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## QUESTION 1

Which of the following massage techniques would be best suited for a healed fracture?

- A. Trigger point
- B. Petrissage
- C. Tapotement
- D. Deep tissue

Correct Answer: B

Explanation: The action of petrissage is best suited for moving stagnant blood and lymph away from an injury site and replacing it with nutrient rich blood and fresh lymph.

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## QUESTION 2

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

Correct Answer: B

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

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## QUESTION 3

A 56 year old client enters the office for their appointment and complains of deep pain in their thigh. The client states that the pain feels like it is on the bone. The client also states that they have a mild fever and feel nauseous. The client is a diabetic. A closer inspection of the affected leg shows signs of redness and swelling and that the client is feverish. Which of the following conditions is most likely present?

- A. Bursitis
- B. Myosi
- C. Osteomyelitis
- D. Fibromyalgia

Correct Answer: C

Explanation: Deep pain on the bone with symptoms of infection are an indication of osteomyelitis. The only other option would be myositis, which is an inflammation of skeletal muscles. Since the client is experiencing deep pain on the bone, the indication would be osteomyelitis.

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#### QUESTION 4

What do the terms systole and diastole refer to?

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

Correct Answer: C

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

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#### QUESTION 5

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

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

Correct Answer: B

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.

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