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QUESTION 1

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.

QUESTION 2

Boundaries are an integral aspect of the massage profession. Which of the following is a core value of boundaries?

- A. Establishing integrity
- B. Demanding respect
- C. Gaining acknowledgment from our peers
- D. Expecting loyalty from clients

Correct Answer: A

Explanation: Having concise and clear boundaries is the best way to eliminate confusion and gain trust from a client, and in doing so the massage therapist establishes integrity.

QUESTION 3

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 4

Which cells are responsible for generating the electrical impulses that control heart rate?

- A. Myocytes
- B. Glial
- C. Epithelial
- D. Merkel

Correct Answer: A

Explanation: There are various forms of myocytes in the body, but it is the cardiac myocytes that are responsible for generating the electrical impulses that control heart rate.

QUESTION 5

What does a sulcus refer to?

- A. A passage or canal
- B. The meeting point where bones are joined together
- C. A narrow groove
- D. A knob like process

Correct Answer: C

Explanation: A sulcus is a general term to describe a narrow groove. There are many places on the body where a sulcus can be found. A few examples are the gluteal sulcus, radial sulcus or the gingival sulcus between the gums and teeth.