

Postural Assessment Fundamentals Home Study Course

8 CE Credit Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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It is the responsibility of the practitioner to determine the appropriateness of the techniques presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. Written medical opinions are always the best way to resolve any questions regarding contra-indications to assessing posture.

Instructions for the Postural Assessment Fundamentals home study course

Thank you for investing in the Postural Assessment Fundamentals home study course, an 8 CE hour course designed to introduce you to assessing your client's posture prior to and after massage treatment.

This guide will contain all of the instructions you will need to complete this course. This is an 8 CE hour course, so that means it should take you approximately 8 hours to read the text and complete the exam.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook and exam. If you chose to have your textbook mailed, it textbook will be mailed to you. If you chose to download your textbook, it is located in files 2, 3, 4, and 5 in your account online.**
- 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 online 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 exam. This course uses the text *Postural Assessment*, by Jane Johnson. There are no trick questions on the exam. All of the answers are clearly found in the text.

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.

Good luck as you complete this course. If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or info@massagetherapyceu.com. Most state boards require that you keep your "proof of completion" certificates for at least four years in case of audit. Thank you for taking our Postural Assessment Fundamentals course.

Postural Assessment Fundamentals Exam

Chapter 1

1. What does the term posture describe?
 - A. A disease, such as scoliosis, which affects the way we hold ourselves or position our bodies, intentionally or unintentionally
 - B. An overall body position, the way we hold ourselves or position our bodies, intentionally or unintentionally
 - C. The correct way to position our bodies, or hold ourselves for maximum health benefits
 - D. A medical condition which defines the way we hold ourselves or position our bodies, intentionally or unintentionally
2. All of the following are factors that affect posture EXCEPT:
 - A. Extra vertebrae
 - B. Pain
 - C. Temperature
 - D. Clothing
3. Why should a massage therapist perform a postural assessment?
 - A. To find out more information about your client
 - B. To save time during treatment
 - C. To establish a baseline for treatment
 - D. All of the above
4. When should the postural assessment be performed?
 - A. Following the consultation and prior to massage treatment
 - B. When the client calls in for an appointment
 - C. During the massage treatment, when the client is in the prone position
 - D. During the massage treatment, when the client is in the supine position

Chapter 2

5. All of the following are useful pieces of equipment to have when performing postural assessments EXCEPT:
 - A. A full length mirror
 - B. Postural assessment charts
 - C. Massage chair
 - D. A model skeleton
6. Which of the following is a general question you may ask yourself when performing a postural assessment on a client?
 - A. Is the head centered over the thorax?
 - B. Do any joints appear swollen?
 - C. Does there appear to be an increase or a decrease in muscle tone anywhere?
 - D. All of the above

7. In the standard posterior alignment model, where does the plumb line run in relationship to the vertebrae?
 - A. Parallel to the spine along the transverse processes of the vertebrae
 - B. Through the midline of all the vertebrae over the spinous processes
 - C. Through the midline of all the vertebrae over the transverse processes
 - D. The plumb line does not cross over the vertebrae in the standard posterior alignment model

8. In the standard lateral postural model, the pelvis should be at a neutral position. What does that mean?
 - A. That the anterior superior iliac spine (ASIS) is on the same vertical plane as the pubis
 - B. That the posterior superior iliac spine (PSIS) is on the same vertical plane as the pubis
 - C. That the anterior superior iliac spine (ASIS) is on the same vertical plane as the coccyx
 - D. That the posterior superior iliac spine (PSIS) is on the same vertical plane as the coccyx

9. All of the following are cautions and/or contraindications to carrying out a postural assessment EXCEPT:
 - A. Pain with prolonged standing
 - B. Clients with low blood pressure
 - C. Clients with normal blood pressure
 - D. Clients who can stand without discomfort but who feel unbalanced

Chapter 3

10. Experienced practitioners are able to carry out a thorough postural assessment in about 5-10 minutes. When first beginning, what can you do to help put your clients at ease and at the same time gain experience?
 - A. Practice on friends and family members
 - B. Assess the top half of the body first and the lower half, allowing your client to remain clothed on the part you are not assessing
 - C. Chat with your client while performing the assessment
 - D. All of the above

11. In Step 1 of the assessment, a finding that a client's head is tilted to the right may indicate:
 - A. That the upper fibers of the trapezius may be tight on that side as well as the right levator scapulae, right sternocleidomastoid, and right scalene muscles
 - B. That the upper fibers of the trapezius may be tight on that side as well as the left levator scapulae, left sternocleidomastoid, and right scalene muscles
 - C. That the upper fibers of the trapezius may be tight on that side as well as the right levator scapulae, right sternocleidomastoid, and left occipital muscles
 - D. All of the above

12. Which of the following is a way to assess for rotation of the head?
 - A. Ask yourself if the client's earlobes are level
 - B. Ask yourself whether you can see more of one side of the client's face than the other
 - C. Palpate each of the cervical vertebrae to assess if they are in a straight line
 - D. Ask yourself if one of the client's shoulders is higher than the other

13. Which of the following may contribute to one shoulder appearing higher than the other?
- A. Shortening in biceps brachii and the lower fibers of the trapezius
 - B. Lengthening in soleus and gastrocnemius muscles
 - C. Shortening in levator scapulae and the upper fibers of the trapezius
 - D. Shortening in temporalis and the medial fibers of the trapezius
14. If you find it difficult to see the client's scapula when performing scapular assessment (such as in Step 7, 8, 9), what can you do?
- A. Ask the client to sit in a chair
 - B. Ask the client to place his/her hand or arm across their stomach
 - C. Ask the client to bend at the waist and touch their toes
 - D. Ask the client to place his/her hand or arm behind their back
15. What will you observe in a client experiencing a downward rotation of the scapula?
- A. Both the medial border and the inferior angle of the scapula will be abducted from the spine
 - B. Both the medial border and the inferior angle of the scapula will be adducted towards the spine
 - C. Both right and left inferior angles of the scapula will be level with each other
 - D. All of the above
16. When observing a client's thoracic spine in the posterior postural assessment, what are you looking for?
- A. Deviations from the midline of the thoracic vertebrae
 - B. Deviations in the height of the posterior superior iliac spine (PSIS)
 - C. Deviations from the midline of the cervical vertebrae
 - D. Deviations in the position of the superior angles of the scapulas
17. Which of the following muscles will tend to be shortened when the trunk is rotated to the left?
- A. Left internal oblique
 - B. Right external oblique
 - C. Right lumbar erector spinae
 - D. All of the above
18. Which of the following may be true when assessing skin creases on each side of the trunk?
- A. More or deeper creases on one side of the trunk may indicate a lengthened quadratus lumborum on that side
 - B. More or deeper creases on one side of the trunk may indicate a shortened quadratus lumborum muscle on that side
 - C. More or deeper creases on one side of the trunk may indicate a shortened quadratus lumborum on the opposite side
 - D. All of the above
19. An internally rotated humerus might contribute to:
- A. Lumbar pain
 - B. Knee pain
 - C. Shoulder pain
 - D. Ankle pain

20. All of the following are other observations of the upper body that should be noted EXCEPT:
- A. Unusual marks on the client's skin
 - B. Swelling
 - C. Hair color
 - D. Bruising
21. Curvatures of the lumbar spine may indicate:
- A. Recent injury
 - B. Muscle spasm
 - C. Scoliosis
 - D. All of the above
22. Which of the following is a good way to check whether a client's pelvis is level?
- A. Sit or crouch down behind your client and gently place your hands on their waist. Press first into the fleshy part of the waist and then down onto the bony iliac crest. Gage whether the left and right sides of the pelvis feel level.
 - B. Stand at eye level behind your client and gently place your hands on their lower rib cage. Press first into the fleshy part of the lower ribs and then down onto the waist. Gage whether the left and right sides of the waist feel level.
 - C. Sit or crouch down behind your client and gently place your hands on their waist. Press first into the fleshy part of the waist and then down onto the bony greater trochanter. Gage whether the left and right sides of the hips feel level.
 - D. Sit or crouch down behind your client and gently place your hands on the greater trochanter of the hip region. Press first into the fleshy part of the hip and then up onto the bony iliac crest. Gage whether the left and right sides of the pelvis feel level.
23. The iliac crest roughly equates with the position of the _____ lumbar vertebra.
- A. 2nd
 - B. 3rd
 - C. 4th
 - D. 5th
24. Placing your thumbs on and gauging whether the _____ are level is another way to confirm a lateral tilt of the pelvis in standing.
- A. Greater trochanters
 - B. Posterior superior iliac spines (PSIS) points
 - C. Floating ribs
 - D. Sacrum and coccyx
25. Clients who bear weight more on one side of the body than the other may:
- A. Have even buttock creases
 - B. Have a lesser buttock crease on that side
 - C. Have a deeper buttock crease on that side
 - D. All of the above

26. Which of the following is an indication that a client is hyperextending at the knee:
- A. The posterior knee is prominent, with the popliteus muscle seeming to protrude slightly
 - B. The posterior knee is more deeply creased, with the popliteus muscle seeming to be small
 - C. The posterior knee is straight, with normal muscle tone
 - D. The posterior knee is more deeply creased, with slight rotation of the popliteus
27. Which of the following muscles may be shortened if the calf midline of a client appears lateral?
- A. Gluteus minimus
 - B. Adductors
 - C. Gracilis
 - D. All of the above
28. What is a pes valgus foot position?
- A. One in which the foot appears inverted or supinated
 - B. One in which the foot appears everted or pronated
 - C. One in which the foot appears neutral or straight
 - D. One in which the foot appears everted or supinated

Chapter 4

29. What is lateral postural assessment?
- A. Assessing the posture of a client from the back
 - B. Assessing the posture of a client from the front
 - C. Assessing the posture of a client from the side
 - D. Assessing the posture of a client in a sitting position
30. A forward head posture affects the:
- A. Neck
 - B. Chest
 - C. Arms
 - D. All of the above
31. Which of the following describes a raised area in the C7/T1 vertebral junction?
- A. A dowager's hump
 - B. A cervicothoracic injury
 - C. A dollwager's hump
 - D. A subscapular fatty deposit
32. A severely kyphotic posture (exaggerated thoracic curve) is associated with:
- A. Shortened pectorals and/or tight intercostals
 - B. Shallow breathing due to a depressed chest cavity
 - C. Shortening of the upper abdominals
 - D. All of the above

33. Increases or decreases in the lumbar curve correspond with altered positions of the _____.
- A. Neck
 - B. Pelvis
 - C. Knees
 - D. Abdomen
34. Which of the following muscles may be shortened in a client with a decreased lumbar lordosis?
- A. Hip flexors
 - B. Hip extensors
 - C. Hip adductors
 - D. Hip abductors
35. A posterior pelvic tilt describes the position of the pelvis when:
- A. The ASIS are positioned anterior to the pubis
 - B. The PSIS are positioned anterior to the pubis
 - C. The ASIS are positioned posterior to the pubis
 - D. All of the above
36. Flexed knees are associated with:
- A. Tight hamstrings and popliteus muscles
 - B. Weak quadriceps and soleus muscles
 - C. An increase in flexion at the hip and ankle joints
 - D. All of the above
37. When assessing a client's feet, which of the following are questions you may ask yourself?
- A. Do the foot arches appear normal, dropped or elevated?
 - B. Does the client bear weight equally between the right and left foot?
 - C. Do the toes appear normal, or is there evidence of claw toes or hammer toes?
 - D. All of the above

Chapter 5

38. What are you primarily looking for in assessing the head position of a client?
- A. Facial expression
 - B. Lateral deviation or rotation away from the midline
 - C. Prominence of muscle tone
 - D. Skin tone
39. Sharply angled clavicles may indicate:
- A. Elevated shoulders
 - B. Depressed shoulders
 - C. A fracture that has healed in mal-alignment
 - D. A recent injury
40. If you find that one of a client's shoulders is lower than the other, what can be possible?
- A. The shoulder of the dominant hand may be slightly lower than the other
 - B. The client is elevating the shoulder to protect an injured or painful joint in the shoulder
 - C. The glenohumeral joint may be subluxated
 - D. All of the above

41. What is the carrying angle?
- A. The angle formed between the long axis of the humerus and the shoulder joint
 - B. The angle formed between the long axis of the forearm and the axis of the wrist
 - C. The angle formed between the long axis of the humerus and the long axis of the forearm
 - D. The angle formed between the glenohumeral joint and the long axis of the cervical vertebrae
42. What does an umbilicus that does not fall in the midline tie in with?
- A. Rotation of the shoulder and arm
 - B. Rotation of the thorax and pelvis
 - C. Rotation of the pelvis and head
 - D. Rotation of the cervical vertebrae and patella
43. In an anterior assessment, how will you know if there is any lateral tilt of a client's pelvis?
- A. One of the posterior superior iliac spines (PSIS) will appear lower than the other
 - B. One of the anterior superior iliac spines (ASIS) will appear lower than the other
 - C. The umbilicus will fall within the midline of the trunk
 - D. The knees will not face forward and there will be an increased pressure on the lateral side of the foot
44. All of the following are effects of a right pelvic rotation EXCEPT:
- A. Increased supination of the left foot
 - B. Increased pronation of the left foot
 - C. Increased pressure on the lateral side of the right foot
 - D. Increased supination of the right foot
45. What is another term for genu varum?
- A. Knock knees
 - B. Twisted knees
 - C. Bow legs
 - D. Rotated knees
46. Which of the following muscles will be lengthened in a client that presents with genu valgum?
- A. Gracilis
 - B. Semimembranosus
 - C. Semitendinosus
 - D. All of the above
47. What does the Q angle describe?
- A. The relationships among the pelvis, leg, and foot
 - B. The relationships among the hand, wrist, and arm
 - C. The relationships among the pelvis, lumbar region, and thorax
 - D. The relationships among the knee, pelvis, and thorax
48. What is the average Q angle?
- A. 5-10 degrees
 - B. 15-20 degrees
 - C. 25-35 degrees
 - D. 30-40 degrees

49. Which of the following muscles may be shortened in a client with a toe-out position?
- A. Internal rotators of the femur
 - B. Quadratus lumborum
 - C. Iliotibial band
 - D. All of the above
50. What changes in the foot bones may be seen in a client presenting with pes cavus?
- A. The calcaneus is supinated while the remainder of the foot pronates
 - B. The talus will glide medially over the calcaneus
 - C. The calcaneus is pronated while the remainder of the foot supinates
 - D. The talus will glide laterally over the calcaneus
51. Which of the following characteristics describe an endomorph somatotype?
- A. Muscular
 - B. Prominent bony features
 - C. Large build
 - D. Low body fat

Chapter 6

52. If a client's head position, when seated, appears to rotate to the left, which of the following muscles may be shortened?
- A. Right sternocleidomastoid
 - B. Left scalenes
 - C. Left levator scapulae
 - D. All of the above
53. Which of the following is a question you may ask yourself when evaluating the thorax of a client in a seated position?
- A. Are the shoulders of the client level?
 - B. Do the hips face forward and the thorax another way?
 - C. Does the client position their feet flat on the floor?
 - D. All of the above
54. Wearing heels can result in:
- A. Shortening of the plantar flexors of the feet and ankles
 - B. Lengthening of the plantar flexors of the feet and ankles
 - C. Shortening of the dorsiflexors of the feet and ankles
 - D. Genu valgum
55. Clients who retain habitual static sitting postures often demonstrate:
- A. An exaggeration in the normal thoracic curve
 - B. A decrease in the normal thoracic curve
 - C. An exaggeration in the normal scapular angle
 - D. A decrease in the normal lordotic curve

56. In the chest region, protracted shoulders are associated with all of the following EXCEPT:
- A. Lengthened and weak rhomboids
 - B. Shortened intercostal muscles
 - C. Lengthened and weak intercostal muscles
 - D. Tight pectoralis major and minor
57. Over time, flexing the knees may lead to:
- A. Lengthened knee flexors
 - B. Lengthened knee extensors
 - C. Pes planus
 - D. Pes cavus

This completes the Postural Assessment Fundamentals exam.