

# Chair Massage Home Study Course

12 CE Credit Hours  
Online Study Guide

Presented by the:  
*Center for Massage Therapy Continuing Education*  
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### Center for Massage Therapy Continuing Education

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Published 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 Chair Massage.

**PLEASE CAREFULLY READ THE DIRECTIONS ON PAGE 2**

## **Instructions for the Chair Massage home study course**

Thank you for investing in the Chair Massage home study course, a 12 CE credit hour course designed to further your knowledge in the art of chair massage. This guide will contain all of the instructions you will need to complete this course. This is a 12 CE hour course, so that means it should take you approximately 12 hours to watch the DVD, familiarize yourself with the principles and techniques, login and complete the exam.

This Course Will Present You With:

- A complete chair massage routine
- Benefits and contraindications to chair massage
- Proper set up and body mechanics for performing chair massage
- Marketing strategies for promoting your business while performing chair massage

### **The following are steps to follow in completing this course:**

- 1. Read the instructions and review the DVD and exam. Your DVD will be mailed to you.**
- 2. Access the online examination in 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 written 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 DVD while taking the exam. This course uses the DVD “Mastering Chair Massage” with Diana Haynes. There are no trick questions on the exam. All of the answers are clearly found 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 and risk losing your answered questions!**

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](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 Chair Massage home study course.

# Chair Massage Written Examination

## Fundamentals

### Introduction

1. Chair massage is used as a way for therapists to get their hands on people in a casual context and to promote their services.
  - A. True
  - B. False
2. Chair massage is used as a way for people who have never received a massage to enjoy and experience the benefits of therapeutic touch.
  - A. True
  - B. False
3. Why have 80% of Americans never had a massage?
  - A. Cost
  - B. The requirement to disrobe in front of a stranger
  - C. They may be uncomfortable
  - D. All of the above
4. Why is it important for massage therapists to learn and be able to perform chair massage?
  - A. It can be a great promotional tool
  - B. It can provide a supplemental income
  - C. It can be a good stand alone business
  - D. All of the above
5. Chair massage can be offered at almost any public event.
  - A. True
  - B. False
6. If you are providing chair massage, essential items to have with you are:
  - A. Business cards
  - B. Clock
  - C. Water
  - D. All of the above
7. Optional items to consider bringing with you for performing chair massage at an event are:
  - A. Sheets for draping
  - B. Massage tool
  - C. Your massage table
  - D. All of the above

### **Choosing a Chair and Setting Up**

8. If you will be carrying your chair around a lot, it is best to choose a chair that is heavy and cumbersome to carry around.
  - A. True
  - B. False
  
9. If you will be working in a more stationary environment you may want to consider purchasing a chair that has more adjustments and one suitable for working on heavier clients.
  - A. True
  - B. False
  
10. If you are a shorter person, which seat setting of the chair would be most suited to you?
  - A. The lowest
  - B. Seat height does not matter
  - C. The highest
  - D. In the middle
  
11. The chest pad on the massage chair should be positioned below the collar bone.
  - A. True
  - B. False
  
12. It is acceptable to instruct your clients on how to sit in the massage chair.
  - A. True
  - B. False

### **Body Mechanics and Self Care**

13. Efficiency of movement for the therapist is enhanced during a chair massage when:
  - A. Your back is rounded
  - B. Your upper body is contracted
  - C. Your back is flat
  - D. All of the above
  
14. For using deeper pressure it is important to move from the center of your body, letting your legs provide the strength.
  - A. True
  - B. False
  
15. A lunge position is not recommended to use while performing chair massage.
  - A. True
  - B. False
  
16. An example of practicing proper body mechanics while performing chair massage is:
  - A. Bending at the waist over your client
  - B. Hyper-extending the joints
  - C. Lining up your joints in a straight line for stability
  - D. All of the above

17. Why do many massage therapists experience burnout?
- A. They get caught up in giving to others so much that they forget to take care of themselves
  - B. They do not practice chair massage on a regular basis
  - C. They do not practice chair massage enough
  - D. They are not busy enough to keep a practice thriving
18. Clients are drawn to practitioners whose energy is positive, abundant and healthy.
- A. True
  - B. False
19. Some little things that can make a big difference for the therapist are:
- A. Washing their hands frequently
  - B. Drinking 8 glasses of water each day
  - C. Getting adequate, quality sleep at night
  - D. All of the above
20. Breathing fully and focusing on grounding your energy during massage sessions is not helpful in keeping your self healthy as a massage practitioner.
- A. True
  - B. False

### **Communication**

21. Communication encompasses how you present yourself to your clients and includes:
- A. Your manner
  - B. The way you dress
  - C. Your body language
  - D. All of the above
22. It is acceptable to ask your clients where their areas of pain are and if they have a particular area they would like you to focus on before the session begins.
- A. True
  - B. False
23. By asking for feedback and responding to that feedback you are letting your clients know:
- A. That you are in control of the session
  - B. That they are in control of the session
  - C. That you are not really concerned about how they feel
  - D. All of the above
24. What is the proper way to end your chair massage session?
- A. With a smile
  - B. Thanking your client
  - C. Handing out a business card
  - D. All of the above

## Technique Overview

25. All of the strokes presented in the chair massage routing fall into which category?
  - A. Petrissage and compression
  - B. Percussion and trigger point
  - C. Energy, stretching and mobilization
  - D. All of the above
  
26. Cross fiber friction is any stroke that goes with the grain of muscle fibers.
  - A. True
  - B. False
  
27. Petrissage involves:
  - A. Grasping muscles
  - B. Kneading muscles
  - C. Squeezing muscles
  - D. All of the above
  
28. Petrissage works best when you use your whole hand rather than your fingertips and thumbs.
  - A. True
  - B. False
  
29. Compression strokes involve pressing the muscles against any underlying structures.
  - A. True
  - B. False
  
30. Trigger point work is more specific than compression and often uses direct thumb pressure over a specific point.
  - A. True
  - B. False
  
31. You should never ask for feedback while performing stretching.
  - A. True
  - B. False
  
32. The main purpose of percussion is to:
  - A. Loosen muscles
  - B. Stretch muscle fibers
  - C. Stimulate blood flow
  - D. All of the above
  
33. Energy strokes are done to:
  - A. Invigorate
  - B. Calm
  - C. Focus a person
  - D. All of the above

### **Adapting your Sequence**

34. The most common time length for a chair massage is:
- A. 60 minutes
  - B. 5 minutes
  - C. 15 minutes
  - D. 45 minutes
35. Being able to adapt your chair massage routine to fit different client's needs is essential.
- A. True
  - B. False

### **Technique Landmark Review**

36. Bony landmarks in the posterior neck include:
- A. Spinous processes
  - B. Transverse processes
  - C. Occipital ridge
  - D. All of the above
37. Bony landmarks of the scapula include:
- A. Transverse processes
  - B. Lateral border
  - C. Occipital ridge
  - D. All of the above
38. The erector spinae muscles are located:
- A. Under the scapula
  - B. Underneath the intercostal muscles
  - C. Parallel to the spine
  - D. All of the above
39. A key muscle you will be addressing in the lower back is the:
- A. Quadratus lumborum
  - B. Subscapularis
  - C. Levator scapulae
  - D. All of the above

### **Techniques: 30 Minute Sequence**

40. When performing petrissage on the trapezius, you should begin:
- A. By aggressively kneading the musculature
  - B. Slowly as if you are melting into the shoulders
  - C. Using very light pressure
  - D. All of the above
41. The trapezius muscle is a key area to work while performing a chair massage.
- A. True
  - B. False



42. "Circular thumbs" is a friction stroke which uses:
- A. The deeper musculature to affect blood flow
  - B. The deeper musculature to knead the tissues
  - C. The superficial skin to apply pressure down into underlying muscles
  - D. The superficial skin to perform energy work
43. Circular thumb friction is performed on which part of the back?
- A. The scapula
  - B. The quadratus lumborum
  - C. Along the spine
  - D. The occiput
44. "Twisted fists" is:
- A. A compression stroke
  - B. Performed by compressing and twisting the wrists into the mid to lower back
  - C. A cross fiber stroke
  - D. All of the above
45. To find the levator scapula insertion for cross fiber work you should feel for:
- A. The spinous processes
  - B. The inferior border of the scapula
  - C. The superior and medial borders of the scapula
  - D. All of the above
46. To perform cross fiber friction on the levator scapula:
- A. You should move your thumbs up and down with the grain of the muscle fibers for at least 6 passes
  - B. You should move your thumbs back and forth across the muscle fibers for at least 6 passes
  - C. It is always contraindicated to perform cross fiber friction on the levator scapula
  - D. Both A & B
47. In performing the "triangle hold scapula" you are attempting to affect and work the rhomboid major and minor with your thumbs.
- A. True
  - B. False
48. Friction strokes on the scapula are performed by:
- A. Using the finger tips to friction the along the muscles connected to the lateral border of the scapula
  - B. Using the finger tips to friction the infraspinatus
  - C. Both A & B
  - D. You should never perform friction strokes on the scapula
49. It can be helpful to use double thumbs in performing specific infraspinatus trigger point work.
- A. True
  - B. False

50. "Shoulder articulation" uses range of motion techniques to mobilize the shoulder while obtaining a deep compression on the supraspinatus and trapezius muscle.
- A. True
  - B. False
51. You will be able to perform "elbows down scapula" on every client.
- A. True
  - B. False
52. To begin friction on the rotator cuff:
- A. Locate the medial border of the scapula and begin friction techniques, using your elbows, on the rhomboids
  - B. Locate the acromium process and begin friction techniques, with your fingertips, on the supraspinatus
  - C. Locate the inferior border of the scapula and begin Petrissage, using your hands, on the quadratus lumborum
  - D. All of the above
53. The muscles that make up the rotator cuff are:
- A. Supraspinatus, infraspinatus, deltoid and teres minor
  - B. Supraspinatus, infraspinatus, rhomboid major and rhomboid minor
  - C. Supraspinatus, infraspinatus, teres minor and subscapularis
  - D. Supraspinatus, infraspinatus, teres major and quadratus lumborum
54. Clients with shoulder/rotator cuff injuries may be tender in this area and it is valuable to locate and work all the tendons associated with the rotator cuff.
- A. True
  - B. False
55. To work the deltoid muscle using the "deltoid dance" technique:
- A. Use both hands to cup the upper arm while using your thumbs to cross fiber friction the deltoid musculature
  - B. Use your elbows to perform deep cross fiber friction along the medial deltoid
  - C. Use one hand to support the arm while using the other hand to cross fiber friction the deltoid
  - D. There is no such thing as the deltoid dance
56. One trigger point location in the deltoid muscle is on the insertion point on the lateral humerus.
- A. True
  - B. False
57. "Fire arms" to the biceps and triceps muscles is performed by:
- A. Lightly fractioning the upper arm
  - B. I am having so much fun watching this DVD that it does not matter!
  - C. Deeply working with your elbows into the biceps and triceps muscles
  - D. Supporting the upper arm while jiggling the arm back and forth at the biceps and triceps

58. “Double thumbs” is a technique used on the sacrum to compress medially and pull laterally on muscle tissues of the forearm extensors.
- A. True
  - B. False
59. While working on trigger points near the lateral epicondyle of the humerus it is a good idea to ask for feedback on pressure and tenderness.
- A. True
  - B. False
60. To release a trigger point you can:
- A. Hold compression on the point for about 6 seconds
  - B. Ask your client to take a deep breath
  - C. Use your thumbs, fingers or elbows; depending on the area of the trigger point
  - D. All of the above
61. The origin of many of the forearm flexors is located on or near the:
- A. Lateral epicondyle of the humerus
  - B. Phalanges
  - C. Medial epicondyle of the humerus
  - D. All of the above
62. To perform the “press and stretch” technique to the forearm:
- A. You use your thumb to hold the muscles of the forearm while gently flexing the hand at the wrist
  - B. You use your thumb to hold the muscles of the forearm while gently extending the hand at the wrist
  - C. Both A & B
  - D. Neither A & B
63. The goal of “wrist mobilization” and the “palm stretch” is to:
- A. Mobilize the carpal bones
  - B. Loosen the wrist joint
  - C. Relax the forearm and wrist
  - D. All of the above
64. After finishing the arm you should:
- A. Work on the other arm performing the same techniques
  - B. Generally speaking, spend about the same amount of time on both arms
  - C. Both A & B
  - D. None of the above
65. The “cat paw” uses the heels of the hands to gently cup, compress and roll through the upper trapezius.
- A. True
  - B. False

66. "Traction circles" are performed by using the fingertips in a circular motion:
- A. From the spinous processes toward the transverse processes
  - B. Using deep pressure in the lamina groove
  - C. To cross fiber friction the tissues from the lower neck to the occipital ridge
  - D. All of the above
67. "Neck scoops" are a \_\_\_\_\_ technique.
- A. Energy work
  - B. Stretching
  - C. Petrissage
  - D. Trigger point
68. The primary region in which tension headaches begin is the:
- A. Rhomboids
  - B. Levator scapulae
  - C. Sub-occipital
  - D. Frontal
69. In order to work the sub-occipital region and release trigger points, you will need to:
- A. Stabilize your thumb to avoid injury
  - B. Press and friction into the occipital ridge
  - C. Ask for feedback and ask your client if they have any referred pain
  - D. All of the above
70. "Elbows down back" is a deep compression technique used to work the spinalis musculature and can be used instead of the thumbs to avoid injury to the therapist.
- A. True
  - B. False
71. In order to minimize the risk of injury to the therapist, what body position is best to use while performing chair massage on the lower back region?
- A. Standing in a lunge position
  - B. Standing in a wide stance position
  - C. Sitting on a chair
  - D. Kneeling down
72. To locate the quadratus lumborum, it is essential to first locate the:
- A. The top of the ileum
  - B. The 12<sup>th</sup> rib
  - C. Both A & B
  - D. Neither A & B
73. Cross fiber friction is a solid technique used to release tension in the belly of the quadratus lumborum.
- A. True
  - B. False
74. Massage tools are acceptable to use if your thumbs are weak.
- A. True
  - B. False

75. Percussion can be performed with:
- A. Soft fists
  - B. Sides of fingers
  - C. Sides of fists
  - D. All of the above
76. Energy strokes are usually used as finishing strokes.
- A. True
  - B. False
77. What is an isometric stretch/contraction?
- A. A stretch or contraction where the muscle moves as it contracts
  - B. A stretch where the muscle contracts but no movement is made
  - C. A full contraction while moving a muscle through its range of motion
  - D. None of the above
78. If you will be addressing the sternal area, it is important to inform your client that you will be working on their sternum to treat their sternal lymphatic reflexes.
- A. True
  - B. False
79. Where are the sternal lymphatic reflex points located?
- A. On the sternal notch
  - B. On the xiphoid process
  - C. Along each lateral border of the sternum and directly on top of the sternum
  - D. On the sternocleidomastoid
80. Why is the tendon of the pectoralis minor important to work on?
- A. It crosses over the brachial nerve plexus
  - B. It crosses over the brachial vascular plexus
  - C. It crosses over the subclavian artery
  - D. Both A & B
81. Face work is important, yet optional in certain circumstances such as in an office setting where females may be wearing makeup.
- A. True
  - B. False

This completes the Mastering Chair Massage test.

- **Please proceed to the 15 minute sequence section. Watch and practice the 15 minute routine until you feel comfortable performing this routine on clients. Pay close attention to the timer and decide which techniques work best for you and your clients.**
- **Then continue to the marketing section and consider ways that you can market your services.**