

Massage Therapist Question & Answers

1.

Decreasing sinus congestion is a reflexive effect of what type of treatment technique?

- a. Cross-fiber friction
- b. Direct pressure friction
- c. Petrissage
- d. Light effleurage

2.

A massage therapist has been in practice for the past 5 years and has maintained a level of consistency in her office. The facilities are always clean and the clients are kept up to date about any changes. The RMT is always on time and changes appointments only when sick or something truly unavoidable occurs. The practice is flourishing and clients regularly refer friends and family for treatments. Which of the following is the most likely reason for the therapist's success?

- a. The therapist focuses on financial success
- b. The therapist creates a safe environment
- c. The therapist encourages personal development and character
- d. The therapist seeks recognition from peers

3.

Which of the following structures forms the lateral wall of the nasal cavity?

- a. Nasal bones
- b. Palatine bones
- c. Maxilla
- d. Inferior nasal concha

4. What test is being performed in the following image?



- a. Speed's
- b. Hawkins
- c. Neer
- d. Yergason

5.

These thin filaments are a major component of the contractile apparatus of the skeletal muscle:

- a. Myosin
- b. Titin
- c. Actin
- d. Collagen

6. Which orthopedic test is performed when your client places his legs in a figure four position, and then slowly lowering his flexed knee towards the table?

- a. Ober's
- b. Thomas
- c. Hibb's
- d. Patrick's

7.

A client requires stretching to target a tight extensor carpi radialis brevis muscle. The RMT must apply the following technique:

- a. Wrist extension, elbow flexion
- b. Wrist and elbow flexion
- c. Wrist and elbow extension
- d. Wrist flexion, elbow extension

8. Which of the following muscles are you stretching when you apply passive forced dorsiflexion to your client's foot while his knee is flexed?

- a. tibialis anterior
- b. popliteus
- c. soleus
- d. gastrocnemius

9.

A massage therapist instructs a patient to perform a stretch as shown in the image. This type of stretch would most likely be used to stretch the:



- a. upper trapezius
- b. middle trapezius
- c. triceps

- d. pectoralis minor

10.

What does a positive sign for Apley's scratch test indicate?

- a. Meniscus injury
- b. Acromioclavicular joint pathology
- c. Glenohumeral joint pathology
- d. Sternoclavicular joint pathology

11.

This movement is produced entirely by an active contraction of the muscles:

- a. P-ROM
- b. A-ROM
- c. AA-ROM
- d. PR-ROM

12.

What is a massage therapy consideration for treatment work on a client whose medication (Rx) is Lyrica?

- a. No percussive treatment
- b. Do not position the client in prone
- c. Use caution around injection site

Light treatment work, help client on/off the table, and elevate the head when needed

13.

With your client prone and the arm at a 90 degree angle hanging off the side of the table, how do you find the muscle belly of the middle fibers of the trapezius?

- a. By sliding medially and inferiorly from the spine of the scapula
- b. By sliding laterally and inferiorly from the spine of the scapula
- c. By sliding medially and superiorly from the spine of the scapula
- d. By sliding laterally and superiorly from the lateral border of the scapula

14.

_____ is used by the massage therapist during treatments and by the client after treatment as self-care. It includes range of motion, resistance exercise, and stretching.

- a. Effleurage
- b. Remedial exercise
- c. Manual Lymphatic Drainage (MLD)
- d. Diaphragmatic breathing

15.

If a massage therapist is convicted of sexual abuse of a client, the CMTO discipline committee will publish a report of the offence. Which of the following would be **true** about the report?

- a. The RMT is published but the name of the victim is kept confidential
- b. The RMT and the victim will be published
- c. The RMT and the victim will be kept confidential
- d. The RMT will be kept confidential but the name of the victim will be made public

<https://www.freshersnow.com/previous-year-question-papers/>

1. Which system is responsible for carrying oxygen to the cells of the body and assisting in the removal of waste from the cells of the body?

- a. Circulatory
- b. Lymphatic
- c. Respiratory
- d. Digestive

2. Synarthrosis, amphiarthrosis and diarthrosis refers to _____.

- a. cellular functions
- b. joint movements

c. nervous system functions

d. digestive function

3. What is the name of the movement that allows a person to stand on their toes?

a. Plantar flexion

b. Dorsiflexion

c. Inversion

d. Eversion

4. Protraction of the scapula brings the medial border of the scapula closer to the spine.

True

False

5. A person who is complaining of feeling cranky and nervous, having frequent headaches, sleeping trouble, shaking or trembling, tingly or numbness in skin and unclear thinking could be suffering from which of the following conditions?

a. Hyperglycemic

b. Hypoglycemic

c. Depression

d. ADHD

6. What is a scientific benefit of aromatherapy in relation to allopathic medicine?

a. Relaxation

b. Energizing

c. Antimicrobial

d. Pain relief

7. A client has recently been diagnosed with hyperthyroidism. Which of the following symptoms would you expect to notice about the client?

- a. Nervousness
- b. Fatigue and dullness
- c. Weight gain
- d. Sensitivity to cold

8. 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

9. How much time is generally needed of sustained touch to engage the parasympathetic nervous system?

- a. 2 minutes
- b. 8-10 minutes
- c. 15 minutes
- d. 30 minutes

10. Which of the following anatomy does craniosacral therapy directly affect?

- a. Digestion
- b. Cerebrospinal fluid
- c. Lymph
- d. Interstitial fluid

11. What do boundaries clarify?

- a. Our needs and desires

- b. Our need to protect ourselves
- c. Our need to protect our clients
- d. Our personal limits and expectations

12. A potential client calls to make an appointment for a massage. You notice that they are slurring their words and having difficulty speaking in complete sentences. They claim they were in an auto accident yesterday but declined medical attention. They awoke this morning feeling very sore and achy as well as having a pounding headache. They insist they need a massage. What is the appropriate plan of action for the massage therapist?

- a. Book the appointment immediately
- b. Book them within next week
- c. Refer to another therapist
- d. Immediately refer them to a doctor

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16. Within the therapeutic relationship with a client, what is the primary focus?

- a. Developing a friendship with the client
- b. Creating a sense of community with the client
- c. The well being of the client
- d. Being the best massage therapist ever

17. A client states that you remind them of their mother. What is this an example of?

- a. Countertransference
- b. Instability
- c. Transference
- d. Transience

18. From which of the following civilizations is massage therapy said to originate?

- a. Chinese
- b. Japanese
- c. Indians
- d. Greeks

19. Polarity therapy is associated with which of the following categories?

- a. Medical massage
- b. General relaxation massage
- c. Sports massage
- d. Energy massage