

Soft Tissue Release Home Study Course

5 CE Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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Published by the Center for Massage Therapy Continuing Education, LLC

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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 soft tissue release.

Instructions for the Soft Tissue Release Home Study Course

Thank you for investing in the Soft Tissue Release home study course, a 5 CE hour course designed to further your knowledge in the principles and practices of the modality soft tissue release. The following will give instructions on what you will need to do to complete this course. This is a 5 CE hour course, so that means it should take you approximately 5 hours to complete this course in its entirety.

The following are steps to follow in completing this course:

1. **Read the instructions and review the textbook and exam.**
2. **Access the online examination by logging in to your account at 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=PLnvS9HaUaKtYAzDacUrBd_dv-V91RoPn-. There are approximately 2 ½ hours of online video clips available showing STR being performed on all body areas.**
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. Feel free to review the textbook while taking the test. This course uses the textbook *Soft Tissue Release*, by Jane Johnson. Feel free to review the text while completing the exam. 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 exam.

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 Soft Tissue Release home study course.

Soft Tissue Release Exam

Chapter 1

1. What is soft tissue release (STR)?
 - A. An advanced massage technique widely used in assessing and stretching soft tissues
 - B. An advanced massage technique widely used in diagnosing and treating soft tissues
 - C. An advanced massage technique widely used in lymphatic drainage massage to clear the tissues of edema
 - D. An advanced massage technique widely used in assessing and stretching osseous tissues

2. In STR, how is a stretch localized?
 - A. By holding both the origin and insertion of the muscle, stretching the entire muscle rather than the area of palpable tightness
 - B. By holding both the origin and insertion of the muscle, only stretching the more pliable area of the muscle
 - C. By fixing part of the muscle against underlying structures to create a false insertion point
 - D. By mobilizing part of the muscle against underlying structures to create a false insertion point

3. The fixing – described throughout this book as a _____ – prevents some parts of the muscle from moving and is achieved when a therapist uses his or her own upper body or a massage tool.
 - A. Catch
 - B. Lock
 - C. Move
 - D. Hold

4. All of the following are benefits of soft tissue release EXCEPT:
 - A. Improves flexibility and posture
 - B. Alleviates the pain of muscle tension
 - C. Takes pressure off associated joint structures
 - D. Helps decrease range of motion within a joint

Chapter 2

5. Which of the following therapist body parts are best used for providing broad locks?
 - A. Forearm
 - B. Elbow
 - C. Reinforced thumbs
 - D. Knuckles

6. Which of the following tools is a good alternative to using your thumb?
 - A. Spiky ball
 - B. Quad Nobber
 - C. Index Knobber
 - D. Tennis ball

7. All of the following are cautions to STR EXCEPT:
 - A. Clients who bruise easily or who have thin skin
 - B. Hypermobility clients
 - C. Pre- and post- event STR treatment
 - D. Adults considered to be in general good health

8. How is active-assisted STR performed?
 - A. The therapist applies a lock and moves the client's body part so as to facilitate a stretch
 - B. The therapist applies a lock and the client moves his or her body part to bring about the stretch
 - C. The client applies a lock to himself or herself and also performs the stretch without assistance
 - D. All of the above

9. All of the following are things you can try if the client does not seem to feel the stretch EXCEPT:
 - A. Add more pressure
 - B. Use less pressure
 - C. Check that you are directing your pressure towards the proximal end of the limb
 - D. Use active STR

Chapter 3

10. When applying STR, always work:
 - A. Proximally to distally
 - B. Distally to proximally
 - C. Externally to internally
 - D. Internally to externally

11. All of the following are safety guidelines for passive STR EXCEPT:
 - A. When working rhomboids in prone, be sure to place your client's entire body to the side of the treatment couch
 - B. When applying STR, protect your thumbs
 - C. When integrating STR with oil massage, remember that it is much easier to provide a lock when working through a towel than when working through clothing or on dry skin
 - D. When using passive STR, always get feedback from your client and stop if your client reports pain

Chapter 4

12. Active-assisted STR uses the efforts of:
 - A. The therapist only
 - B. The client only
 - C. A massage tool only
 - D. Both the client and the therapist

13. Active-assisted STR is particularly useful as part of the rehabilitation process after:
 - A. Surgery
 - B. Joint immobilization
 - C. Acute fracture
 - D. Varicose vein treatment

14. All of the following are areas of the body that lend themselves to active-assisted STR EXCEPT:
 - A. Hamstrings
 - B. Gluteals
 - C. Masseter
 - D. Erector spinae

15. When performing active-assisted STR on the gluteals, which of the following is the best client position?
 - A. Prone
 - B. Supine
 - C. Seated
 - D. Side-lying

16. All of the following are situations when active-assisted STR is indicated EXCEPT:
 - A. When working with clients who relax easily
 - B. When it is necessary to apply more pressure to lock tissues
 - C. When treating clients who do not feel the stretch of passive STR
 - D. When muscle strengthening is required, perhaps after immobilization of a joint

Chapter 5

17. Active STR is a technique:
 - A. You might use on yourself or teach to your clients to use as part of a home care programme
 - B. You perform on the client with no assistance from the client
 - C. You perform on the client with assistance from them
 - D. You perform on the client using a massage tool

18. When performing active STR on the quadriceps and the calf muscles, what provides the lock?
- A. Your forearm
 - B. A ball
 - C. Your fingers
 - D. Your thumbs
19. All of the following are safety guidelines for the use of active STR EXCEPT:
- A. Avoid active STR if you have had a recent injury or if you bruise easily
 - B. Be careful not to overwork any one area
 - C. Use active deep STR before a sporting event
 - D. Be careful when using your thumbs to lock into tissues

Chapter 6

20. Which of the following is an advantage of performing passive STR on the rhomboids with the client in the prone position?
- A. If the client is not correctly positioned, this technique may cause uncomfortable pressure on the brachial plexus in the armpit
 - B. You have considerable leverage and will be able to fix the muscles well
 - C. This technique cannot be easily incorporated into an oil massage because it requires the client to be positioned diagonally on the treatment couch
 - D. With good leverage, some therapists accidentally press too hard
21. When performing passive STR on the pectorals, if you find it tricky to apply your lock, what can you do?
- A. Use your thumbs instead of your fist
 - B. Cushion the lock by working through a facecloth folded into fourths
 - C. Cushion the lock by using an ample amount of massage oil
 - D. Use a massage tool instead
22. All of the following are advantages of active-assisted STR on the upper trapezius with your client sitting EXCEPT:
- A. You have easy access to the muscle and good leverage
 - B. There is little danger that soft tissues of the neck will be overstretched because the client is in charge of the stretch
 - C. With practice, and by working with the client, you will be able to alter the direction of pressure to localize the stretch to different fibres in the upper trapezius
 - D. Be careful not to press into bony structures, such as the clavicle and acromion process

Chapter 7

23. Which of the following types of STR is recommended for the foot muscles?
- A. Active-assisted and active
 - B. Passive and active
 - C. Passive, active-assisted, and active
 - D. Passive and active-assisted
24. When performing passive STR on the hamstrings muscle, what movement is done by the therapist to the client, once the lock is in place?
- A. Adduction of the client's knee
 - B. Inversion of the client's knee
 - C. Extension of the client's knee
 - D. Rotation of the client's knee
25. When providing a lock for passive STR on the calf, where should your pressure be directed?
- A. Towards the knee
 - B. Perpendicularly
 - C. Towards the ankle
 - D. Horizontally
26. All of the following are advantages of performing active-assisted STR on the calf EXCEPT:
- A. This method allows you to apply a firm lock
 - B. Not having to stand at the foot of the treatment table means you can focus the lock in a variety of ways
 - C. The client is likely to dorsiflex to a greater extent than would be produced through passive STR to the calf and may therefore experience a greater stretch
 - D. Constant dorsiflexion will eventually fatigue the tibialis anterior
27. When performing active STR on the foot, what motion is performed?
- A. Extension of the toes, dorsiflexing the ankle
 - B. Flexion of the toes, plantar flexing the ankle
 - C. Rotation of the ankle
 - D. Inversion and eversion of the ankle
28. When performing active-assisted STR on the quadriceps, the lock is placed:
- A. With the client's knee in flexion
 - B. With the client's knee in extension
 - C. With the client's knee in a neutral position
 - D. With the client's knee in rotated

29. Active-assisted STR on the tibialis can be performed in which of the following client positions?
- A. Prone or seated
 - B. Seated or side lying
 - C. Supine or side lying
 - D. Supine or prone
30. Which of the following is a disadvantage of performing active-assisted STR on the gluteals?
- A. Active-assisted STR works best because it is difficult to apply passive or active STR to the gluteals
 - B. This method may compromise your thumbs
 - C. Not all clients like the sensation of a massage tool
 - D. It is challenging to focus your lock in the correct spot on the muscles
31. Active-assisted STR on the iliacus muscle is an excellent stretch for clients with:
- A. Tight hip extensors
 - B. Tight gluteals
 - C. Tight hamstrings
 - D. Tight hip flexors

Chapter 8

32. Which of the following types of STR is recommended for the wrist finger extensors?
- A. Passive only
 - B. Active only
 - C. Active-assisted only
 - D. Passive, active-assisted, and active
33. When performing active STR on the triceps muscle, which of the following motions is performed?
- A. Elbow flexion
 - B. Elbow extension
 - C. Elbow rotation
 - D. Shoulder abduction
34. When performing passive STR on the wrist and finger extensors, how can you locate the muscle bellies?
- A. Ask your client to actively flex his or her wrist as you palpate the area
 - B. Palpate the area until you think you have found the muscle belly
 - C. Ask your client to actively extend his or her wrist as you palpate the area
 - D. Ask your client to actively rotate his or her wrist as you palpate the area

35. Which of the following is an advantage of performing passive STR on the wrist and finger extensors?
- A. This is an easy form of STR to apply because the biceps do not usually require a firm lock
 - B. Because you can use this technique when your client is supine, this is a relatively easy stretch to incorporate into a holistic massage
 - C. Because you can use this technique when your client is prone, this is a relatively easy stretch to incorporate into a holistic massage
 - D. This is an easy form of STR to apply because the triceps do not usually require a firm lock
36. Which of the following is a tip when performing active STR on the wrist and finger flexors?
- A. You may need to lessen your pressure as you work distally
 - B. You may need to increase your pressure as you work rotationally
 - C. You may need to lessen your pressure as you work proximally
 - D. You may need to increase your pressure as you work distally

Chapter 9

37. All of the following are questions you may want to ask your client during the initial client consultation EXCEPT:
- A. How may I help?
 - B. Have you had this condition before?
 - C. Can you describe the type of discomfort you are feeling?
 - D. Have I met your treatment goals?
38. All of the following are assessments that can be performed on the client when creating an STR programme EXCEPT:
- A. Body map
 - B. Diagnosis of the condition
 - C. Visual analog scale
 - D. Postural assessment
39. What is a visual analog scale used to document?
- A. Subjective measures, such as pain, stiffness, pulling sensation, soreness, and others
 - B. Objective measures, such as tightness you find upon palpation and range of motion limitations
 - C. Treatment plans, such as duration of treatment, area that was treated, and what was done
 - D. Initial client intake responses, such as when the client's pain began and how it was caused

40. The “programme for treatment” should include all of the following information EXCEPT:
- A. Subjective information
 - B. Treatment provided
 - C. Diagnosis of the condition
 - D. Plan for future visits

This completes the Soft Tissue Release exam.