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QUESTION 1

Where would you locate the obturator foramen?

- A. Pelvis
- B. Jaw
- C. Skull
- D. Spine

Correct Answer: A

Explanation: The obturator foramen is the gap created by the ischium and pubis bones of the pelvis which allows passage for the nerves and blood vessels that supply the leg. The shape of the obturator foramen differ between the sexes with the gap in men being round and in women being oval.

QUESTION 2

What is the technical name for the Adam's Apple?

- A. Hyoid bone
- B. Larangeal prominence
- C. Esophagus
- D. Zygomatic arch

Correct Answer: B

Explanation: The Adams Apple is a protrusion on the anterior portion of males named after the ancient story of Adam eating the fruit from Eve and having a piece become lodged in his throat. This protrusion is the larangeal prominence formed by an angular section of thyroid cartilage. It is present in both men and women. However, it grows in size during puberty in young men.

QUESTION 3

A client has been diagnosed with pes cavus, which means they have _____.

- A. flat feet
- B. high arches of the feet
- C. aninfected abscess
- D. extreme cavities

Correct Answer: B

Explanation: A client with pes cavus has a foot deformity characterized by an abnormally high medially longitudinal arch, also known as a high medial arch of the foot.

QUESTION 4

Which of the following is typical of an acute injury?

- A. Scar tissue
- B. Keloids
- C. Inflammation
- D. Depression

Correct Answer: C

Explanation: All of the other options would indicate a chronic or later stage of an injury/dysfunction. During an acute injury, inflammation would be most evident.

QUESTION 5

What is meant by muscle flaccidity?

- A. Strength
- B. Size
- C. Flexibility
- D. Weakness

Correct Answer: D

Explanation: Muscle flaccidity pertains to the weakness of a muscle.

QUESTION 6

What does the term "stroma" relate to?

- A. Supportive framework of a biological cell
- B. Perceptions of the third eye
- C. Functional movement of digestive system
- D. Light sensitivity

Correct Answer: A

Explanation: A stroma refers to the connective framework that supports the cellular structure of tissue and organs.

QUESTION 7

What is the primary reason for keeping all records safe and protected?

- A. To insure you are paid from insurance
- B. To protect against being sued
- C. Client confidentiality
- D. Personal reasons

Correct Answer: C

Explanation: Client confidentiality is an aspect of professional ethics and should be adhered to out of respect for the client. Also, not protecting a client's information is a violation of HIPAA.

QUESTION 8

The suffix -crine refers to:

- A. Secretions
- B. Inflammation
- C. Digestion
- D. Enzymes

Correct Answer: A

Explanation: The suffix -crine refers to secretions. Endocrine gland is an example of the suffix -crine, which means an internal gland that secretes.

QUESTION 9

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 10

The radial nerve divides into a deep branch called the _____ nerve?

- A. musculocutaneous
- B. anterior interosseous
- C. palmar digital
- D. posterior interosseous

Correct Answer: D

Explanation: The radial nerve divides into the superficial dorsal digital nerves and the deeper posterior interosseous nerve, located at the posterior aspect of the forearm.

QUESTION 11

Which best describes auscultation?

- A. watching
- B. listening
- C. palpating
- D. concluding

Correct Answer: B

Explanation: Auscultation is the Latin term for listening. Many health professionals use a stethoscope to apply the highly developed skill of auscultation to assess the heart, lungs and digestive system of their patients.

QUESTION 12

What does a "z-line" refer to?

- A. A spinal disorder
- B. Border of a sarcomere
- C. A cardiology report
- D. Type of bone fracture

Correct Answer: B

Explanation: A z-line is the dark band that separate sarcomeres and forms the borders where actin molecules within a muscle combine.

QUESTION 13

A client is eating a snack while waiting for a massage in the waiting area and begins coughing and panicking, pointing to her throat. You ask if you can help, but the client is unable to speak. What has most likely happened, and what should you do?

- A. Food is lodged in his esophagus and you should give him water to drink.
- B. Food is lodged in his esophagus and you should hit him sharply on the back to dislodge it.
- C. Food is lodged in his esophagus and you should immediately apply an abdominal thrust (Heimlich maneuver) to dislodge it.
- D. Food is lodged in his trachea and you should give him water to drink.

Correct Answer: C

Explanation: Foreign objects, including food, can become lodged in the larynx or trachea (windpipe). These can often be expelled by coughing. If the person can speak or make sounds, the airway is open and there is no emergency. If the person cannot breathe or speak, there is an immediate threat of death by asphyxiation and emergency measures are needed. The Heimlich maneuver is the correct first emergency remedial action to take.

QUESTION 14

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 15

Which of the following massage techniques should not be offered in a medical massage office?

- A. Feldenkrais
- B. Tantric
- C. Neuromuscular
- D. Hellerwork

Correct Answer: B

Explanation: Tantra is a Sanskrit word meaning expanding liberation and has a place amongst certain spiritual practices. However, tantric massage is often associated with massage that focuses on various levels of “sexual healing” and, therefore, an establishment seeking a tantric massage practitioner is outside the code of ethics of the massage profession.

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