



Free Questions for **MBLEx**

Shared by **Hardin** on **27-07-2023**

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Question 1

Question Type: MultipleChoice

At which point during a massage/bodywork session would a therapist ask about an occurrence relating to a physical complaint or injury?

Options:

- A- Intake
- B- Treatment plan
- C- Treatment
- D- Closing



Answer:

A

Explanation:

The time to collect information about a physical complaint or injury is during the intake process.

Question 2

Question Type: MultipleChoice

What condition would you use the Adson maneuver for?

Options:

- A- Thoracic outlet syndrome
- B- Sciatica
- C- Piriformis syndrome
- D- Hip hike



Answer:

A

Explanation:

The Adson maneuver is used to determine a thoracic outlet compression. To conduct the Adson maneuver, a massage therapist places the clients arm into horizontal abduction on the affected side to a 45 degree angle while rotating their head toward the affected side. The massage therapist then instructs the client to extend their head which tightens the scalene muscles, which should magnify any preexisting compression of the subclavian artery and brachial plexus. The massage therapist palpates for a decrease in the radial pulse while the client takes deep breathes to exaggerate the compression.

Question 3

Question Type: MultipleChoice

Placing your hands onto a client to assess their condition is known as a _____ assessment.

Options:

- A- visual
- B- palpation
- C- subjective
- D- postural

Answer:

B

Explanation:

Using your hands to assess the condition of a client is a palpation assessment.

Question 4

Question Type: MultipleChoice

A trigger point that only produces pain while palpated is _____.

Options:

- A- active trigger point
- B- primary trigger point
- C- secondary trigger point
- D- latent trigger point

Answer:

D

Explanation:

A latent trigger point only produces pain during palpation.

Question 5

Question Type: MultipleChoice

Metabolic effects of massage therapy upon the body are a combination of reflexive and mechanical effects.

Options:

- A- TRUE
- B- FALSE

Answer:

B

Explanation:

Metabolism is the process of chemical transformations within the body. These transformations can be caused by means of a physical stimulus or messages from the CNS. Massage therapy can provide both a mechanical and reflexive influence upon metabolism and this creates metabolic effect upon the body.

Question 6

Question Type: MultipleChoice

Which of the following muscle groupings are considered postural muscles?

Options:

- A- Pectoralis major, scalenes
- B- Serratus anterior, deep cervical flexors
- C- Supraspinatus, infraspinatus
- D- Vastus lateralis, vastus medialis

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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 7

Question Type: MultipleChoice

Choose the correct definition of the anatomical term "linea".

Options:

- A- A passage or canal
- B- A line or long ridge
- C- A hole or opening
- D- A meeting point of two or more bones

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Answer:

B

Explanation:

The anatomical term "linea" refers to a line or long ridge, such as the attachment site of the hamstrings along the linea aspera on the posterior aspect of the femur.



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