

Basic Foot Reflexology Home Study Course

8 CE Credit 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 foot reflexology.

Instructions for the Basic Foot Reflexology home study course

Thank you for investing in the Basic Foot Reflexology home study course, an 8 CE credit hour course designed to introduce you to foot reflexology and its related theories. This is an introductory course and is not meant to teach advanced techniques. Please seek additional training for hands on skills.

This guide will contain all of the instructions you will need to complete this course. This is an 8 CE hour course, so that means it should take you approximately 8 hours to read the text, login and complete the online exam.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook and exam. Your textbook 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 an 80% 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 while taking the exam. This course uses the text *Reflexology Basics*, by Denise Whichello Brown. 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 and risk losing your answered questions!

Good luck as you complete this course. If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or corrimarx@hotmail.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 Basic Foot Reflexology course.

Basic Foot Reflexology Exam

Chapter 1

1. In reflexology, the points to which pressure are applied correlate to:
 - A. Internal organs
 - B. Glands
 - C. Body structures
 - D. All of the above
2. In reflexology theory, the feet are a/an _____ of the body:
 - A. Extension
 - B. Mirror
 - C. Accessory
 - D. Variable
3. A benefit of reflexology is:
 - A. Gives more confidence
 - B. Can have a negative effect on blood pressure
 - C. Improves the condition and tone of the skin
 - D. Both A and C
4. Reflexology can be used to diagnosis important illnesses.
 - A. True
 - B. False
5. In reflexology, the body is divided into _____ longitudinal zones.
 - A. 10
 - B. 8
 - C. 7
 - D. 6

Chapter 2

6. Tips for achieving a calm and soothing environment include:
 - A. Having a conversation while giving the treatment
 - B. Warming the room prior to the treatment
 - C. Wearing strong perfume
 - D. Bright lighting
7. Which of the following is a possible reason for using pillows and rolled towels during a reflexology session?
 - A. So the client is positioned where you can observe their facial expressions
 - B. To relieve pressure from the client's lower back
 - C. For comfort and support
 - D. All of the above
8. Some contraindications of reflexology include:
 - A. Fever
 - B. Deep vein thrombosis
 - C. Skin conditions
 - D. All of the above

Chapter 3

9. Relaxing techniques should _____ be used prior to and at the end of a session.
 - A. Always
 - B. Sometimes
 - C. Never
 - D. Often

10. Reflexology requires the use of oil with every session.
 - A. True
 - B. False

11. Which of the following is an appropriate time to use oil or lotion in a reflexology session?
 - A. At the beginning for relaxation
 - B. During the treatment, to reach points more easily
 - C. At the end in order to keep them smooth and moisturized
 - D. During the treatment, to affect body areas more thoroughly

12. Ankle rotations are important for:
 - A. Diagnosing ankle disorders
 - B. Making sure the client's ankle is not hurting
 - C. Increasing mobility in the low back and pelvis
 - D. None of the above

Chapter 4

13. It is very important to have clean and well trimmed nails to perform reflexology.
 - A. True
 - B. False
 - C. Only for certain clients

14. Gentle, yet firm, support of the feet will create a feeling of _____ with your clients.
 - A. Distrust
 - B. Uneasiness
 - C. Trust
 - D. All of the above

15. According to the text, how many foot supporting/holding positions are there for the therapist to use?
 - A. One
 - B. Three
 - C. Five
 - D. Six

16. Which of the following are names for techniques used in reflexology?
 - A. Pressure circles
 - B. Caterpillar walking
 - C. Hook in and back up
 - D. All of the above

17. While performing foot reflexology, which of the following things do you need to check and be aware of?
 - A. That you are not digging your nails into the skin
 - B. That you are using the outer edge of you thumb
 - C. That you are using constant, even and steady pressure
 - D. All of the above

18. The thumb/caterpillar walking technique involves:
- A. Using your fingers to “walk” over the surface of the area being treated
 - B. Using your thumb in a flicking motion to explore the surface of the area being treated
 - C. Using your thumb to “walk” over the surface of the area being treated
 - D. None of the above
19. When using the thumb/caterpillar walking technique your thumb should be:
- A. Straight
 - B. Slightly bent
 - C. Totally bent
 - D. Bent at a 90 degree angle
20. The thumb/caterpillar walking technique should be used in which direction?
- A. All directions
 - B. Forward only
 - C. Backward only
 - D. Sideways only
21. What is the hook in and back up technique?
- A. A technique used for covering a large area
 - B. A technique used for reaching a specific or tiny reflexology point
 - C. A technique that can be compared to a bee inserting its sting
 - D. Both B and C
22. Pressure circle can be done using both the thumb and fingers.
- A. True
 - B. False

Chapter 5

23. Which of the following is a possible reaction a client may have during a reflexology session?
- A. Visual contraction of the muscles
 - B. Feelings of euphoria
 - C. Twitching or tingling
 - D. All of the above
24. The length of a treatment has to be the same every time to get the benefits of reflexology.
- A. True
 - B. False
25. Which of the following is a possible reaction a client may experience between treatments?
- A. A state of deep relaxation
 - B. Increase urination
 - C. Sore throat
 - D. All of the above
26. In the event of a continued emotional reaction by your client, which of the following can you do?
- A. Never panic
 - B. Wait quietly while they calm themselves and settle down
 - C. Listen with empathy and without interruption
 - D. All of the above

27. Before you start a session:
- A. Prepare yourself
 - B. Check for contraindications
 - C. Refresh the feet
 - D. All of the above
28. A reflexology treatment should _____ be painful.
- A. Never
 - B. Always
 - C. Sometimes
 - D. Frequently
29. Covering the foot not being worked on is important.
- A. True
 - B. False
30. The big toe contains reflex points which relate to what portion of the body?
- A. Pituitary gland
 - B. Eyes and ears
 - C. Stomach
 - D. Left arm
31. The medial (inner) edge of the big toe, from the base to the tip of the toe corresponds to which area in the body?
- A. Lumbar spine and the quadratus lumborum
 - B. The sciatic notch
 - C. The occiput, mastoid and temple
 - D. All of the above
32. To diagnosis an eye disorder you should feel:
- A. Up and around the big toe
 - B. You should never diagnosis any condition unless you are a doctor
 - C. At the base of the big toe
 - D. The little toe
33. Rotating and working the base of the big toe may help to alleviate stiffness in the neck.
- A. True
 - B. False
34. The sinus reflex areas are located:
- A. Down the center and on both sides of the big toe
 - B. Down the center and on both sides of the small toes
 - C. On the medial portion of the arch of the foot
 - D. None of the above
35. The reflex areas of the upper lymph nodes are found where?
- A. In the webbing between the toes
 - B. Down the center and on both sides of the small toes
 - C. On the medial portion of the arch of the foot
 - D. On the tip of the big toe

36. The eyes, ears and Eustachian tube reflex areas are found where?
- A. The medial heel of the foot
 - B. The tip of the big toe
 - C. The ridge found along the base of the toes
 - D. All of the above
37. The reflexes of the spine are located:
- A. Lateral (outside) edge of the foot
 - B. On the plantar fascia of the lateral (outside) arch
 - C. The webbing between the toes
 - D. Medial (inside) edge of the foot
38. The lung area encompasses the ball of the foot, from the shoulder girdle line to the diaphragm line.
- A. True
 - B. False
39. The indications listed throughout the textbook refer to:
- A. Contraindications to reflexology
 - B. Conditions that may be affected while you are performing a session
 - C. Possible diagnoses if your client is tender in an area
 - D. All of the above
40. If your client is suffering from aches and pains in the right shoulder, where is the reflex area located?
- A. Between the shoulder girdle and the diaphragm line as well as the lateral edge at the base of the little toe
 - B. On the lateral side of the foot, below the diaphragm line to the heel of the foot
 - C. On the medial edge of the big toe only
 - D. All of the above
41. The reflex point for the gallbladder is located:
- A. Between the shoulder girdle and the diaphragm line as well as the lateral edge at the base of the little toe
 - B. Between the diaphragm line and the waist line, in line with the fourth toe
 - C. Between the webbing of the toes
 - D. All of the above
42. Working midway between the diaphragm line and the waist line on the medial portion of the thick tendon running from the big toe to the heel may affect:
- A. The pituitary gland
 - B. The adrenal gland
 - C. The brain
 - D. None of the above
43. If your client comes to you and mentions that he/she is experiencing frequent bladder infections and you want to focus on working the ureter-tube and bladder reflexes, where are the reflex areas located?
- A. Below the waist line on the medial portion of the foot
 - B. Above the diaphragm line on the lateral portion of the foot
 - C. The tip of the big toe
 - D. None of the above

44. Foot reflexology on the small intestine reflex points can help with digestive problems and abdominal cramps.
- A. True
 - B. False
45. The outer aspect of the foot corresponds to which of the following areas in the body?
- A. Joints such as the shoulder and arm
 - B. Joints such as the elbow and hand
 - C. Joints such as the hip, knee and leg
 - D. All of the above
46. The area around the Achilles tendon is worked for which of the following reasons?
- A. The sciatic nerve
 - B. Ailments related to the prostate
 - C. Ailments related to the rectum
 - D. All of the above
47. To finish the foot, use both hands, stroke the whole foot, from the toes to the ankle bones and back up several times to ensure that any toxins that have been released are dispersed.
- A. True
 - B. False
48. The left ear reflex point on the left foot is located where?
- A. Between the big toe and the second toes
 - B. Between the second and third toes
 - C. Between the fourth and fifth toes
 - D. Along the inner edge of the foot
49. The thyroid, parathyroid and thymus reflexes are located where?
- A. On the ball of the foot, beneath the big toe
 - B. On the lateral side of the Achilles tendon
 - C. On the tip of the big toe
 - D. None of the above
50. When addressing the heart area, if the receiver feels any pain, what should you do?
- A. End the reflexology session
 - B. Use deeper pressure to break up adhesions
 - C. Do not apply any deeper pressure, especially if the client has had heart problems
 - D. All of the above
51. The spleen reflex point is found on the left foot only.
- A. True
 - B. False
52. If your client is pregnant, which of the following points should be avoided?
- A. The outer aspect of the foot
 - B. The sciatic nerve line
 - C. The ovary and uterus reflexes around the ankle area
 - D. All of the above

53. When ending a reflexology session you should:
- A. Uncover both of the feet briefly and treat any tender reflex areas
 - B. Perform relaxing techniques and release techniques such as the lower-back release
 - C. Offer the receiver water and encourage them to drink lots of water
 - D. All of the above

Chapter 6

54. Which of the following areas corresponds to the circulatory system?
- A. Between the waist line and the diaphragm line
 - B. Between the shoulder girdle line and the diaphragm line
 - C. Below the pelvic line
 - D. Above the shoulder girdle line
55. Many of the reflexes of the digestive system are located where?
- A. Soles of the feet, between the diaphragm line and the pelvic floor line
 - B. Between the webbing of the toes
 - C. Outer edge of the feet, from the heel up to the tip of the big toe
 - D. Base of the toes
56. The endocrine system includes which of the following glands?
- A. Pituitary
 - B. Adrenals
 - C. Pineal
 - D. All of the above
57. Which of the following is a benefit of treating the lymphatic system?
- A. Help protect the body from disease
 - B. Rid the body of excess fluid
 - C. Shorten the recovery time from an illness
 - D. All of the above
58. Which of the following is a benefit of performing reflexology on the reproductive system?
- A. Cures prostate problems
 - B. Quickens labor
 - C. Can help regulate menstruation
 - D. Can cause infertility
59. Where is the reflexology point for the solar plexus located?
- A. On the left foot, in the middle, right below the diaphragm line
 - B. On the right foot, in the middle of the heel
 - C. On both feet, in the middle, right below the diaphragm line
 - D. On both feet, at the base of the big toe
60. Which of the following is a benefit of treating the urinary system?
- A. Relieve cystitis
 - B. Ease renal colic
 - C. Alleviate fluid retention
 - D. All of the above

This completes the Basic Foot Reflexology exam