

MULTIPLE CHOICE

1. A force is something that internally or externally causes the soft tissue structures to _____ or the body to change its position.

a. heat up	c. become numb	
b. become tense	d. deform	_____

2. _____ forces pull the layers of tissue apart from one another, and can be applied by tractioning, pulling, stretching, or lengthening the target tissues.

a. Shearing	c. Tension	
b. Compressive	d. Torsion	_____

3. Which is *not* one of the seven common categories of methods of massage?

a. percussive method	c. shearing method	
b. torsion method	d. feathering method	_____

4. _____ methods deform the soft tissue in various ways in which hand positions are held for a fixed length of time.

a. Oscillating	c. Percussive	
b. Static	d. Torsion	_____

5. _____ methods of massage include rolling, fulling, and wringing.

a. Torsion	c. Shearing	
b. Oscillating	d. Joint movement	_____

6. Beating, slapping, and tapping are examples of _____ methods of massage.

a. torsion	c. percussive	
b. gliding	d. static	_____

7. Effleurage movements are one of the _____ methods.

a. torsion	c. static	
b. gliding	d. percussive	_____

8. Which oscillating method can be performed manually or mechanically?
- | | | |
|-------------|--------------|-------|
| a. rocking | c. vibration | _____ |
| b. jostling | d. shaking | |
9. Therapeutic intent refers to the:
- a. mindfulness with which treatment options are chosen
 - b. degree to which the client feels he or she benefitted from the massage
 - c. reason(s) a client sought out massage services
 - d. duration of the relief of the client's symptoms after massage
- _____
10. Strokes toward the heart:
- a. soften adhesions
 - b. stretch the tissue
 - c. tend to be stimulating
 - d. enhance lymph circulation
- _____
11. If a client is coming in for a relaxing massage, the rhythm of the massage should be:
- a. equal to the client's pace
 - b. slower than the client's pace
 - c. faster than the client's pace
 - d. vary from slow to fast throughout the massage
- _____
12. The duration of a full-body massage should be about:
- | | | |
|---------------------|-------------|-------|
| a. 15 to 20 minutes | c. 1 hour | _____ |
| b. 30 to 45 minutes | d. 1½ hours | |
13. The amount of force the practitioner applies against the client's body with the hands, thumbs, fingers, or elbows determines the _____ of the stroke.
- | | | |
|-------------|-------------|-------|
| a. length | c. rhythm | _____ |
| b. duration | d. pressure | |
14. The practitioner begins the massage with:
- | | | |
|-----------------|------------------|-------|
| a. static touch | c. kneading | _____ |
| b. deep gliding | d. deep friction | |
15. Which type of gliding uses a very light touch of the practitioner's fingertips, usually as a completion stroke?
- | | | |
|------------------|------------------------|-------|
| a. aura stroking | c. feather stroking | _____ |
| b. deep gliding | d. superficial gliding | |
16. Gliding methods are *not* accomplished using the:
- | | | |
|-------------|------------|-------|
| a. knuckles | c. elbow | _____ |
| b. forearm | d. fingers | |

17. Over small areas like the face or hands, gliding is performed with the:
 a. knuckles or elbow c. palm or forearm
 b. fingers or thumbs d. forearm or fingers _____
18. Which massage movement is used to distribute lubricant?
 a. superficial gliding c. wringing
 b. aura gliding d. fulling _____
19. The term _____ indicates that the movement uses enough pressure to have a mechanical effect.
 a. *compression* c. *fulling*
 b. *deep gliding* d. *percussion* _____
20. Deep gliding strokes are generally applied:
 a. in the direction of muscle fibers
 b. against the direction of muscle fibers
 c. perpendicular to muscle fibers
 d. in a circular motion up and down the muscle fibers _____
21. Gliding strokes do *not*:
 a. cool the tissue
 b. soothe tissue after deeper work
 c. enhance local fluid movement
 d. stretch and loosen superficial tissues _____
22. _____ is a kneading technique in which the practitioner grasps the tissue and gently lifts and spreads it out.
 a. Chucking c. Shaking
 b. Fulling d. Skin rolling _____
23. When performing skin rolling, the practitioner should:
 a. use lubricant
 b. press deeply to grasp the muscle tissue
 c. use the thumb and fingers
 d. work rapidly
24. _____ is a back-and-forth movement in which both of the practitioner's hands are placed a short distance apart on either side of the limb.
 a. Compression c. Skin rolling
 b. Chucking d. Wringing _____

25. Torsion methods are *not* used to:
- broaden and stretch local tissues
 - encourage local fluid movement
 - loosen and soften superficial tissues
 - increase muscle atrophy
- _____
26. When performing superficial friction, the practitioner should:
- use a back-and-forth movement
 - apply pressure with the fingers
 - make slow strokes
 - use lubrication
- _____
27. _____ is a general stroke used to warm the area in preparation for more specific or deeper work.
- Fulling
 - Cupping
 - Circular friction
 - Chucking
- _____
28. Directional friction may be cross-fiber or _____ friction.
- centripetal
 - longitudinal
 - circular
 - superficial
- _____
29. The intention of rolling is to _____ the tissue.
- warm and relax
 - warm and stimulate
 - cool and relax
 - cool and stimulate
- _____
30. Which massage movement is done with the whole hand (palm side), the heel of the hand, or a closed fist over large muscular areas of the body?
- aura gliding
 - fulling
 - shaking
 - palmar compression
- _____
31. Jostling is most effective:
- for breaking up lung congestion
 - when the muscles are relaxed
 - following a workout
 - during pregnancy
- _____
32. Which oscillating movement is often used to desensitize a point or an area?
- rocking
 - shaking
 - vibration
 - jostling
- _____

33. _____ is a technique used by respiratory therapists to help break up lung congestion.
- | | | |
|------------|-------------|-------|
| a. Cupping | c. Tapping | _____ |
| b. Hacking | d. Slapping | |
34. Which movement is very stimulating and uses rhythmical, glancing contact with the body?
- | | | |
|-------------|-------------|-------|
| a. cupping | c. slapping | _____ |
| b. kneading | d. chucking | |
35. Which percussion movement is a rapid striking movement that can be done with the ulnar side of one or both hands?
- | | | |
|------------|-------------|-------|
| a. beating | c. slapping | _____ |
| b. hacking | d. tapping | |
36. For which percussion movement are the practitioner's hands held in a loose fist?
- | | | |
|------------|------------|-------|
| a. beating | c. hacking | _____ |
| b. cupping | d. tapping | |
37. Passive joint movements are used therapeutically to:
- reduce range of motion
 - increase lymph drainage
 - loosen lung congestion
 - improve joint mobility
- _____
38. The practitioner helps the client make a desired movement when performing:
- active assistive joint movements
 - active resistive joint movements
 - passive joint movements
 - active range-of-motion movements
- _____
39. A(n) _____ end feel is an abrupt restriction to a joint movement before reaching the physiologic barrier (due to pain).
- | | | |
|---------|------------|-------|
| a. soft | c. empty | _____ |
| b. hard | d. springy | |
40. Which is an example of a physiologic barrier?
- scarred tissue
 - bone-to-bone contact
 - inflammation
 - tense muscle
- _____