



**FSMTB**

**Exam Questions MBLEx**

Massage & Bodywork Licensing Examination

#### NEW QUESTION 1

S.O.A.P. is the acronym for detailing our interaction with a client throughout the treatment. Which of the following choices best describes the function of S?

- A. Homework
- B. Evaluation
- C. Summary of findings
- D. Client experience

**Answer:** D

**Explanation:**

The S is for subjective, which is a description of the client's experience.

#### NEW QUESTION 2

The brachial artery is a branch from which larger artery?

- A. Axillary
- B. Femoral
- C. Carotid
- D. Descending aorta

**Answer:** A

**Explanation:**

The brachial artery continues from the axillary artery and runs between the triceps and biceps brachii. The pulse of the brachial artery can be palpated between these muscles on the anterior side of the arm.

#### NEW QUESTION 3

What does muscle tone relate to?

- A. Muscle laxity
- B. Muscle deformity
- C. Muscle contraction
- D. Muscle atrophy

**Answer:** C

**Explanation:**

Muscle tone relates to a continuous muscle contraction that resists stretching or elongation during a resting state. In other words, muscle tone describes a muscle that is unable to relax.

#### NEW QUESTION 4

Which of the following hormones regulates the development of reproductive processes within the body?

- A. FSH
- B. ADH
- C. insulin
- D. HRT

**Answer:** A

**Explanation:**

FSH or follicle stimulating hormone, produced by the anterior portion of the pituitary gland regulates the reproductive processes of the body, including development, growth and maturation.

#### NEW QUESTION 5

What is the automatic muscle contraction that regulates skeletal muscle length when a client regains their balance after losing it?

- A. reciprocal inhibition
- B. ipsilateral flexion
- C. muscle memory
- D. stretch reflex

**Answer:** D

**Explanation:**

Stretch reflex or myotatic reflex is an automatic muscle contraction in response to a stretching of muscle fibers. In this case, during the event of losing balance, muscles are stretched and triggered to automatically contract as a means of regaining balance.

#### NEW QUESTION 6

Which of the following bones are part of the hindfoot?

- A. Phalanges
- B. Cuboid
- C. Navicular

D. Talus

**Answer:** D

**Explanation:**

The talus is also known as the ankle bone to which the tibia and fibula connect. The other bone of the hindfoot region is the calcaneus also known as the heel.

**NEW QUESTION 7**

Which muscle attaches to the acromion process?

- A. Trapezius
- B. Pec minor
- C. Short head of the biceps brachii
- D. Supraspinal

**Answer:** A

**Explanation:**

The acromion process is located at the top of the shoulder and articulates with the lateral end of the clavicle. It is the fibers of the middle trapezius that insert into the medial margin of the acromion process.

**NEW QUESTION 8**

In which region of the lung does the gaseous exchange occur?

- A. Alveoli
- B. Atrium
- C. Bronchii
- D. Trachea

**Answer:** A

**Explanation:**

The alveoli also known as the pulmonary alveolus is the anatomical structure of the lung that has a hollow cavity in which air is compressed and then exchanged with blood. There is roughly 170 alveoli in one square millimeter in the functional structure (parenchyma) of the lung.

**NEW QUESTION 9**

A 27 year old male client enters a massage therapy office for a treatment holding his right hand along the pinky and ring finger. He complains of numbness and weakness in the two affected digits. He states the condition has been progressing over the last few weeks. He works in IT for a database company and works normal hours and is not very stressed at work. He is a daily commuter cyclist and also enjoys playing disc golf. What nerve is being affected that gives sensation to the client??s pinky and ring finger?

- A. Median
- B. Ulnar
- C. Radial
- D. Musculotaneous

**Answer:** B

**Explanation:**

The ulnar nerve runs along the ulna and into the pinky finger and medial half of the ring finger.

**NEW QUESTION 10**

Which muscle attaches to the zygomatic arch?

- A. Masseter
- B. Temporalis
- C. Piriformis
- D. Iliacus

**Answer:** B

**Explanation:**

The masseter is a dense muscle with a superficial head and a deep head both of which originate from the zygomatic arch of the temporal bone.

**NEW QUESTION 10**

Choose the correct definition of the anatomical term ??foramen??.

- A. A rounded articular process
- B. A shallow cavity or slight depression
- C. A hole or opening for nerves and other tissues to pass through
- D. A narrow projection of the spine

**Answer:** C

**Explanation:**

The anatomical term ??foramen?? refers to a hole or opening for nerves or tissues to pass through as in the foramen ovale of the sphenoid bone on the skull which allows several nerves, arteries and veins to pass through.

#### NEW QUESTION 14

What does a z-line refer to?

- A. A spinal disorder
- B. Border of a sarcomere
- C. A cardiology report
- D. Type of bone fracture

**Answer: B**

#### Explanation:

A z-line is the dark band that separate sarcomeres and forms the borders where actin molecules within a muscle combine.

#### NEW QUESTION 17

What does a visual assessment help determine?

- A. Neurological dysfunctions
- B. Soft tissue injuries
- C. Muscular and structural symmetry and deviations
- D. Painful movement patterns

**Answer: C**

#### Explanation:

A visual assessment can be a powerful tool in determining a client's muscular and structural symmetry and deviation. The findings of the assessment help the massage therapist create effective treatment plans.

#### NEW QUESTION 20

Which of the following is not part of the small intestine?

- A. Duodenum
- B. Jejunum
- C. Sigmoid
- D. Ilium

**Answer: C**

#### Explanation:

The sigmoid colon is part of the large intestine that is closest to the anus.

#### NEW QUESTION 23

Which of the following procedures is an exfoliating treatment?

- A. Salt glow
- B. Aromatherapy bath
- C. Herbal wrap
- D. Steam bath

**Answer: A**

#### Explanation:

A salt glow is a treatment in which the practitioner applies sea salts to the body in a rubbing fashion to exfoliate the skin.

#### NEW QUESTION 28

It's very cold outside and Bill gets into the spa, turning it up to its maximum temperature (106°F). After several minutes in the water, he faints and would have drowned if a passerby had not saved him. Which best explains what happened?

- A. His body could not tolerate the shock going from cold to hot.
- B. He suffered a heart attack due to the excess heat.
- C. He fainted from a lack of oxygenated blood to his brain.
- D. He received second-degree burns and went into shock.

**Answer: C**

#### Explanation:

When the body is exposed to prolonged heat, more blood is shunted to superficial veins in order to lower body temperature. This results in decreased venous return to the heart. The resulting lowered cardiac output causes less oxygenated blood to reach the brain, causing dizziness and fainting.

#### NEW QUESTION 33

Humans are considered to have an open circulation system.

- A. TRUE
- B. FALSE

**Answer: B**

**Explanation:**

There are two primary types of circulation systems in nature, one being open and the other being closed. In humans, the blood never leaves the intricate webbing of blood vessels and is thus considered a closed circulatory system. An open circulatory system is one where blood and interstitial fluid move freely within an organism, as in the case of gastropods, otherwise known as snails.

**NEW QUESTION 35**

What is the outside membrane of the myelin sheath called?

- A. Astrocyte
- B. endroglia
- C. Axons
- D. Neurilemma

**Answer: D**

**Explanation:**

The outside layer of the myelin sheath is called the neurilemma.

**NEW QUESTION 38**

A massage therapist that conducts a regular self-assessment of strengths and weaknesses, respects the privacy of client information and upholds the standards of professionalism is adhering to Available Choices (select all choices that are correct)

- A. legal boundaries
- B. informed consent
- C. the massage code of ethics
- D. personal boundaries

**Answer: C**

**Explanation:**

A  
The massage code of ethics is a standard of conduct that defines ethical behavior for a massage therapist. The question lists principles of the massage code of ethics.

**NEW QUESTION 39**

Molecules of carbon dioxide and oxygen are passively exchanged by the process of \_\_\_\_\_.

- A. fission
- B. diffusion
- C. dispersion
- D. metabolism

**Answer: B**

**Explanation:**

Diffusion is the process where an area of higher concentration naturally flows into an area of lower concentration. Upon inspiration of air into the lungs, the alveolar sac is full of oxygen and the surrounding tissue is saturated with carbon dioxide rich blood. Next, the process of diffusion allows oxygen to flow into the blood from the alveolar sacs and carbon dioxide to flow from the blood into the alveolar sacs where it will be released through exhalation.

**NEW QUESTION 44**

A client is eating a snack while waiting for a massage in the waiting area and begins coughing and panicking, pointing to her throat. You ask if you can help, but the client is unable to speak. What has most likely happened, and what should you do?

- A. Food is lodged in his esophagus and you should give him water to drink.
- B. Food is lodged in his esophagus and you should hit him sharply on the back to dislodge it.
- C. Food is lodged in his esophagus and you should immediately apply an abdominal thrust (Heimlich maneuver) to dislodge it.
- D. Food is lodged in his trachea and you should give him water to drink.

**Answer: C**

**Explanation:**

Foreign objects, including food, can become lodged in the larynx or trachea (windpipe). These can often be expelled by coughing. If the person can speak or make sounds, the airway is open and there is no emergency. If the person cannot breathe or speak, there is an immediate threat of death by asphyxiation and emergency measures are needed. The Heimlich maneuver is the correct first emergency remedial action to take.

**NEW QUESTION 48**

The dynamics between a client and a massage professional are complex, which creates an immediate \_\_\_\_\_.

- A. friendship
- B. relationship
- C. power imbalance
- D. power equality

**Answer: C**

**Explanation:**

Power imbalances occur naturally when one person is perceived as being an authority over another in a certain situation. This is why the dynamics between a

client and a professional of all backgrounds has the capability of becoming emotionally unbalanced if left unchecked.

#### NEW QUESTION 51

Which of the following tests is used to assess whether the pectoralis minor is the cause of thoracic outlet symptoms?

- A. Costoclavicular maneuver
- B. Adson's test
- C. Wright's hyperabduction test
- D. AC shear test

**Answer: C**

#### Explanation:

The Wright's hyperabduction test raises the client's arms above their heads through abduction which stretch tightens the pectoralis minor. A change in the radial pulse indicates a positive test for impingement by the pectoralis minor.

#### NEW QUESTION 53

The suffix -plegia refers to:

- A. Light
- B. Paralysis
- C. Formation
- D. Different parts

**Answer: B**

#### Explanation:

The suffix -plegia refers to a paralysis and is added to root words to distinguish a paralysis of that particular region or structure. An example is hemiplegia, which describes a paralysis on one half of the body.

#### NEW QUESTION 55

A client was involved in a recent auto accident and received a grade 4 whiplash injury. Which of the following best describes the client's status?

- A. Neck pain stiffness and tenderness
- B. Neck pain with signs of neurological damage
- C. Neck pain with dislocation and spinal injury
- D. No neck pain

**Answer: C**

#### Explanation:

A grade 4 whiplash is a critical condition associated with extreme neck pain, cervical fractures and/or dislocations, possible spinal cord injury and serious soft tissue damage. Massage is contraindicated until the condition is stabilized and a medical release is provided.

#### NEW QUESTION 57

Extensor pollicis longus attaches to which of the following digits?

- A. Pinky
- B. Ring
- C. Index
- D. Thumb

**Answer: D**

#### Explanation:

A pollicis is another term for thumb. Any question that includes the term pollicis will relate to the thumb.

#### NEW QUESTION 61

How many types of Schwann cells exist in the human body?

- A. 1
- B. 2
- C. 3
- D. 4

**Answer: B**

#### Explanation:

There are two types: myelinating and nonmyelating. Myelinating Schwann cells wrap around axons of motor and sensory neurons to form the myelin sheath, which acts to protect and support nerve functioning. Non-myelinating Schwann cells are involved with maintaining the health and vitality of the axon or nerve fiber.

#### NEW QUESTION 64

A 43 year old female client presents with pain in the right hand with episodes of pins and needles and occasional numbness. Upon inspection you notice a slight bluish discoloration of her arm and sensitivities of her right anterior neck. She claims to be under a lot of stress at work and she has been working overtime lately at a desk job typing 8-10 hours a day. What muscle group is directly contributing to this condition?

- A. SCM
- B. Flexors of the forearm
- C. Scalene muscles
- D. Braehioradialls

**Answer:** C

**Explanation:**

The brachial plexus is a nerve bundle that supplies the arm and hand. The root of the nerve innervates the scalene muscles where a hypertonicity can compress the nerve plexus as well as the subclavian artery and vein.

**NEW QUESTION 69**

Which of the following regulates the development of reproductive processes within the body?

- A. HRT
- B. ADH
- C. Insulin
- D. FSH

**Answer:** D

**Explanation:**

FSH or follicle stimulating hormone, produced by the anterior portion of the pituitary gland regulates the reproductive processes of the body, including development, growth and maturation.

**NEW QUESTION 74**

A trigger point that is painful at rest, and painful during active and passive movement, is \_\_\_\_\_.

- A. an active trigger point B a primary trigger point
- B. a secondary trigger point
- C. a latent trigger point

**Answer:** A

**Explanation:**

An active trigger point is a muscle knot that causes pain at all times.

**NEW QUESTION 76**

A potential client calls to make an appointment for a massage. You notice that they are slurring their words and having difficulty speaking in complete sentences. They claim they were in an auto accident yesterday but declined medical attention. They awoke this morning feeling very sore and achy as well as having a pounding headache. They insist they need a massage. What is the appropriate plan of action for the massage therapist?

- A. Book the appointment immediately
- B. Book them within next week
- C. Refer to another therapist
- D. Immediately refer them to a doctor

**Answer:** D

**Explanation:**

A person who has been in an auto accident could have any number of injuries including shock. For the safety of the client and your protection as a therapist, the best recommendation is to refer the client for a medical evaluation before any treatment is considered.

**NEW QUESTION 77**

The protein that stores oxygen in skeletal muscle cells is:

- A. Myosin
- B. Hemoglobin
- C. Myoglobin
- D. Troponin

**Answer:** C

**Explanation:**

Skeletal muscles are reddish because they contain the red pigment myoglobin. Myoglobin is a globular protein similar to hemoglobin, the pigment in red blood cells that transports oxygen. Myoglobin also binds oxygen, making it available to skeletal muscles during muscle contraction.

**NEW QUESTION 78**

Which of the following muscles would contribute to wrist adduction?

- A. Extensor carpi radialis
- B. Extensor carpi ulnaris
- C. Flexor diqitorum profundus
- D. Extensor pollicis brevis

**Answer:** B

**Explanation:**

The extensor carpi ulnaris acts to both extend and adduct the wrist.

**NEW QUESTION 81**

Which of the following massage techniques should not be offered in a medical massage office?

- A. Feldenkrais
- B. ITantric
- C. Neuromuscular
- D. Hellerwork

**Answer: C**

**Explanation:**

Tantra is a Sanskrit word meaning expanding liberation and has a place amongst certain spiritual practices. However, tantric massage is often associated with massage that focuses on various levels of ??sexual healing?? and, therefore, an establishment seeking a tantric massage practitioner is outside the code of ethics of the massage profession.

**NEW QUESTION 85**

A client has been diagnosed with a grade 3 chronic pain disorder, what would you expect to see in the client?

- A. Low disability - high intensity
- B. High disability- moderately limiting
- C. High disability - highly
- D. Low disability - low intensity

**Answer: B**

**Explanation:**

A client with a grade 3 disability is considered highly disabled but with moderate limitation of functionality. A good example is an injured construction worker with a crushed vertebrae who is disabled from returning to work, but has moderate limitations in daily functions like walking, sitting and eating.

**NEW QUESTION 90**

CORRECT TEXT

During a range of motion assessment, the client contracts their muscles to prevent movement due to pain and discomfort. This is referred to as a/n \_\_\_\_\_.  
A empty end feel

- A. hard end feel
- B. gait assessment
- C. active resisted movement

**Answer: A**

**Explanation:**

An empty end feel is a case where the therapist cannot determine the true range of motion due to the client contracting their muscles (also known as muscle guarding) to prevent movement. This is typically due to an injury and is recommended to refer the client to seek medical attention.

**NEW QUESTION 94**

Which element is needed for muscle contraction?

- A. Calcium
- B. Nitrogen
- C. Magnesium
- D. iron

**Answer: A**

**Explanation:**

Skeletal muscle contraction occurs when an action potential from the brain reaches the neuromuscular junction. It causes a calcium ion influx which starts the process of a muscle contraction.

**NEW QUESTION 99**

Which of the following hormones is responsible for the regulation of metabolism?

- A. Thyroxine
- B. FSH
- C. Progesterone
- D. Adrenaline

**Answer: A**

**Explanation:**

Thyroxine, produced by the thyroid gland, is a hormone that affects nearly every cell in the body by regulating metabolic processes.

**NEW QUESTION 102**

Throughout the years, a massage therapist can learn a multitude of disciplines which can be used during treatments. A massage therapist who works with pregnant mothers, athletes and repetitive stress injuries is best described as using .  
Available Choices (select all choices that are correct)

- A. massage fundamentals
- B. integrated approaches
- C. structural integration
- D. applied kinesiology

**Answer: B**

#### NEW QUESTION 107

Which chemical or element would be found in blood serum?

- A. Fibrinogen
- B. White blood cells
- C. Electrolytes
- D. Red blood cells

**Answer: C**

#### Explanation:

Serum is the blood plasma that is separated from white and red blood cells as well as the fibrinogens. Serum contains the antibodies, antigens, electrolytes, hormones and any exogenous substances (drugs, pathogens, etc)

#### NEW QUESTION 112

A client calls a massage therapist to purchase a gift certificate for his wife who happens to be a regular client as well. The husband has a tendency to be chatty during his massage sessions. This occasion is no different than usual and he asks how his wife is doing with her massage therapy. Which of the following is the best response?

- A. End the conversation abruptly
- B. Suggest that the client talk to his wife directly
- C. Share some but not
- D. Go into detail about the client's wife

**Answer: B**

#### Explanation:

Speaking about a client to another client, a client's friend, or even the client's family member is a violation of confidentiality. However, we do not need to be rude to maintain our professionalism. Simply suggesting that your client speak to his wife is a perfectly acceptable response.

#### NEW QUESTION 114

Over the past year, the relations between a massage therapist and a client has grown friendly. There are times when both parties talk during the massage session and sometimes things are shared that are beyond the regular scope of practice. Lately, the client, who openly talks about his financial success in business, has been having difficulties with the construction workers who are building the client's dream home. The massage therapist, who lives in an apartment, has recently become irritated by the client's personal problems and is having a difficult time performing her duties as a massage therapist. Which of the following best describes the relationship?

- A. A dual relationship
- B. Transference
- C. Countertransference
- D. Indifference

**Answer: C**

#### Explanation:

Countertransference is when a practitioner projects feelings or emotions onto a client. In this case, the massage practitioner is most likely jealous of the client's fortunes and has lost the ability to be a compassionate professional towards them. If this were a dual relationship, the two parties would be engaging each other outside of the treatment office.

#### NEW QUESTION 115

A pathogenic barrier is also known as a \_\_\_\_\_.

- A. anatomic barrier
- B. physiologic barrier
- C. resistive barrier
- D. soft tissue barrier

**Answer: C**

#### Explanation:

A pathogenic barrier is also known as a resistive barrier, which is the first sign of resistance against a movement during a range of motion assessment.

#### NEW QUESTION 116

Choose the best example of transference out of the following:

- A. A client who is angry at the new charges proposed by a massage therapist

- B. A massage therapist who is extra friendly with a client who shares the same hobbies
- C. A massage therapist who receives extra gifts as a form of affection from a client
- D. A massage therapist asks a client to a therapeutic seminar

**Answer:** C

**Explanation:**

A client that expresses feelings above and beyond the typical role as a client is seen as demonstrating transference. Being overly special can be seen as a red flag, especially in early stages of the therapeutic relationship.

**NEW QUESTION 121**

A massage therapist has created a beautiful and comfortable space for treatment. They have posted their rates in clear view on the wall and created a well thought out intake form. They are extra careful to be aware of informed consent and client disclosure, as well as following all state and federal laws for running a massage practice. Which of the following best describes the guidance a massage therapist follows for establishing their practice.

- A. Confidentiality
- B. Framework
- C. Professional boundaries
- D. Personal boundaries

**Answer:** B

**Explanation:**

The question describes the fundamentals of framework. A framework is all encompassing within the massage field and includes the values and visions, conception, design and desires of a massage therapist as they apply to a business model. Developing a solid framework is essential to creating a healthy and successful practice.

**NEW QUESTION 124**

Apley's scratch test is used to determine the range of motion of the \_\_\_\_\_.

- A. wrist
- B. shoulder
- C. neck
- D. hips

**Answer:** B

**Explanation:**

The Apley's scratch test requires a client to reach behind their back, one hand from above reaching down and the other hand from behind reaching up to scratch between the shoulder blades. The test is designed to assess the range of motion of both shoulders in each direction. The client then repeats the action with the opposite hand to measure range of motion in the other direction.

**NEW QUESTION 127**

What best describes pain that has no known physical cause?

- A. Neuroglia
- B. Psychosomatic
- C. Visceral
- D. Phantom

**Answer:** B

**Explanation:**

Psychosomatic pain is often caused by emotional distress and thus has no known physical cause. Psychosomatic pain can be a result from a broken heart after a break up, feelings of being inadequate or from any number of depressive thought patterns.

**NEW QUESTION 131**

Where would you locate stratum lucidum?

- A. heart
- B. muscle
- C. skin
- D. bone

**Answer:** C

**Explanation:**

Stratum lucidum is a translucent buildup of two to three layers of dead skin cells typically found on the palms of the hands or the soles of the feet. Stratum lucidum is located between the deeper stratum granulosum and the more superficial stratum corneum layers of skin. The thickness of stratum layers of cells is governed by the rate of mitosis (cellular division.)

**NEW QUESTION 135**

Which of the following muscles of the head and neck are not firing during eccentric extension?

- A. Sternocleidomastoid
- B. Longus coll

- C. Anterior scalenes
- D. Levator scapula

**Answer:** D

**Explanation:**

An eccentric extension of the neck requires the flexors to fire during contraction, causing the extensor muscle levator scapulae to relax.

**NEW QUESTION 139**

How many arches are in a normal human foot?

- A. Trigeminal
- B. Median
- C. Radial
- D. Sciatic

**Answer:** B

**Explanation:**

The median nerve passes through the flexor retinaculum of the hand.

**NEW QUESTION 144**

Choose the medical term given to name the collection of heart muscle cells that regulate the heart beat.

- A. Arterioles
- B. Bradycardia
- C. Bundle of His
- D. Coronary sinus

**Answer:** C

**Explanation:**

The collection of specialized heart muscle cells which regulate the heart beat was discovered by the Swiss cardiologist Wilhelm His in 1893 and this given the name, Bundle of His.

**NEW QUESTION 149**

A client walks into your office with a slight limp. He states he is experiencing pain in his right hip. He also claims to not know the origin of his discomfort. What is the best option to assess the relative discomfort that a client is experiencing?

- A. subjective pain scale
- B. objective pain scale
- C. passive range of motion testing
- D. active range of motion testing

**Answer:** A

**Explanation:**

A subjective pain scale is a useful assessment protocol to determine the relative discomfort that a client is currently experiencing. Often a scale between 1-5 or 1-10 is used with 1 being the lowest amount of discomfort and either 5 or 10 being an unbearable and extreme pain. Most often, a therapist wants to remain under 4 or 8 respectively for an effective yet comfortable treatment.

**NEW QUESTION 151**

Which muscle is flexed during forced exhalation?

- A. Abdominals
- B. Rectus femoris
- C. Diaphragm
- D. Iliopsoas

**Answer:** A

**Explanation:**

During a forced exhalation, the abdominal muscles are engaged to assist the expulsion of air from the lungs.

**NEW QUESTION 155**

What is the technical name for the Adam's Apple?

- A. Hyoid bone
- B. Laryngeal prominence
- C. Esophagus
- D. Zygomatic arch

**Answer:** B

**Explanation:**

The Adams Apple is a protrusion on the anterior portion of males named after the ancient story of Adam eating the fruit from Eve and having a piece become lodged in his throat. This protrusion is the laryngeal prominence formed by an angular section of thyroid cartilage. It is present in both men and women. However, it

grows in size during puberty in young men.

**NEW QUESTION 159**

A therapist must recognize \_\_\_\_\_ when assessing and treating soft tissue conditions.

- A. changes in skin coloration
- B. soft tissue barriers
- C. breathing patterns
- D. the lifestyle of a client

**Answer: B**

**Explanation:**

Soft tissue barriers represent the degree to which soft tissues can be manipulated for effective treatments. Understanding soft tissue barriers is an integral part of the assessment process.

**NEW QUESTION 164**

Which best describes auscultation?

- A. watching
- B. listening
- C. palpating
- D. concluding

**Answer: B**

**Explanation:**

Auscultation is the Latin term for listening. Many health professionals use a stethoscope to apply the highly developed skill of auscultation to assess the heart, lungs and digestive system of their patients.

**NEW QUESTION 168**

What do the terms systole and diastole refer to?

- A. Kidney process
- B. Breathing cycle
- C. Heart beat
- D. Immune function

**Answer: C**

**Explanation:**

Systole and diastole refer to the contraction (systole) and relaxation (diastole) phase of a heart beat.

**NEW QUESTION 173**

What do the levator scapulae, trapezius (upper fibers), biceps brachii, subscapularis and soleus all have in common?

- A. Act on the shoulder
- B. Phasic muscles
- C. Postural muscles
- D. Fast twitch muscle

**Answer: C**

**Explanation:**

ABCDE  
All the muscles listed in the question are examples of postural muscles. Postural muscles are slow twitch and highly susceptible to hypertonicity in over-use and under-use scenarios.

**NEW QUESTION 174**

Auditory ossicles are formed of which kind of tissue?

- A. Muscle
- B. Bone
- C. Cartilage
- D. Nervous

**Answer: B**

**Explanation:**

The ossicles are the three smallest bones in the human body and help transmit sound to the cochlea. The term ossicles literally means "tiny bones" and are named the incus, the malleus and the stapes. An absence of these bones causes a severe hearing loss.

**NEW QUESTION 175**

The cerebral cortex is responsible for \_\_\_\_\_.

- A. consciousness

- B. hormone production
- C. regulating the heartbeat
- D. muscle motor functions

**Answer:** A

**Explanation:**

The cerebral cortex is the largest part of the brain and plays a key role in awareness, communication, consciousness and memory.

**NEW QUESTION 178**

Which of the following is the local laws that control the physical location of an office?

- A. Building codes
- B. Licensing
- C. Zoning
- D. Business registry

**Answer:** C

**Explanation:**

Zoning ordinances and regulations are local laws that govern how a property can be used. Always check with the local municipality before making any major changes to a home or office.

**NEW QUESTION 179**

Which of the following choices best describes the function of A, in the acronym S.O.A.P.?

- A. Homework
- B. Treatment
- C. Summary of findings I
- D. Initial complaint

**Answer:** C

**Explanation:**

The A is for assessment, which is a summary of our findings.

**NEW QUESTION 182**

Which of the following best describes a massage therapist who routinely drapes clients in an immodest and unprofessional manner?

- A. The massage therapist needs additional training.
- B. The massage therapist is participating in a dual relationship.
- C. The massage therapists scope of practice needs to be redefined.
- D. The massage therapist has broken a code of ethics.

**Answer:** D

**Explanation:**

There are times when undraping sensitive areas for treatment is within the scope of practice of massage. However, a massage therapist who routinely drapes in an unprofessional manner is breaking a standard of conduct indicated in the massage code of ethics.

**NEW QUESTION 185**

A client who often jokes about going out on a date is \_\_\_\_\_.

- A. breaking confidentiality
- B. testing boundaries
- C. exploring the therapeutic relationship
- D. just being kind

**Answer:** B

**Explanation:**

Any client who routinely requests to explore beyond the professional environment is testing the boundaries and professionalism of the therapist. Remember, the therapist is always at fault for allowing a breach of professional boundaries. The repercussions can lead to a hefty fine and/or loss of a massage license.

**NEW QUESTION 186**

The mesencephalon is also known as the \_\_\_\_\_.

- A. fore bra in
- B. midbrain
- C. hindbrain
- D. brainstem

**Answer:** B

**Explanation:**

The mesencephalon is also known as the midbrain, and is associated with arousal, hearing, motor control, vision, sleeping patterns and more.

#### NEW QUESTION 191

Which body system does the thymus belong to?

- A. Digestive
- B. Endocrine
- C. Immune
- D. Nervous

**Answer:** C

#### Explanation:

The thymus is a very special organ of the immune system. It functions to train T-lymphocytes to adapt to pathogens and disorders within the body to maintain homeostasis.

#### NEW QUESTION 194

If you are self-employed as a sole proprietor or independent contractor, which of the following forms must you file for business income and expenses with the IRS?

- A. Schedule A
- B. Schedule B
- C. Schedule C
- D. Schedule D

**Answer:** C

#### Explanation:

An individual person, working as a sole proprietor or as an independent contractor, must file the Schedule C for all related business income and expenses to calculate the net profit or loss of the business. Net profit or loss is then carried to IRS Form 1040.

#### NEW QUESTION 197

What condition would you use the Adson maneuver for?

- A. Thoracic outlet syndrome
- B. Sciatica
- C. Piriformis syndrome
- D. Hip hike

**Answer:** A

#### Explanation:

The Adson maneuver is used to determine a thoracic outlet compression. To conduct the Adson maneuver, a massage therapist places the client's arm into horizontal abduction on the affected side to a 45 degree angle while rotating their head toward the affected side. The massage therapist then instructs the client to extend their head which tightens the scalene muscles, which should magnify any preexisting compression of the subclavian artery and brachial plexus. The massage therapist palpates for a decrease in the radial pulse while the client takes deep breathes to exaggerate the compression.

#### NEW QUESTION 200

Which muscle is responsible for initiating inhalation?

- A. Intercostals
- B. Abdominals
- C. Diaphragm
- D. Pectoralis major

**Answer:** C

#### Explanation:

The diaphragm muscle which extends across the bottom of the rib cage is the muscle responsible for initiating inhalation.

#### NEW QUESTION 204

A crackling, grating or popping sound from joints is referred to as \_\_\_\_\_.

- A. air bubbles
- B. a soft tissue barrier
- C. crepitus
- D. a degenerative disease

**Answer:** C

#### Explanation:

Crepitus is a crackling, grating or popping sound from joints or other subcutaneous tissue.

#### NEW QUESTION 205

Which of the following valves is between the stomach and the small intestine?

- A. Pyloric
- B. Mitral
- C. Ileocecal
- D. Eustachian

**Answer:** A

**Explanation:**

The valve between the stomach and the small intestine is the pyloric valve also known as the pylorus or pyloric sphincter.

**NEW QUESTION 209**

Which of the following choices best describes the function of O, in the acronym S.O.A.P.?

- A. Homework
- B. Evaluation
- C. Summary of findings
- D. Client experience

**Answer:** B

**Explanation:**

The O is for objective, which is based on a therapist's visual and physical findings of the client.

**NEW QUESTION 212**

Performing an unassisted movement for a client during an assessment is \_\_\_\_\_ .

- A. active ROM
- B. lactive-assisted ROM
- C. passive ROM
- D. resistive ROM

**Answer:** C

**Explanation:**

Passive ROM is when the therapist performs the movement of the client's body. This is used to determine joint versus muscular dysfunctions.

**NEW QUESTION 214**

What occurs in the first phase of an acute inflammation?

- A. Vasoconstriction
- B. Chemotaxis
- C. Vasodilation
- D. Edema

**Answer:** C

**Explanation:**

Vasodilation leads to an increased blood flow and is responsible for the redness and heat of an acute inflammation. As fluid continues to concentrate in the area, the permeability of tissue is exceeded which leads to swelling and edema.

**NEW QUESTION 219**

Where would you locate the obturator foramen?

- A. Pelvis
- B. Jaw
- C. Skull
- D. Spine

**Answer:** C

**Explanation:**

The obturator foramen is the gap created by the ischium and pubis bones of the pelvis which allows passage for the nerves and blood vessels that supply the leg. The shape of the obturator foramen differ between the sexes with the gap in men being round and in women being oval.

**NEW QUESTION 223**

How many lobes are in each hemisphere of the cerebral cortex?

- A. 2
- B. 3
- C. 4
- D. 5

**Answer:** C

**Explanation:**

The cerebral cortex is divided into two halves or hemispheres. Each hemisphere consists of four lobes: the frontal lobe, parietal lobe, occipital lobe and temporal lobe. The lobes relate not to brain function but rather to the bones that underlie the cerebral cortex. The borders of these lobes are dictated by sutures in the skull with the exception between the frontal and parietal lobes which follow a deep fold in the brain called the central sulcus and this is just behind the frontal and parietal sutures.

**NEW QUESTION 224**

Which of the following actions would you initially direct to your client to take in order to test the structure and function of scapulohumeral rhythm?

- A. Adduction
- B. Abduction
- C. Internal rotation
- D. External rotation

**Answer: B**

**Explanation:**

Scapulohumeral rhythm exposes the function of the glenohumeral joint by testing at which degree the scapula activates during an initial abduction of the arm. At 45 degrees, the scapula should engage until the end range motion of abduction.

**NEW QUESTION 228**

What is counted to determine the atomic number of an atom?

- A. Neutron
- B. Proton
- C. Electron
- D. Nucleus

**Answer: B**

**Explanation:**

Protons located within the nucleus are counted to determine the atomic number of an atom. This is different than the atomic mass which is a count of the total count of neutrons and protons within a nucleus.

**NEW QUESTION 232**

Upon administering the passive range of motion test on the neck of your client, you find a mild decrease in rotation to the right. Which muscle would be shortened?

- A. Left levator scapularis
- B. Right levator scapularis
- C. Left trapezius
- D. Right semispinalis capitis

**Answer: A**

**Explanation:**

The passive range of motion test assesses the antagonist muscles of the body. We are looking for the muscle that would inhibit rotation to the right. In this case, the left levator scapularis is the shortened muscle.

**NEW QUESTION 234**

A regular client who has been going thru a divorce has begun to share emotional details about their experience. They are staying later after their treatment and now routinely show up late for their appointment. They state they are having a difficult time and really need a friend. What can be said about the relationship between the client and therapist?

- A. The client is still learning how to be responsible.
- B. Everything is oka
- C. The client will eventually recover.
- D. The client is testing the boundaries of the therapeutic relationship.
- E. The client is experiencing a tough time and is allowed special treatment.

**Answer: C**

**Explanation:**

A client who routinely presses the structure of the practice, like in this case, is testing the boundaries on what is acceptable. Regardless of a client's situation, it is the therapist's responsibility to set appropriate boundaries to ensure all participants feel safe and comfortable within the therapeutic environment.

**NEW QUESTION 236**

What do the levator scapulae, trapezius (upper fibers), biceps brachii, subscapularis and soleus all have in common?

- A. Act on the shoulder
- B. Phasic muscles
- C. Postural muscles
- D. Fast twitch muscle

**Answer: C**

**Explanation:**

All the muscles listed in the question are examples of postural muscles. Postural muscles are slow twitch and highly susceptible to hypertonicity in over-use and under-use scenarios.

**NEW QUESTION 241**

Which muscle does the radial nerve innervate?

- A. Biceps femoris
- B. Triceps

- C. Flexor digitorum longus
- D. Pectorals major

**Answer:** B

**Explanation:**

The radial nerve innervates all muscles of the posterior arm and this includes the triceps muscle.

**NEW QUESTION 242**

On a unique occasion, a client appears depressed and mentions suicide as a possible option for dealing with life. Suggesting the client seek professional help is considered \_\_\_\_\_.

- A. inappropriate
- B. beyond the scope of practice
- C. a personal preference
- D. a professional obligation

**Answer:** D

**Explanation:**

One of the few times a massage therapist is allowed to break confidentiality is when he or she suspects a client to be in personal danger or harm. In this case, the massage therapist has a professional obligation to ensure the safety of the client.

**NEW QUESTION 245**

A small, rough protuberance on a bone is called a \_\_\_\_\_.

- A. Tuberosity
- B. Condyle
- C. Trochanter
- D. Spine

**Answer:** A

**Explanation:**

A condyle is a large rounded area on a bone, usually at a joint articulation. A trochanter is a large projection from a bone. A spine or spinous process is a flat ridge-like flange protruding from a bone, typically a vertebra.

**NEW QUESTION 250**

What does the acronym TART relate to in the therapeutic environment?

- A. Soft tissue assessment protocol
- B. Massage treatment protocol
- C. Indication or contraindication evaluation
- D. Pathological skin detection

**Answer:** A

**Explanation:**

TART is an acronym for a soft tissue assessment protocol. T- Texture and tonicity of superficial and deep layers of tissue. A - Asymmetry and bilateral differences between body structures in reference to color, function, temperature and tonicity. R - Range of motion. An assessment of joint health and function. T - Tenderness or pain and discomfort in an area or specific tissues.

**NEW QUESTION 251**

An epiphyseal line on a bone indicates what?

- A. The bone has begun a new growth phase.
- B. The bone was previously fractured in that location.
- C. The bone has stopped growing.
- D. The bone has reached its adult length.

**Answer:** D

**Explanation:**

Long bones possess a cartilaginous zone between the diaphysis (midsection) and the epiphysis (end) called the epiphyseal plate. During childhood this allows the bone to continue growing in length. At some point the cartilage ossifies (becomes bone tissue), leaving a line of demarcation, the epiphyseal line. This indicates the bone has reached its adult length and no further growth in length will occur. However, the bone can continue to grow in diameter.

**NEW QUESTION 256**

Which heart valve is the mitral valve?

- A. Tricuspid
- B. Bicuspid
- C. Pulmonary semilunar
- D. Aortic semilunar

**Answer:** B

**Explanation:**

The mitral valve is also known as the bicuspid, which controls blood flow between the opening of the left atrium into the left ventricle.

**NEW QUESTION 258**

Which of the following functions does the pineal gland help regulate?

- A. Movement
- B. Digestion
- C. Blood pressure
- D. Sleep patterns

**Answer: D**

**Explanation:**

The pineal gland is a small endocrine gland that produces serotonin, the hormone that regulates sleep patterns.

**NEW QUESTION 259**

Which would lead to a condition of sepsis?

- A. Excess iron in the blood
- B. A bacterial infection
- C. Insufficient carbohydrate intake
- D. Lowered glucose levels in the blood

**Answer: B**

**Explanation:**

Sepsis is a serious immunity response and inflammation of the entire body. It is often caused by a pathogenic infection but sometimes the condition can arise from or is complicated by an organ malfunction. Some symptoms are high fever, irregular heart and breathing rate, altered mental state and edema pathology.

**NEW QUESTION 260**

Neutrophils, basophils and eosinophils are types of \_\_\_\_\_.

- A. eukocytes
- B. myocytes
- C. pathogens
- D. enzymes

**Answer: A**

**Explanation:**

Neutrophils, basophils and eosinophils are the three types of granular leukocytes (white blood cells) of the immune system which consume infectious diseases and foreign materials.

**NEW QUESTION 262**

A crush or loving interest from a client is a natural occurrence.

- A. TRUE
- B. FALSE

**Answer: A**

**Explanation:**

A crush or love interest is a natural occurrence, especially when a massage therapist is viewed as safe, comforting and a truly caring individual. However, acting on these natural feelings oversteps the boundaries and threatens the very ethos of the healing culture of massage therapy.

**NEW QUESTION 266**

A client presents with tendinitis pain that is experienced after an activity but not before or during the activity. What injury classification grade does the client exhibit?

- A. Grade 1
- B. Grade 2
- C. Grade 3
- D. Grade 4

**Answer: A**

**Explanation:**

The client is displaying a grade 1 injury and should heal quickly with rest and proper care. A grade 2 injury is experienced during and after an activity. A grade 3 injury is mild to moderate pain at all times with mild swelling and partial loss of functional use. A grade 4 injury is moderate to severe pain at all times with loss of functional use by a serious pathological disorder.

**NEW QUESTION 267**

There are two main roles between a therapist and a client. The first role is as a massage therapist and the second role is as \_\_\_\_\_.

- A. an instructor

- B. a counselor
- C. a professional
- D. a confidant

**Answer:** C

**Explanation:**

The second role, as a professional, is as important as the first role. One can be the greatest massage therapist in the world, but if the massage therapist does not abide by the guidelines, ethics and laws set forth for the profession, then the therapist can do more harm than good to those who seek their help.

**NEW QUESTION 271**

Which of the following choices best describes the function of P, in the acronym S.O.A.P.?

- A. Future visits
- B. Evaluation
- C. Summary of findings
- D. Initial complaint

**Answer:** A

**Explanation:**

The P is for plan, which details what the next step is for the client. The plan could suggest stretch and exercise options, whether there should be additional care with a doctor or determine future visits with the practitioner.

**NEW QUESTION 272**

Lateral epicondylitis affects the outside of the knee joint.

- A. TRUE
- B. FALSE

**Answer:** B

**Explanation:**

Lateral epicondylitis is the technical term for tennis elbow.

**NEW QUESTION 275**

Which of the following best describes HIPAA?

- A. (Therapeutic relationship
- B. Patient rights
- C. Office safety
- D. Credentialing

**Answer:** B

**Explanation:**

HIPAA or the Health Insurance Portability and Accountability Act, was established in 1996 to restrict access to individuals private medical records in an effort to protect patient/client rights.

**NEW QUESTION 278**

What is the primary reason for keeping all records safe and protected?

- A. To insure you are paid from insurance
- B. To protect against being sued
- C. Client confidentiality
- D. Personal reasons

**Answer:** C

**Explanation:**

Client confidentiality is an aspect of professional ethics and should be adhered to out of respect for the client. Also, not protecting a client's information is a violation of HIPAA.

**NEW QUESTION 279**

As a self-employed sole proprietor or independent contractor, how often are you required to file form 1040ES with the IRS?

- A. Bi-monthly
- B. Quarterly
- C. Bi-yearly
- D. Yearly

**Answer:** B

**Explanation:**

Form 1040ES is required for estimated tax liability especially if you expect to owe at least \$1,000.00 in tax for the year. You are required to make estimated tax payments to avoid federal penalties. The practice of paying your quarterly estimated tax reduces the burden of paying a large sum all at once.

**NEW QUESTION 281**

What is another name for the alimentary canal?

- A. Ear canal
- B. Digestive tract
- C. Hepatic portal vein
- D. Nasal cavity

**Answer: B**

**Explanation:**

The alimentary canal is the passageway from the mouth, pharynx, esophagus, stomach, small intestine, large intestine and ends at the anus. This canal is also the digestive tract.

**NEW QUESTION 286**

During the objective portion of a massage intake, what information will the therapist gather from a functional assessment?

- A. Muscular deviations
- B. Restricted and painful movement patterns
- C. Tissue texture and temperature
- D. Cause of soft tissue injuries

**Answer: B**

**Explanation:**

The purpose of a functional assessment is to evaluate movement patterns and whether they are restricted, painful, exaggerated or normal in function.

**NEW QUESTION 289**

Metabolic effects of massage therapy upon the body are a combination of reflexive and mechanical effects.

- A. TRUE
- B. FALSE

**Answer: B**

**Explanation:**

Metabolism is the process of chemical transformations within the body. These transformations can be caused by means of a physical stimulus or messages from the CNS. Massage therapy can provide both a mechanical and reflexive influence upon metabolism and this creates metabolic effect upon the body.

**NEW QUESTION 294**

.....

## Thank You for Trying Our Product

### We offer two products:

1st - We have Practice Tests Software with Actual Exam Questions

2nd - Questions and Answers in PDF Format

### MBLEx Practice Exam Features:

- \* MBLEx Questions and Answers Updated Frequently
- \* MBLEx Practice Questions Verified by Expert Senior Certified Staff
- \* MBLEx Most Realistic Questions that Guarantee you a Pass on Your FirstTry
- \* MBLEx Practice Test Questions in Multiple Choice Formats and Updatesfor 1 Year

**100% Actual & Verified — Instant Download, Please Click**  
[Order The MBLEx Practice Test Here](#)