

# Advanced Swedish Massage Home Study Course

6 CE 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 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 or spa techniques. Written medical opinions are always the best way to resolve any questions regarding contra-indications to massage therapy.

## **Instructions for the Advanced Swedish Massage home study course**

Thank you for investing in the Advanced Swedish Massage home study course, a 6 CE hour course designed to further your knowledge in the principles and practice Swedish massage.

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, supplemental text, 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, *The Visual Guide to Swedish Massage* and the supplemental text, *Advanced Application of Swedish Techniques*.**
- 2. Access the online examination by logging in to your account at [www.massagetherapyceu.com](http://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 text *The Visual Guide to Swedish Massage*, by Mark F. Beck and the text *Advanced Application of Swedish Techniques*, By Corrine Mollet Rubida, BS, LMT. 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](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 Advanced Swedish Massage home study course.

## Advanced Swedish Massage Exam

### Textbook *The Visual Guide to Swedish Massage* - Part 1

1. What is effleurage, or gliding?
  - A. The practice of sliding the hand or forearm over a portion of the client's body, with varying amounts of pressure or contact according to the desired results
  - B. Back-and-forth movement in which both of the practitioner's hands are placed a short distance apart on either side of the limb
  - C. The passive or active movement of the joints or articulations of the client
  - D. A rapid striking motion of the practitioner's hands against the surface of the client's body, using varying amounts of force and hand positions
  
2. \_\_\_\_\_ involve moving more superficial layers of flesh against the deeper tissues.
  - A. Feather strokes
  - B. Friction movements
  - C. Passive joint movements
  - D. Percussion techniques
  
3. Which of the following is the heaviest and deepest form of percussion?
  - A. Hacking
  - B. Cupping
  - C. Slapping
  - D. Beating
  
4. When pressure is applied with the broad surface of the hand or forearm:
  - A. It is defused and tends to be sharp and stinging
  - B. It is more concentrated, deep, and intense
  - C. It is defused and tends to be soothing and relaxing
  - D. It is more concentrated, deep, and soothing
  
5. The process of using linens to keep a client covered while performing a massage is called:
  - A. Duration
  - B. Sequence
  - C. Draping
  - D. Depth
  
6. When draping the breast of a female client the towel or pillowcase should be:
  - A. Tucked neatly under the arm or the scapula to hold the ends of the towel securely in place
  - B. Laid loosely over the breasts and arms
  - C. Tucked neatly under the low back to hold the ends of the towel securely in place
  - D. Tucked neatly over the arm or the scapula to hold the ends of the towel securely in place

7. Which of the following is the recommended proper temperature for a massage room?
  - A. Between 67 and 70 degrees F
  - B. Between 70 and 72 degrees F
  - C. Between 72 and 75 degrees F
  - D. Between 75 and 78 degrees F
  
8. All of the following are ways to prepare for the client EXCEPT:
  - A. If the appointment is for a return client, retrieve the client's file with intake and medical history forms and review it
  - B. Organize yourself by taking care of personal needs before the client arrives – use the restroom, get a drink of water, return a personal call
  - C. Turn on your cell phone, pager, or PDA
  - D. Before the client arrives, take a few quiet moments to prepare yourself with deep breathing, stretching, centering, and grounding
  
9. Contraindications can be:
  - A. Absolute
  - B. Regional or partial
  - C. Conditional
  - D. All of the above

## **Part 2**

10. The basic general massage sequence in the textbook begins with the \_\_\_\_\_ but it can be varied to suit the convenience of the practitioner and the needs of the client.
  - A. Hands and arms, right then left
  - B. Front of the legs and feet, left then right
  - C. Abdomen, chest, and neck
  - D. Back of the body
  
11. In the 'general arm massage' sequence, how many times is effleurage applied?
  - A. One to three times
  - B. Three to five times
  - C. Five to seven times
  - D. Seven to nine times
  
12. In the 'general massage for the foot and leg' sequence, all of the following techniques are used on the thigh EXCEPT:
  - A. Petrissage
  - B. Wringing
  - C. Circular friction
  - D. Rolling
  
13. In the 'general massage for the foot and leg' sequence, which of the following is important to maintain while moving the leg?
  - A. Good draping
  - B. Loose draping
  - C. Minimal draping
  - D. No draping

14. In the 'general massage for the anterior torso and neck' sequence, circular effleurage on the abdomen is performed in a:
  - A. Counter-clockwise direction, following the direction of the colon
  - B. Medial to lateral direction, following the direction of the colon
  - C. Lateral to medial direction, following the direction of the colon
  - D. Clockwise direction, following the direction of the colon
  
15. In the 'general massage for the anterior torso and neck' sequence, which of the following strokes are used on the neck?
  - A. Petrissage
  - B. Circular friction
  - C. Deep gliding
  - D. All of the above
  
16. In the 'general massage for the back of the legs' sequence, when applying effleurage on the back of the legs, which of the following directions is more pressure applied?
  - A. On the stroke from the hip to the foot (proximal to distal)
  - B. On the stroke from the foot to the hip (distal to proximal)
  - C. On the stroke from the hip to the knee (distal to proximal)
  - D. On the stroke from the knee to the ankle (proximal to distal)
  
17. In the 'general massage for the back of the body' sequence, which of the following techniques is applied along each side of the vertebral column from the neck to the sacrum?
  - A. Circular friction
  - B. Wringing
  - C. Vibration
  - D. Rolling
  
18. All of the following are steps to complete as soon as the client leaves EXCEPT:
  - A. Complete the client's record or SOAP notes
  - B. Place supplies in their proper place
  - C. Prepare used items for reuse
  - D. See that all equipment and items, including the massage table, are properly prepared before the next client arrives

### Part 3

19. When a face massage is included, why is it usually performed at the beginning of the massage?
  - A. For sanitary reasons, when the practitioner's hands have been freshly washed
  - B. So the practitioner has a chance to sit on a stool and become grounded for the remaining massage
  - C. For sanitary reasons, when the practitioner's hands have already massaged the rest of the client's body
  - D. So the practitioner has plenty of lubricant on their hands

20. In the 'massage the scalp' sequence, which of the following is used to support the client's head while massaging the scalp?
- A. A bolster
  - B. One of the practitioner's hands
  - C. A massage tool
  - D. A pillow on the practitioner's lap
21. In the 'massage the ear' sequence, massaging the points in the ear is thought to have:
- A. Stimulating, relaxing, or rejuvenating effects on the inner ear only
  - B. Scattering, agitating, or tensing effects on areas of the body far removed from the ear
  - C. Centering, tensing, or nervous effects on the area of the ear only
  - D. Stimulating, relaxing, or rejuvenating effects on areas of the body far removed from the ear
22. In the 'massage the neck' sequence, which of the following areas should be avoided while massaging the neck?
- A. The area of the carotid artery and jugular vein
  - B. The area of the sternocleidomastiod and trapezius
  - C. The area of the sciatic nerve and jugular vein
  - D. The area of the carotid artery and occipital ridge
23. Joint movements of the neck are contraindicated in cases of:
- A. Tension
  - B. Stress
  - C. Osteoporosis
  - D. Cancer
24. In the 'massage the arms' sequence, which of the following is the correct application when using petrissage strokes on the arms?
- A. Individual movements are directed away from the shoulder while moving proximal to distal down the arm to the client's hand
  - B. Individual movements are directed toward the shoulder while moving proximal to distal down the arm to the client's hand
  - C. Individual movements are directed toward the shoulder while moving distal to proximal up the arm to the client's shoulder
  - D. Individual movements are directed away from the shoulder while moving distal to proximal up the arm to the client's shoulder
25. When performing hand massage, with interlaced fingers the practitioner moves the client's wrist through all of the following motions EXCEPT:
- A. Flexion
  - B. Extension
  - C. Circumduction
  - D. Eversion

26. In the ‘massage the hand and joint movements for the hands and arms’ sequence, while moving the arm from a position above the client’s head back down to the side, the author recommends applying:
- A. Traction
  - B. Feather strokes
  - C. Friction
  - D. Hacking
27. In the ‘massage the feet’ sequence, deep gliding to the plantar surface of the foot from the toes to the heel is performed with:
- A. Thumbs or knuckles
  - B. Knuckles of heel of the hand
  - C. Closed fist or heel of the hand
  - D. Closed fist or thumbs
28. In the ‘massage the front of the legs’ sequence, which of the following can be placed under the knees to reduce tension in the lower back and provide more comfort for the client?
- A. A supporting hand
  - B. A small bolster
  - C. The drape
  - D. All of the above
29. In the ‘optional position: bending the knee’ sequence, to keep the client’s leg from sliding, the leg is braced with:
- A. A bolster
  - B. Either with your knee or by sitting on the table near the client’s toes
  - C. The drape
  - D. The hand
30. How is traction applied to the leg when massaging the front of the legs?
- A. By grasping the calf with one hand and placing the other hand under the client’s heel
  - B. By grasping the knee with one hand and placing the other hand over the client’s instep
  - C. By grasping the heel with one hand and placing the other hand over the client’s instep
  - D. By grasping the toes with one hand and placing the other hand under the client’s heel
31. Which of the following questions should always be asked before performing massage on the abdomen and chest?
- A. Would you like your abdomen and chest massaged?
  - B. Would you like to be draped?
  - C. Would you like me to use lubricant on your abdomen and chest?
  - D. What techniques would you like performed on your abdomen and chest?
32. In the ‘massaging the abdomen and chest’ sequence, which of the following strokes can only be done on males with no breast draping?
- A. The gliding stroke
  - B. The hopping stroke
  - C. The vibration stroke
  - D. The caring stroke



33. When applying effleurage to the back of the legs, which hand leads?
- A. The lateral hand
  - B. The medial hand
  - C. Both hands
  - D. Neither hand
34. In the ‘massage the back of the legs’ sequence, which of the following types of percussion can be applied to the thicker muscles of the thigh and gluteal area?
- A. Hacking with the ulnar side of the hand
  - B. Cupping with the hands slightly supped
  - C. Beating with a soft fist
  - D. Slapping with the palmar surface of the hand
35. In the ‘massage the back’ sequence, with the client’s elbow flexed (closest to you) and their hand placed on the table about six inches from the armpit to elevate the medial border of the scapula, special attention should be given to the:
- A. Teres major and minor
  - B. Trapezius
  - C. Rhomboids and infraspinatus
  - D. All of the above
36. All of the following are post-service reminders after the massage has been completed EXCEPT:
- A. Do not allow the client to relax quietly without being disturbed for several minutes
  - B. Assist the client to a sitting position
  - C. After the client is dressed, take time to answer any questions, make recommendations, collect your fees, and set up the next appointment
  - D. Following the massage, allow the client to rest for a short while before going out to face the world again

### ***Advanced Application of Swedish Techniques***

37. Superficial gliding is a warm-up stroke applied at the beginning of each area to:
- A. Distribute lubricant
  - B. Stretch and soften the fascia
  - C. Improve joint mobility
  - D. Break up lung congestion
38. Friction techniques include:
- A. Petrissage
  - B. Wringing
  - C. Feather strokes
  - D. Tapotement
39. Which of the following is a contraindication to Swedish massage?
- A. Aneurism
  - B. Contagious diseases
  - C. Sepsis
  - D. All of the above

40. Percussive movements should be avoided on clients with which of the following?
- A. Normal fleshy tissue
  - B. PTSD
  - C. Older scar tissue
  - D. All of the above
41. When can you begin to use Swedish techniques on an acute injury?
- A. Immediately after the injury has occurred
  - B. At least 12-24 hours post-injury
  - C. At least 48-72 hours post-injury
  - D. At least 2 weeks post-injury
42. With arthritis and joint stiffness, long, fluid effleurage techniques can:
- A. Reduce anxiety, relax muscles, and improve circulation
  - B. Increase anxiety, relax muscles, and improve circulation
  - C. Reduce anxiety, tense muscles, and improve circulation
  - D. Reduce anxiety, relax muscles, and decrease circulation
43. Swedish massage should be avoided in all of the following EXCEPT:
- A. Herniated discs without physician approval
  - B. Severe undiagnosed back pain
  - C. Vertebral fracture
  - D. Muscle spasm in the back
44. Which of the following techniques should be used lightly and sparingly in cases of chronic fatigue and fibromyalgia?
- A. Effleurage or gliding
  - B. Petrissage or kneading
  - C. Circular friction
  - D. Slapping
45. Which of the following is a goal of Swedish massage in treating headaches and neck pain?
- A. Pain and symptom relief
  - B. Increasing fascial restrictions
  - C. Increasing shortened muscles
  - D. Promoting muscle spasm
46. Studies have found that insomnia affects roughly:
- A. 10% of the population
  - B. 20% of the population
  - C. 30% of the population
  - D. 40% of the population

47. In the treatment of muscle tension and stress, deep and slow \_\_\_\_\_ can help relieve trigger points, promote relaxation, and increase circulation.
- A. Superficial gliding
  - B. Cross-fiber friction
  - C. Passive joint movements
  - D. Percussion or tapotement
48. Which of the following passive joint movements can be effective for sciatica?
- A. Hip and knee bends
  - B. Hip rotation
  - C. Knee to opposite shoulder
  - D. All of the above

This completes the Advanced Swedish Massage exam.