Mosbys Fundamentals of Therapeutic Massage - E-Book 8th edition Fritz Test Bank

SKU: 9780443121548-TEST-BANK

Test Bank - Chapter 01

Q: Which of the following is considered part of professionalism?

A. Having personal ethics
B. Adhering to certain methods and standards (Correct)
C. Paying organizational dues
D. Writing research papers

Q: Therapeutic touch is characterized as

A. a type of service. (Correct)
B. a product the professional sells.
C. desiring a specific treatment outcome.
D. using only deep pressure.

Q: Professional therapeutic massage involves the ability to

A. identify a pattern of muscle tension in a client.
B. know how massage application can affect the client's body.
C. understand how the systems of the client's body work together.
D. All of the above are true. (Correct)

Q: A client begins receiving massage therapy after the death of her husband. The purpose of the session for this client should be for her to experience

A. a ritual.
B. verbal communication.
C. eroticism.
D. compassion. (Correct)

Q: The word massage is derived from the

A. Latin root massa.
B. Greek roots massein and masso.
C. Arabic root mass or mass'h.
D. All of the above are true. (Correct)

Q: The skin's relationship to touch is shown by the fact that it

A. receives projected sensations from visceral structures. (Correct)
B. has no effect on the autonomic nervous system.
C. reflects visceral conditions but not emotions.
D. prevents deeper sensations from reaching the surface of the body.

Q: A massage therapist needs to be aware that touch as communication

A. sometimes has the potential for being misunderstood. (Correct)
B. may be a less emotionally powerful form than speech.
C. is often more clear than speech.
D. creates an individual's area of personal space.

Q: A sense of appropriate, comfortable personal space is determined by a person's

A. gender.
B. age.
C. culture.
D. All of the above are true. (Correct)

Q: The interpretation of touch is characterized by

A. having influences from cultures and subcultures. (Correct)
B. being erotic in the professional setting.
C. remaining static over age changes and life cycles.
D. being inappropriate in a spiritual setting.

Q: Spiritual touch is described as

A. never being appropriate.
B. staying separate from organic healing of the body.
C. involving body, mind, and spirit. (Correct)
D. focusing on the functioning of the body.

Q: The best approach to a massage session with a ticklish client is to

A. always use deeper pressure.
B. explain that therapeutic touch is not erotic.
C. explain each therapeutic touch ahead before the treatment. (Correct)
D. use light stroking after the client has relaxed.

Q: A massage therapist and client have disagreed over what time the appointment was supposed to be. Each is convinced they are right, and each is highly irritated with the other. What course of action should the massage therapist take to ensure a client-centered approach?

A. Start the massage immediately so no further time is wasted.
B. Use firmer pressure than usual to release anger while still giving a therapeutic massage.
C. Wait a moment to refocus, then check in with the client to see whether both of them are ready to begin the treatment. (Correct)
D. Cancel the appointment and tell the client to leave immediately.

Q: What is the appropriate response if the massage professional experiences unexpected erotic feelings while massaging a particular client?

A. Stop the massage, give a polite excuse for needing to leave, then find a replacement massage therapist, telling the client that the new therapist is better.
B. Avoid expressing these feelings to the client, seek mentoring to resolve the issue, and refer the client if the feelings cannot be managed. (Correct)
C. Meet with the client later, and only outside of the therapeutic setting to ask whether these feelings are returned.
D. Finish the massage but refer the client to another massage therapist that is much older for future sessions.

Q: The more emotionally or physically charged a body area is, the more the person touched in that area may feel

A. insecure or threatened.

B. emotionally connected and intimate.
C. aroused.
D. Any of the above may be true. (Correct)

Q: The areas considered to be “no-touch zones” in most societies are

A. the anus, genitals, mouth, and feet.
B. mouth, ears, nose, anus, and genitals. (Correct)
C. anus, genitals, breasts, and backs of the thighs.
D. hands, feet, anus, genitals, and mouth.

Q: Using massage to affect the range of motion in a client’s shoulder is an example of what type of touch?

A. Nontherapeutic
B. Expressive
C. Mechanical (Correct)
D. Erotic

Q: A profession has the following characteristics except

A. a specialized body of knowledge and extensive training.
B. an orientation toward service and a commonly accepted code of ethics.
C. mandated certification in specialties and regulated volunteer requirements. (Correct)
D. legal recognition through licensure and membership in a professional association.

Q: Occupational/vocational education is specifically designed to educate for a career/job resulting in a

A. master’s degree.
B. bachelor’s degree.
C. diploma. (Correct)
D. board certification.

Q: A client-centered framework for providing massage therapy that includes assessment and evaluation, plan of care, treatment, reassessment and reevaluation to improve health and/or well-being influenced by scope of practice and professional standards is massage therapy

A. education.
B. documentation. (Correct)
C. licensure.
D. specialization.

Q: Current trends suggest that the massage profession is changing in which way?

A. Professional massage is becoming more sophisticated, requiring increased education. (Correct)
B. The rate of acceptance of massage is slowly increasing but only for wealthy clients.
C. Massage professionals will work primarily outside the health care environment.
D. Multiple employment opportunities within the service/wellness area of massage will decrease, and jobs in managed health care will increase.

Q: The Federation of State Massage Boards developed which entity?

A. Model Practice Act (Correct)
B. Board Certification
C. Entry Level Analysis Project
D. Massage Therapy Body of Knowledge

Q: Massage came to the Romans from the

A. Chinese.
B. Mayans.
C. Greeks. (Correct)
D. Middle Ages.

Q: Swedish/classical massage as a unique style of massage is based on the use of

A. active and passive movements.
B. positions and movements of gymnastics.
C. knowledge of the circulation of the blood and lymph.
D. All of the above are true. (Correct)

Q: Ling divided movements into

A. exercise, resistive exercise, and range of motion and stretching. (Correct)
B. exercise, gymnast-directed positions, and movements in opposition to one another.
C. cardiovascular and muscle-building.
D. passive stretches and active range of motion.

Q: What received more attention than any other bodywork method during the 1970s and 1980s?

A. Swedish massage
B. Acupressure (Correct)
C. Thai massage
D. Hydrotherapy

Q: Swedish/classical massage became more accepted after it was validated by the medical community, which was thanks to

A. Ling.
B. Ibn Sina.
C. Kellogg.
D. Mezger. (Correct)

Q: One of the most influential massage researchers of current times is

A. Ronald Melzack.
B. Dorothy Voss.
C. David Palmer.
D. Dr. Tiffany Field. (Correct)

Q: Bodywork sessions that include the use of concepts such as prana, chakras, and energy balance would indicate a foundation in

A. Ling's movement cure.
B. Russian massage.

C. Hatha yoga. (Correct)
D. Chinese Tui na.

Q: Sister Kenny's role in the history of bodywork is that she

A. founded psychotherapeutic body techniques.
B. developed the Trager system.
C. wrote the first major book on proprioceptive neuromuscular facilitation.
D. used massage in the treatment of polio. (Correct)

Q: Elizabeth Dicke developed which approach?

A. Massage as an aid to postsurgical recovery
B. Swedish movements as used in the United States
C. Classic Proprioceptive Neuromuscular Facilitation
D. Connective tissue massage (Correct)

Q: A 38-year-old massage therapist is moving to a small city adjacent to a large military base. Previously they worked in a large city at an exclusive day spa with an affluent client base. What may seem to be the biggest business challenge in this new environment?

A. The diversity found in the new culture
B. The economics in the new location (Correct)
C. The massage therapist's age
D. The massage therapist's gender

Q: A massage practitioner has a good retention rate for clients who want an increase in physical performance, such as increases in range of motion. However, when the clients request more general relaxation massage, the massage therapist does not have the same retention rate. The most likely reason is because the massage professional is

A. naturally displaying expressive touch.
B. unable to manage erotic feelings.
C. most comfortable with mechanical touch. (Correct)
D. dealing with issues of unclear boundaries.

Q: The leadership quality that involves the ability to achieve and direct time and energy to important goals and objectives is

A. compassion.
B. focus. (Correct)
C. humility.
D. peacemaking.

Q: The arts, beliefs, customs, institutions, and all other products of human work and thought created by a specific group of people at a particular time are called

A. culture. (Correct)
B. society.
C. government.
D. tribe.

Q: Touch applied to support and convey awareness of and empathy for the client as a whole person is called

A. palliative.
B. energetic.
C. expressive. (Correct)
D. awareness.

Q: The partnership between massage therapist and client based on clients' goals, values, wants, and needs and reflected during massage sessions is considered

A. massage.
B. assessment
C. client centered. (Correct)
D. health messaging.

Q: Touch applied with the intent of achieving a specific anatomic or physiologic outcome is called

A. energetic.
B. mechanical. (Correct)
C. emotional.
D. documentation.

Q: A recent graduate from massage school is hoping to find an employment position doing massage to earn money to go on to chiropractic school. They feel that massage school was a great preparation for the chiropractic studies. Which statement best explains why?

A. Studying to be a chiropractor means they can be unconcerned about practicing professional touch while she does massage.
B. Chiropractic school will allow them to be less focused on the therapeutic application of touch.
C. They are pursuing a career track that builds on skills learned in massage school about presenting as a professional. (Correct)
D. While working at the massage job, they will not be expected to maintain occupational standards.

Q: Which factor is involved in massage application?

A. The anatomy and physiology of touch sensation
B. Nurturing the survival aspect of touch
C. Accepting the communicational aspects of touch
D. All of the above (Correct)

Q: A massage practitioner has had an intense argument with their spouse just before leaving for work. They continue to be upset as they begins to work on their first client. The massage practitioner maintains professionalism by putting the argument in the back of their mind so they can concentrate on the client's needs. However, in the middle of the massage the client asks if the massage practitioner is okay. The client might be asking this question because the

A. client has been unclear about the goals of the treatment.
B. practitioner's touch is conveying subconscious impressions. (Correct)
C. practitioner has been using inappropriately intimate touch.
D. client is projecting his or her own discomfort onto the massage practitioner.

Q: A massage therapist has moved from an urban environment to a rural environment. Of the following, which would be the most influential in establishing a new client base?

A. Culture (Correct)
B. Gender
C. Age
D. Spirituality

Q: A massage practitioner is adjusting to an ethnically diverse client base on a cruise ship. They are asking the supervisor to explain what the various populations will want when they receive massage. What may be short-sighted about this approach?

A. It is important to consider gender and age when establishing rapport with clients.
B. The massage practitioner should be inquiring about gender differences, not cultural differences.
C. The massage practitioner should be more focused on length of treatment times.
D. Generalization is not helpful when working with individuals, regardless of culture. (Correct)

Q: A client is saying they were uncomfortable during a massage received while on vacation but cannot identify why. The massage therapist who gave the massage had a strong personality and was quite insistent that the way they performed massage was the most correct method. The most likely reason that the client was not comfortable is because the touch seemed

A. aggressive. (Correct)
B. erotic.
C. spiritual.
D. nurturing.

Q: A massage therapist notices they consistently feels unsettled when working with clients who have been in severe accidents. This is because the massage therapist's parent was injured in a work-related accident. What is being described?

A. Culture
B. Genetic predisposition
C. Life events (Correct)
D. Subculture

Q: A client requests that the massage practitioner avoid the chest and abdomen during the massage. The best explanation of why is because these areas

A. are highly sensitive. (Correct)
B. are mechanically addressed.
C. correspond to the area of the sixth chakra.
D. get cold easily.

Q: Gender _____ emphasizes the equal treatment people with the emphasis on people as individuals.

A. professionalism
B. bias
C. identity
D. neutrality (Correct)

Q: Which factor contributed most to the revival of massage in the 1960s?

A. The humanistic movement (Correct)
B. The increase in the number of professional massage associations
C. Acceptance of massage by the medical community
D. Conclusive mechanisms research

Q: Touch as a part of healing interventions is characterized by

A. developing from multiple cultures. (Correct)
B. being based solely on Chinese folk medicine.
C. being first written about 2000 years ago.
D. not becoming popular with physicians until the 1400s.

Q: Professional forms of appropriate touch include

A. socially stereotyped touch and aggressive touch.
B. erotic touch and inadvertent touch.
C. touch technique and aggressive touch.
D. touch technique and touch that communicates information. (Correct)

Q: The communication of touch is most affected by which factors?

A. Age and professional attire
B. Culture and life events (Correct)
C. Methodology and gender
D. Spirituality and training

Q: The Greek physician Hippocrates' role in massage is that he

A. endorsed the use of it for all health conditions.
B. recommended that assistants, not physicians, perform it.
C. was taught massage by Galen.
D. described its medical benefits. (Correct)

Q: Per Henrik Ling's contribution to massage is that he

A. used French terms to describe its methods.
B. used many medical terms to describe his work.
C. combined active and passive movements in his work. (Correct)
D. really was the one who invented it.

Q: The two basic classifications of massage therapy practice are

A. wellness and health promotion, and medical care. (Correct)
B. massage franchise and wellness center.
C. sports and independent practice.
D. rehabilitation and spa settings.

Q: _____ involves influencing others for good, rousing others to action, and inspiring them to become the best they can be, as a group works together toward a common goal.

A. Occupation

B. Leadership (Correct)
C. Documentation
D. Status

Q: The development of manual lymphatic drainage is credited to

A. Louise K. Despard.
B. Emil Vodder. (Correct)
C. Mary McMillan.
D. Max Bohm.

Q: Which modalities are all Asian approaches to bodywork?

A. Amma, acupressure, and do-in (Correct)
B. Thai massage, Rolfing, and shiatsu
C. Tibetan point holding, Neuromuscular and shiatsu
D. Hoshino, Reiki, and Lomi

Q: Which groupings are considered neuromuscular approaches?

A. Proprioceptive neuromuscular facilitation, reflexology, and Bindegewebmassage
B. Neuromuscular technique, Vodder technique, applied physiology, and Trager
C. Muscle energy techniques, strain/counterstrain, Hellerwork, and reflexology
D. Orthobionomy, trigger points, Trager, and myotherapy (Correct)

Q: Polarity, therapeutic touch, Reiki, and zero balancing would be defined as fitting with which approach?

A. Energetic (biofield) (Correct)
B. Structural and postural integration
C. Integrated
D. Neuromuscular

Q: Which term refers to bodywork methods that have developed from ancient Chinese methods?

A. Lomi-Lomi
B. Ayurvedic
C. Rolfing
D. Asian approaches (Correct)

Q: The MTBOK description of massage includes

A. intention, focused attention, and compassion. (Correct)
B. only techniques for relaxation.
C. limiting personal growth.
D. separation of the body, mind, and spirit.

Q: The Entry Level Analysis Project presents a taxonomy for massage. This means

A. consistently used terminology. (Correct)
B. consistent method applications.
C. legal language for insurance.
D. an electronic documenting system.

Q: What characteristic is most vital to the success and growth of a massage practice?

A. Leadership (Correct)
B. Being a good manager
C. Salesmanship
D. Making sure everything is done right

Q: A self-confident massage professional is most likely to do which of the following?

A. Focus on unskilled activities
B. Adapt to change (Correct)
C. Do everything themselves
D. Reject responsibility

Q: The optimal team environment is one in which all members

A. have diverse skills and talents. (Correct)
B. do the same tasks.
C. compete to see who is the most efficient.
D. have the same level of education.

Q: What elements build effective leadership?

A. Being open, teachable, and flexible
B. Having courage, perseverance, and strength
C. Directing time and energy to important goals and objectives
D. All of the above (Correct)

Licensing Review Questions - Chapter 01

Q: Which of the following is the best definition of therapeutic touch?

A. Physical contact at the workplace
B. Contact that occurs during sports
C. Specialized training to restore well-being through massage (Correct)
D. Specialized training to restore injured tissue through medical procedures

Q: To say that people of a certain culture act a certain way is

A. stereotyping. (Correct)
B. custom.
C. gender bias.
D. ethical.

Q: Which of the following is an example of professionalism?

A. Being sensitive to cultural differences (Correct)
B. Winning conflicts with clients
C. Using invasive touch when necessary
D. Expressing strong emotions through touch

Q: Which of the following is a form of expressive touch?

A. Using massage to increase the range of motion of the shoulder
B. Using various techniques to achieve an intended outcome
C. Contact that stimulates or sedates the energy channels in the body
D. Contact that supports and conveys awareness and empathy for the client (Correct)

Q: The neuromatrix theory of pain proposes that

A. pain is locally mediated.
B. pain is a multidimensional experience. (Correct)
C. pain is a stimulus response.
D. pain is nonexistent at a tissue level.

Q: In 2012, a landmark project undertaken by the Coalition of National Massage Therapy Organizations was

A. the increase in research validation of massage.
B. development of the MTBOK.
C. the entry level analysis project. (Correct)
D. nationwide licensing.

Q: Who was the first Greek physician to describe the medical benefits of massage?

A. Claudius Galenus
B. Hippocrates of Cos (Correct)
C. Julius Caesar
D. Aulus Cornelius Celsus

Q: Which of the following people is credited for compiling a series of eight books covering the body of medical knowledge of the day, called *De Medicina*?

A. Aulus Cornelius Celsus (Correct)
B. Hippocrates
C. Julius Caesar
D. Pope Nicholas V

Q: Who created the program called Swedish Gymnastic Movements?

A. Fran Tappan
B. Dr. John Harvey Kellogg
C. Dr. Johann Mezger
D. Per Henrik Ling (Correct)

Q: Which of the following people is a major contributor to the growth of massage therapy because of his or her dedication to touch research?

A. Dr. Delores Krieger
B. Dr. Tiffany Field (Correct)
C. Dr. Leon Chaitow
D. Dr. Charles Mills