

Question 1

A consistent finding of research about massage that is true for both the giver and receiver is that massage:

- A) Reduces anxiety
- B) Improves respiration
- C) Reduces pain
- D) Improves sleep

Answer: <https://biology-forums.com/index.php?topic=628788>

Question 2

The root "path/o" refers to:

- A) Foot
- B) Disease
- C) Vein
- D) Mind

Answer: <https://biology-forums.com/index.php?topic=628884>

Question 3

Moderate pressure on the posterior cervical muscles of an elderly client:

- A) Could dislodge a thrombus that causes a stroke
- B) May be safe to apply with care
- C) Could damage blood vessels in the area
- D) Presents no reason for extra concern or caution

Answer: <https://biology-forums.com/index.php?topic=628839>

Question 4

The location and patterns of TrPs are exactly the same for everyone.

True or False?

Answer: <https://biology-forums.com/index.php?topic=629661>

Question 5

The hand providing a brace or backstop during reflexology technique applications is called the:

- A) Stabilizing hand
- B) Dormant hand
- C) Working hand
- D) Reflex hand

Answer: <https://biology-forums.com/index.php?topic=629730>

Question 6

If a person with knee pain wants to receive massage in a massage chair, a good alternative for positioning is to:

- A) Raise the chest pad to take pressure off of the knees
- B) Raise the seat to take pressure off of the knees
- C) Have him place his feet flat on the floor instead of on the knee pads
- D) Adjust the angle of the knee pads to be more horizontal

Answer: <https://biology-forums.com/index.php?topic=629552>

Question 7

The part of a research report that gives a quick overview of the study methods, results, and conclusions is the:

- A) Results
- B) Introduction
- C) Discussion
- D) Abstract

Answer: <https://biology-forums.com/index.php?topic=628787>

Question 8

Which of the following statements is not true about collagen fibers?

- A) They are flexible.

- B) They are made of protein.
C) They are the most commonly found fiber in connective tissue.
D) They are wavy.

Answer: <https://biology-forums.com/index.php?topic=629572>

Question 9

What is the difference between codes of ethics and standards of practice?

- A) Standards of practice have more authority than codes of ethics.
B) Standards of practice are more detailed than codes of ethics.
C) Standards of practice may change, but codes of ethics never change.
D) Standards of practice have the force of law, but codes of ethics do not.

Answer: <https://biology-forums.com/index.php?topic=628744>

Question 10

Explain how the theory of zone therapy relates to the reflexology maps of the feet.

Answer: <https://biology-forums.com/index.php?topic=629747>

Question 11

Women who wear _____ place strain on their legs and feet.

Answer: <https://biology-forums.com/index.php?topic=629330>

Question 12

An AML practitioner will recognize jitsu as a:

- A) Spot without muscle tone
B) Hardness, resistance, or sensitivity
C) Soft spot
D) Tingling

Answer: <https://biology-forums.com/index.php?topic=629796>

Question 13

The direction of a stretch in myofascial massage should be determined by the way the tissues want to _____.

Answer: <https://biology-forums.com/index.php?topic=629583>

Question 14

Where is the neck and shoulder guideline located?

- A) At the tuberosity of the fifth metatarsal
B) On the heel where tougher heel changes into the softer arch
C) At the base of the toes in the webbing where the toes meet the ball of the foot
D) At the base of the metatarsal heads of all toes

Answer: <https://biology-forums.com/index.php?topic=629727>

Question 15

The localized swelling of tissues as a result of the soft tissue injury from the exertion of exercise is called:

- A) Repetitive strain
B) Traumatic edema
C) Lymphedema
D) Bursitis

Answer: <https://biology-forums.com/index.php?topic=628819>

Question 16

Adjust your massage table height so that:

- A) Your back is bent when applying techniques
B) Bending at the waist and neck is minimized
C) Bending at the elbow and wrist is maximized
D) Clients can get on the table easily

Answer: <https://biology-forums.com/index.php?topic=628892>

Question 17

Describe how you would apply a stretch to the hamstring muscles using reciprocal inhibition. Explain the recipient's position, your technique, and what you would say to the recipient as you lead him or her through the stretch (include the role of breathing).

Answer: <https://biology-forums.com/index.php?topic=629109>

Question 18

A Social Security and Medicare tax for individuals who work for themselves is called the:

- A) Extra tax
- B) Income tax
- C) Proprietor's tax
- D) Self-employment tax

Answer: <https://biology-forums.com/index.php?topic=629959>

Question 19

In zone therapy theory, each side of the body has _____ zones.

Answer: <https://biology-forums.com/index.php?topic=629735>

Question 20

Using theoretical knowledge in real-life situations is what type of intellectual skill?

- A) Comprehension
- B) Application
- C) Analysis
- D) Evaluation

Answer: <https://biology-forums.com/index.php?topic=628687>