

MULTIPLE CHOICE

1. Which of the following is considered part of professionalism?
- Having personal ethics
 - Adhering to certain methods and standards
 - Paying organizational dues
 - Writing research papers

ANS: B DIF: 1 REF: 4

2. Therapeutic touch is characterized as:
- a type of service.
 - a product the professional sells.
 - desiring a specific treatment outcome.
 - using only deep pressure.

ANS: A DIF: 2 REF: 4

3. Professional therapeutic massage involves the ability to:
- identify a pattern of muscle tension in a client.
 - know how massage application can affect the client's body.
 - understand how the systems of the client's bodywork together.
 - All of the above are true.

ANS: D DIF: 2 REF: 4

4. A client begins receiving massage therapy after the death of her husband. The purpose of the session for this client should be for her to experience:
- a ritual.
 - a verbal communication.
 - an eroticism.
 - a compassion.

ANS: D DIF: 1 REF: 5

5. The word *massage* is derived from the:
- Latin root *massa*.
 - Greek roots *massein* and *masso*.
 - Arabic root *mass* or *mass'h*.
 - All of the above are true.

ANS: D DIF: 1 REF: 5

6. The skin's relationship to touch is shown by the fact that it:
- receives projected sensations from visceral structures.
 - has no effect on the autonomic nervous system.
 - reflects visceral conditions but not emotions.
 - prevents deeper sensations from reaching the surface of the body.

ANS: A DIF: 2 REF: 5

7. A massage therapist needs to be aware that touch as communication:
- sometimes has the potential for being misunderstood.
 - may be a less emotionally powerful form than speech.
 - is often more clear than speech.
 - creates an individual's area of personal space.

ANS: A DIF: 3 REF: 6

8. A sense of appropriate, comfortable personal space is determined by a person's:
- gender.
 - age.
 - culture.
 - All of the above are true.

ANS: D DIF: 2 REF: 6

9. The interpretation of touch is characterized by:
- having influences from cultures and subcultures.
 - being erotic in the professional setting.
 - remaining static over age changes and life cycles.
 - being inappropriate in a spiritual setting.

ANS: A DIF: 2 REF: 6

10. Spiritual touch is described as:
- never being appropriate.
 - staying separate from organic healing of the body.
 - involving body, mind, and spirit.
 - focusing on the functioning of the body.
- ANS: C DIF: 2 REF: 7
11. The best to approach a massage session with a ticklish client is to:
- always use deeper pressure.
 - explain that therapeutic touch is not erotic.
 - explain each therapeutic touch ahead of time.
 - use light stroking if the client can relax.
- ANS: C DIF: 2 REF: 7
12. Veda and her client have disagreed over what time the appointment was supposed to be. Each is convinced she is right, and each is highly irritated with the other. What course of action should Veda take to ensure she and the client get the most out of the session?
- Get on with the massage so no further time is wasted for either her or the client.
 - Use firmer pressure than usual to release her anger while still giving a therapeutic massage.
 - Wait a moment to collect herself, then check in with the client to see whether both of them are ready to begin the treatment.
 - Cancel the appointment and tell the client to leave immediately.
- ANS: C DIF: 3 REF: 9
13. What is the appropriate response if the massage professional experiences unexpected erotic feelings while massaging a particular client?
- Stop the massage, give a polite excuse for needing to leave, then find a replacement massage therapist, telling the client that the new therapist is better.
 - Do not express these feelings to the client, and seek mentoring to resolve the issue and refer the client if the feelings cannot be managed.
 - Meet with the client later, and only outside of the therapeutic setting to ask whether these feelings are returned.
 - Finish the massage but refer the client to another massage therapist that is much older for future sessions.
- ANS: B DIF: 3 REF: 9
14. The more emotionally or physically charged a body area is, the more the person touched in that area may feel:
- insecure or threatened.
 - emotionally connected and intimate.
 - aroused.
 - Any of the above may be true.
- ANS: D DIF: 2 REF: 9
15. The areas considered to be “no-touch zones” in most societies are:
- the anus, genitals, mouth, and feet.
 - mouth, ears, nose, anus, and genitals.
 - anus, genitals, breasts, and backs of the thighs.
 - hands, feet, anus, genitals, and mouth.
- ANS: B DIF: 2 REF: 9
16. Using massage to increase the range of motion in a client’s shoulder is an example of what type of touch?
- Nontherapeutic
 - Expressive
 - Mechanical
 - Erotic
- ANS: C DIF: 2 REF: 10
17. According to the Eastern chakra system, the chakra that concerns the reflection of the total, or essential, self is the:
- fourth, or heart, chakra.
 - fifth, or throat, chakra.
 - sixth, or brow, chakra.
 - seventh, or crown, chakra.
- ANS: C DIF: 2 REF: 10
18. Which chakras support nonjudgmental love and respect for each person’s expression of self and the sacred and therefore are the source of intention in professional touch?
- First through fourth
 - Third through fifth
 - Fourth through seventh
 - Fifth through seventh
- ANS: C DIF: 3 REF: 10 | 11

19. Extensive training in mental health is required to interact professionally with what chakra?
- Seventh
 - Sixth
 - Fifth
 - Fourth
- ANS: B DIF: 2 REF: 11
20. Which of the following is the term for the conscious awareness of collected and integrated subconscious information that is processed through the environment, experience, and circumstances?
- Intuition
 - Intention
 - Therapeutic touch
 - Touch intentions
- ANS: A DIF: 1 REF: 8
21. Which of the following is accurate for students to remember when consulting an instructor about a client's situation?
- The instructor's touch is no more right than the student's.
 - The instructor's touch will be superior, so it is perfectly natural for the client to request treatments from the instructor instead.
 - The student has violated the client's privacy by inviting the instructor's input.
 - The student avoids violating client privacy by not revealing the client's and practitioner's identities to each other.
- ANS: A DIF: 3 REF: 12
22. Massage came to the Romans from the:
- Chinese.
 - Mayans.
 - Greeks.
 - Middle Ages.
- ANS: C DIF: 1 REF: 17
23. Swedish massage is based on the use of:
- active and passive movements.
 - physical manipulation of the muscles, mimicking the positions and movements of gymnastics.
 - knowledge of the circulation of the blood and lymph.
 - All of the above are true.
- ANS: D DIF: 2 REF: 17
24. Ling divided movements into:
- exercise, resistive exercise, and range of motion and stretching.
 - exercise, gymnast-directed positions, and movements in opposition to one another.
 - cardiovascular and muscle-building.
 - passive stretches and active range of motion.
- ANS: A DIF: 2 REF: 17
25. In 1916, part of Dr. James B. Mennell's fame was that he demonstrated that massage exerted effects by mechanical stimulation of the:
- lungs, small intestine, and kidneys.
 - liver, gallbladder, small intestine, and colon.
 - liver, small intestine, and bowel.
 - stomach, small intestine, and colon.
- ANS: D DIF: 1 REF: 20
26. What received more attention than any other bodywork method during the 1970s and 1980s?
- Swedish massage
 - Acupressure
 - Exercise and the physical fitness movement
 - Hydrotherapy
- ANS: B DIF: 2 REF: 21
27. Swedish/classical massage became more accepted after it was validated by the medical community, which was thanks to:
- Ling.
 - Ibn Sina.
 - Kellogg.
 - Mezger.
- ANS: D DIF: 1 REF: 18

28. Factors that have helped massage to flourish include:
- the use of standardized terminology.
 - the development of profit-oriented schools and educators, which brought a new tone of professionalism to the field.
 - the involvement of the local government.
 - new claims and admissions by practitioners of massage that they were truly “healers.”
- ANS: A DIF: 2 REF: 25
29. Bodywork sessions that include the use of concepts such as prana, chakras, and energy balance would indicate a foundation in:
- Ling’s movement cure.
 - Russian massage.
 - Hatha yoga.
 - Chinese Tui-na.
- ANS: C DIF: 1 REF: 15
30. Sister Kenny’s role in the history of bodywork is that she:
- founded psychotherapeutic body techniques.
 - developed the Trager system.
 - wrote the first major book on Proprioceptive Neuromuscular Facilitation.
 - used massage in the treatment of polio.
- ANS: D DIF: 1 REF: 20
31. Elizabeth Dicke developed which of the following?
- Massage as an aid to postsurgical recovery
 - Swedish movements as used in the United States
 - The classic Proprioceptive Neuromuscular Facilitation
 - Connective tissue massage
- ANS: D DIF: 1 REF: 20
32. A massage practitioner has a good retention rate for clients who want an increase in physical performance, such as increases in range of motion. However, when the clients request more general relaxation massage, the massage therapist does not have the same retention rate. The most likely reason is because the massage professional is:
- naturally displaying expressive touch.
 - unable to manage erotic feelings.
 - most comfortable with mechanical touch.
 - dealing with issues of unclear boundaries.
- ANS: C DIF: 3 REF: 10
33. Energy fields, or centers of consciousness, within the body are called:
- spirals.
 - chakras.
 - motor points.
 - trigger points.
- ANS: B DIF: 1 REF: 10
34. The arts, beliefs, customs, institutions, and all other products of human work and thought created by a specific group of people at a particular time are called:
- culture.
 - society.
 - government.
 - tribe.
- ANS: A DIF: 1 REF: 6
35. Touch applied to support and convey awareness of and empathy for the client as a whole person is called:
- palliative.
 - energetic.
 - expressive.
 - awareness.
- ANS: C DIF: 1 REF: 10
36. A specific type of bodywork that enhances lymphatic flow is called:
- lymphedema therapy.
 - polarity therapy.
 - lymphatic drainage.
 - connective tissue massage.
- ANS: C DIF: 1 REF: 20
37. Touch applied with the intent of achieving a specific anatomic or physiologic outcome is called:
- energetic.
 - mechanical.
 - emotional.
 - cardiovascular.
- ANS: B DIF: 1 REF: 10

38. A recent graduate from massage school is hoping to get a job doing massage to earn money to go on to chiropractic school. She feels that massage school was a great preparation for the chiropractic studies. Which of the following statements best explains why?
- Studying to be a chiropractor means she can be unconcerned about practicing professional touch while she does massage.
 - Chiropractic school will allow her to be less focused on the therapeutic application of touch.
 - She is pursuing a career track that builds on skills she learned in massage school about presenting herself as a professional.
 - While working at the massage job, she will not be expected to maintain occupational standards.

ANS: C DIF: 3 REF: 25

39. Which of the following is involved in massage application?
- The anatomy and physiology of touch sensation
 - Nurturing the survival aspect of touch
 - Accepting the communicational aspects of touch
 - All of the above

ANS: D DIF: 2 REF: 5 | 6

40. A massage therapist has moved from an urban environment to a rural environment. Of the following, which would be the most influential in establishing a new client base?
- Culture
 - Gender
 - Age
 - Spirituality

ANS: A DIF: 2 REF: 6

41. A massage practitioner is adjusting to an ethnically diverse client base on a cruise ship. She is asking the supervisor to explain what the various populations will want when they receive massage. What may be short-sighted about this approach?
- It is important to consider gender and age when establishing rapport with clients.
 - The massage practitioner should be inquiring about gender differences, not cultural differences.
 - The massage practitioner should be more focused on length of treatment times.
 - Generalization is not helpful when working with individuals, regardless of culture.

ANS: D DIF: 2 REF: 7

42. A client is saying that he was uncomfortable during a massage he received while on vacation but cannot identify why. The massage therapist who gave the massage had a strong personality and was quite insistent that the way he performed massage was the most correct method. The most likely reason that the client was not comfortable is because the touch seemed:
- aggressive.
 - erotic.
 - spiritual.
 - nurturing.

ANS: A DIF: 3 REF: 8

43. A massage therapist notices that he consistently feels unsettled when working with clients who have been in severe accidents. This is because the massage therapist's father was injured in a work-related accident. What is being described?
- Culture
 - Genetic predisposition
 - Life events
 - Subculture

ANS: C DIF: 2 REF: 7

44. A client requests that the massage therapist avoid his chest and abdomen during the massage. The best explanation of why is because these areas:
- are highly sensitive.
 - are mechanically addressed.
 - correspond to the area of the sixth chakra.
 - get cold easily.

ANS: A DIF: 2 REF: 9

45. When considering the consciousness levels of the chakra systems and touch, a massage therapist notices during assessment that the client places her hands over the third (navel) chakra area. The best explanation of why is because the client:
- may be concerned about survival issues.
 - is reflecting an increase in the essential self.
 - has transcended the lower chakras.
 - may be reinforcing individual power and control.

ANS: D DIF: 2 REF: 10

46. Which of the following contributed most to the revival of massage in the 1960s?
- The humanistic movement
 - The increase in the number of professional massage associations
 - Acceptance of massage by the medical community
 - Conclusive endorphin research
- ANS: A DIF: 2 REF: 21
47. Touch as a part of healing interventions is characterized by:
- developing from multiple cultures.
 - being based solely on Chinese folk medicine.
 - being first written about 2,000 years ago.
 - not becoming popular with physicians until the 1400s.
- ANS: A DIF: 2 REF: 16
48. Professional forms of appropriate touch include:
- socially stereotyped touch and aggressive touch.
 - erotic touch and inadvertent touch.
 - touch technique and aggressive touch.
 - touch technique and touch that communicates information.
- ANS: D DIF: 2 REF: 10
49. The communication of touch is most affected by which of the following?
- Age and professional attire
 - Culture and life events
 - Methodology and gender
 - Spirituality and training
- ANS: B DIF: 1 REF: 6
50. The Greek physician Hippocrates' role in massage is that he:
- endorsed the use of it for all health conditions.
 - recommended that assistants, not physicians, perform it.
 - was taught massage by Galen.
 - described its medical benefits.
- ANS: D DIF: 1 REF: 16
51. Per Henrik Ling's contribution to massage is that he:
- used French terms to describe its methods.
 - used many medical terms to describe his work.
 - combined strokes and gymnastic movements in his work.
 - really was the one who invented it.
- ANS: C DIF: 1 REF: 17
52. The massage scandals of 1894 were important because they shed light on:
- an incompetent system of education.
 - unethical physicians who trained therapists.
 - proper school recruitment tactics.
 - appropriate advertising practices.
- ANS: A DIF: 1 REF: 18
53. Which of the following accurately describes significant contributions to the massage and bodywork profession?
- Germans promoting the teaching of massage to the blind
 - Albert Hoffa's writings on classical massage techniques
 - Sister Kenny performing connective tissue work
 - Elizabeth Dicke and Maria Ebner using massage in the treatment of polio
- ANS: B DIF: 1 REF: 20
54. The development of manual lymphatic drainage is credited to:
- Louise K. Despard.
 - Emil Vodder.
 - Mary McMillan.
 - Max Bohm.
- ANS: B DIF: 1 REF: 20
55. One of the most influential massage researchers of current times is:
- Ronald Melzack.
 - Dorothy Voss.
 - David Palmer.
 - Dr. Tiffany Field.
- ANS: D DIF: 1 REF: 22

56. Current trends suggest that the massage profession is changing in which of the following ways?
- a. Professional massage is becoming more sophisticated, requiring increased education.
 - b. The rate of acceptance of massage is slowly increasing but only for wealthy clients.
 - c. Massage professionals will work primarily outside the health care environment.
 - d. Multiple employment opportunities within the service/wellness area of massage will decrease, and jobs in managed health care will increase.

ANS: A DIF: 2 REF: 25

57. What term describes a certain combination of ideas that suddenly reveals a simple underlying pattern?
- a. Intention
 - b. Proximity
 - c. Inspiration
 - d. Similarity

ANS: C DIF: 1 REF: 8

58. What is one way to get in touch with intuition?
- a. Focus intently on getting the answer to a question.
 - b. Be quiet and perform repetitive tasks.
 - c. Consciously suppress thoughts and dreams.
 - d. Set a deadline to get the answer to a question.

ANS: B DIF: 1 REF: 8