



# MBLEX<sup>Q&As</sup>

Massage & Bodywork Licensing Examination

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**QUESTION 1**

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.

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**QUESTION 2**

A regular client has recently complained of pain in the arches of their feet. Which of the following healthcare providers should you refer your client to?

- A. Physical Therapist
- B. Chiropractor
- C. Orthopedist
- D. Podiatrist

Correct Answer: D

Explanation: A Podiatrist is a doctor devoted to the study, diagnosis and treatment of disorders that affect the foot, ankle and lower leg. Practitioners of podiatry may focus on varying specialties within the field including primary care, orthopedics, biomechanics, pediatrics, geriatrics, sports medicine and surgery. Having an understanding of the different branches of medical providers will increase your effectiveness with your clients and allow for a better network of practitioners.

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**QUESTION 3**

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



Correct 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.

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#### QUESTION 4

Which of the following hormones is responsible for the regulation of metabolism?

- A. Thyroxine
- B. FSH
- C. Progesterone
- D. Adrenaline

Correct Answer: A

Explanation: Thyroxine, produced by the thyroid gland, is a hormone that affects nearly every cell in the body by regulating metabolic processes.

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#### QUESTION 5

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

Correct 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.

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