

Table Thai and Stretching Home Study Course

2 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 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 hot stone or gem massage.

Instructions for the Table Thai and Stretching home study course

Thank you for investing in the Table Thai and Stretching home study course, a 2 CE hour course designed to further your knowledge in the principles and practice table Thai massage, passive stretches for clients, and self-stretching.

This guide will contain all of the instructions you will need to complete this course. This is a 2 CE hour course, so that means it should take you approximately 2 hours to read the 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 text 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. 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 Passive Stretch Workbook, Table Thai and More for the Client on the Massage Table*, by Kay Rynerson, LMP, RTT. 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. 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 Table Thai and Stretching home study course.

Table Thai and Stretching Exam

Introduction

1. What is the basic function of the stretch reflex?
 - A. To monitor the tension needed for posture and movement, and to protect the body from injury
 - B. To monitor the relaxation needed for posture and movement, and to protect the body from injury
 - C. To monitor the tension needed for posture and movement, and to protect the body from infection
 - D. To monitor the relaxation needed for posture and movement, and to protect the body from infection
2. Saltwater taffy stretches are held for:
 - A. Less than 2 seconds
 - B. 15 seconds
 - C. 30 seconds
 - D. 1-3 minutes

Passive Stretches

3. In the course of a wellness treatment, _____ repetitions of each saltwater taffy stretch will do.
 - A. 1
 - B. 3
 - C. 6-8
 - D. 8-10
4. What does the '15. CLOCK-FACE SHOULDER RELEASE' stretch do?
 - A. Mobilizes the shoulder joint, stretching all the muscles that attach to the clavicle
 - B. Immobilizes the shoulder joint, stretching all the muscles that attach to the scapula
 - C. Mobilizes the shoulder joint, stretching all the muscles that attach to the scapula
 - D. Mobilizes the shoulder joint, stretching all the muscles that attach to the humerus
5. Which of the following is the correct stretching movement of the stretch in '27. NECK STRETCH'?
 - A. Gently pull on the occiput as you simultaneously push the shoulder towards you
 - B. Gently push on the occiput as you simultaneously push the shoulder away from you
 - C. Gently pull on the occiput as you simultaneously pull the shoulder towards you
 - D. Gently push on the occiput as you simultaneously pull the shoulder towards you
6. Which of the following stretches is meant to target the iliopsoas muscle?
 - A. 35. LOW BACK TWIST
 - B. 36. HIP FLEXORS
 - C. 37. QUADRICEPS
 - D. 38. PELVIC ROCK

7. The '45. **CROSSED FEET PRESS**' stretches the anterior compartment. Which of the following muscles is contained in the anterior compartment?
- A. Tibialis posterior, extensor hallucis longus, and extensor digitorum brevis
 - B. Tibialis anterior, extensor hallucis longus, and extensor digitorum longus
 - C. Tibialis anterior, flexor hallucis longus, and flexor digitorum longus
 - D. Tibialis posterior, flexor hallucis brevis, and extensor digitorum brevis
8. Where are the practitioner's hands placed in the '57. **SWITCHBLADE**' stretch?
- A. The south hand on the client's bent knee and the north hand on top of the toes
 - B. The north hand on the client's straight knee and the south hand on top of the toes
 - C. The north hand on the client's bent knee and the south hand on the bottom of the foot
 - D. The north hand on the client's bent knee and the south hand on top of the toes
9. '73. **CAN CAN**' stretches the:
- A. Hamstrings
 - B. Quadriceps
 - C. Paraspinal muscles
 - D. Low back
10. The _____ is a table Thai technique in which the practitioner uses his/her knee to compress points up and down the extensors of the client's arm.
- A. 81. **EXTENSOR PUSHAWAY**
 - B. 83. **KNEE UP**
 - C. 85. **FOREARM PEDALING**
 - D. 87. **EXTENSORS**
11. In the '100. **TRICEPS**', if the client experiences wrist discomfort, what should you do?
- A. Readjust the wrist and try again
 - B. Proceed with the stretch
 - C. Stop the stretch
 - D. Stretch the wrist
12. What is the intent of '112. **CRADLE PULL**'?
- A. To shorten the entire spine, shortening the erector spinae group as well as diminishing space between the vertebrae
 - B. To lengthen the neck, stretching the trapezius as well as creating space between the vertebrae
 - C. To lengthen the low back, shortening the erector spinae group as well as creating space between the vertebrae
 - D. To lengthen the entire spine, stretching the erector spinae group as well as creating space between the vertebrae

13. How is the '120. MOOSH FACE' technique performed?
- A. Both hands on the face, make fast, light circles, hands working simultaneously with uniform pressure, moving the soft tissue over the underlying bony structure, with no movement across the skin
 - B. Both hands on the face, make fast, firm circles, hands working simultaneously with uniform pressure, moving the soft tissue over the underlying bony structure, as the hands move cross the skin
 - C. Both hands on the face, make slow, firm circles, hands working simultaneously with uniform pressure, moving the soft tissue over the underlying bony structure, with no movement across the skin
 - D. Both hands on the face, make slow, light circles, hands working simultaneously with uniform pressure, moving the soft tissue over the underlying bony structure, as the hands move cross the skin
14. '129. HALF A HUG' stretches the:
- A. Posterior deltoids and the upper back
 - B. Anterior deltoids and the upper back
 - C. Posterior deltoids and the lower back
 - D. Anterior deltoids and the lower back
15. How is the '138. PRAYER LIFT' stretch performed?
- A. Ask the client to hold a prayer position in front of the chest; grasp the client's elbows and lift straight back toward you
 - B. Ask the client to hold a prayer position in front of the chest; grasp the client's wrists and lift straight up
 - C. Ask the client to hold a prayer position in front of the chest; grasp the client's wrists and lift straight back toward you
 - D. Ask the client to hold a prayer position in front of the chest; grasp the client's triceps and lift straight up

Stretching Yourself

16. What is the motto of the textbook regarding stretches and table Thai?
- A. If it hurts, readjust and try again
 - B. No pain, no gain
 - C. If it hurts, proceed cautiously
 - D. If it hurts, don't do it
17. In the 'ALLEY CAT' self-stretch, your head and neck should:
- A. Follow the movement, dropping with the hump, and lifting with the arch
 - B. Resist the movement, lifting with the hump, and dropping with the arch
 - C. Follow the movement, lifting with the hump, and dropping with the arch
 - D. Resist the movement, dropping with the hump, and lifting with the arch
18. How long is the 'PRAYER' self-stretch held for?
- A. Less than 2 seconds
 - B. At least 30 seconds
 - C. At least 1 minute
 - D. At least 2 minutes