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Massage & Bodywork Licensing Examination

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**QUESTION 1**

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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**QUESTION 2**

Which of the following muscle groupings are considered phasic muscles?

- A. Triceps brachii, deltoid
- B. Temporalis, masseter
- C. Quadratus lumborum, cervical erector spinae
- D. Gastrocnemius, soleus

Correct Answer: A

Explanation: Phasic muscles are fast twitch muscles and are best suited for quick movements. The triceps brachii and deltoid muscles are typically used for movements and do not have a postural role. They are also prone to inhibition as well as fatigue.

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**QUESTION 3**

A client has requested to receive visceral manipulation from a massage practitioner who has no experience or training in visceral manipulation but has a general understanding of the technique. The client has received visceral manipulation from other massage therapists and insists that he can teach the practitioner to provide the treatment. The client is not affiliated with any aspect of healthcare. Choose the best option to proceed.

- A. Massage the client but avoid any attempt to provide visceral manipulation.
- B. Massage the client while attempting to provide visceral manipulation.
- C. Massage the client while learning from the client's experience of visceral manipulation.
- D. Refer the client to a practitioner who is trained in visceral manipulation.



Correct Answer: D

Explanation: A massage practitioner should never work outside of his or her scope of practice. There are many therapists with varying degrees of training and expertise. The best option is to refer the client to another therapist or medical practitioner with the proper training to better assist the client's needs.

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#### QUESTION 4

During an assessment, a massage therapist instructs their client to move a part of their body without assistance. This is known as \_\_\_\_\_.

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

Correct Answer: A

Explanation: When a client performs an unassisted movement of their body, they are displaying an active ROM. This is used to determine the client's natural range of motion.

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#### QUESTION 5

A client can experience phantom pain if they have \_\_\_\_\_.

- A. a psychological disorder
- B. diabetes
- C. lost a limb
- D. a neurological dysfunction

Correct Answer: C

Explanation: Phantom pain is a phenomenon where a person experiences sensations of a limb or body part after it has been amputated. Phantom sensations have also occurred in people with removed organs and after a mastectomy.

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