

Traditional Thai Massage Home Study Course

9 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*

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Center for Massage Therapy Continuing Education, LLC

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PO Box 117
Elk Point, SD 57025
www.massagetherapyceu.com
Ph: 866-784-5940 • Fax: 605-761-2261
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. Written medical opinions are always the best way to resolve any questions regarding contra-indications to Thai massage.

Instructions for the Traditional Thai Massage home study course

Thank you for investing in the Traditional Thai Massage home study course, a 9 CE hour course designed to further your knowledge in the principles and practice of traditional Thai massage. This guide will contain all of the instructions you will need to complete this course. This is a 9 CE hour course, so that means it should take you approximately 9 hours to read the textbook, watch the video, 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, video, and exam.**
- 2. Access the online examination by logging in to 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 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 *Thai Massage*, by Rickard Gold. There are no trick questions on the exam. All of the answers are clearly found in the text or the video.

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 Traditional Thai Massage home study course.

Traditional Thai Massage Exam

Chapter 1

1. The legendary/historical founder of Thai medicine is a native of India known as:
 - A. Jivaka kumar Bhaccha
 - B. King Rama Khamheng
 - C. Wat Phra Kaeo
 - D. Simone de la Loubere
2. According to Thai philosophy, everything in our world is made up of which of the following elements?
 - A. Earth, Water, Air, and Fire
 - B. Atmosphere, Water, Wind, and Fire
 - C. Metal, Wood, Water, and Wind
 - D. Earth, Water, Wind, and Fire
3. What are the three Doshas?
 - A. Three aspects or dynamic principles of the nonphysical body such as thoughts, emotions, and spirituality
 - B. Three aspects or dynamic principles of the body to which the causes of all diseases can be traced
 - C. The vital essence, or organizing force that holds all the distinct aspects of a human being together into a unified and functioning whole
 - D. Three aspects or dynamic principles of the physical body such as skin type, hair color, and race
4. In Thai medicine, how many primary Sen are present in the body?
 - A. 5
 - B. 10
 - C. 15
 - D. 20

Chapter 2

5. The Thai massage instructional information provided is considered a/an:
 - A. Southern style of Thai massage
 - B. Western style of Thai massage
 - C. Eastern style of Thai massage
 - D. Northern style of Thai massage
6. Which of the following correctly describes the kneeling diamond stance in Thai massage?
 - A. The practitioner kneels on the treatment mat with the knees together, buttocks resting on the heels, tops of feet flat on the mat, spine straight, and head erect
 - B. The practitioner kneels on the treatment mat with the knees spread apart, buttocks resting on the tops of the feet, tops of the feet flat on the mat, spine straight, and head erect
 - C. The practitioner stands erect from their knees, establishing a vertical line from the knees to the crown of their head
 - D. The practitioner is positioned on their knees and flat palms of their hands

7. The pressing action in pressing techniques:
 - A. Helps to break down fibrotic tissues and stimulate the production of more elastic fibers
 - B. Helps to stretch the muscles and deliver a diversity of signals to the brain
 - C. Helps to open the sequence and warm the tissues for treatment
 - D. Helps to assess the tissues and form a plan of treatment

8. Thumb circles are used over _____, because the practitioner never presses directly down onto the bones.
 - A. Muscles
 - B. The popliteal fossa
 - C. Bones
 - D. Nerves

9. All of the following are contraindications to Thai massage EXCEPT:
 - A. Cancer
 - B. Very ill and in a weakened state
 - C. High fever
 - D. Chronic muscle tension

Chapter 3

10. Once you are focused and centered, which of the following is the opening technique for Thai massage with the client in supine position?
 - A. Thumb press the top of the ankle
 - B. Palm press the medial aspect of the feet
 - C. Thumb press the medial arch of the foot
 - D. Pressing across the feet

11. When identifying the six point locations on the bottom of the foot, where is point 3 located?
 - A. An inch posterior to point 2, directly in front of the heel (calcaneus bone)
 - B. Just posterior to the ball of the foot on the center line directly below the middle toe
 - C. Directly behind the metatarsals in line with the big toe medial to point 1
 - D. Directly in the middle of the arch of the foot on the medial side

12. In number 6 of the practical application, (palm press down along the top of the feet, Figures 3-5 and 3-6), what position are the client's feet kept in?
 - A. Rotated medially so that there will be an extension of the tendons of the foot and ankle
 - B. Rotated laterally so that there will be an extension of the tendons of the foot and ankle
 - C. In line with the legs so that there will be an extension of the tendons of the foot and ankle
 - D. Flexed at the ankle so that there will be a flexion of the tendons of the foot and ankle

13. The technique used for treating the lines of the legs is:
 - A. Palm presses in the pattern of "palm-chasing-palm but never catching"
 - B. Thumb presses in the pattern of "thumb-chasing-thumb but never catching"
 - C. Thumb presses in the pattern of "thumb-on top of-thumb always catching"
 - D. Forearm presses in the pattern of "forearm-chasing-forearm but never catching"

14. In number 15 of the practical application, (thumb-chasing-thumb on lateral leg Sen, Figure 3-16), which of the following muscles are included in the line 2 press?
- A. Tibialis anterior, vastus lateralis, rectus femoris (side)
 - B. Peroneals, middle line of IT tract
 - C. Gastrocnemius, soleus, gluteal attachments
 - D. Superior border of IT tract, vastus lateralis
15. In the butterfly hands pressing in tree position (Figure 3-20), which of the following muscles are pressed and stretched?
- A. Adductors
 - B. Abductors
 - C. Rectus abdominis
 - D. Transverse abdominis
16. In number 25 of the practical application, (thumb compressions into Sen line number 3, Figure 3-28), how is the pressure achieved?
- A. By slowly raising the elbows, not by direct pressure with the thumbs alone
 - B. By direct pressure with the thumbs alone, not by lowering the elbows
 - C. By slowly lowering the elbows, not by direct pressure with the thumbs alone
 - D. By direct pressure with the thumbs alone, not by raising the elbows
17. In number 30 of the practical application, (two hand press knee to chest, Figure 3-34), the therapist performs palm press to which group of muscles?
- A. Quadriceps
 - B. Erector spinae
 - C. Abdominals
 - D. Hamstrings
18. In number 33 of the practical application, (knee stretch with hamstring press, Figure 3-37), the client's leg is held at a _____ angle.
- A. 90-degree
 - B. 75-degree
 - C. 60-degree
 - D. 45-degree
19. In number 39 of the practical application, (push raised legs forward, Figure 3-43), how many times is the stretch repeated?
- A. 2
 - B. 3
 - C. 4
 - D. 5
20. Which of the following procedures are prohibited during pregnancy?
- A. Numbers 40 and 41 of the practical application
 - B. Numbers 42 and 43 of the practical application
 - C. Numbers 45 and 46 of the practical application
 - D. Numbers 49 and 50 of the practical application

21. How is the abdominal region defined?
- A. Superiorly by the lower border of the ribcage, laterally by the midaxillary line, and inferiorly by the pubic bone
 - B. Superiorly by the upper border of the ribcage, laterally by the midaxillary line, and inferiorly by the pubic bone
 - C. Superiorly by the lower border of the ribcage, laterally by the spinal line, and inferiorly by the pubic bone
 - D. Superiorly by the lower border of the ribcage, laterally by the midaxillary line, and inferiorly by the greater trochanter
22. In number 56 of the practical application, (lean back and lift lower back, Figure 3-65), all of the following muscles are stretched EXCEPT:
- A. Latissimus dorsi
 - B. Quadratus lumborum
 - C. Erector spinae
 - D. Tensor fascia latae
23. In number 62 of the practical application, (thumb press Sen of outer arm, Figure 3-72), which of the following techniques is used?
- A. Elbow press
 - B. Thumb-chasing-thumb
 - C. Thumb circle
 - D. Forearm rolling pin
24. When performing the face and neck sequence, which of the following is the correct therapist positioning?
- A. Kneeling or sitting at the side of the client
 - B. Kneeling or sitting at the client's feet
 - C. Kneeling or sitting at the client's head
 - D. Standing over the client

Chapter 4

25. Which of the following correctly describes the client in lateral recumbent position?
- A. The client lies supine with the knees bent and supported
 - B. The client lies on their side, with both legs straight and parallel to each other
 - C. The client lies on their side, with the bottom leg straight and the upper leg bent
 - D. The client lies prone, with support placed under the abdomen and the ankles
26. In number 82 of the practical application, (three primary hip points, Figure 4-12), what do the primary hip points represent?
- A. The end points of the three Sen lines on the lateral leg
 - B. The beginning points of the three Sen lines on the lateral leg
 - C. The end points of the three Sen lines on the anterior leg
 - D. The beginning points of the three Sen lines on the posterior leg

27. Obstruction of the pulse is contraindication for which of the following?
- A. Any condition of headaches
 - B. Any condition of muscular pain
 - C. Any condition of the carpal tunnel
 - D. Any condition of heart disease
28. In number 89 of the practical application, (thumb press at medial wrist: finger circles along fingers, Figure 4-23), which of the following is stimulated?
- A. Digital synovial sheaths and fibrous extensor sheaths
 - B. Digital synovial sheaths and fibrous flexor sheaths
 - C. Forearm synovial sheaths and fibrous flexor sheaths
 - D. The tendons of the tarsal tunnel and fibrous extensor sheaths
29. In number 93 of the practical application, (spinal twist, Figure 4-30), how is the stretch performed?
- A. The therapist simultaneously presses the shoulder toward the floor and the hip of the bent leg forward in the opposite direction
 - B. The therapist alternates pressing the shoulder toward the floor and the hip of the bent leg forward in the opposite direction
 - C. The therapist simultaneously presses the shoulder toward the floor and the hip of the bent leg backward in the same direction
 - D. The therapist alternates pressing the shoulder forward and the hip of the bent leg forward in the same direction
30. In number 95 of the practical application, (standing back bow with foot press, Figure 4-36), the therapist performs foot compression in which of the following positions?
- A. Seated
 - B. Kneeling on one knee
 - C. Standing
 - D. In a warrior stance

Chapter 5

31. In number 100 of the practical application, (feet and legs, Figure 5-1), when pressing with your feet onto the client's feet, how many times is the technique repeated?
- A. Once
 - B. Twice
 - C. Three times
 - D. Many times
32. In number 102 of the practical application, (rolling the bottom of the foot with forearm, Figure 5-5), how is the release achieved?
- A. By lifting the elbow off the foot and pressing back in
 - B. By bringing the forearm forward, not by lifting the elbow off the foot
 - C. By performing thumb and finger circles continuously on the bottom of the foot
 - D. By performing direct deep compression with the therapist's foot onto the client's foot

33. In number 105 of the practical application, (reverse half lotus with heel press to buttocks, Figure 5-11), the therapist aims to stretch the _____ while palm pressing the vastus lateralis, lateral edge of the hamstrings, and the iliotibial tract.
- A. Rectus femoris
 - B. Psoas
 - C. Soleus
 - D. Gluteus maximus
34. In number 108 of the practical application, (rolling pin with supported posterior leg, Figure 5-14, A), which of the following is the correct placement of the therapist's arms?
- A. The forward forearm rests at the client's lower back and the other hand is holding at the ankle
 - B. The forward hand is holding at the waist and the other hand is holding at the ankle
 - C. The forward forearm rests at the client's waist and the other hand is holding at the toes
 - D. The forward forearm rests at the client's waist and the other hand is holding at the ankle
35. In number 112 of the practical application, (subscapular release, Figure 5-19), while lifting the shoulder, the therapist uses palm, finger, and thumb presses into the:
- A. The lateral border of the scapula including the deltoid, teres major, and teres minor
 - B. The medial border of the scapula including the latissimus dorsi, teres major, and teres minor
 - C. The medial border of the scapula including the subscapularis, rhomboids, and serratus anterior
 - D. The lateral border of the scapula including the subscapularis, rhomboids, and serratus anterior
36. In number 113 of the practical application, (kneeling assisted cobra and kneeling assisted cobra with a twist, Figures 5-21 and 5-22), once you have lowered the client's body and removed your knees, which of the following is the correct procedure?
- A. Perform palm presses up the arms, across the shoulders, down the back, and continue down the legs to the feet
 - B. Perform knee presses up the arms, across the shoulders, down the back, and continue down the legs to the feet
 - C. Perform thumb circles up the arms, across the shoulders, down the back, and continue down the legs to the feet
 - D. Perform elbow presses up the arms, across the shoulders, down the back, and continue down the legs to the feet
37. The procedure for practical application numbers 115 and 116 is contraindicated for which of the following?
- A. Low back pain
 - B. Disc problems
 - C. Those who have had previous back surgery
 - D. All of the above

Chapter 6

38. In number 122 of the practical application, (thumb press back, Figure 6-2), which of the following muscles are pressed in line press 2?
- A. Lamina groove, spinalis, trapezius
 - B. Erector spinae, between longissimus and iliocostalis; trapezius
 - C. Levator scapulae attachments, rhomboids, serratus posterior inferior, quadratus lumborum, trapezius
 - D. Erector spinae, rhomboids, serratus posterior inferior, trapezius
39. In number 126 of the practical application, (neck and shoulder stretch with rolling pins, Figure 6-6, A), how many times is the stretch completed?
- A. 1
 - B. 2
 - C. 3
 - D. 4
40. In number 130 of the practical application, (thumb press neck and head, Figure 6-9), the therapist presses into and works across the:
- A. Occipital ridge
 - B. Spine
 - C. Mandible
 - D. Superior border of the scapula
41. The work on the face can be done using:
- A. Thumb presses and/or finger circles
 - B. Palm presses and/or palm circles
 - C. Forearm circles and/or forearm rolling pin
 - D. Elbow presses and/or finger circles
42. In number 138 of the practical application, (butterfly stretch, Figure 6-18), how are the client's hands/arms placed?
- A. The client clasps her hands together, interlocking the fingers in front of the face
 - B. The client clasps her hands together, interlocking the fingers behind the low back
 - C. The client clasps her hands together, interlocking the fingers across the abdomen
 - D. The client clasps her hands together, interlocking the fingers behind the neck
43. In number 144 of the practical application, (foot presses into the abdomen with a pull, Figure 6-24), which of the following is the correct client position?
- A. Kneeling diamond stance
 - B. Open diamond stance
 - C. Cat stance
 - D. Open archer stance

44. In number 147 of the practical application, (arm wraparound pullback with knee press, Figure 6-27), which of the following muscles is stretched?
- A. Quadratus lumborum
 - B. Latissimus dorsi
 - C. Lumbodorsal fascia
 - D. Triceps
45. In number 148 of the practical application, (percuss the entire back, Figure 6-29), which of the following is an area of caution?
- A. Ribs
 - B. Deltoid
 - C. Kidneys
 - D. PSIS

Chapter 7

46. Which of the following is the responsibility of the practitioner before performing Thai massage?
- A. Being aware of any health issues of the client and omitting procedures that may be contraindicated
 - B. Fitting all of the techniques in regardless of time
 - C. Billing the client's health insurance for the proper amount of time used in the Thai massage sequence
 - D. Advising the client of findings during the sequence and performing a proper diagnosis
47. All of the following are important for performing a 60, 90, or 120 minute Thai massage sequence EXCEPT:
- A. Fit in all of the techniques even if you have to rush
 - B. Slow, slow, slower is best
 - C. Maintain an even pace
 - D. Breathe

Chapter 8

48. The contemporary Thai massage name "locust pose" refers to the specific yoga asanas (sanskrit name):
- A. Sukhasana
 - B. Matsyasana
 - C. Shalabasana
 - D. Bhujangasana

This completes the Traditional Thai Massage exam.