

Seated Acupressure Home Study Course

7 CE 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 principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. This course is not meant to teach advanced hands-on massage techniques. Written medical opinions are always the best way to resolve any questions regarding contra-indications to massage therapy.

PLEASE CAREFULLY READ THE DIRECTIONS ON PAGE 2

Instructions for the Seated Acupressure Home Study Course

Thank you for investing in the Seated Acupressure home study course, a 7 CE credit hour course designed to further your knowledge of Chinese medicine and performing seated acupressure bodywork. This guide will contain all of the instructions you will need to complete this course. This is a 7 CE hour course, so that means it should take you approximately 7 hours to read the text, complete the exam and course evaluation. This course is not meant to teach advanced hands on techniques. It is an introductory course meant to introduce you to seated acupressure. Please seek advanced training for hands on skills.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the text and exam.**
- 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 test. This course uses the textbook “Seated Acupressure Bodywork”, by Andrew Parfitt. There are no trick questions on the exam. All of the answers can be found in the textbook.

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 Seated Acupressure home study course.

Seated Acupressure Examination

Chapter 1

1. Seated acupressure bodywork is a 20 minute massage given through the clothes of a client who is seated in a specially designed chair.
 - A. True
 - B. False
2. Which of the following is an advantage of seated acupressure bodywork?
 - A. It is performed with the client fully clothed
 - B. It reduces the time it takes for a massage
 - C. It is available in a wide range of outlets
 - D. All of the above

Chapter 2

3. What does the theory of Chinese medicine revolve around?
 - A. Anma, or a bodywork sequence
 - B. Qi, or energy through the body
 - C. A person's lifestyle
 - D. The universe
4. The ideal state of things in the physical universe, as well as in the world of humans is a state of harmony, represented by the balance of Yin and Yang in body and mind.
 - A. True
 - B. False
5. Which of the following is a characteristic of Yin?
 - A. Light and daytime
 - B. South
 - C. Intuition
 - D. Dissolving
6. Which of the following are the 5 elements?
 - A. Water, air, gas, earth and wood
 - B. Oxygen, fire, rock, earth and gas
 - C. Water, wood, fire, earth and metal
 - D. Wood, color, metal, rain and oxygen
7. In the control cycle, each element is said to be the mother of the next, providing it with nourishment.
 - A. True
 - B. False
8. How many main meridians are there?
 - A. 7
 - B. 10
 - C. 12
 - D. 15

9. What effect does working anywhere on a meridian have?
- A. It will have a stimulating effect on the flow of energy in the channels and will have an effect on the organs and their functions
 - B. It will have a relaxing effect on the flow of energy in the channels and will not have an effect on the related organs
 - C. It will have an energizing effect throughout the entire body and will affect nervous system function
 - D. It will have a tensing effect on the flow of energy in the channels and will have an effect on the organs and their functions
10. What is a tsubo point?
- A. A point along a meridian where the Qi is not present and nerve function is diminished
 - B. A terminal point at the beginning and end of each meridian
 - C. A point along a meridian where energy is stagnant and does not flow easily
 - D. A point along a meridian where the Qi collects and becomes more easily accessible
11. Which of the following meridians (that the practitioner will have the most contact with) has two lines running down either side of the spine?
- A. Bladder
 - B. Gallbladder
 - C. Heart
 - D. Lung
12. What is the function of the gallbladder meridian?
- A. Elimination, excretion and vitality
 - B. Aids digestion, smoothes the flow of Qi and assists in decision making
 - C. Provides a sense of rhythm and coordination
 - D. Protection as well as harmonizes the upper, middle and lower sections of the torso
13. Which of the following points along the Lung meridian is good for coughs, colds and asthma?
- A. Lu5
 - B. Lu6
 - C. Lu7
 - D. Lu8

Chapter 3

14. Stress can be defined as a state of physiological or psychological strain caused by adverse stimuli, physical, mental, or emotional, internal or external, that tend to disturb the functioning of an organism and which the organism naturally desires to avoid.
- A. True
 - B. False
15. Which of the following can be a symptom of work-related stress?
- A. Headaches and/or muscular tension
 - B. Difficulty sleeping and/or digestive problems
 - C. Raised heart rate and/or increased sweating
 - D. All of the above

16. Although any form of bodywork can work to effectively relax, calm and return harmony and homeostatic balance to the body, long-term stress management plans may still be necessary to prevent a recurring problem.
- A. True
 - B. False

Chapter 4

17. Why is it essential to screen clients no matter how short the treatment?
- A. In order to properly diagnose any health conditions
 - B. It is not necessary to screen every client at a public event
 - C. To check for contraindications and serious health issues
 - D. All of the above
18. Which of the following is a contraindication to seated acupressure bodywork?
- A. High or low blood pressure
 - B. Under the influence of drugs or alcohol
 - C. Injury or trauma in the last 24 hours
 - D. All of the above
19. The seated acupressure bodywork routine presented in the textbook is not suitable for pregnant women.
- A. True
 - B. False

Chapter 5

20. Which of the following words does the author not recommend using while performing seated acupressure bodywork on clients?
- A. Well being
 - B. Patient
 - C. Health
 - D. Energy
21. Which of the following is a good hygiene practice as a bodywork practitioner?
- A. Keep your fingernails clean and short
 - B. Wash your hands between each client
 - C. Cover the face cradle with a clean cover for each client
 - D. All of the above
22. All of the following are things you should bring when traveling to perform seated acupressure bodywork EXCEPT:
- A. Appointment cards
 - B. Client screening sheets
 - C. Sheets and laundry detergent
 - D. Business cards

Chapter 6

23. Which of the following statements is correct about proper posture and body position?
- A. Keep your back straight and your centre of gravity low, moving with your lower body and not your upper body
 - B. Keep the front knee straight and the back leg flexed
 - C. Use muscular strength to apply pressure and ensure you are in the correct position to drop your body weight into the point or channel
 - D. Never maintain a right angle between your upper arm and your body
24. When working on points on the back, it is important not to work too deeply on weak or frail clients.
- A. True
 - B. False
25. Where are the erector spinae muscles located in the upper back?
- A. On the top of the shoulder, from the neck to the acromion process
 - B. Halfway between the spinous process of the vertebrae and the medial border of the scapula
 - C. On the anterior side of the neck, from the jaw down to the clavicle
 - D. Along the lateral border of the scapula from the acromion process to the inferior border of the scapula
26. Where is the Large Intestine 11 point located?
- A. 1 cun above the elbow crease superior to the lateral epicondyle
 - B. At the insertion of the deltoid muscle
 - C. On the lateral end of the elbow crease
 - D. On the ulnar side of the tendon that can be found in the middle of the wrist crease
27. What effect does the arm shake have on clients?
- A. Works meridian points in the hand
 - B. It will deeply relax the client
 - C. Helps to loosen any tension in the shoulders
 - D. All of the above
28. Which of the following meridians are worked in the inner aspect of the left arm and hand sequence?
- A. Heart, Heart Protector and Lung
 - B. Stomach, Kidney and Spleen
 - C. Conception Vessel, Liver and Bladder
 - D. Kidney, Heart and Bladder
29. How is the “coin rub” technique performed?
- A. By squeezing the nail points between the thumb and forefinger
 - B. By stretching the palm of the hand using the thumbs
 - C. By rubbing briskly from the base of the client’s thumb to the tip
 - D. By holding pressure on the Lung 10 point

30. Which of the following points is contraindicated in pregnancy?
- A. Bladder 41
 - B. Gallbladder 21
 - C. Large Intestine 16
 - D. Bladder 17
31. Where is the meridian point Large Intestine 4 located?
- A. Dorsal surface of the hand in the web between the thumb and index finger
 - B. A thumb's width below the elbow on a line with the middle finger
 - C. On the lateral end of the elbow crease
 - D. In a hollow just below the olecranon process
32. When working on acupressure points on the lower arm and hand, what is the proper stance for the practitioner?
- A. Sitting on the floor
 - B. Standing with feet shoulder width apart
 - C. Squatting or kneeling
 - D. All of the above
33. What is the correct position of your client's arm when working the inner aspect of the arm and hand?
- A. Flexed at the wrist
 - B. Extended at the wrist
 - C. Pronated
 - D. Supinated
34. Which of the following meridian points are being worked in the lower back and sacrum sequence?
- A. Points along the Gallbladder meridian
 - B. Points along the Stomach meridian
 - C. Points along the Bladder meridian
 - D. Points along the Heart meridian
35. What is the proper position of your shoulders, elbows and hands when performing the double palm press?
- A. In a straight line and at a right angle to your body
 - B. Elbows bent at a 90 degree angle
 - C. In a straight line and at a 30 degree angle to your body
 - D. Elbows bent at a 45 degree angle
36. Where is the meridian point Governing Vessel 16 located?
- A. In the depression at the lateral edge of the trapezius muscle, about 1 cun lateral to the midline
 - B. Just below the ridge of the occiput on the sternocleidomastoideus muscle
 - C. In the depression immediately posterior to the mastoid process
 - D. In the depression at the midpoint of the neck just below the occipital ridge

37. Before beginning the neck and head sequence, it may be necessary to adjust the headrest if your client has slipped down in the chair.
- A. True
 - B. False
38. Which of the following is a percussion technique used on the back?
- A. Hacking
 - B. Prayer hands
 - C. Cross stitch
 - D. All of the above
39. The finishing stretches on the back are performed with the client in an upright seated position.
- A. True
 - B. False

Chapter 7

40. All of the following are common mistakes when first starting to practice seated acupressure bodywork EXCEPT:
- A. Incorrect chair height
 - B. Incorrect basic posture
 - C. Relaxed wrist when performing the elbow press
 - D. Pinching of the biceps/triceps brachii

Chapter 8

41. Which of the following is a possible effect of incorrect or inefficient breathing?
- A. Encouraged tension in the muscles
 - B. Weakened nervous system
 - C. Impaired circulation
 - D. All of the above
42. How is progressive muscular relaxation (PMR) performed?
- A. By contracting the muscles as tightly as possible, holding them tense and then relaxing them completely
 - B. By stretching the muscles to the maximum range of motion, holding them and then pushing the stretch a little further
 - C. By compressing an individual muscle to the point of ischemia, letting off for a count of two and then compressing the muscle again
 - D. All of the above
43. It is very important as a bodywork practitioner that you prepare yourself for your days' work by stretching and loosening up muscles and joints before you start, paying particular attention to the arms, wrists and hands.
- A. True
 - B. False

44. What is “Do-in”?
- A. A modality of massage performed on clients to refresh and stimulate the flow of Qi
 - B. A system of self-massage that refreshes and revitalizes your mind and body
 - C. A system of meridian points that, when manipulated, deeply relaxes the muscles
 - D. All of the above
45. All of the following are simple exercises to improve your back EXCEPT:
- A. The pelvic tilt
 - B. The angry cat
 - C. The pelvic dip
 - D. Spinal twists

Chapter 9

46. Which of the following are the five basic Swedish massage strokes?
- A. Effleurage, stroking, kneading, frictions and vibration
 - B. Petrissage, grasping, knocking, tapotement and shaking
 - C. Vibration, grasping, petrissage, chopping and tapotement
 - D. Effleurage, petrissage, tapotement, frictions and vibration
47. Which of the following are petrissage techniques presented in the seated acupressure routine?
- A. Pressing the muscles away from the spine
 - B. Thumb squeeze to upper arm
 - C. Dragon’s mouth to the neck
 - D. All of the above
48. What is shaking ideal for?
- A. Relaxing the muscles
 - B. To disperse energy from a specific acupressure point when there is an excess
 - C. Placing direct pressure on a point
 - D. Stimulating the muscles
49. Which of the following correctly describes frictions?
- A. Frictions are fast, quite vigorous rubbing movements on the skin which stimulates local blood circulation and warms the area you are working on
 - B. Frictions are deep movements over a localized area where firm pressure on the superficial tissues moves them down over the tissue below
 - C. Frictions are techniques where the body is repeatedly struck with the hands to stimulate the muscles
 - D. Frictions are very fine and accurate movements which can be used to disperse energy from a specific acupressure point when there is an excess

Chapter 10

50. All of the following are acceptable places and situations for seated acupressure bodywork EXCEPT:
- A. In the office or workplace
 - B. Hospitals
 - C. The local bar
 - D. Private parties and weddings

51. What can you do if you are unsure what to charge for your bodywork services?
- A. Research and find out what competitors charge for a similar service
 - B. Change your fees according to what the client is willing to pay
 - C. Ask your clients what they feel is a reasonable fee
 - D. Charge at least 50% under what your competitors are charging
52. When first making an approach to a company, it is always wise to do some sort of research, finding a name and contact information for human resources or a health officer.
- A. True
 - B. False

This completes the Seated Acupressure home study course. Please feel free to continue through the appendix for sample treatment forms, summaries and cun measurements.