

FSMTB

Exam Questions MBLEx

Massage & Bodywork Licensing Examination



NEW QUESTION 1

Which of the following best describes antigens?

- A. A substance that stimulates an immune response
- B. A substance that suppresses an immune response
- C. A substance that assists digestion
- D. A substance that causes muscle to fire

Answer: A

Explanation:

An antigen is a substance either foreign or internal that triggers an immune response. This response is triggered by a histocompatibility molecule within each cell that can trigger an immune response.

NEW QUESTION 2

With regard to range of motion testing, a hard end feel is typically a _____ experience for a client.

- A. painless
- B. slightly painful
- C. moderately painful
- D. very painful

Answer: A

Explanation:

Hard end feel is the natural sensation at the end range of motion where bone meets bone such as elbow or knee extension. Since a hard end feel would indicate that the client's joints are functioning normally, there would typically be no pain experienced.

NEW QUESTION 3

Which activity is likely to cause the most lactic acid build up in a client?

- A. A long car ride
- B. Walking up stairs
- C. A long walk
- D. Sprinting

Answer: D

Explanation:

Lactic acid buildup occurs when the demand for energy exceeds the tissues ability to process the metabolic waste. Sprinting is the only activity mentioned that can create this scenario.

NEW QUESTION 4

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

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.

NEW QUESTION 5

Where would you locate the annular ligament?

- A. Knee
- B. Ankle
- C. Wrist
- D. Elbow

Answer: D

Explanation:

The annular ligament stabilizes the proximal radius against the ulna during pronation and supination of the wrist. The ligament is located deep to the supinator and origin of the extensor muscles of the forearm near the head and proximal shaft of the radius at the elbow.

NEW QUESTION 6

Applying force against an active movement by a client during an assessment is _____.

- A. active ROM

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

Answer: D

Explanation:

When a therapist applies force against an active movement during an assessment, they are providing resistive ROM. This is used to test for muscle strength and weakness.

NEW QUESTION 7

_____ is a proprioceptive sensory receptor located at the insertion of skeletal muscle which protects against damage from an excessive load or stretch.

- A. apparatus
- B. tendon organ
- C. Action potentials
- D. Spinal reflex

Answer: B

Explanation:

A Golgi tendon organ or GTO provides the sensory component to the Golgi tendon reflex, a phenomenon that protects a muscle/tendon from an excessive load or stretch.

NEW QUESTION 8

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

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

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.

NEW QUESTION 9

The main function of the epiglottis is to:

- A. Produce sound and vocalization
- B. Protect the airway during swallowing
- C. Deliver oxygen to the lungs
- D. Protect the esophagus during eating

Answer: B

Explanation:

The epiglottis is a fold of cartilaginous tissue located above the glottis in the pharynx. During normal swallowing the larynx moves upward and the epiglottis folds over the glottis. This prevents substances from entering the respiratory system.

NEW QUESTION 10

Which of the following is not found in the nucleus of a cell?

- A. Nucleolus
- B. Chromatin
- C. Chromosomes
- D. Lysosomes

Answer: D

Explanation:

The nucleus comprised of the nucleolus, chromatin and chromosomes is the command center of a cell. Lysosomes act as the cells digestive system.

NEW QUESTION 10

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 14

What does the term olfaction relate to?

- A. Sense of smell
- B. Sense of taste
- C. Eyesight
- D. Hearing

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.

NEW QUESTION 15

The plasma membrane is also known as _____.

- A. phospholipid bilayer
- B. peripheral protein
- C. cytoplasm
- D. branching cells

Answer: A

Explanation:

The plasma membrane is made of two layers of fat molecules that contain phosphorus and is also known as the phospholipid bilayer.

NEW QUESTION 18

Which type of nerves are stimulated by massage to send messages to the central nervous system?

- A. Afferent nerves
- B. Efferent nerves
- C. Somatic nerves
- D. Neurologic nerves

Answer: A

Explanation:

Nerves that send messages to the central nervous system (CNS) are called afferent nerves. Sensory receptors are examples of afferent nerves. The nerves that send messages from the CNS to the body are called efferent nerves. Somatic nerves are an example of efferent nerves.

NEW QUESTION 19

When a client asks for personal information about their friend which happens to be a client, the correct response should be _____.

- A. to discuss the details
- B. to end the conversation
- C. to tell them some but not all details
- D. to find a way to turn the focus back on them

Answer: D

Explanation:

When a client asks about the private matters of a common client/friend, they are trying to fill a gap that a massage therapist, as a professional, should not fill. The massage therapist may think the client making the request for information will respect the therapist for divulging privileged information but they will ultimately grow to distrust the therapist's adherence to client confidentiality. The best answer is one that puts the focus back on them.

NEW QUESTION 22

Celiac refers to which location in the body?

- A. Abdomen
- B. Mouth
- C. Brain
- D. Chest

Answer: A

Explanation:

The term celiac describes the location of the abdomen and is used to describe the location of nerves as in the celiac plexus or the location of cardiovascular tissue as in the celiac artery. Celiac disease denotes the location of the disease located in the abdominal region.

NEW QUESTION 23

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 27

What is the control center of a cell?

Available Choices (select all choices that are correct)

- A. Cytoplasm
- B. Mitochondrion
- C. Nucleolus
- D. Ribosome

Answer: C

NEW QUESTION 32

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 33

What does the Arndt-Schultz Law pertain to?

- A. Acute and chronic injuries
- B. Dry and moist skin types
- C. Flexibility and tension patterns
- D. Pressure related physiological processes

Answer: C

Explanation:

The Arndt-Schultz Law states that a weak stimulus will have no effect on a physiological process, that an intermediate stimulus will promote a physiological process whereas a strong stimulus will inhibit a physiological process.

NEW QUESTION 36

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 38

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 40

Placing your hands onto a client to assess their condition is known as a _____ assessment.

- A. visual
- B. palpation
- C. subjective
- D. postural

Answer: B

Explanation:

Using your hands to assess the condition of a client is a palpation assessment.

NEW QUESTION 43

Which of the following muscles is a synergist for the biceps brachii?

- A. Triceps
- B. Posterior deltoid
- C. Pec major
- D. Brachialis

Answer: D

Explanation:

The synergist or assisting muscle to the biceps brachii is the brachialis muscle.

NEW QUESTION 45

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 47

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 50

What is another term for the bicipital groove?

- A. Tuberosity
- B. Intertubercular
- C. Epicondyle
- D. Fossa

Answer: B

Explanation:

The deep groove between the greater and lesser tubercles of the humerus is the home of the bicipital tendon which lies in the intertubercular groove, also known as the bicipital groove.

NEW QUESTION 55

Which of the following is typical of an acute injury?

- A. Scar tissue
- B. Keloids
- C. Inflammation
- D. Depression

Answer: C

Explanation:

All of the other options would indicate a chronic or later stage of an injury/dysfunction. During an acute injury, inflammation would be most evident.

NEW QUESTION 60

What is another term for kinesthesia?

- A. Proprioception
- B. Pain
- C. Mechanoreceptors
- D. Tetanus

Answer: A

Explanation:

Kinesthesia is another term for proprioception, or the ability of a person to perceive their own movement.

NEW QUESTION 62

What does the acronym HOPS relate to?

- A. full body assessment
- B. brain activity monitoring
- C. disease assessment
- D. strength and endurance training

Answer: A

Explanation:

HOPS stands for History, Observation, Palpation and Special tests. HOPS is used to assess the client's experience, provide a postural assessment, give a physical examination, and test the function and structure of the client's body.

NEW QUESTION 64

The circadian rhythm is a biological clock that resets every 12 hours.

- A. TRUE
- B. false

Answer: B

Explanation:

The circadian rhythm is a term used to describe biological process that are governed by external factors like light and darkness or temperature. The circadian rhythm was first recorded in the 4th century BC and has been researched ever since. The evidence points to this clock being reset every 24 hours.

NEW QUESTION 66

What do the trapezium, trapezoid, capitate and hamate have in common?

- A. comprise the proximal row of carpal bones
- B. comprise the distal row of carpal bones
- C. tarsal bones of the foot
- D. bones of the cranium

Answer: B

Explanation:

The trapezium, trapezoid, capitate and hamate comprise the distal row of carpal bones of the hand. The scaphoid lunate, triquetrum and pisiform comprise the proximal row of carpals.

NEW QUESTION 71

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
- C. a secondary trigger point
- D. a latent trigger point

Answer: A

Explanation:

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

NEW QUESTION 72

Which muscle is a prime mover for neck extension?

- A. Splenius capitis
- B. Extensor hallucis longus
- C. Sternocleidomastoid
- D. Rhomboids major

Answer: A

Explanation:

The splenius capitis muscle originates along the lower half of the nuchal ligament, spinous process of the seventh cervical vertebrae and the upper third or fourth thoracic vertebrae which insert into the mastoid process of the temporal bone. The action of the splenius capitis is to extend the neck posteriorly as well as assisting with lateral rotation and lateral flexion of the cervical spine.

NEW QUESTION 73

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 78

The ulna rotates around the radius.

- A. TRUE
- B. FALSE

Answer: B

Explanation:

The ulna is stationary during wrist rotation.

NEW QUESTION 83

Which of the following muscles would contribute to wrist adduction?

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

Answer: B

Explanation:

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

NEW QUESTION 86

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 91

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 95

Which of the following is the only neurotransmitter used by the motor division of the somatic nervous system?

- A. Acetylcholi
- B. Dopamine
- C. Serotonin
- D. Glutamate

Answer: A

Explanation:

Acetylcholine is distinguished from other neurotransmitters due to its ability to transmit signals at the neuromuscular junction between the nervous system and the muscular system.

NEW QUESTION 96

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 98

Which of the following is a violation of client confidentiality?

- A. Asking a client about their home office
- B. Speaking with a client's doctor about their prescription
- C. Maintaining records in a safe location outside of the office
- D. Approaching a client in a public setting

Answer: D

Explanation:

Although it may seem cold and unfriendly, it is up to the client to approach the massage therapist if they wish in a public setting.

NEW QUESTION 99

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 104

Carbohydrate digestion mostly occurs at which point in the digestive tract?

- A. Mouth
- B. Stomach
- C. Small intestine
- D. Large intestine

Answer: C

Explanation:

Carbohydrate digestion occurs mainly in the small intestine where the pancreatic digestive enzyme amylase converts starches into maltose which is then converted to glucose by the enzyme maltase. Sucrase converts sucrose to glucose and lactase converts lactose to glucose in the small intestine as well.

NEW QUESTION 108

On which bone would you locate the infraglenoid tubercle?

- A. Clavicle
- B. Pelvic
- C. Calcaneus
- D. Scapula

Answer: D

Explanation:

The infraglenoid tubercle is the attachment site of the long head of the triceps brachii and is located at the most superior aspect of the lateral border of the scapula.

NEW QUESTION 113

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

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

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..

NEW QUESTION 114

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 115

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 120

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 125

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 128

Which of the following anatomical directional references is not matched correctly?

- A. Medial - toward the midline of the body
- B. Distal - toward an attached base structure
- C. Ventral - toward the front or belly side
- D. Dorsal - on the posterior or back side

Answer: B

Explanation:

All directional terms use the anatomical position as the standard point of reference. The term "distal" refers to a structure that is located away from a base structure - for example, the hand is distal to the elbow.

NEW QUESTION 132

A postural assessment may be performed while a client is at rest in a supine position.

- A. TRUE
- B. FALSE

Answer: B

Explanation:

A postural assessment can be performed while the client is standing to observe how they hold themselves upright in relation to gravitational forces or while laying down in a supine/prone position to determine any asymmetries.

NEW QUESTION 134

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 139

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
- D. Initial complaint

Answer: C

Explanation:

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

NEW QUESTION 140

Where are the adrenal glands located?

- A. Brain cavity of skull
- B. Along the anterolateral portion of the neck
- C. Superior to the kidneys
- D. Throughout the body along circulatory tissues

Answer: C

Explanation:

The adrenal glands, known for releasing "fight or flight" hormones in response to stressors, are located superiorly to the kidneys.

NEW QUESTION 142

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 146

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 151

What are the ideal times to perform an assessment of the client to understand problem areas and the effectiveness of treatment?

- A. After the treatment
- B. During the treatment
- C. All of the above
- D. A and b only

Answer: A

Explanation:

Before starting treatment with a client, a massage therapist must first understand what the nature of the client's complaint is, whether the condition is indicated or contraindicated or if a referral is necessary. Once the therapy session is complete, an assessment is necessary to determine the benefit of the treatment to the client.

NEW QUESTION 156

When are massage therapists allowed to disclose confidential information about the client to third parties without the client's consent?

- A. When the massage therapist is placed in danger
- B. When required by law or court order
- C. When the massage therapist has suspicion of child abuse
- D. All of the above

Answer: D

Explanation:

In almost all situations, the massage therapist needs to retain a strict confidentiality of the client's information. However, there are certain exceptions, such as when the massage therapist feels in personal danger, when there are suspicions of a client abusing a child and whenever required by law.

NEW QUESTION 157

Where are cubital lymph nodes located?

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

Answer: B

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.

NEW QUESTION 162

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 165

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 168

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 170

A client has asked a massage therapist to volunteer at a special event for the mentally disabled. The massage therapist would be the only massage therapist at the event. The therapist has over 10 years of experience and is well trained in massage. However, the massage therapist is uncomfortable working with people who have difficulties with communication. Which of the following is a valid explanation for declining the request in this situation?

- A. Inability to work with people who cannot communicate
- B. Lack of necessary training and skills
- C. Lack of additional support during the event
- D. Only works for money

Answer: A

Explanation:

Communication is a very important component of the client/therapist relationship. A therapist who prefers the feedback and open communication from a client is justified to decline work if the client cannot communicate with the massage therapist.

NEW QUESTION 174

A protrusion of the intestine thru the inguinal canal is referred to as _____.

- A. diverticulum
- B. exophthalmos
- C. hernia
- D. bulqaria

Answer: C

Explanation:

A hernia occurs when an organ, or the surrounding fascial tissue of the organ, protrudes through the wall or membrane that contains it. Hernias can occur at various points within the body and are often named by their location. This question deals with an inguinal hernia. Hernias are classified as either reducible hernias or irreducible hernias. Reducible hernias can be manually reversed by applying direct pressure whereas irreducible hernias need surgery to reverse the condition.

NEW QUESTION 178

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 183

What do boundaries clarify?

- A. Our needs and desires
- B. Our need to protect ourselves
- C. Our need to protect our
- D. Our personal limits and expectations

Answer: D

Explanation:

Having clear boundaries will assist the massage therapist in knowing when a personal limit has been reached and what can be expected from the therapist and the client within a professional relationship.

NEW QUESTION 184

Which of the following cells are important to blood clotting?

- A. Erythrocytes
- B. Leukocytes
- C. Phagocytes
- D. Thrombocytes

Answer: D

Explanation:

Thrombocytes or platelets, are essential to blood clotting. Thrombocytes create platelet plugs by releasing prothrombin at an injury site that bonds with calcium to form a clot.

NEW QUESTION 189

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 190

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 195

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 197

When a client's skin is discolored with a bluish tint, this would be an indication of which body system dysfunction?

- A. Skin
- B. Nervous
- C. Muscular
- D. Cardiovascular

Answer: D

Explanation:

The bluish tint in a client's skin is an indication of a cardiovascular issue and is due to a lack of oxygen within the blood also known as hypoxia.

NEW QUESTION 201

Which condition would include an issue with the flexor carpi radialis muscle?

- A. medial epicondylitis
- B. thoracic outlet syndrome
- C. lateral epicondylitis
- D. cubital tunnel syndrome

Answer: A

Explanation:

The flexor carpi radialis muscle is part of the flexor muscle group of the forearm which inserts into the common flexor tendon. Medial epicondylitis is the condition which includes the flexor muscle group of the forearm. Medial epicondylitis is also called golfers elbow due to the end range of motion during a golf swing that causes the most damage to the flexor muscles.

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 210

Systole refers to the force needed to contract blood out of the heart.

- A. TRUE
- B. FALSE

Answer: A

Explanation:

Systole or systolic pressure is the measured amount of force required by the heart to pump or squeeze blood out of its chambers.

NEW QUESTION 212

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