

Reflexology Home Study Course

14 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 reflexology.

Instructions for the Reflexology home study course

Thank you for investing in the Reflexology home study course, a 14 CE credit hour course designed to introduce you to reflexology of the hands and feet and its related theories. This is an introductory course in reflexology and is not meant to teach advanced hands on techniques. Please seek further training to add advanced hands on skills.

This guide will contain all of the instructions you will need to complete this course. This is a 14 CE hour course, so that means it should take you approximately 14 hours to read through the textbook, login and complete the exam.

This course will present you with information on:

- ◆ History and origins of reflexology
- ◆ Anatomy of each body system and how to work the associated reflex points
- ◆ How to treat each body system using reflexology
- ◆ How to treat common ailments using reflexology techniques
- ◆ Complete hand and foot reflexology routines

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. **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 to go back and forth through the online exam and risk losing your answered questions!**

The textbook used for this course is written by Ann Gillanders, Titled: *The Complete Reflexology Tutor*, copyright © Octopus Publishing Group, text copyright © Ann Gillanders, 2007. There are no trick questions on the exam. All of the answers are clearly found in the text.

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 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 Reflexology home study course.

Reflexology Exam

Chapter 1: The Origins of Reflexology

1. What does the “Physician’s Tomb” represent in the history of reflexology?
 - A. It shows that forms of reflexology have been present in cultures dating back to 2330 BCE
 - B. It shows that early Egyptians did not practice forms of reflexology
 - C. It proves that reflexology is an effective healing treatment in society
 - D. All of the above
2. 20th century pioneers of zone therapy, the precursor to modern reflexology include:
 - A. Dr. William Fitzgerald
 - B. Dr. Shelby Riley
 - C. Eunice Ingham
 - D. All of the above
3. Which of the following best defines the holistic approach to treating the body?
 - A. Treating an infection by administering drugs
 - B. Treating the spirit by counteracting malignant or evil spiritual influences
 - C. Treating the whole person – the mind, body and spirit
 - D. Treating parts of the body in isolation
4. What are chakras?
 - A. Energy points on the feet and hands which correlate to specific organs or organ systems in the body
 - B. Energy centres in the body which contain a universal spiritual energy and keep the body in a balanced state
 - C. Specific organs in the body which hold the body’s spiritual energy and release it in order to heal the body
 - D. Invisible longitudinal energy zones that run through the body and correlate to reflex points on the feet and hands
5. Just about everyone, from tiny babies to the very elderly, can benefit in some way from reflexology.
 - A. True
 - B. False
6. Research has shown that reflexology can be effective in treating all of the following EXCEPT:
 - A. Reducing blood pressure
 - B. Broken bones
 - C. General fatigue
 - D. Headaches

Chapter 2: How Does Reflexology Work?

7. Each part of the body and every body function has its own:
 - A. Corresponding chakra in the body
 - B. Reflex point in the foot
 - C. Nerve center in the brain
 - D. Muscle tissue in the body
8. What are the zones of the feet?
 - A. Horizontal lines of energy that run from left to right
 - B. Reflex points on each of the toes
 - C. Longitudinal lines of energy which ascend from the feet to the brain
 - D. Longitudinal lines of energy which descend from the brain to the feet

9. How many zones are on each foot?
- A. 5
 - B. 2
 - C. 7
 - D. 10
10. Why is zone one, the primary zone, the most powerful and sensitive zone?
- A. Because it contains so many vital organs and parts
 - B. Because it contains the entire brain
 - C. Because it contains the arms
 - D. Because it contains the thoracic outlet
11. Which of the following lines are guidelines of the feet?
- A. The diaphragm line and the waist line
 - B. The pelvic line
 - C. The ligament line and the shoulder line
 - D. All of the above

Chapter 3: Providing Reflexology

12. Which of the following is recommended for preparation of the massage treatment room?
- A. Bring your phone into the treatment room
 - B. Use a treatment room close to a busy street with a lot of noise
 - C. Playing pleasant, relaxing music
 - D. All of the above
13. Medicinal drugs can often affect the sensitivity of different reflex points.
- A. True
 - B. False
14. Which of the following is something you can do to maintain a professional approach to reflexology and your patients?
- A. Dress as professionally as possible
 - B. Keep your hands and fingernails well manicured
 - C. Display your diploma and/or any other professional certificates on the wall
 - D. All of the above
15. All of the following are instances when you should not treat a patient's feet EXCEPT?
- A. A patient that comes to you with an acutely sprained ankle
 - B. A patient that comes to you with any broken bones
 - C. A patient that comes to you with no history of acute illness or foot disease
 - D. A diabetic patient that comes to you with an ulcer on their ankle
16. Which of the following types of drugs may cause sensitivity in the kidney reflex area?
- A. Antihistamines
 - B. Non-steroidal anti-inflammatory drugs
 - C. Antacids
 - D. All of the above
17. What is the purpose of using a blank foot chart for each reflexology treatment?
- A. It may help you diagnose your patient's condition
 - B. You can use it to record your findings, such as sensitive reflex areas, on each visit
 - C. You can use it to determine if the patient is really in pain or not
 - D. It may help you diagnose underlying acute illnesses your patient may not be aware of

18. All of the following are more common foot problems a reflexologist may encounter EXCEPT:
- A. Tarsal tunnel syndrome
 - B. Bunions
 - C. Fallen arches
 - D. Arteriosclerosis
19. Which part of the foot should you support when working on areas below the waist line?
- A. The top of the foot
 - B. Heel of the foot
 - C. Ankle only
 - D. Arch of the foot
20. Which of the following are the four basic techniques used in reflexology?
- A. Walking, effleurage, spinal friction and nerve strokes
 - B. Creeping, rotating, cross fiber friction and petrissage
 - C. Creeping, hooking out, rotating and spinal friction
 - D. Hooking out, rotation, friction and tappotment
21. The creeping technique/movement can be performed backwards or forwards.
- A. True
 - B. False
22. All of the following techniques are used for relaxing the foot EXCEPT:
- A. Side-to-side relaxation
 - B. Undergrip
 - C. Hooking out
 - D. Rib cage relaxation
23. Which of the following is a benefit of performing diaphragm relaxation?
- A. It will increase the range of motion in the foot and ankle
 - B. It can loosen stiff and swollen ankles
 - C. It will loosen the tarsal bones, providing slow relaxed breathing
 - D. It will help relax the diaphragm muscle and produce slow, rhythmic breathing
24. The undergrip and overgrip techniques are excellent for:
- A. Relieving swollen legs and ankles
 - B. Relaxing the diaphragm muscle
 - C. Relaxing the rib cage
 - D. Relieving pain in the arches
25. Which of the following are possible sensations your patient may experience during a reflexology treatment?
- A. A sharp pricking sensation
 - B. A tingling sensation in their body
 - C. Heat or tingling in their hands
 - D. All of the above
26. Which of the following is an example of a realistic aim of reflexology treatment for your patients?
- A. Cure a patient with MS
 - B. Cure a patient with a long history of asthma
 - C. Reduce the frequency of asthma attacks in a patient
 - D. Help a patient walk who has been confined to a wheelchair for many years

27. Reflexologists can diagnose diseases within the body.
- A. True
 - B. False
28. According to the author, based on her years of experience, about what percent of people do not respond to reflexology treatment?
- A. 6%
 - B. 10%
 - C. 11%
 - D. 13%

Chapter 4: Body Systems

This chapter contains a lot of information about basic anatomy that you may have already learned in massage therapy school. We have tried to focus the exam questions on the reflexology sections of each body system. Please review each body system and pay close attention to the locations of the reflex areas for each system.

29. Which of the following is the correct order of the hierarchical structure that makes up the human body from simple to complex?
- A. Organ, tissue, body system, organism
 - B. Tissue, organ, body system, organism
 - C. Tissue, organ, organism, body system
 - D. Organism, body system, organ, tissue
30. All of the following are types of connective tissue EXCEPT:
- A. Adipose tissue
 - B. Cartilage
 - C. Smooth muscle
 - D. Bone
31. How can regular reflexology benefit patients with skin complaints?
- A. By strengthening the digestive system
 - B. By improving bowel elimination
 - C. By relaxing the body
 - D. All of the above
32. All of the following digestive disorders can be helped by reflexology EXCEPT:
- A. Indigestion
 - B. Constipation
 - C. Bleeding ulcers
 - D. Food allergies
33. To perform a reflexology treatment focusing on the digestive organs, where should you concentrate your treatment?
- A. On the top section of the feet, above the diaphragm line
 - B. On the middle section of the feet, between the diaphragm line and the pelvic line
 - C. On the lower portion of the feet, below the pelvic (heel) line
 - D. On the inside of the feet, mainly in zone 1
34. When working the ileocecal valve reflex, which of the following is the correct technique to use?
- A. Spinal friction
 - B. Hooking out
 - C. Rotation
 - D. Creeping

35. Reflexologists can aid in relieving/assisting which of the following respiratory conditions?
- A. Bronchitis
 - B. Asthma
 - C. Emphysema
 - D. All of the above
36. Where are the lung reflexes found on the feet?
- A. Between the shoulder and diaphragm lines on both the plantar and dorsal sides
 - B. Between the diaphragm and waist line on both the plantar and dorsal sides
 - C. Between the waist line and the pelvic line on the dorsal side only
 - D. Along the ligament line on the dorsal side only
37. All of the following are circulatory disorders that may be helped by reflexology EXCEPT:
- A. Arrhythmia
 - B. Active blood clots
 - C. Hypertension
 - D. Stroke
38. Reflexology treatment is contraindicated for people with diabetes.
- A. True
 - B. False
39. What is the purpose of the lymphatic system?
- A. It absorbs fat from the digestive system
 - B. It helps to regulate body fluid
 - C. It provides the body with its vital natural defenses against disease
 - D. All of the above
40. Which of the following is a way in which reflexology can help the lymphatic system?
- A. It can treat and cure an acute tonsillitis infection
 - B. It can prevent the formation of tumors in the body
 - C. It can help rid the body of the excess fluid that can build up
 - D. It can allow you to diagnose a breast infection
41. All of the following ways that stress can manifest itself in the body EXCEPT:
- A. Pregnancy
 - B. Migraine headaches
 - C. Angina
 - D. Back pain
42. Which of the following are associated reflex points/areas of the endocrine system?
- A. The brain and thyroid reflex areas
 - B. The adrenal and pancreatic reflex areas
 - C. The reproductive reflex areas
 - D. All of the above
43. Where are the pituitary, hypothalamus and pineal reflex points located?
- A. On the little toe in zone 5
 - B. On the great toe in zone 1
 - C. On the second toe in zone 2
 - D. On the third toe in zone 3

44. The pancreas reflex area is mainly located in the _____ foot.
- A. Left
 - B. Right
 - C. Lateral
 - D. Upper
45. What does the solar plexus consist of and where is it located?
- A. A network of muscle tissue tightly banded together located in the thoracic spine
 - B. A network of sympathetic nerves and ganglia located behind the stomach
 - C. A cluster of lymph nodes and blood vessels located in the intestinal area
 - D. A cluster of nerve cells in the brain which is responsible for the regulation of emotions
46. According to the text, how do you treat the solar plexus reflex?
- A. While supporting the right foot, work in a criss-cross direction from medial to lateral and then from lateral to medial right below the waist line across zones 1-2
 - B. While supporting the left foot, work in a criss-cross direction from medial to lateral and then from lateral to medial just below the diaphragm line across zones 1-4
 - C. Both A and B
 - D. While supporting the left foot, work in a criss-cross direction diagonally from lateral to medial directly below the waist line across zones 1-5
47. The central nervous system and the brain are the most important areas to work in reflexology.
- A. True
 - B. False
48. Where are the reflex areas for the spine and spinal cord located?
- A. On the lateral side of the feet (zone 5), from the little toe to the heel
 - B. In zone 2, from the second toe to the heel on both feet
 - C. On the medial side of the feet (zone 1), from the great toe to the heel
 - D. In zone 4, from the middle toe to the heel on the left foot only
49. All of the following ear and eye conditions can be relieved with reflexology EXCEPT:
- A. Tinnitus
 - B. Tired or strained eyes
 - C. Chronic ear, nose and throat conditions in children
 - D. Congenital blindness
50. Where are the reflex areas for the sinuses located?
- A. On the great toe of the right foot only
 - B. On the dorsal side of the first three toes
 - C. On the plantar surface of all five toes
 - D. On the second toe of the left foot only
51. Which of the following spinal conditions may respond favorably to reflexology treatment?
- A. Lumbago
 - B. Chronic neck inflammations
 - C. Sciatica
 - D. All of the above

52. Stimulating the reflex areas of the musculoskeletal system will help do what to the body?
- Relax tense muscles and ligaments, restoring lightness and mobility to the skeleton
 - Prevent musculoskeletal disorders from occurring in the future
 - It will help you to diagnose current musculoskeletal disorders
 - All of the above
53. If you are treating a client with sciatic pain, where would you be sure to work?
- Both feet, on the lateral ankle, just behind the ankle bone
 - Both feet, on the plantar side, just below the pelvic line
 - Both feet, on the dorsal side, directly below and on the pelvic line
 - Both A and B
54. All of the following urinary system conditions may benefit from reflexology EXCEPT:
- Bladder infections
 - Advanced toxemia during pregnancy
 - Urinary incontinence
 - Kidney problems
55. Where is the kidney reflex area located?
- On the medial side of the pelvic line on both feet
 - On the lateral side of the pelvic line on the right foot
 - In the arch of both feet on the lateral side of the ligament line
 - In the arch of both feet medial to the ligament line
56. In the author's experience, reflexology treatments have NOT been beneficial for ovarian cysts.
- True
 - False
57. Where are the reflex areas for the reproductive system located?
- On both feet, across the dorsal side of the foot like an ankle strap
 - On both feet, across the plantar side of the foot like a strap
 - Across the pelvic line on the left foot only
 - Along the medial side of the arch of the right foot only

Chapter 5: The Whole Routine

58. The whole routine is a general summary of the routine shown for each body system and should be followed in the order presented so you can be sure to pick up any areas of sensitivity and treat every body system.
- True
 - False

Chapter 6: Hand Reflexology

59. Which of the following is a reason why you would perform reflexology on the hands instead of the feet?
- The hands are a valid alternative if the foot cannot be treated for any reason
 - They are an easier area to treat on yourself
 - The reflexology points are easier to find on the hands
 - Both A and B
60. The reflex points of the hands follow the same logical pattern as the feet: the reflex points for the upper body are found in the upper section of the hands; those for the mid body are in the middle part of the hand; and the intestinal, pelvis and urinary system points are in the lower areas and wrist.
- True
 - False

61. Which of the following are benefits of hand relaxation exercises?
- A. They treat the eye and ear reflex point effectively
 - B. They relax the hand and create contact between the patient and the practitioner
 - C. They allow the practitioner to diagnose their patient's condition
 - D. All of the above
62. All of the following are hand relaxation exercises EXCEPT:
- A. Metacarpal kneading
 - B. Undergrip
 - C. Spinal friction
 - D. Ribcage relaxation
63. In which of the following zones are the sinuses reflex areas located?
- A. Zone 1 and 2
 - B. Zone 3
 - C. Zone 4
 - D. All of the above
64. What type of movement is recommended to treat the eye and ear reflex areas?
- A. A back and forth motion using your thumbs
 - B. A rocking movement from medial to lateral
 - C. A rotating movement over the reflex point
 - D. Direct sustained pressure with no motion
65. Which of the following is a benefit of working the bases of the first two fingers while treating the neck and thyroid gland?
- A. In order to improve thyroid function
 - B. To help nerve and blood supply to the neck and relieve neck tension
 - C. To help you determine if your patient is suffering from neck tension
 - D. In order to help you diagnose your patient's condition
66. Where is the coccyx reflex area located?
- A. In zone 1, just in front of the thumb on the medial side of the left and right hands
 - B. In zone 2, just in front of the thumb on the medial side of the left hand only
 - C. In zone 1, on the back of the thumb of the left and right hands
 - D. In zone 1, just in front of the thumb on the medial side of the right hand only
67. Which of the following zones is the spine reflex area located on each hand?
- A. Zone 1
 - B. Zone 2
 - C. Zone 3
 - D. Zone 4
68. Where is the brain reflex area located in the hands?
- A. At the base of the thumb on each hand
 - B. Directly on the top of the little finger of each hand
 - C. Directly on top of the thumb on each hand
 - D. At the base of the index finger on each hand
69. The reflex point for the liver and gall bladder are found on the left hand only.
- A. True
 - B. False

70. Which of the following best describes the location of the bladder reflex area?
- Directly on top of the thumb on both hands
 - On the fleshy pad just below the thumb on both hands
 - At the base of the fingers on both hands
 - Directly below the little finger on both hands
71. On a male client, the _____ reflex point is located on the area of your wrist below the thumb on both hands.
- Testes
 - Prostate
 - Ureter tube
 - Uterus

Chapter 7: Reflexology for Better Health

72. Which of the following can reduce our immune systems effectiveness and ultimately contribute to ailments and illnesses?
- Having happiness in your life
 - Lifestyle and stress
 - Good eating habits
 - Exercising daily
73. How can reflexology help to boost the body's immune system?
- It creates a sense of relaxation, which supports a healthy immune system
 - It helps to stimulate the elimination of toxic waste products
 - It improves nerve and blood supply and normalizes the body function
 - All of the above
74. You will be able to feel if a patient is particularly stressed when you work on the _____ reflex area.
- Brain
 - Spine
 - Solar plexus
 - Heart
75. What is an area of assistance?
- An area or system of the body that is instrumental in helping to remedy dysfunctions in other parts
 - An area or reflex point that is particularly sensitive when you are treating a patient
 - A body system that helps to boost the body's natural defense against toxins
 - An area or system that is always the root cause of dysfunction in the body
76. A patient has come to you with bursitis in the right knee. In order to aid in relieving the condition, which of the following reflex areas should you concentrate on?
- The knee joint along with the cervical spine in the left foot
 - The knee joint in the right foot along with the lumbar spine
 - The hip joint in the right foot along with the knee joint in the right foot
 - The elbow joint along with the knee joint in both feet

77. Which of the following body system's reflex areas should you treat in order to influence symptoms of depression?
- The nervous system
 - The endocrine system
 - The lymphatic system
 - The digestive system
78. All of the following reflex areas should be treated when you are attempting to relieve ear infections EXCEPT:
- Urinary system
 - Digestive system
 - Sinus
 - Ear and eye
79. If you are treating a patient with hypertension, which of the following areas should you avoid treating?
- The circulatory system
 - The respiratory system
 - The adrenals
 - The kidneys
80. A patient comes to you for treatment and you see on her intake form that she has a history of rheumatoid arthritis. What reflex areas would you concentrate on during the treatment session?
- Digestive system and thyroid/parathyroid
 - Hip, pelvis and spine
 - Elbow, shoulder, knee
 - All of the above

Chapter 8: Specialized Reflexology

81. Reflexology is safe for pregnant women.
- True
 - False
82. Which of the following areas can you work to help alleviate morning sickness in a pregnant woman?
- The ovaries and uterus
 - The pituitary gland and the stomach
 - The kidney and bladder
 - The lymphatic system
83. Which two techniques can be used to help alleviate heartburn?
- Working the stomach reflex area and performing a diaphragm relaxation
 - The undergrip technique and the foot moulding technique
 - Rotation on the brain reflex and performing diaphragm relaxation
 - Working the stomach reflex and rotation on the kidney reflex
84. How can reflexology be helpful during labor?
- Working the uterus will aid contractions and help the pain
 - Working on the endocrine system, the pituitary and thyroid reflexes, will encourage the production of hormones necessary during birth
 - Working the spinal area will help to stimulate nerve and muscle tone in the pelvic region
 - All of the above

85. If you have a patient going through menopause, complaining of hot flushes, what areas will be beneficial in treating to help relieve their symptoms?
- A. The respiratory system, including the lungs
 - B. The circulatory system, including the heart reflex area
 - C. The endocrine system, including the pituitary and thyroid glands
 - D. The entire digestive system reflex area
86. Reflexology is contraindicated for persons with cancer of any kind.
- A. True
 - B. False
87. All of the following are important points to remember when treating a patient with a serious illness EXCEPT:
- A. Always use a light pressure with patients in a weakened state of health
 - B. Work on each foot for at least 30 minutes
 - C. Concentrate on light relaxation exercises
 - D. It is beneficial for very sick patients to fall asleep during the treatment
88. Which of the following are main areas to treat for angina, coronary heart disease, atherosclerosis and high or low blood pressure?
- A. The heart
 - B. The thoracic spine
 - C. The lungs
 - D. All of the above
89. What techniques are most beneficial to the terminally ill?
- A. Relaxation techniques
 - B. Direct stimulation of reflex points
 - C. Deep pressure techniques
 - D. All of the above
90. Which of the following techniques are appropriate to use when treating babies with reflexology?
- A. Relaxation techniques on the entire surface of the feet
 - B. Tiny, forward creeping movements over the entire surface of the feet
 - C. Rotation techniques on the toes only
 - D. Direct stimulation of reflex points

This completes the Reflexology home study course.

If you are interested, please continue to Chapter 9: A reflexology Practice. This chapter provides valuable information on setting up and maintaining a reflexology practice. If you are interested in becoming a certified reflexologist and beginning a reflexology practice, please seek additional hands on courses.