

Introduction to Tui Na Massage Home Study Course

10 CE Hours
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 Tui Na massage.

Instructions for the Introduction to Tui Na Massage home study course

Thank you for investing in the Introduction to Tui Na Massage home study course, a 10 CE hour course designed to introduce you to Tui Na massage 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 a 10 CE hour course, so that means it should take you approximately 10 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 *The Handbook of Chinese Massage: Tui Na Techniques to Awaken Body and Mind*, by Maria Mercati. 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 question please feel free to contact us at 866-784-5940, 712-490-8245 or by email at 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 Introduction to Tui Na Massage home study course.

Introduction to Tui Na Massage Exam

Chapter 1

1. Tui Na massage has been practiced in China for over:
 - A. 3000 years
 - B. 4000 years
 - C. 5000 years
 - D. 6000 years
2. Tui Na works the muscles and joints while at the same time affecting the flow of vital life energy in the body.
 - A. True
 - B. False
3. Qi (pronounced “chee”) is:
 - A. A Tui Na massage technique
 - B. Life energy
 - C. A pressure point in the upper back
 - D. A pressure point on the hand
4. Qi flows throughout the body following:
 - A. The flow of blood
 - B. Channels called meridians
 - C. Nerve paths
 - D. The lymph nodes
5. Tui Na works holistically to balance Qi flow throughout the:
 - A. Mind
 - B. Body
 - C. Spirit
 - D. All of the above
6. Tui Na is safe for most people from the age of 5 upward.
 - A. True
 - B. False
7. Which of the following is a contraindication to Tui Na massage?
 - A. An artificial hip joint
 - B. Serious heart disease
 - C. Eczema
 - D. All of the above
8. Tui Na is performed through the clothes and with no oil.
 - A. True
 - B. False

Chapter 2

9. In Chinese thinking, everything in the universe can be described in terms of:
 - A. Qi
 - B. Meridians
 - C. Yin and yang
 - D. All of the above

10. How many meridians are there in the body, including the Ren and Du?
 - A. 10
 - B. 12
 - C. 14
 - D. 15

11. Along each meridian are:
 - A. Qi Points
 - B. Points where the energy flows near the surface of the body
 - C. Points where energy flow may be manipulated
 - D. All of the above

Chapter 3

12. The Liver meridian begins:
 - A. On the outer margin of the nail of the right thumb
 - B. On the nail of the left pinky finger
 - C. On the inner margin of the big toe, just behind the nail
 - D. Center of the armpit

13. The Small Intestine meridian runs from the:
 - A. Ankle to the hip
 - B. Pinky finger to the ear
 - C. Chest to the middle finger
 - D. All of the above

14. Treating Qi points along the Spleen meridian is recommended for:
 - A. Spleen and stomach problems
 - B. Headaches
 - C. Sciatica
 - D. All of the above

15. The Stomach meridian has _____ Qi points.
 - A. 30
 - B. 35
 - C. 40
 - D. 45

16. What meridian, when treated, can help lung problems, coughing, asthma and chest pain?
 - A. Stomach
 - B. Lung
 - C. Large intestine
 - D. Kidney

17. The two meridians paired in the water element are:
- A. Lung and Large Intestine
 - B. Spleen and Stomach
 - C. Kidney and Bladder
 - D. All of the above
18. The first point of the Kidney meridian is:
- A. On the sole of the foot
 - B. On the palm of the hand
 - C. A depression on the lower medial edge of the collar bone
 - D. On the ear lobe
19. Which of the following is the longest body meridian?
- A. Spleen
 - B. Lung
 - C. Bladder
 - D. Kidney
20. The Ren and Du meridians run along the midline of the body, from the genitals to the top of the head, down to the upper lip.
- A. True
 - B. False

Chapter 4

21. Through practicing Tui Na with another, you will be able to:
- A. Feel the exchange of Qi between you
 - B. Diagnose your partners abdominal pain
 - C. Recommend medications for treatment of pain
 - D. All of the above
22. Massaging the lower back and abdomen of a pregnant woman during pregnancy is:
- A. Indicated
 - B. Contraindicated
 - C. Working Qi points
 - D. None of the above
23. Which of the following is a contraindication to Tui Na?
- A. Severe heart disease
 - B. Massaging over eczema
 - C. Massaging over shingles
 - D. All of the above
24. Leaning into your working arm with your body weight while you are working is:
- A. A correct way to perform Tui Na, as well as with any bodywork
 - B. An incorrect way to perform Tui Na, as well as with any bodywork
 - C. A body mechanic that allows you to vary your pressure greatly
 - D. Both A and C
25. Always start with deep pressure and gently decrease it as you finish the technique.
- A. True
 - B. False

26. Which of the following is a benefit of pressing?
- A. Stimulates the sense organs in the skin
 - B. Stimulates the flow of lymph
 - C. Relieves pain
 - D. All of the above
27. Which of the following is a benefit of squeezing?
- A. Relieves pain
 - B. Produces pain
 - C. Strongly affects Qi flow
 - D. Both A and C
28. The whole hand squeeze can produce which type of pressure?
- A. Deep but more diffuse pressure
 - B. Localized but light pressure
 - C. Deep and localized pressure
 - D. None of the above
29. Which of the following is a benefit of kneading?
- A. Relieves tension in groups of muscles
 - B. Assists the flow of blood
 - C. Assists relaxation
 - D. All of the above
30. When using the elbow kneading technique:
- A. Increase the pressure gently, since very deep pressure can be generated
 - B. Begin with deep pressure to press directly into the Qi points
 - C. Begin with deep pressure and gradually decrease as you knead the Qi point
 - D. All of the above
31. Which of the following is a benefit of rubbing?
- A. Strongly affects Qi flow
 - B. Generates warmth, stimulating circulation
 - C. Stimulates sense organs
 - D. All of the above
32. Rubbing includes:
- A. Squeezing, pinching, grasping, pulling or grabbing
 - B. Vibration
 - C. Pushing, scrubbing, chafing, pressing and dragging
 - D. All of the above
33. Rubbing involves movement over the skin surface, creating friction which generates heat.
- A. True
 - B. False
34. Which of the following is a benefit of thumb rocking?
- A. Produces acupuncture like effects on Qi balance
 - B. Produces pain
 - C. Stimulates blood flow
 - D. All of the above

35. Relaxing muscles, promoting Qi flow and easing chronic pain are all benefits of:
- A. Stroking
 - B. Vibration
 - C. Plucking
 - D. Thumb rocking
36. It is recommended to use rolling on the face.
- A. True
 - B. False
37. Which of the following are different types of percussion?
- A. Pummeling
 - B. Cupping
 - C. Hacking
 - D. All of the above
38. Which of the following is a benefit of percussion?
- A. Aids in muscle relaxation
 - B. Enhances the flow of Qi
 - C. Both A and B
 - D. None of the above
39. If a client has serious joint pain, you should:
- A. Perform joint manipulation techniques
 - B. Refer them to a trained practitioner or doctor
 - C. Try to find the cause of pain
 - D. All of the above
40. Which of the following is a benefit of shaking?
- A. Produces light joint pain
 - B. Promotes lymphatic flow
 - C. Stimulates the flow of blood in the joint region
 - D. All of the above
41. Which of the following is a benefit of extension and flexion?
- A. Aids in joint mobility
 - B. Improves joint function
 - C. Increases blood circulation in the joint tissues
 - D. All of the above
42. Extension and flexion is performed on:
- A. Ball and socket joints
 - B. Hinge joints
 - C. Saddle joints
 - D. Fixed joints
43. The rotation technique is used on the:
- A. Neck
 - B. Elbow and knee
 - C. Shoulder, hip, wrist and ankle
 - D. All of the above

44. _____ massage the soft tissues in the area before attempting rotation.
- A. Always
 - B. Sometimes
 - C. Never
 - D. Frequently
45. Which of the following is a benefit of rotation?
- A. Tones the muscles
 - B. Relieves pain in the joints
 - C. Stimulates blood flow
 - D. None of the above
46. Which of the following is a benefit of pushing and pulling?
- A. Releases tension in muscled areas
 - B. Increases mobility of joints
 - C. Enhances body flexibility
 - D. All of the above
47. Why might you use the stretching techniques on a client?
- A. To ease back strain and relieve the pressure on damaged intervertebral discs
 - B. To stretch and sooth the hands and feet
 - C. To relieve muscle tension in the joints of the legs and arms
 - D. All of the above

Chapter 5

48. The goal of a whole body Tui Na session is:
- A. To find and treat medical conditions
 - B. To manipulate joints to improve range of motion
 - C. To balance the flow of Qi, clearing blockages
 - D. All of the above
49. To receive the full benefit of a Tui Na session your client should be relaxed and calm.
- A. True
 - B. False
50. Depending on the positioning you use, the Tui Na session may use which of the following?
- A. A chair
 - B. A table
 - C. Pillows
 - D. All of the above
51. The neck and shoulder Tui Na routine focuses on clearing Qi in the:
- A. Kidney, Spleen and Large Intestine meridians
 - B. Bladder, Small Intestine and Gall Bladder meridians
 - C. Ren and Du meridians
 - D. None of the above

52. The main Qi points in the neck and shoulder region are found in which meridians?
- Bladder, Small Intestine and Gall Bladder
 - Small Intestine, Ling and Kidney
 - Bladder, Kidney and Small Intestine
 - All of the above
53. Squeezing and kneading the right arm produces what therapeutic effect?
- Clears the energy channels in the shoulders, loosening the muscles
 - Lifts tension in the biceps, triceps and brachioradialis
 - Produces a sense of calming in the arm area
 - All of the above
54. When pressing on specific Qi points, it is best to use:
- Hand
 - Thumb or finger
 - Palm
 - All of the above
55. When addressing the shoulder and upper arm, which of the following body meridians and main Qi points are you addressing?
- The Bladder meridian, BL 13
 - The Sanjiao meridian, SJ 14
 - The Lung meridian, LU 1 and LU 2
 - All of the above
56. Which of the following is a benefit of rubbing down the arm?
- This technique mobilizes the joints of the arm
 - This technique powerfully stimulates the flow of Qi in all meridians of the arm
 - This technique will relieve shoulder stiffness
 - None of the above
57. Which of the following is a benefit of shaking the arm?
- This technique will relieve pain in the hand and fingers
 - This technique will greatly relieve shoulder stiffness
 - This technique will greatly increase blood flow through out the arm
 - All of the above
58. When treating the arm and hand, which of the following body meridians and main Qi points are you addressing?
- The Du meridian, D 4
 - The Heart and Pericardium meridian, H 3, PC 6 and PC 8
 - The Kidney meridian, K 1
 - All of the above
59. Rotating the wrist, fingers and thumb:
- Loosens the elbow and shoulder joints
 - Unblocks energy at the wrist points of the six meridians passing through the wrist
 - Relaxes the soft tissue of the hand, wrist and fingers
 - All of the above

60. While you are rotating the arm of your client, which of the following Qi points are you stimulating with your thumb and middle finger?
- A. SJ 14 and LI 15
 - B. LI 4 and SJ 3
 - C. BL 13 and SJ 12
 - D. All of the above are correct
61. After you have finished one side and arm, repeat the steps on the other side.
- A. True
 - B. False
62. The levered upper back stretch is contraindicated for:
- A. Elderly or frail clients
 - B. Pregnant women
 - C. Men with heart disease
 - D. All of the above
63. Which of the following is a benefit of the pressing with rocking technique?
- A. This technique awakens sleeping Qi
 - B. This technique relaxes the whole body
 - C. This technique prepares the body for the following techniques
 - D. All of the above
64. Which of the following is a benefit of rolling toward the spine?
- A. This technique relaxes the whole body
 - B. This technique awakens sleeping Qi
 - C. This technique releases tension throughout the back
 - D. None of the above
65. Squeezing and kneading in the lumbar region affects which Qi points?
- A. BL 23 and 25
 - B. K 3 and 5
 - C. SP 11 and 13
 - D. D 4
66. Which of the following is a benefit of percussion on the back and buttocks?
- A. This technique stimulates the BL 13 Qi point
 - B. This technique stimulates the SI 15 Qi point
 - C. This technique is tremendously stimulating and leaves your client feeling very light
 - D. All of the above
67. Which of the following positions will the client be placed in for the shoulder rotation technique?
- A. In a sitting position
 - B. In a lying position
 - C. In a standing position
 - D. Client position does not matter
68. A Tui Na back and hip session can be done without clothing using generous amounts of lubricant in order to follow the meridians.
- A. True
 - B. False

69. Chafing the back:
- A. Is best performed on a bare back
 - B. Stimulates the Bladder meridian and kidneys
 - C. Is performed by using long and firm chafing strokes
 - D. All of the above
70. Which of the following is a benefit of performing foot rotation:
- A. This technique stimulates the Spleen meridian
 - B. This technique stimulates flow of Qi through all six of the meridians that pass through the ankles
 - C. This technique stimulates the Heart meridian
 - D. All of the above
71. Which of the following techniques would you perform if a client has sciatic pain?
- A. Pressing and kneading on the SP 25 Qi point
 - B. Pressing and kneading on the BL 15 Qi point
 - C. Pressing and kneading on the GB 30 Qi point
 - D. None of the above
72. The Yintang point of the face:
- A. Is located on the outside of both eyes and can treat headaches
 - B. Is located midway between the inside ends of the eyebrows and can treat insomnia and calm the mind
 - C. Is located midway between the nose and the upper lip and can help treat stress
 - D. Is located in the inside corners of the eyes and can help treat headaches

Chapter 6

73. Points that can help ease neck pain and stiffness are:
- A. GB 20 and 21, BL 10 and 11
 - B. BL 23 and 25
 - C. GB 30 and 31
 - D. All of the above
74. Points that can help ease chronic lower back and ilio-sacral region pain are:
- A. GB 20 and 21, BL 10 and 11
 - B. BL 23, 25 and 54
 - C. H 3 and 5
 - D. All of the above
75. To perform a Tui Na session to help aid in relief of headaches you could:
- A. Perform the neck and shoulder routine followed by the face and scalp massage
 - B. Press and knead specific Qi points that are indicated for headaches
 - C. Refer the client to a doctor if the headaches persist
 - D. All of the above

This completes the Introduction to Tui Na Massage exam.