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Massage & Bodywork Licensing Examination

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**QUESTION 1**

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

Correct 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.

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**QUESTION 2**

Tennis elbow affects the flexor muscles of the forearm.

- A. TRUE
- B. FALSE

Correct Answer: B

Explanation: Tennis elbow affects the extensor muscles of the forearm and is attributed to the tearing of flexor muscles during impact of a back hand swing.

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**QUESTION 3**

How many types of Schwann cells exist in the human body?

- A. 1
- B. 2
- C. 3
- D. 4

Correct Answer: B

Explanation: There are two types: myelinating and nonmyelating. Myelinating Schwann cells wrap around axons of motor and sensory neurons to form the myelin sheath, which acts to protect and support nerve functioning. Non-myelinating Schwann cells are involved with maintaining the health and vitality of the axon or nerve fiber.



#### QUESTION 4

A hip joint that feels restricted and lacking in movement is considered hypermobile.

A. TRUE

B. FALSE

Correct Answer: B

Explanation: A joint that feels restricted and lacking in movement is hypomobile. A joint that is lax and loose would be hypermobile.

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#### QUESTION 5

Where would you locate the annular ligament?

A. Knee

B. Ankle

C. Wrist

D. Elbow

Correct 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.

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