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QUESTION 1

A client is complaining of tension headaches focused along the temporal region. What should the massage therapist instruct the client to do to help locate and palpate the temporalis muscle?

- A. Client clench and relax their jaw
- B. Client open mouth and relax their jaw
- C. Pinch closed and open eyes
- D. Rotate head from side to side

Correct Answer: A

Explanation: The temporalis muscle has one action and that is to clench the jaw during mastication. The best way to locate and palpate the temporalis muscle is to instruct the client to clench and release their jaw while the therapist feels for the origin and insertion of muscle fibers along the temporal bone.

QUESTION 2

A 27 year old client presents with pins and needles type sensation around her elbow and down towards the back of her hand. Her profession is as a social worker and she is often faced with troubling scenarios. She has limited neck rotation range of motion and is taking quick, shallow breaths. Postural assessment does not show any obvious distortions. Which nerve is responsible for the sensation in the client's elbow and down towards the back of the hand?

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

Correct Answer: A

Explanation: The radial nerve runs a path from the brachial plexus between the scapula and the rib cage and through the tricep muscle along the posterior arm and through the extensors of the forearm and into the back of the hand.

QUESTION 3

A range of motion assessment of a joint is calculated by testing _____.

- A. its capsular pattern
- B. the cartilage
- C. inert tissue
- D. posture

Correct Answer: A

Explanation: A range of motion assessment is achieved by testing the joints capsular pattern, which will indicate any limitations by structure or function..

QUESTION 4

Which of the following muscle groupings are considered postural muscles?

- A. Pectoralis major, scalenes
- B. Serratus anterior, deep cervical flexors
- C. Supraspinatus, infraspinatus
- D. Vastus lateralis, vastus medialis

Correct Answer: A

Explanation: Postural muscles work to sustain your posture within the gravity field. Both the pectoralis major and scalene muscles contribute to the postural integrity of the human body. Postural muscles consist of slow twitch fibers and are best suited for sustained work. They are also prone to hypertonicities.

QUESTION 5

Assisting your client with a concentric contraction of an antagonist to trigger the CNS to send a message to relax the agonist is a neural phenomenon called _____.

- A. neurofibromatosis
- B. reciprocal inhibition
- C. contralateral flexion
- D. action potentials

Correct Answer: B

Explanation: Reciprocal inhibition is used to relax a muscle on one side of a joint by contracting the muscle on the other side of the joint. This is used to assist the reduction of a muscular tonicity. Caution should be used to prevent a simultaneous contraction which could result in a cramp or muscle tear.

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