

Sports Massage Home Study Course

20 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*

Table of Contents

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

Center for Massage Therapy Continuing Education

© 2024, Center for Massage Therapy Continuing Education
PO Box 117
Elk Point, SD 57025
www.massagetherapyceu.com
Ph: 866-784-5940
info@massagetherapyceu.com

Published by the Center for Massage Therapy Continuing Education

The author grants permission to photocopy this outline for personal use only. Beyond this consent, no portion of this outline may be copied or reproduced in any form without written permission from the Center for Massage Therapy Continuing Education.

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 Sports Massage.

PLEASE CAREFULLY READ THE DIRECTIONS ON PAGE 2

Instructions for the Sports Massage Home Study Course

Thank you for investing in the Sports Massage home study course, a 20 CE hour course designed to further your knowledge in the principals and practice of sports massage. This guide will contain all of the instructions you will need to complete this course. This is a 20 CE hour course, so that means it should take you approximately 20 hours to read the textbook, watch the DVD, familiarize yourself with the principles and complete the exam.

In this course you will learn:

- Massage practices to work with runners, cyclists, swimmers, tennis players and other athletes
- Physiological principles that govern sports massage
- Pre-, inter- and post-event massage sessions using techniques you are already familiar with
- Treatment protocols to treat specific sports injuries
- Information on stretching, sports psychology and diet

The following are steps to follow in completing this course:

- 1. Read the online instructions. Read the textbook and watch the DVD. Review the online exam. Your textbook and DVD will be mailed to you.**
- 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 and DVD while taking the exam. This course uses the textbook *Sports Massage* by Susan Findlay and the DVD "Sports Massage" with Molly Verschingel. There are no trick questions on the exam. All of the answers can be found in the textbook and on the DVD.

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 Sports Massage home study course.

Sports Massage Examination

DVD QUESTIONS

Fundamentals

Introduction

1. Why do athletes rely on sports massage as part of their athletic regimen?
 - A. To increase performance
 - B. To decrease injuries
 - C. They are looking for that extra edge
 - D. All of the above
2. Sports massage is a goal orientated massage in which you have a specific outcome in your mind and fit techniques together to produce the effects on the body that you want.
 - A. True
 - B. False

Event Massage

3. Where does event sports massage take place?
 - A. With the client on the massage table
 - B. In your massage room
 - C. Anywhere a sporting event takes place
 - D. In a hospital setting
4. What supplies should you expect to bring with you to a sporting event?
 - A. Sanitizing wipes, spray bottles and paper towels
 - B. Lubricant and a blanket and/or towel
 - C. Business cards and promotional materials
 - D. All of the above

Stroke Fundamentals

5. Which of the following are main strokes used in sports massage?
 - A. Frictions and petrissage
 - B. Nerve strokes and feather strokes
 - C. Energy work
 - D. All of the above
6. What is the goal of using broadening strokes on a sports massage client?
 - A. To hyperextend the muscle tissue and fibers
 - B. To allow the muscle tissue to contract
 - C. To spread and broaden the muscle tissue and fibers
 - D. To break up scar tissue
7. Which of the following is a type of friction technique used in sports massage?
 - A. Circular
 - B. Palmar
 - C. Directional
 - D. Both A and B

8. To correctly perform a petrissage technique in sports massage you would:
 - A. Use your whole hand to knead and squeeze the muscle tissues in between your fingers and thumb
 - B. Use only your fingers to compress the tissues
 - C. Use your thumbs in a clockwise circular motion over the muscle tissues
 - D. All of the above
9. What is the goal of compressive effleurage?
 - A. Warm the muscle tissues and fibers to increase circulation
 - B. Scoop the metabolic waste and push it in a manner that gets it back to the lymph system
 - C. Relax the muscle tissues and fibers
 - D. Produce a numbing effect in the area to deactivate trigger points
10. About how many times should you perform the strokes presented in the DVD?
 - A. 5
 - B. 4
 - C. 3
 - D. 2
11. In which direction should tapotment strokes, such as hacking or cupping, flow?
 - A. With the grain of the muscle fibers
 - B. Against the grain of the muscle fibers
 - C. In a clockwise motion
 - D. Toward the heart

Pre-Event Massage

12. Which of the following is an important thing to keep in mind when performing a pre-event sports massage?
 - A. Perform the massage within 60 minutes of the event
 - B. Do not overstretch the muscle tissues
 - C. Keep the treatment short
 - D. All of the above
13. When performing pre-event sports massage on a runner, what are the main muscle groups you will be working with?
 - A. Biceps, triceps, deltoid and rotator cuff muscles
 - B. Quadriceps, hamstrings, glutes, calves and feet
 - C. Spinalis, rotator cuff and intercostals
 - D. Pectoralis major and minor
14. When performing sports massage on a cyclist, what are the main muscle groups you will be working with?
 - A. Neck extensors and wrist flexors
 - B. Calves
 - C. Quadriceps and hamstrings
 - D. All of the above

Post Event Massage

15. Why is massage performed after an event?
 - A. In order to increase circulation, which brings a fresh blood supply to ischemic tissue
 - B. To assist the athletes recovery process by increasing metabolic exchange
 - C. To maintain flexibility and relax muscles for faster recovery
 - D. All of the above

16. When do athletes feel the most pain from “delayed muscle onset soreness”?
 - A. 12-15 hours after an event or intense training session
 - B. 24-48 hours after an event or intense training session
 - C. 1-5 hours after an event or intense training session
 - D. 15-20 hours after an event or intense training session

17. What type of pace should you use during a post event massage?
 - A. Fast and vigorous
 - B. The same as pre-event massage
 - C. Slow and relaxed
 - D. Medium to fast

18. What is the main goal of a post event sports massage?
 - A. To flush metabolic waste from the tissues for a faster recovery
 - B. To warm up the muscles and increase circulation
 - C. To put the athlete at a state of readiness
 - D. To prepare the athlete for the next event

19. Which of the following body parts can be used while performing compression techniques on the lower back?
 - A. Palm
 - B. Fist
 - C. Forearm
 - D. All of the above

Cramping

20. The most popular theories on cramping suggest that muscle cramps may be a result of which of the following?
 - A. Dehydration
 - B. Muscle fatigue
 - C. Electrolyte imbalances
 - D. All of the above

21. What does direct compression do to potentially relieve a muscle cramp?
 - A. Direct compression can fatigue the muscle relieving cramping
 - B. Direct compression floods the muscle tissue with fresh blood relieving the cramp
 - C. Direct compression can interrupt the nerve signal to the muscle
 - D. All of the above

22. If direct compression does not help or completely relieve a muscle cramp, what is the next step?
- A. Further direct compression
 - B. Reciprocal Inhibition
 - C. Cross Fiber friction
 - D. Light effleurage
23. If an athlete begins to cramp a second time while on the massage table, what is the best thing for you to do?
- A. Encourage the athlete to get off the table and walk around a little bit
 - B. Encourage the athlete to re-hydrate with plenty of fluids
 - C. Encourage the athlete to try back another time
 - D. All of the above

Inter-event Massage

24. When might you run into a situation where inter-event massage will be useful?
- A. Tournaments
 - B. Matches
 - C. In between breaks and player times
 - D. All of the above
25. What is the goal of inter-event sports massage?
- A. Prepare the athlete for an event
 - B. Bring the body back to normal as quickly as possible
 - C. Relax an athlete after an event is completed
 - D. Diagnose an injury which has just occurred
26. Which of the following is a key question to ask the athlete in order to formulate a treatment plan for inter-event sports massage?
- A. What event did you just do?
 - B. How are you feeling right now?
 - C. When is your next event?
 - D. All of the above
27. If an athlete has just performed a high intensity event, such as a sprint, which of the following is a good technique to use for inter-event sports massage?
- A. Tapotment
 - B. Cross fiber friction
 - C. Compressive effleurage
 - D. All of the above
28. What effect will deep compression have on an athlete during an inter-event sports massage?
- A. It will prevent cramping in the tissues
 - B. It will hold metabolic wastes in the tissues
 - C. It will bring a fresh blood supply and energy to the tissues
 - D. All of the above

29. What effect may tapotment have on an exhausted muscle during an inter-event sports massage?
- A. Relaxation
 - B. Cramping
 - C. It will have no effect at all
 - D. Flushing of metabolic wastes
30. What action does the anterior deltoid muscle perform?
- A. Horizontal adduction
 - B. Horizontal abduction
 - C. Longitudinal adduction
 - D. Longitudinal abduction

Psychology and Diet

31. Which of the following is a suggestion to guide the massage session in a direction that supports the athlete and their healing process?
- A. Promote relaxation among the more aggressive treatments
 - B. Focus on the positive changes in their bodies
 - C. Consult with the athlete's sports medicine team to be sure that everyone is on the same page
 - D. All of the above
32. An athlete should avoid all of the following products in order to get the most nutritional value from foods and the maximum healing benefit EXCEPT:
- A. Alcohol
 - B. Sugar
 - C. Saturated fats
 - D. Vegetables

Injuries

33. How do sports massage therapists handle and treat common sports injuries?
- A. By managing edema
 - B. By encouraging healthy scar tissue formation
 - C. By giving recommendations for stretching and strengthening
 - D. All of the above
34. What is healthy scar tissue in the body?
- A. Healthy scar tissue adheres to the surrounding tissue
 - B. Healthy scar tissue is functional and does not adhere to surrounding tissues
 - C. Healthy scar tissue causes restriction in the surrounding tissues
 - D. All of the above
35. Which of the following are characteristics of an acute injury?
- A. It has a definite onset and will most likely have pain and swelling
 - B. It has no notable onset with no swelling and tissue damage
 - C. It has a definite onset with no swelling or pain
 - D. It has no notable onset with restricted range of motion

36. What is a massage therapist's goal for an athlete in the sub-acute stage of an injury?
- A. To flush metabolic wastes from the tissues
 - B. To manage compensation and promote the formation of healthy scar tissue
 - C. To relax the tissues after an event
 - D. To prepare an athlete for an event

Running Injuries

37. What type of injuries will you most likely be working with when treating runners?
- A. Hip issues of a chronic nature
 - B. Leg issues of a chronic nature
 - C. Feet issues of a chronic nature
 - D. All of the above

Plantar Fascitis

38. What is plantar fasciitis?
- A. A tear in the Achilles tendon
 - B. An inflammation of the IT band
 - C. An inflammation of the fascia that runs from the calcaneus to the base of the toes
 - D. A stress fracture of the fibula bone
39. What are some common symptoms of plantar fasciitis?
- A. Pain that runs from the heel into the medial side of the arch
 - B. Intense pain in the morning when the athlete first steps out of bed
 - C. Pain which is experienced when the athlete is barefoot
 - D. All of the above
40. When using ice to help treat plantar fasciitis, what is the proper amount of time for the treatment?
- A. 10 minutes
 - B. 20 minutes
 - C. 30 minutes
 - D. 40 minutes

Shin Splints

41. Where is pain from shin splints usually felt in the athlete?
- A. The soleus muscle
 - B. The gastrocnemius
 - C. The tibial area
 - D. The IT band area
42. What is the benefit of performing compressive strokes on the medial tibia?
- A. Compression broadens the tissues
 - B. Compression brings blood to the tissues
 - C. Compression tightens the tissues
 - D. Compression promotes healthy scar tissue formation

43. What is the benefit of performing circular friction on the tibial area to treat shin splints?
- A. Circular friction broadens the tissues
 - B. Circular friction prepares the athlete for an event
 - C. Circular friction breaks up adhesions in the tissues
 - D. Circular friction promotes the formation of healthy scar tissue
44. How long should you advise your athlete to hold the presented stretches for?
- A. 5-10 seconds
 - B. 10-15 seconds
 - C. 20-30 seconds
 - D. 30-45 seconds

Iliotibial Band (ITB) Syndrome

45. What is the main cause of iliotibial band syndrome?
- A. A tightening of the gastrocnemius and soleus musculature
 - B. A tightening of the iliotibial tract which runs along the lateral portion of the upper leg
 - C. A tightening of the plantar fascia which runs from the Achilles tendon to the toes
 - D. A tightening of the abdominal aponeurosis
46. What is the benefit of using spreading/broadening strokes to treat iliotibial band syndrome?
- A. Spreading techniques will have no effect on the tissues
 - B. Spreading techniques will tighten the tissues
 - C. Spreading techniques will release tension and tightness in the tissues
 - D. Spreading techniques will inhibit the blood flow to the tissues

Hamstring Strain

47. What specific muscles are involved in hamstring strain?
- A. Biceps femoris
 - B. Semi tendinosus
 - C. Semi membranousus
 - D. All of the above
48. Once you find an area of tension and/or adhesions in the hamstrings, what is your next step?
- A. Treat those areas just as you would any other area
 - B. Do not work on those areas
 - C. Perform circular friction in order to break up the scar tissue
 - D. Refer your client to another health care provider
49. Using an active stretch to stretch the hamstring group may provide more tension relief in the muscle group than a passive stretch.
- A. True
 - B. False

Cycling Injuries

50. Cycling injuries usually have an acute pattern from hours spent over the handlebars and saddles.
- A. True
 - B. False

Neck Pain

51. When addressing the neck region of a cyclist, which of the following muscles will you focus on treating?
 - A. Pectoralis major and pectoralis minor
 - B. Lower, middle and upper trapezius
 - C. Neck extensors
 - D. All of the above

52. Typically, where will you find the most adhesions and tender points in the trapezius musculature of a cyclist?
 - A. Lower trapezius
 - B. Medial trapezius
 - C. Upper trapezius
 - D. Lateral trapezius

Patellar Tendonitis

53. What is patellar tendonitis?
 - A. It is a localized pain in the patellar tendon
 - B. It is a general pain in the meniscus tendon
 - C. It is a localized pain in the biceps femoris
 - D. It is a localized pain in the popliteal fossa

54. When you begin to treat the patellar tendon itself, which of the following strokes will be most beneficial in breaking up adhesions?
 - A. Tapotment
 - B. Effleurage
 - C. Cross fiber friction
 - D. Petrissage

55. What are the proper steps in applying ice to the patellar tendon?
 - A. Place the ice pack directly onto the skin, ice the patellar tendon until numbness sets in, repeat 3-4 times per day
 - B. Wrap the ice pack in a paper towel to protect the skin, apply the ice to the patellar tendon for about 10 minutes, repeat 2-3 times per day
 - C. Place the ice pack directly onto the skin, ice the patellar tendon for 30 minutes, repeat 3-5 times per day
 - D. Place the ice pack directly onto the skin, ice the patellar tendon for 10 minutes, repeat 10 times per day

Court Injuries

56. Why might field and court sports have the highest incidents of acute injuries?
 - A. Because quick lateral movements and jumping are common
 - B. Because performing quick movements puts the athlete at a higher risk for tearing and tissue sprain/strains
 - C. Because sports which involve multiple players puts the athlete at a higher risk of contact injuries
 - D. All of the above

Ankle Sprain

57. What tissues does an inversion ankle sprain usually involve?
- A. Achilles tendon and patellar tendon
 - B. Talofibular ligament and calcaneo fibular ligament
 - C. The plantar fascia and talofibular ligament
 - D. The talotibular ligament and the tibialis anterior muscle
58. How will you know when an athlete is in the sub-acute phase of an injury, such as an ankle sprain?
- A. The athlete will still be experiencing pain in movement along with edema
 - B. The athlete will still be experiencing bruising and edema
 - C. The athlete will have pain free movement and minimal to no swelling
 - D. The athlete will have pain free movement with excessive edema

Low Back Pain

59. Carefully assessing the tissues before providing any treatment to the lower back is essential because so many muscles are involved with moving the hips and low back.
- A. True
 - B. False
60. The sciatic nerve passes directly underneath which muscle in the gluteal area?
- A. Gluteus maximus
 - B. Gluteus medius
 - C. Piriformis
 - D. Gluteus minimus
61. Which of the following areas will you examine in order to assess the quadratus lumborum muscle?
- A. The transverse processes of the lumbar spine
 - B. The posterior iliac spine alignment
 - C. The greater trochanter alignment
 - D. The spinous processes of the thoracic spine

Tennis Elbow

62. Which of the following is a common cause of tennis elbow, or elbow tendonitis in athletes?
- A. Poor back hand technique
 - B. Too small of a grip on a racket
 - C. Using a racket which is strung to tight
 - D. All of the above
63. When treating an athlete with tennis elbow, which of the following muscle groups will you be primarily be working with?
- A. Wrist flexors
 - B. Wrist rotators
 - C. Wrist extensors
 - D. Elbow flexors

Swimming Injuries

64. Because swimmers train for hours at a time in the water, most of the injuries you encounter will be from overuse.
- A. True
 - B. False

Rotator Cuff

65. Which of the following muscles should you treat in an athlete with a rotator cuff injury before actually treating the musculature of the rotator cuff?
- A. Serratus anterior
 - B. Lattissimus dorsi (lats)
 - C. Quadratus lumborum
 - D. Both A and B
66. What are the four muscles of the rotator cuff?
- A. Teres major, teres minor, levator scapula and serratus anterior
 - B. Teres minor, serratus anterior, infraspinatus and spinalis
 - C. Supraspinatus, infraspinatus, teres minor and subscapularis
 - D. Supraspinatus, infraspinatus, teres major and spinalis
67. What can you do, as far as positioning, in order to help treatment of the rotator cuff be more comfortable for the athlete?
- A. Place the muscles in a lengthened state by dropping the elbow
 - B. Place the athlete in a supine position
 - C. Place the muscles in a shortened state by raising the elbow
 - D. Place the athlete in a side-lying position
68. What is the insertion of the supraspinatus?
- A. Greater tubercle of the humerus
 - B. Supraspinatus fossa
 - C. Glenoid fossa
 - D. Lesser tubercle of the humerus
69. What is the purpose of treating the deltoid in a swimmer with a rotator cuff injury?
- A. The anterior deltoid muscle is responsible for internal rotation, which is the main action of a freestyle swimmer
 - B. There is no reason to treat the deltoid muscle of a swimmer
 - C. The anterior deltoid muscle is responsible for external rotation, which is the main action of a swimmer
 - D. The posterior deltoid muscle is responsible for internal rotation, which is the main action of a freestyle swimmer

Textbook Questions

Chapter 1

70. Which of the following techniques are used in sports massage?
- A. Effleurage and/or petrissage
 - B. Tapotement and/or vibration
 - C. Compression and/or friction
 - D. All of the above

71. Which of the following effects can sports massage have on the cardiovascular system?
- A. It can help to reestablish a balance in muscle function
 - B. It brings more oxygen and nutrients to tissue and removes waste products
 - C. It increases digestive movement through peristalsis
 - D. It improves elimination by stimulating the parasympathetic nervous system
72. All of the following are benefits of sports massage EXCEPT:
- A. Increased usage of available muscle
 - B. Improved fluid movement
 - C. Decreased recovery time
 - D. Injury prevention

Chapter 2

73. What is the difference between general contraindications and local contraindications?
- A. A local contraindication is one which prevents you from performing any kind of massage and a general contraindication is one where you need to avoid specific areas, but massage can be applied elsewhere
 - B. A general contraindication is one which prevents you from performing any kind of massage and a local contraindication is one where you need to avoid specific areas, but massage can be applied elsewhere
 - C. A general contraindication is one which massage can be applied anywhere, but with caution and a local contraindication is one where you need to avoid specific areas, but massage can be applied elsewhere
 - D. A general contraindication is one which prevents you from performing any kind of massage and a local contraindication is one where you can perform massage anywhere
74. Which of the following is a local contraindication to sports massage?
- A. Deep vein thrombosis
 - B. Heart disease
 - C. Open wounds
 - D. Shock
75. What is a dislocation?
- A. A complete separation of the articulating bones in a joint
 - B. A complete break in the bone
 - C. A pool of blood resulting from internal bleeding
 - D. An injury that affects muscles or tendons
76. Which of the following stages of a strain is massage most appropriate for?
- A. Acute
 - B. Subacute
 - C. Chronic
 - D. All of the above

Chapter 3

77. Which of the following is an advantage of a mobile sports massage setting?
- A. Can take your business to the public
 - B. Opportunities to travel with support teams
 - C. Flexible working hours
 - D. All of the above

78. All of the following are good hygiene practices EXCEPT:
- A. Keep your nails short to reduce places for pathogens to harbour
 - B. Clean in and around the face hole after each client
 - C. Use the same towel for multiple clients
 - D. Wipe down areas of contact such as door handles
79. When working on a client in the supine position, where should support pillows be placed?
- A. Under the head and knees
 - B. Under the ankles and pelvis
 - C. Under the head and ankles
 - D. Under the ankles and knees

Chapter 4

80. You may need to adjust the height of your massage couch (table) based on:
- A. The size of your client
 - B. The area of the body you are working on
 - C. The position of your client
 - D. All of the above
81. All of the following are principles of a safe and effective working posture EXCEPT:
- A. Keep your hips and shoulders squared
 - B. Adopt a narrow stance
 - C. Do not lock your elbows
 - D. Generate movement from your legs
82. Which of the following is a way to increase the depth of a stroke when working on a client?
- A. Bring your body over the movement
 - B. Use your forearms or heels of the hands
 - C. Use assisted hands
 - D. All of the above

Chapter 5

83. All of the following areas require less pressure EXCEPT:
- A. Areas of thick muscle mass
 - B. Bony prominences
 - C. Areas of greater sensitivity
 - D. Areas that have underlying sensitive structures
84. What is the purpose of effleurage?
- A. To warm up the tissue and spread the lotion
 - B. To separate the tissue, loosening adhesions
 - C. To deactivate muscle spasms
 - D. All of the above
85. All of the following strokes are considered petrissage strokes EXCEPT:
- A. Kneading
 - B. Squeezing
 - C. Compression
 - D. Stripping

86. At every opportunity it is important to reinforce your digits, especially if you have joints that are hypermobile.
- A. True
 - B. False
87. Tapotement is often associated with:
- A. Petting a dog
 - B. Playing the drums
 - C. Waving a flag
 - D. Doing the wave
88. Which of the following is a purpose of friction?
- A. Breaking down adhesions and scar tissue
 - B. Building strong, mobile tissue
 - C. Encouraging optimal repair of soft tissue
 - D. All of the above

Chapter 6

Please note, this course is not meant to teach advanced hands on techniques. The techniques presented in this chapter use basic massage techniques (such as effleurage, petrissage, compression and friction) you should already have learned in your initial training. They can be adapted into a complete sports massage routine and customized for each individual client depending on needs.

89. What is the purpose of placing support under the ankles when the client is in the prone position?
- A. To protect clients with larger breasts
 - B. To prevent excessive plantar flexion of the foot
 - C. To prevent excessive plantar extension of the foot
 - D. To support the lower back
90. The positioning of “shoulder massage technique 3” gives you access to:
- A. The whole of the neck, anterior and posterior, as well as the face
 - B. The posterior portion of the shoulder only
 - C. The whole of the shoulder, anterior and posterior, as well as the arm
 - D. The whole of the torso, anterior and posterior, as well as the pelvis
91. Which of the following stances is appropriate for performing the “torso massage technique 2”?
- A. A wide stance with your thighs anchored against the massage couch/table
 - B. Sitting on the side of the massage couch/table
 - C. An asymmetrical stance, with one foot in front of the other
 - D. Standing on one leg, with the other knee resting on the massage couch/table
92. Which of the following therapist body parts is best to use when treating the bulk of the gluteals?
- A. Fingers
 - B. Knuckles
 - C. Heel of your hand
 - D. All of the above

93. The therapist positioning in the “leg massage technique 4” (although not suitable for every therapist) is effective for performing:
- A. Wringing of the leg
 - B. Lifting of the leg musculature
 - C. Gathering movements on the leg
 - D. All of the above
94. Which of the following is an advantage to performing sports massage with the client in a chair?
- A. It can be adapted to a variety of situations
 - B. A chair is a mobile piece of equipment and does not take up much room
 - C. You can do all your work applying dry techniques through clothing
 - D. All of the above

Chapter 7

95. Which of the following is a tip when working on the chest, abdominal and pelvic regions of your client in the supine position?
- A. Do not focus your gaze on what you are doing, but allow your hands to see and take your gaze elsewhere
 - B. Work through a towel as much as possible
 - C. Apply your strokes in a confident manner
 - D. All of the above
96. Which of the following stances is used when performing the “neck massage technique 2”?
- A. Sitting in a chair
 - B. Long stance
 - C. Wide side stance
 - D. Asymmetrical stance
97. Abdominal massage is especially beneficial when addressing:
- A. Neck and shoulder issues
 - B. Postural and breathing issues
 - C. Plantar fasciitis issues
 - D. Edema and infection issues
98. Before working on the pelvic area of a client, it is important to first:
- A. Ask the client’s permission
 - B. Ask the client to remove their clothing
 - C. Be sure you are working on the client in a private area
 - D. All of the above
99. What does the opening and separating action of the “foot massage technique 1” do?
- A. It treats the plantar fascia
 - B. It helps alleviate tension in the soleus muscle
 - C. It helps alleviate tension in the feet
 - D. It elongates the Achilles tendon

Chapter 8

100. With the client in the side-lying position, cushions or bolsters should be placed:
 - A. Under the client's head and the knee of the top leg
 - B. Under the client's head and the foot of the top leg
 - C. Under the client's abdomen and the knee of the bottom leg
 - D. Under the client's pelvis and under the client's head
101. The "shoulder and arm massage technique 2" is meant to treat which of the following muscles?
 - A. Trapezius
 - B. Latissimus dorsi
 - C. Subscapularis
 - D. Deltoid
102. When working on a client's pelvis in the side-lying position, the height of the massage couch/table should be _____ than when the client is in the prone position.
 - A. Lower
 - B. Higher
 - C. The same
 - D. Slightly higher

Chapter 9

103. Which of the following are the stages of client assessment?
 - A. Subjective, assessment and diagnostic
 - B. Objective, interpretive and diagnostic
 - C. Objective, treatment and planning
 - D. Subjective, objective and interpretive
104. All of the following should be collected in the client interview EXCEPT:
 - A. Personal identification and contact details
 - B. Postural assessment
 - C. Current state of soft tissue health
 - D. What the client hopes to get from the session
105. Which of the following are subjective questions you can ask a client to investigate an injury?
 - A. Where is the injury?
 - B. How is the injury affecting your sport?
 - C. Is the condition improving or getting worse?
 - D. All of the above
106. All of the following are included in the objective assessment of a client EXCEPT:
 - A. Palpation of soft tissue
 - B. Postural assessment
 - C. Client history
 - D. Range of motion testing
107. Which of the following types of pain may indicate an acute injury?
 - A. Sharp
 - B. Dull
 - C. Aching
 - D. All of the above

108. What are red flags?
- A. Indicators that massage is indicated without any contraindications
 - B. Indicators that emergency medical treatment or urgent referral is needed
 - C. Indicators that caution should be taken when treating a particular area
 - D. Indicators that warrant further assessment during the treatment
109. When does the postural assessment begin?
- A. The moment the massage begins
 - B. The moment the client calls on the phone
 - C. The moment the client walks through the door
 - D. The moment the objective assessment begins
110. What do range of motion (ROM) tests assess?
- A. Increased or decreased ROM
 - B. Ease of movement
 - C. Crepitus
 - D. All of the above
111. What is the difference between active and passive ROM?
- A. In active ROM, you are moving a joint through its normal range of motion; in passive ROM, the client makes the movement
 - B. In active ROM, the client makes the movement; in passive ROM, you are moving a joint through its normal range of motion
 - C. In active ROM, the client resists against you while you move the joint through its normal range of motion; in passive ROM, you are moving a joint through its normal range of motion
 - D. In active ROM, the client makes the movement; in passive ROM, the client resists against you while you move the joint through its normal range of motion
112. During ROM testing, pain that is produced before the normal ROM is reached may indicate:
- A. An acute injury
 - B. A subacute injury
 - C. A chronic injury
 - D. No injury at all
113. All of the following are guidelines for establishing and implementing effective treatment goals EXCEPT:
- A. Set goals that are challenging yet realistic
 - B. Use negative terminology
 - C. Establish a comprehensive timetable for goal completion
 - D. Monitor and evaluate progress

Chapter 10

114. When does pre-event massage take place?
- A. Anywhere from a few minutes before to during the event
 - B. Anywhere from a few days to a few minutes before the event
 - C. Anytime during the event
 - D. Anywhere from a few minutes to a few days after the event

115. All of the following are functions of a pre-event massage EXCEPT:
- A. Warms up and increases blood supply to the muscles
 - B. Increases muscle tension
 - C. Encourages an appropriate range of motion in the joints
 - D. Allows for mental preparation
116. What is the correct duration for performing inter-event massage?
- A. About 30 minutes
 - B. 20-30 minutes
 - C. 10-15 minutes
 - D. 5-10 minutes
117. Which of the following are appropriate techniques for inter-event massage?
- A. Petrissage
 - B. Vibration
 - C. Tapotement
 - D. All of the above
118. What is the main purpose of post-event massage?
- A. To prepare the athlete for the next event as well as to assess for any injuries
 - B. To help prepare the athlete to perform a specific task as well as to warm the tissues in preparation for an event
 - C. To bring the tissues back to a pre-event state by flushing them out, and to be observant and identify any injuries that need first aid or further medical attention
 - D. All of the above
119. What does the author recommend you do before organizing an event?
- A. Volunteer at a few supervised events to get the necessary experience before venturing out on your own
 - B. Completing, at minimum, a bachelor's degree in a related healthcare field
 - C. Own your own business for at least 5 years to get the necessary experience before venturing out on your own
 - D. All of the above

Chapter 11

120. What are special populations?
- A. Clients that come to your for a specific type of treatment, such as pre-event, inter-event or post-event massage
 - B. Clients with specific conditions that require greater understanding of their physiology and soft tissues
 - C. Clients with past injuries that require a greater understanding of the physiology of the injury and the treatment protocols
 - D. Clients experiencing an acute injury which require you to refer them to another healthcare professional

This completes the Sports Massage examination.