

# Reflexology Basics Home Study Course

6 CE Hours  
Online Study Guide

Presented by the:  
*Center for Massage Therapy Continuing Education*

*PO Box 117 • Elk Point, SD 57025*  
*866-784-5940 • [www.massagetherapyceu.com](http://www.massagetherapyceu.com)*

# Table of Contents

INSTRUCTIONS ..... 3  
EXAM (for review before taking the online exam)..... 4

## Center for Massage Therapy Continuing Education

© 2023, Center for Massage Therapy Continuing Education, LLC  
PO Box 117  
Elk Point, SD 57025  
www.massagetherapyceu.com  
Ph: 866-784-5940  
info@massagetherapyceu.com

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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 or reflexology.

## **Instructions for the Reflexology Basics home study course**

Thank you for investing in the Reflexology Basics home study course, a 6 CE hour course designed to further your knowledge in the principles and practice of reflexology.

This guide will contain all of the instructions you will need to complete this course. This is a 6 CE hour course, so that means it should take you approximately 6 hours to read the textbook, study the material, and complete the multiple choice exam and course evaluation.

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

- 1. Read the instructions and review the textbook and exam. Your textbook will be mailed to you.**
- 2. Access the online examination by logging in to your account at [www.massagetherapyceu.com](http://www.massagetherapyceu.com). Once there, click on the student login link on the top left and enter your information.**
- 3. Access the online technique demonstration video bank by following this link: <https://www.youtube.com/playlist?list=PLnvS9HaUaKtao-br4CI4zn21JzlcUHOZq>. There are approximately 2 hours of online video clips available demonstrating the basic reflexology techniques as well as reflexology for treating common ailments.**
- 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. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam and you can save your answers and return at a later date if needed. Feel free to review the textbook while taking the test. This course uses the text *The Reflexology Manual*, by Pauline Wills. 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 this study guide before testing online. That way, when you are testing you do not have to go back and forth through the online exam.

If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or [info@massagetherapyceu.com](mailto: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 Reflexology Basics home study course.

## Reflexology Basics Exam

### Part 1

1. What is reflexology?
  - A. A holistic healing method which involves compression and suction of the reflex points found on the feet and hands
  - B. A holistic healing method which involves pressure and massage of the reflex points found on the back and neck
  - C. A holistic healing method which involves pressure and massage of the reflex points found on the feet and hands
  - D. A holistic healing method which involves needling and compression of the reflex points found on the back and neck
  
2. The body is divided into \_\_\_\_\_ equal energy zones, five on either side of a median line, extending from the fingers up to the brain and down to the toes.
  - A. 3
  - B. 6
  - C. 8
  - D. 10
  
3. Energy blocks in the zones can be caused by all of the following EXCEPT:
  - A. Balanced diet
  - B. Stress
  - C. Lifestyle that is no longer beneficial
  - D. Broken marriage
  
4. A march fracture can occur in one or more of the:
  - A. Metatarsal bones
  - B. Ankle bones
  - C. Tarsal bones
  - D. Phalanges
  
5. Which of the following are the five basic pressure-point techniques?
  - A. Thumb-walking, finger-walking, compression, sliding, and gripping
  - B. Thumb-walking, finger-walking, pivoting, sliding, and pinching
  - C. Thumb-walking, toe-walking, pivoting, effleurage, and petrissage
  - D. Finger-walking, compression, raking, sliding, and feathering

6. What is the correct position for the thumb when performing thumb-walking, pivoting, and sliding?
  - A. The thumb flexed at the first joint, and only the inner edge of the tip of the thumb in contact with the foot
  - B. The thumb completely straight, and only the outer edge of the tip of the thumb in contact with the foot
  - C. The thumb bent at the first joint, and only the outer edge of the tip of the thumb in contact with the foot
  - D. The thumb extended, and only the inner edge of the tip of the thumb in contact with the foot
  
7. Which of the following lists the five basic massage techniques which are most effective when performed in this order?
  - A. Wringing, kneading, stretching, finger circling, and stroking
  - B. Effleurage, kneading, compression, finger circling, and feather strokes
  - C. Kneading, stretching, wringing, stroking, and effleurage
  - D. Stretching, finger circling, stroking, petrissage, and wringing
  
8. Which of the following therapist body parts is used for stroking the feet?
  - A. Thumbs
  - B. Forearms
  - C. Fingers
  - D. Elbows
  
9. If you are not a qualified reflexologist, you should avoid giving any treatment in the presence of all of the following EXCEPT:
  - A. Osteoporosis
  - B. Diabetes
  - C. Chemotherapy
  - D. Stress

## **Part 2**

10. On the foot, the reflex area for the top of the head and the brain is located:
  - A. On the top of the plantar surface of the great toe
  - B. On the top of the plantar surface of the little toe
  - C. On the medial border of the arch
  - D. On the lateral border of the heel
  
11. On the foot, the reflex area for the bladder is located:
  - A. On the medial side of the foot, near the arch
  - B. On the lateral side of the foot, near the heel
  - C. On top of the dorsal surface of the great toe
  - D. On the top of the plantar surface of the great toe

12. On the hand, the reflex area for the sinuses is located:
- A. On the back of the hand, on all four fingers
  - B. On the palmar surfaces of all of the four fingers
  - C. On the palmar surface of the thumb, near the finger nail
  - D. On the back of the hand, near the wrist
13. Reflexology treatment:
- A. Works away from an unrestricted flow of energy throughout the physical body
  - B. Aims to treat and cure disease within the physical body
  - C. Works towards an unrestricted flow of energy throughout the physical body
  - D. Aims to find the cause of and diagnose disease within the physical body
14. Which of the following techniques can alleviate tension in the neck?
- A. Thumb-walking along the medial border of the big toe and thumb
  - B. Stroking of the foot and wrist
  - C. Finger-walking on the palmar surface of the foot and hand
  - D. Gentle rotation of the big toes or thumbs
15. Which of the following techniques is used to treat the reflex for the back of the head on the toe?
- A. Thumb-walking
  - B. Rotation
  - C. Pivoting
  - D. Sliding
16. Which of the following reflex areas is located in the web between the third and fourth toe?
- A. Sinuses
  - B. Eyes
  - C. Eustachian tube
  - D. Face
17. On the hands, where does the waistline begin and end?
- A. Begins half-way between the little finger and the wrist and ends just below the joint of the thumb's second phalange
  - B. Begins half-way between the middle finger and the wrist and ends just below the joint of the thumb's first phalange
  - C. Begins half-way between the first finger and the wrist and ends just below the joint of the base of the little finger
  - D. Begins at the base of little finger and ends at the tip of the thumb

18. Which of the following will treat the eye reflex area?
- A. Thumb-walking in parallel lines over the front and sides of all four fingers
  - B. Thumb-walking with your right hand across the base of the index and middle fingers
  - C. Thumb-walking with your left hand from the base of the little finger to the base of the middle finger
  - D. Thumb-walking in parallel lines over the back of all four fingers
19. Reflexes on the \_\_\_\_\_ foot and hand correspond to organs and muscles on the \_\_\_\_\_ side of the body.
- A. Right, right
  - B. Left, right
  - C. Right, left
  - D. All of the above
20. Which of the following zones is the reflex area for the right lung found?
- A. Zone 1 of the right foot
  - B. Zone 3 of the left foot
  - C. Zone 4 right foot
  - D. All 5 zones of the right foot
21. The reflex area for the heart is only found on:
- A. The right foot or hand
  - B. The left foot
  - C. The left foot or hand
  - D. The right hand
22. The reflexes to the abdomen are found:
- A. Above the diaphragm in the first and second transverse zones of the feet and hands
  - B. Beneath the diaphragm in the second and third transverse zones of the feet and hands
  - C. Above the diaphragm in the second and third transverse zones of the feet and hands
  - D. Beneath the diaphragm in the first and second transverse zones of the feet and hands
23. The adrenal reflexes are important in cases of all of the following EXCEPT:
- A. Headaches
  - B. Hormonal imbalance
  - C. Arthritis
  - D. Allergies

24. Which of the following reflex areas is found in both feet, between the diaphragm and the waist line? On the right foot, the reflex area covers zone one. On the left foot it covers zones one, two, and three.
- A. Appendix
  - B. Small intestine
  - C. Transverse colon
  - D. Stomach
25. Which of the following is the best technique to use on the kidney and adrenal gland reflex areas?
- A. Rotation in a clockwise direction
  - B. Rotation in a counter-clockwise direction
  - C. Thumb-walking parallel to the toes
  - D. Thumb-walking from the heel to the toe
26. The liver reflex is found only on the:
- A. The right hand
  - B. The left hand or foot
  - C. The left foot
  - D. The right hand or foot
27. Thumb-walking on your patient's right hand from the hepatic flexure, following the waist line, across the palm of the hand to the medial side of the thumb in zone one will treat:
- A. The small intestine reflex area
  - B. The appendix reflex area
  - C. The first part of the transverse colon
  - D. The rectum and anus reflex area
28. On the foot, the sciatic nerve reflex:
- A. Runs across the sole of the foot and up the back of the leg
  - B. Runs across the toes and up the top of the foot
  - C. Runs across the sole of the foot and wraps around the ankle
  - D. Runs across the top of the big toe and up the front of the leg
29. Where is the reflex area for the sacro-iliac joint located?
- A. In the dip which lies just in front of the ankle bone, in line with the big toe
  - B. In the dip which lies just in front of the ankle bone, in line with the second toe
  - C. In the dip which lies just in front of the ankle bone, in line with the third toe
  - D. In the dip which lies just in front of the ankle bone, in line with the fourth toe
30. When working the lower body reflexes on the hands, such as the reflex to the ovaries or testes, or the reflex to the uterus or prostate, always remember to apply:
- A. Only deep pressure
  - B. Only light pressure
  - C. Only moderate pressure
  - D. Only feather strokes

31. All of the following reflexes are found on the top of the foot or the back of the hand EXCEPT:
- A. Breasts
  - B. Low-back
  - C. Mid-back
  - D. Lymphatic system
32. Which of the following techniques is used on the reflex areas for the lymph drainage on both the foot and hand?
- A. Thumb-walking
  - B. Gentle rotation
  - C. Pinch and slide
  - D. Finger-walking
33. Which of the following is the correct amount of time to spend on foot massage when you have worked all the reflexes on both feet?
- A. 10 minutes
  - B. 15 minutes
  - C. 30 minutes
  - D. As much time as you want, following your own judgement
34. All of the following reflexes could require additional treatment (AT) if you have a patient complaining of headaches EXCEPT:
- A. Head
  - B. Lymphatic system
  - C. Eyes
  - D. Solar plexus
35. All of the following reflexes could require additional treatment (AT) if you have a patient with asthma EXCEPT:
- A. Adrenal glands
  - B. Bronchial tubes
  - C. Diaphragm
  - D. Digestive system
36. All of the following reflexes could require additional treatment (AT) if you have a patient with eczema EXCEPT:
- A. Solar plexus
  - B. Liver
  - C. Adrenal glands
  - D. Pituitary gland

### Part 3

37. The etheric body contains \_\_\_\_\_ major chakras, formed at the points where twenty-one lines of energy – or nadis – cross: and \_\_\_\_\_ minor chakras, where fourteen nadis cross.
- A. 5, 10
  - B. 7, 25
  - C. 7, 21
  - D. 15, 30
38. The sacral chakra is associated with which of the following endocrine glands and colors?
- A. Thyroid gland and the color blue
  - B. The thymus gland and the color green
  - C. The adrenal glands and the color orange
  - D. The reproductive organs and the color red
39. According to classical Chinese medicine, which of the following body meridians is associated with the water element?
- A. Liver and Gall Bladder
  - B. Kidney and Bladder
  - C. Lung and Large Intestine
  - D. Spleen/Pancreas and Stomach
40. Which of the following can be used to administer colour therapy with reflexology?
- A. A reflexology torch
  - B. Hot or cold stones
  - C. A reflexology knobber
  - D. Hand held steamer

This completes the Reflexology Basics exam.