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QUESTION 1

When a client's skin is discolored with a bluish tint, this would be an indication of which body system dysfunction?

- A. Skin
- B. Nervous
- C. Muscular
- D. Cardiovascular

Correct Answer: D

Explanation: The bluish tint in a client's skin is an indication of a cardiovascular issue and is due to a lack of oxygen within the blood also known as hypoxia.

QUESTION 2

What do the levator scapulae, trapezius (upper fibers), biceps brachii, subscapularis and soleus all have in common?

- A. Act on the shoulder
- B. Phasic muscles
- C. Postural muscles
- D. Fast twitch muscle

Correct Answer: C

Explanation: All the muscles listed in the question are examples of postural muscles. Postural muscles are slow twitch and highly susceptible to hypertonicity in over-use and under-use scenarios.

QUESTION 3

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.



QUESTION 4

Which two tendons comprise the anatomical snuff box?

- A. Extensor pollicus longus and extensor pollicus brevis
- B. Extensor carpi ulnaris and flexor digitorum longus
- C. Extensor digiti minimi and flexor carpi radial
- D. Extensor digitorum and extensor retinaculum

Correct Answer: A

Explanation: The term anatomical snuff box or rather, “snuff box” was coined by using the space between the tendons of the extensor pollicus longus and the extensor pollicus brevis (and the abductor pollicus longus) as a place to hold snuff tobacco.

QUESTION 5

On which bone would you locate the infraglenoid tubercle?

- A. Clavicle
- B. Pelvic
- C. Calcaneus
- D. Scapula

Correct Answer: D

Explanation: The infraglenoid tubercle is the attachment site of the long head of the triceps brachii and is located at the most superior aspect of the lateral border of the scapula.

QUESTION 6

What is known as the “molecular unit of currency “?

- A. Actin
- B. ATP
- C. T cells
- D. Gamma globulins

Correct Answer: B



Explanation: The “molecular unit of currency” is often used to describe the importance of ATP (adenosine triphosphate) to cellular functions within the body.

QUESTION 7

A client presents with tendinitis pain that is experienced after an activity but not before or during the activity. What injury classification grade does the client exhibit?

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

Correct Answer: A

Explanation: The client is displaying a grade 1 injury and should heal quickly with rest and proper care. A grade 2 injury is experienced during and after an activity. A grade 3 injury is mild to moderate pain at all times with mild swelling and partial loss of functional use. A grade 4 injury is moderate to severe pain at all times with loss of functional use by a serious pathological disorder.

QUESTION 8

What does a visual assessment help determine?

- A. Neurological dysfunctions
- B. Soft tissue injuries
- C. Muscular and structural symmetry and deviations
- D. Painful movement patterns

Correct Answer: C

Explanation: A visual assessment can be a powerful tool in determining a client's muscular and structural symmetry and deviation. The findings of the assessment help the massage therapist create effective treatment plans.

QUESTION 9

The cerebral cortex is responsible for _____.

- A. consciousness
- B. hormone production
- C. regulating the heartbeat
- D. muscle motor functions



Correct Answer: A

Explanation: The cerebral cortex is the largest part of the brain and plays a key role in awareness, communication, consciousness and memory.

QUESTION 10

Which activity is likely to cause the most lactic acid build up in a client?

- A. A long car ride
- B. Walking up stairs
- C. A long walk
- D. Sprinting

Correct Answer: D

Explanation: Lactic acid buildup occurs when the demand for energy exceeds the tissues ability to process the metabolic waste. Sprinting is the only activity mentioned that can create this scenario.

QUESTION 11

Which muscle would be shortened in a client with an increased lordotic curvature?

- A. gluteals
- B. trapezius
- C. scalenes
- D. psoas

Correct Answer: D

Explanation: Lordosis is a condition of the lumbar spine which causes and anteriorly rotated pelvis. The anterior rotation causes the hip flexors to tighten which includes a shortening of the psoas muscle.

QUESTION 12

Which heart valve is the mitral valve?

- A. Tricuspid
- B. Bicuspid
- C. Pulmonary semilunar
- D. Aortic semilunar



Correct Answer: B

Explanation: The mitral valve is also known as the bicuspid, which controls blood flow between the opening of the left atrium into the left ventricle.

QUESTION 13

What is the function of a bulboid corpuscle?

- A. Detect changes in temperature
- B. Receptor which responds to pressure
- C. Contract to stand hairs straight along body
- D. Mucous membranes in the skin

Correct Answer: A

Explanation: A bulboid corpuscle is a cutaneous thermo-receptor which detect changes in temperature and relay the message to the CNS.

QUESTION 14

Lateral epicondylitis affects the outside of the knee joint.

- A. TRUE
- B. FALSE

Correct Answer: B

Explanation: Lateral epicondylitis is the technical term for tennis elbow.

QUESTION 15

Which element is needed for muscle contraction?

- A. Calcium
- B. Nitrogen
- C. Magnesium
- D. Iron

Correct Answer: A

Explanation: Skeletal muscle contraction occurs when an action potential from the brain reaches the neuromuscular junction. It causes a calcium ion influx which starts the process of a muscle contraction.



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