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## QUESTION 1

Which muscle is flexed during forced exhalation?

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

Correct Answer: A

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

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## QUESTION 2

What is the name of the joint where the clavicle and scapula meet?

- A. Acromioclavicular joint
- B. Sternoclavicular
- C. Coracoclavicular joint
- D. Humeroclavicular joint

Correct Answer: A

Explanation: The clavicle connects to the scapula at the acromion process and this juncture is called the acromioclavicular joint.

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## QUESTION 3

What is the medical term for the shoulder joint?

- A. Facet joint
- B. Acromioclavicular joint
- C. Glenohumeral joint
- D. Humeroclavicular

Correct Answer: C

Explanation: The shoulder joint is comprised of the glenoid fossa of the scapula and the head of the humerus. This juncture is called the glenohumeral joint.

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**QUESTION 4**

What is another name for the alimentary canal?

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

Correct 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.

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**QUESTION 5**

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 \_\_\_\_\_.

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

Correct Answer: C

Explanation: 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.

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**QUESTION 6**

Which of the following would be a possible concern for a new client?

- A. A detailed and thorough intake
- B. Low lighting in the treatment room
- C. Soft music played throughout the office
- D. Locked door for privacy

Correct Answer: D

Explanation: A locked door can put the therapist at risk of being accused for entrapment of a client. If a door must be locked be sure to ask the client for permission.

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## QUESTION 7

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

Correct 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.

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## QUESTION 8

A trigger point that only produces pain while palpated is \_\_\_\_\_.

- A. active trigger point
- B. primary trigger point
- C. secondary trigger point
- D. latent trigger point

Correct Answer: D

Explanation: A latent trigger point only produces pain during palpation.

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## QUESTION 9

What is known as the “molecular unit of currency “?

- A. Actin
- B. ATP
- C. T cells
- D. Gamma globulins

Correct Answer: B

Explanation: The “molecular unit of currency” is often used to describe the importance of ATP (adenosine triphosphate) to cellular functions within the body.

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**QUESTION 10**

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

Correct 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.

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**QUESTION 11**

Which chemical or element would be found in blood serum?

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

Correct 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)

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**QUESTION 12**

Where are cubital lymph nodes located?

- A. Knees
- B. Thoracic cavity
- C. Neck

D. Elbow

Correct Answer: D

Explanation: Cubital refers to the elbow and will indicate that region when used with anatomical terms as cubital fossa, cubital tunnel and median cubital vein.

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### QUESTION 13

The ulna rotates around the radius.

A. TRUE

B. FALSE

Correct Answer: B

Explanation: The ulna is stationary during wrist rotation.

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### QUESTION 14

What does the term olfaction relate to?

A. Sense of smell

B. Sense of taste

C. Eyesight

D. Hearing

Correct Answer: A

Explanation: Olfaction is the sense of smell. Special sensory cells in the nasal cavity called olfactory sensors are designed to transmit the sense of smell via the detection of odor molecules.

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### QUESTION 15

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

Correct Answer: C

Explanation: The Wright's hyperabduction test raises the client's arms above their heads through abduction which

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stretch tightens the pectoralis minor. A change in the radial pulse indicates a positive test for impingement by the pectoralis minor.

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