath
 - C. Laughing
 - D. Tensing parts of the body
13. For preschool age children, which of the following is an appropriate treatment time for massage?
- A. 5 minutes, never increasing the treatment time
 - B. 10 minutes initially, gradually working up to 30 minutes
 - C. 30 minutes initially, gradually working up to 60 minutes
 - D. 60 minutes, gradually decreasing to 45 minutes
14. Which of the following is a guideline of working with school-age children?
- A. Respect the child's modesty
 - B. If interested, explain the benefits of what you are doing, children this age are old enough to understand
 - C. Ask the child often about what is the right pressure and type of touch
 - D. All of the above

15. If a teenage client wishes to remain clothed during a massage session, which of the following techniques are appropriate?
- A. Swedish massage of hands, feet and head
 - B. Compression
 - C. Range of motion
 - D. All of the above
16. Which of the following is an example of a boundary violation when working on children?
- A. A child suddenly rolls onto his/her back while you are massaging their back, you proceed with gentle massage on their face and chest until they roll over again
 - B. A parent would like to change the diaper of their child before the massage session begins, you leave the room and return when they are finished
 - C. A child rolls onto his/her back while you are massaging their back, you insist that the parent turn the child over and hold them still until the massage strokes are completed
 - D. A child refuses to have his feet treated during a massage session, you simply skip this step and proceed to another area
17. Which of the following is a child friendly supply that may be helpful to keep in your office?
- A. Toys and/or stuffed animals that are safe for children and that can be washed
 - B. Massage tools and balls which may be interesting to children
 - C. Floor pad
 - D. All of the above

Chapter 3

18. All of the following are advantages of using Swedish massage on children EXCEPT:
- A. Swedish massage techniques are easy to teach parents
 - B. Swedish massage is not readily accepted by children
 - C. Swedish massage strokes give both you and the child specific feedback about soft tissues
 - D. Swedish massage is versatile enough to be effective for a wide variety of problems
19. All of the following are contraindications to pediatric massage EXCEPT:
- A. Open cuts, burns, boils, or rashes
 - B. Endangerment sites such as the inner elbow
 - C. Hyperactivity in children
 - D. Acute illness or fever
20. What is the effect of effleurage strokes?
- A. Soothing and relaxing
 - B. Stimulating and invigorating
 - C. Tensing and irritating
 - D. Energizing and refreshing
21. Petrissage techniques should not be attempted until:
- A. The child is able to tolerate light friction strokes
 - B. The child is able to tolerate light and deep effleurage
 - C. The child is able to tolerate tapotement strokes
 - D. All of the above

22. Thumbstroking may help you discover small areas of deep tension that cannot be as readily felt with effleurage.
- A. True
 - B. False
23. What is tapotement used for?
- A. Relaxation and soothing
 - B. In order to warm the area
 - C. To stimulate nerve endings
 - D. Increase joint function
24. When is it appropriate to use passive range of motion?
- A. To evaluate a child's joint flexibility
 - B. To pinpoint where children hold muscular tension
 - C. To maintain joint flexibility when children are immobilized
 - D. All of the above
25. The range of motion exercises presented in the text are for the purpose of treating tightness or limitation of range caused by dysfunction in the joint itself.
- A. True
 - B. False
26. If a child tenses during a passive range-of-motion exercise, what should you do?
- A. Continue the movement with a little more force
 - B. Stop the movement temporarily and ask the child to relax
 - C. Speed up the movement to quickly finish the exercise
 - D. Insist that the parent help you complete the motion
27. Which of the following can be used during a pediatric massage session to enrich the sensory experience of the child?
- A. Textured massage tools
 - B. Different types of hairbrushes
 - C. Hot or ice packs
 - D. All of the above
28. While performing the basic relaxation sequence, what suggestions can you give the child to help them relax?
- A. Feel your stomach get nice and soft
 - B. Let your muscles melt like butter in the hot sun
 - C. Let your hands hang loose
 - D. All of the above
29. Because every child is a unique individual, you may need to alter your massage treatment for each individual child, rather than try to do each massage as outlined in the textbook.
- A. True
 - B. False

30. What can you do during a massage session if you are treating a child with a short attention span who doesn't seem to want to lie still?
- A. Change strokes frequently or use many different massage tools for variety
 - B. Ask the parent to hold the child still while you perform the massage session
 - C. Use ice packs and ice massage to keep the child still
 - D. Drape the child tightly on the table so they will feel like they have to lie still
31. If the child allows, how many times should initial effleurage strokes be repeated on the back?
- A. 1 time
 - B. 6 times
 - C. 10 times
 - D. 15 times
32. All of the following are appropriate to use for skin stimulation strokes EXCEPT:
- A. Textured massage tool
 - B. Effleurage
 - C. Course washcloth
 - D. Salt glow
33. Which of the following techniques is appropriate for scalp massage?
- A. Petrissage
 - B. Effleurage
 - C. Raking
 - D. Compression
34. What should you do if a child refuses chest massage?
- A. Insist that the chest area be massaged as part of the whole body routine
 - B. Respect the child's rights and skip the area
 - C. Include massage of the breast and nipples as part of your chest massage
 - D. All of the above
35. In which direction should circles on the abdomen be performed?
- A. Counter-clockwise
 - B. Superior to inferior
 - C. Clockwise
 - D. Medial to lateral
36. Range-of-motion exercises for the upper extremity should be performed on which of the following joints?
- A. Shoulder
 - B. Elbow
 - C. Wrist
 - D. All of the above
37. Which part of your thumb or finger is used to correctly perform pressure point massage?
- A. The tip of the finger or thumb
 - B. The knuckle joint
 - C. The flat of the finger or thumb
 - D. The side of the finger or thumb

38. Which of the following conditions is cold therapy appropriate for?
- A. Acute sprains
 - B. Bruises
 - C. Acute bursitis
 - D. All of the above
39. Which of the following is an example of a heating compress?
- A. Placing an ice pack on an area for no more than 15 minutes
 - B. The cold socks treatment
 - C. Hot footbath
 - D. Salt glow or salt rub
40. How long should hot packs or hot moist towel applications be left on a child?
- A. 5 minutes
 - B. 10 minutes
 - C. 15 minutes
 - D. 30 minutes
41. Why might a child be more quickly burned by a hot application than an adult?
- A. A child's skin is thinner than an adult's
 - B. A child's skin is thicker than an adult's
 - C. A child's skin is less sensitive than an adult's
 - D. All of the above

Chapter 4

42. Which of the following can be a lasting result of birth trauma/injury?
- A. Patterns of myofascial restriction
 - B. Malalignment of bones
 - C. Cerebral palsy
 - D. All of the above
43. Before a bruise is treated with hydrotherapy or massage therapy, it is important to determine the cause of the bruise.
- A. True
 - B. False
44. All of the following are benefits of using massage to treat burns in children EXCEPT:
- A. Massage may help a burned child become more trusting of touch
 - B. Massage will remove scars left from a burn
 - C. Massage gradually softens scar tissue fibers that restrict muscles and fascia
 - D. Massage helps increase range of motion
45. Massage for treating dislocations in children is contraindicated in the acute stage of healing.
- A. True
 - B. False

46. For each week of a fractured bone being immobilized in a cast, it takes about ____ weeks for the muscles to regain their full strength.
- A. 3
 - B. 6
 - C. 9
 - D. 12
47. What are the two types of massage presented for treatment of scar tissue in children?
- A. Ice massage and vitamin E massage
 - B. Effleurage techniques and ice massage
 - C. Vitamin E massage and techniques to soften the scar tissue
 - D. Techniques to soften the scar tissue and energy work
48. When is it appropriate to begin scar tissue massage?
- A. 1 week following the injury
 - B. 3 weeks following the injury
 - C. 4 weeks following the injury
 - D. 6 weeks following the injury
49. Which of the following is a common problem associated with spinal cord injuries?
- A. Pain
 - B. Pressure ulcers in areas where sensation is lost
 - C. Difficulty controlling body temperature in hot weather
 - D. All of the above
50. All of the following are benefits of Swedish massage for the spinal cord injured child EXCEPT:
- A. Stimulation and increased circulation to paralyzed areas
 - B. Chronic constipation
 - C. Relief of back pain caused by sitting in a wheelchair for long periods
 - D. Maintenance of joint range of motion
51. In the first 24-48 hours following a sprain, what type of treatment is appropriate?
- A. Massage above and below the sprained joint
 - B. The application of ice packs or ice massage
 - C. Vigorous trigger point therapy directly on the sprain
 - D. Both A and B

Chapter 5

52. Which of the following hydrotherapy treatments is appropriate for treating children with sinus congestion?
- A. Sinus irrigation with salt water
 - B. Contrast treatment
 - C. Steam inhalation
 - D. All of the above

53. Which of the following treatments may help loosen secretions in the chest of a child?
- A. Effleurage
 - B. Ice packs
 - C. Percussion
 - D. All of the above
54. It is important to note that massage therapy and hydrotherapy are not a replacement for the treatment of the common discomforts of childhood, such as (but not limited to) depression and earaches.
- A. True
 - B. False
55. Massage to the _____ muscle may help relieve an ear ache.
- A. Pectoralis minor
 - B. Sternocleidomastoid
 - C. Rhomboid
 - D. Subscapularis
56. What is the goal of performing massage and hydrotherapy on children with eye fatigue and/or strain?
- A. To cure the imbalances in the child's visual field
 - B. To increase circulation and ease muscle tension in and around the eyes
 - C. To increase and enhance hand eye coordination
 - D. To relieve muscle tension and decrease circulation to the eyes
57. Approximately what percentage of children between the ages of 4 and 12 experience growing pains in the legs?
- A. 5-10%
 - B. 10-20%
 - C. 15-30%
 - D. 30-40%
58. Which of the following is a type of headache that a child may suffer from?
- A. Dehydration headache
 - B. Migraine headache
 - C. Muscle contraction headache
 - D. All of the above
59. All of the following factors may contribute to lower back pain in adolescence EXCEPT:
- A. Leg cramps
 - B. Muscle strain
 - C. Emotional stress
 - D. Structural or postural problems

60. Which of the following are appropriate techniques when using massage and hydrotherapy to treat muscle weakness in children?
- A. Cold therapy and tapotment
 - B. Heat therapy and effleurage
 - C. Cold therapy and raking
 - D. Heat therapy and tapotment
61. Which of the following are common causes of neck and shoulder tension in children?
- A. Falls and motor vehicle accidents
 - B. Eye strain and poor ergonomics
 - C. Emotional stress and birth trauma
 - D. All of the above
62. What is the most common cause of torticollis in children?
- A. Disc herniation in the cervical vertebrae
 - B. Fibrous shortening of the sternocleidomastoid muscle
 - C. Working the muscles of the body vigorously
 - D. Irritation of the sensitive mucous membranes in the throat

Chapter 6

63. It is important to note that massage cannot replace medical treatment for children with disabilities; it is presented as an adjunct therapy that can make a significant and unique difference in improving a child's quality of life.
- A. True
 - B. False
64. Which of the following are common problems for children with disabilities?
- A. Understimulation and social isolation
 - B. Loss of a positive body image and depression
 - C. Chronic dehydration and contractures
 - D. All of the above
65. All of the following are general principles to keep in mind when working on children with disabilities EXCEPT:
- A. Although massage may not affect the primary condition, the therapist can often help with secondary effects
 - B. Most children will benefit when their parents are taught how to massage them
 - C. It is not necessary to consult with the child's primary care physician before beginning massage
 - D. Treat each child as an individual
66. How can massage help children with Autoimmune Deficiency Syndrome (AIDS)?
- A. It can help relieve insomnia, reduce muscle aches and cramps, and maintain good circulation
 - B. It may stimulate the child's digestion and appetite and help make breathing easier
 - C. It releases the tension and stress that can be caused by the guarding of specific body areas traumatized by medical procedures or pain
 - D. All of the above

67. What are the two goals of massage therapy when working on children with asthma?
- A. To reduce symptoms of an acute asthma attack and cure the condition over time
 - B. To reduce symptoms of an acute asthma attack and reduce the frequency and severity of asthma attacks over time
 - C. To diagnose the condition and reduce the frequency and severity of asthma attacks over time
 - D. All of the above
68. Which of the following is a way you can encourage a child with ADD to relax and lie still during massage treatment?
- A. Encourage parents to help restrain the child so that you can perform the entire massage
 - B. Be certain that there are no distractions in your office, such as clutter or loud noise
 - C. Offer many toys and distractions during the massage session so the child can move around
 - D. All of the above
69. What is autism?
- A. A congenital deformation of the spinal cord which results in paralysis
 - B. An acquired autoimmune disorder of the body
 - C. A biochemical brain disorder or dysfunction of the central nervous system
 - D. An allergic disorder compounded by emotional stress
70. Massage for a child with autism requires following a specific routine with no regard to the stimulation or pain tolerance level of the child.
- A. True
 - B. False
71. Which of the following is a way massage may help children with cerebral palsy?
- A. Massage can alleviate constipation
 - B. Massage can help normalize muscle tone and can prevent contractures
 - C. Massage can increase range of motion
 - D. All of the above
72. Conditions causing chronic pain should only be treated with massage therapy after consulting with a child's physician.
- A. True
 - B. False
73. What is a contracture?
- A. The lack of complete active or passive range of motion due to limitation of joint, muscle or soft tissue
 - B. A syndrome of chronic widespread musculoskeletal pain
 - C. The presence of arthritis lasting 6 weeks or longer in a child under 16 years of age
 - D. A developmental disability that originates when the parts of the brain that control movement are damaged

74. What is the basic long-term goal of massage when treating a child with developmental delay?
- A. To improve and increase brain function and circulation
 - B. To reduce and treat the amount of developmental delay in a child
 - C. For the child to accept and enjoy a full-body massage
 - D. All of the above
75. All of the following types of therapy can delay the onset of contracture in children with muscular dystrophy EXCEPT:
- A. Swedish massage techniques
 - B. Debridement therapy
 - C. Strengthening exercises
 - D. Passive stretching
76. About what percentage of children younger than age 8 have scoliosis?
- A. 1 in 25
 - B. 1 in 50
 - C. 1 in 100
 - D. 1 in 500
77. Massage alone can heal scoliosis.
- A. True
 - B. False
78. What is tactile defensiveness?
- A. The fear and dislike of most touch sensations
 - B. The enjoyment and like of most touch sensations
 - C. A syndrome of chronic widespread musculoskeletal pain
 - D. All of the above
79. What is the key when treating a child with tactile defensiveness?
- A. To perform the entire body massage routine even if the child is uncomfortable or resistant
 - B. To find one small type of tactile stimulation that is acceptable and build on that
 - C. To have a parent at each session to hold the child in place while you perform the massage
 - D. Never treat a child with tactile defensiveness using massage therapy
80. Which of the following types of massage is recommended for wheel chair riders?
- A. Swedish massage and passive range of motion exercises
 - B. Body rolling and relaxation techniques
 - C. Lomi lomi and deep energy work
 - D. Sports massage and shock therapy

This completes the Pediatric Massage exam.