

# massage exam questions and answers

## Massage Exam Questions and Answers: Ace Your Certification!

Are you preparing for your massage therapy exam? Feeling overwhelmed by the sheer volume of information you need to master? Don't worry, you're not alone! Passing your massage therapy exam requires thorough preparation and a solid understanding of key concepts. This comprehensive guide provides you with a wealth of massage exam questions and answers, covering crucial topics to boost your confidence and maximize your chances of success. We'll delve into anatomy, physiology, pathology, ethics, and practical application, giving you the edge you need to ace your exam. Let's get started!

### I. Anatomy & Physiology: The Foundation of Massage

Understanding the human body is paramount to effective massage therapy. Your exam will likely test your knowledge of:

**Skeletal System:** Know the major bones, their articulations, and common pathologies affecting them. For example, be prepared to identify bones of the spine, the pelvic girdle, and the upper and lower extremities. Understanding biomechanics – how bones and joints work together – is crucial.

**Muscular System:** This is a major focus. You need to know the origin, insertion, action, and innervation of key muscles. Practice identifying muscles on anatomical charts and understand how muscle imbalances can lead to pain and dysfunction. Be familiar with muscle groups involved in common movements.

**Nervous System:** Comprehend the central and peripheral nervous systems, including cranial nerves and spinal nerves. Understanding nerve pathways is vital for understanding pain referral patterns and neurological conditions.

**Circulatory System:** Know the heart, arteries, veins, and lymphatic system. Understanding blood flow and lymphatic drainage is essential for comprehending the effects of massage on the body.

**Example Question:** Identify the muscle responsible for dorsiflexion of the foot.

**Answer:** Tibialis anterior

### II. Pathology: Recognizing and Responding to Conditions

A competent massage therapist needs to recognize contraindications and modifications for various medical conditions. Your exam will likely cover:

**Musculoskeletal Conditions:** Learn about common conditions like sprains, strains, tendinitis, bursitis, arthritis, and herniated discs. Understand the symptoms, limitations, and appropriate massage techniques (or contraindications).

**Neurological Conditions:** Familiarize yourself with conditions such as multiple sclerosis (MS),

Parkinson's disease, and stroke. Know how massage can be adapted to meet the specific needs of clients with these conditions.

Respiratory Conditions: Understand asthma, bronchitis, and pneumonia. Know when massage is contraindicated and when modifications are necessary.

Cardiovascular Conditions: Be familiar with hypertension, heart failure, and other cardiovascular issues. Know the precautions and contraindications for massage in these cases.

Example Question: What is a contraindication for massage in a client with hypertension?

Answer: Severe hypertension, uncontrolled high blood pressure.

### **III. Massage Techniques & Modalities: Hands-On Skills**

The practical application of massage techniques is a key component of your exam. You should be proficient in:

Swedish Massage: Master the fundamental strokes: effleurage, petrissage, friction, tapotement, and vibration. Understand their effects and indications.

Deep Tissue Massage: Know how to apply deeper pressure to address chronic muscle tension and fascial restrictions.

Other Modalities: Depending on your program, you may be tested on other modalities such as sports massage, trigger point therapy, myofascial release, or aromatherapy.

Example Question: Describe the difference between effleurage and petrissage.

Answer: Effleurage is a long, gliding stroke used to warm the muscles and lubricate the skin.

Petrissage is a kneading technique that lifts, rolls, and squeezes the muscles to improve circulation and reduce muscle tension.

### **IV. Ethics & Professionalism: Maintaining High Standards**

Maintaining ethical conduct and professionalism is crucial in the massage therapy field. Expect questions on:

Client Confidentiality: Understand HIPAA regulations and the importance of protecting client information.

Professional Boundaries: Know the importance of maintaining appropriate professional relationships with clients.

Informed Consent: Understand the process of obtaining informed consent from clients before treatment.

Legal and Ethical Considerations: Be familiar with relevant laws and regulations governing massage therapy practice.

Example Question: What should you do if a client makes inappropriate advances?

Answer: Maintain professional boundaries, politely refuse the advances, and if necessary, terminate

the session and report the incident according to your workplace policy.

## **V. Business & Practice Management: Preparing for a Successful Career**

Many massage exams include questions on the business side of the profession:

Scheduling and Client Management: Efficiently managing appointments and client records.

Insurance and Billing: Understanding insurance procedures and billing practices.

Marketing and Promotion: Strategies for attracting and retaining clients.

Safety and Hygiene: Maintaining a clean and safe environment for clients and yourself.

Example Question: What steps should you take to ensure a safe and hygienic massage environment?

Answer: Proper handwashing, sterilization of equipment, use of clean linens, and maintaining a clean and organized treatment room.

## **Sample Exam Structure: "Ace Your Massage Exam"**

Introduction: Overview of the exam and key areas of focus.

Chapter 1: Anatomy & Physiology: Detailed coverage of the skeletal, muscular, nervous, and circulatory systems. Includes diagrams and interactive exercises.

Chapter 2: Pathology and Contraindications: Comprehensive guide to common medical conditions and their impact on massage therapy.

Chapter 3: Massage Techniques and Modalities: Step-by-step instructions and demonstrations of key massage techniques.

Chapter 4: Ethics and Professionalism: Discussion of ethical guidelines, legal considerations, and client communication.

Chapter 5: Business and Practice Management: Essential information on running a successful massage therapy practice.

Conclusion: Strategies for exam preparation and success tips. Emphasis on confidence building and effective study techniques.

## **FAQs**

1. What type of questions are on the massage exam? The exam will include multiple-choice, true/false, fill-in-the-blank, and possibly short-answer or essay questions.
2. How much anatomy and physiology will be on the exam? A significant portion of the exam will focus on anatomy and physiology.
3. What are some common mistakes students make when studying for the exam? Cramming, not practicing techniques, and not understanding the underlying principles.
4. How can I improve my practical skills? Practice on willing friends or family, volunteer at a clinic, or take extra practical sessions.

5. What resources are available to help me study? Textbooks, online resources, practice exams, and study groups.
6. How long should I study for the exam? The amount of time needed varies, but dedicated consistent study is key.
7. What if I fail the exam? Most licensing boards allow retakes. Review your weak areas and try again.
8. What is the pass rate for the massage therapy exam? The pass rate varies by jurisdiction.
9. What are the licensing requirements in my state? Check with your state's licensing board for specific requirements.

## Related Articles:

1. Mastering Swedish Massage Techniques: A deep dive into the fundamental strokes of Swedish massage.
2. Deep Tissue Massage for Chronic Pain: Techniques and considerations for addressing deep muscle tension.
3. Understanding Trigger Point Therapy: How to identify and treat trigger points effectively.
4. Ethical Dilemmas in Massage Therapy: Case studies and ethical considerations for massage therapists.
5. Building Your Massage Therapy Business: Marketing, client acquisition, and practice management strategies.
6. Anatomy and Physiology for Massage Therapists: A comprehensive review of relevant anatomical structures and physiological processes.
7. Massage Therapy for Specific Conditions: Adaptations and considerations for various medical conditions.
8. Legal and Regulatory Compliance for Massage Therapists: A guide to legal and regulatory requirements for massage practitioners.
9. Preparing for Your Massage Therapy Licensing Exam: Tips and strategies for successful exam preparation.

**massage exam questions and answers:** [Master the Massage Therapy Exams](#) Peterson's, 2011-08-01 Peterson's Master the Massage Therapy Exams gives you the tips and strategies you

need to score high on your exam as well as useful info on massage therapy career planning, salary and benefits, and educational requirements. Peterson's provides brief reviews of each test topic to refresh your memory of what you learned in school. We not only help you develop test-taking skills but also provide descriptions and full-length practice tests of the two most frequently taken exams: the National Certification Examination for Therapeutic Massage and Bodywork (NCETMB) and the Massage and Bodywork Licensing Examination (MBLEx).

**massage exam questions and answers:** *Massage Anatomy* Abby Ellsworth, Peggy Altman, 2009 Massages energize, revitalize, and renew both body and spirit, and have even been proven to restore and promote good health. But to safely practice massage, you need to understand how the body works. Everyone from new students to experienced massage therapists can benefit from this unique book dedicated to the practice of massage. \* The world of massage at your fingertips! This comprehensive book explores seven of the world's best-known styles of massage: Swedish, Fusion, Shiatsu, Thai, River Stone, Reflexology, and Reiki.\* *Massage Anatomy* uniquely combines an understanding of the human body with different massage styles, making it an excellent resource for practitioners of all levels.\* Detailed anatomical illustrations and approachable text demonstrate body planes, muscle groups, and crucial areas like the nervous and lymphatic systems. There is also a helpful reference section on massage terminology and a glossary of muscles.\* Discover the ancient secrets practiced by Native Americans and Egyptians using warm stones that are applied to the body. Feel the "spirit life force" of reiki, a centuries-old Japanese technique used to promote peace and well-being. And find out how to combine Swedish, deep-tissue, and sports massage techniques for a fabulous massage fusion.\* Next to strong hands, this comprehensive guide book is a massage therapist's most important tool--an invaluable resource for new students and experienced therapists alike.\* Includes double-sided poster of massage techniques and muscle systems.

**massage exam questions and answers: MBLEx Massage Therapy Practice Questions & Study Guide** Lorna Maughan, 2012-12-15 *Massage-Exam*, known for its exceptional MBLEx exam preparation website, has now made a selection of MBLEx practice questions available in printed form. 250 questions, answers, and rationales formulated from *Massage* curriculum textbooks listed on the MBLEx bibliography, will help you understand where you need to focus your attention prior to taking the actual licensing exam. The practice questions cover all categories of the MBLEx exam including Client Assessment & Benefits & Affects of Techniques, Pathology with Contraindications & Cautions, Massage History, Ethics, Boundaries, Laws & Regulations, Professional Practice, Kinesiology, and Anatomy & Physiology. Along with the practice questions comes a study guide that explains how multiple choice questions are constructed as well as advice and insider tips for passing the MBLEx exam. Lorna Maughan - LMP, is an author and instructor at *Massage-Exam.com*. Our goal is to provide the most comprehensive massage examination preparation available through online and print. We work hard to instill confidence in our subscribers with comprehensive test preparation and an awesome customer relation staff, to help build upon their working knowledge of the art of massage. This MBLEx exam preparation guide is a small example of this goal.

**massage exam questions and answers: MBLEx Study Guide 2022-2023** Falgout, 2021-12 Introducing our MBLEx Study Guide 2022-2023: Test Prep with Practice Questions and Detailed Answers for the Massage and Bodywork Licensing Exam! Ascencia Test Prep's MBLEx Study Guide 2022-2023 includes everything you need to pass the Massage and Bodywork Licensing Examination (MBLEx) the first time. Quick review of the concepts covered on the MBLEx A full practice test with detailed answer explanations Tips and tricks from experienced massage therapists Access to online flash cards, cheat sheets, and more Ascencia Test Prep's MBLEx Study Guide 2022-2023 is aligned with the official Massage and Bodywork Licensing Examination framework. Topics covered include: The Foundation of Massage Ethics Professional Practice Anatomy and Physiology Pathology and Contraindication Massage and its Benefits Client Assessment and Treatment Planning Federation of State Massage Therapy Boards was not involved in the creation or production of this product, is not in any way affiliated with Ascencia Test Prep, and does not sponsor or endorse this product. About Ascencia Test Prep At Ascencia Test Prep, we understand that healthcare professionals need

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**massage exam questions and answers: *Pearson's Massage Therapy Exam Review*** Jane Garofano, 2012-02-13 For massage therapy programs and students in states that accept or require a national qualifying exam for certification or licensure; including NCETMB, NCETM, MBLEx, or the new advanced NCAP exam; for other massage therapy courses that cover similar material; and potentially for anatomy and physiology review in other health care programs. This expanded and updated text fully prepares massage therapy students for the latest massage therapy certifying exams, including NCETMB, NCETM, and MBLEx. It supports a wide spectrum of students and learning types by providing many ways to study, including simple outlines; intuitive charts, figures, and tables; many exam related questions with answers and rationales; and video and PowerPoint in a brand-new online study component. It fully reflects major recent changes in the NCTMB exam, and now includes more visuals, as well as more content on ethics, business, medical terminology, aromatherapy and pharmacology - giving students an even more complete and useful study resource.

**massage exam questions and answers: *MBLEx Study Guide*** Ascencia, 2020-08-14

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**massage exam questions and answers: *Mosby's Fundamentals of Therapeutic Massage*** Sandy Fritz, 2004 In this update of the 2000 edition, Fritz, the owner and head instructor of a school of therapeutic massage and bodywork in Michigan, treats touch as a form of communication and expands coverage of ethical and legal issues, contra/indications for massage, and condition assessment and management. The treatment of medical terminology, core principles, and techniques is enhanced by color illustrations, case studies, review questions, resources and other appended information. The first edition was published in 1995. Annotation : 2004 Book News, Inc., Portland,

OR (booknews.com).

**massage exam questions and answers:** Basic Clinical Massage Therapy James H. Clay, 2008 This superbly illustrated text familiarizes students with individual muscles and muscle systems and demonstrates basic clinical massage therapy techniques. More than 550 full-color illustrations of internal structures are embedded into photographs of live models to show each muscle or muscle group, surrounding structures, surface landmarks, and the therapist's hands. Students see clearly which muscle is being worked, where it is, where it is attached, how it can be accessed manually, what problems it can cause, and how treatment techniques are performed. This edition features improved illustrations of draping and includes palpation for each muscle. An accompanying Real Bodywork DVD includes video demonstrations of massage techniques from the book.

**massage exam questions and answers:** Anesthesia Review: 1000 Questions and Answers to Blast the BASICS and Ace the ADVANCED Sheri Berg, 2018-06-04 With contributors from Massachusetts General Hospital and Harvard Medical School, the unique and thorough Anesthesia Review: 1000 Questions and Answers to Blast the BASICS and Ace the ADVANCED covers both BASIC or ADVANCED levels of Anesthesiology training in a single volume. Any resident in Anesthesiology will find a gold mine of material—including topic-specific chapters with exam-like questions, answers with explanations, and references for further, in-depth review—for fast, efficient preparation.

**massage exam questions and answers:** Complete Guide to Foam Rolling Stull, Kyle, 2018 Complete Guide to Foam Rolling combines the latest scientific research with step-by-step instructions for the most effective foam rolling techniques for muscle preparation and recovery.

**massage exam questions and answers:** Critical Care Medicine Review: 1000 Questions and Answers Abraham Sonny, Edward A Bittner, Ryan J. Horvath, Sheri Berg, 2019-09-16 Covering all four critical care board exams (anesthesiology, surgery, internal medicine, and neurology), Critical Care Medicine Review: 1000 Questions and Answers prepares you for exam success as well as clinical practice in today's ICU. This full-color, easy-to-use review tool provides challenging case studies, relevant images, multiple-choice board-style questions, rationales for correct and incorrect answers, and references for every question. Edited by instructors of anesthesia and critical care from Harvard Medical School and Massachusetts General Hospital, this comprehensive resource is an ideal study guide for critical care fellows, recertifying practitioners, and CCRNs.

**massage exam questions and answers:** Massage Therapy Salvo, 2005-01-30 Reflects all updates made to the 2nd edition of the text, and features teaching tips, suggested activities, and answers to self-tests. Certain chapters also include activities that the instructor can copy and hand out, such as crossword puzzles, labeling exercises, and flash cards. A test bank on CD-ROM allows the instructor to mix questions to create and print unique tests.

**massage exam questions and answers:** Mosby's® Massage Therapy Exam Review - E-Book Sandy Fritz, Luke Allen Fritz, 2023-09-11 Written by massage therapy experts Sandy Fritz and Luke Fritz, this unique review resource uses a variety of methods to help you prepare for the MBLEx (Massage and Bodywork Licensing Exam) and the Board Certification in Therapeutic Massage and Bodywork (BCTMB). The comprehensive review features updated content and questions based on the most current exam blueprints! The practice exams are written in a five-part process — not just as sample questions. Plus, a companion Evolve website comes loaded with practice exams and a variety of review activities such as labeling exercises, flashcards, electronic coloring book, games, and much more. No other massage review gives you such well-rounded exam preparation! Focused content review including 125 full-color illustrations showing various massage techniques as well as anatomy & physiology 1800 practice questions (500 new questions) in the text that provide students the opportunity to assess readiness for exams 5 practice exams with 100 questions each will be available in text as well as on Evolve Over 40 labeling exercises to help kinesthetic learners retain information. Rationales for all correct and incorrect responses - NEW! More than 1,400 questions in a mock exam are based on the MBLEx blueprint. - EXPANDED and UPDATED! Content matches the current MBLEx blueprint to prepare you for success. - NEW! Scenario-based, multiple-choice

questions are based on the MBLEx content blueprint. - NEW! 100 questions in a graded practice exam.

**massage exam questions and answers:** Massage Mastery Anne Williams, 2012-02-15  
Massage mastery: from student to professional, presents the theory (why) and practice (how) of massage therapy in an engaging, accessible way for today's adult and young-adult learners. Chapters are organized into manageable topics that facilitate incorporation into any massage curriculum.--Publisher.

**massage exam questions and answers:** Mosby's Exam Review for Computed Tomography Daniel N. DeMaio, 2011 Rev. ed. of: Registry review in computed tomography. c1996.

**massage exam questions and answers:** **Massage and Manual Therapy for Orthopedic Conditions** Thomas Hendrickson, 2020-05-22 This book introduces massage techniques for orthopedic conditions, promoting the alignment of soft tissue relating to pain and dysfunction. An essential manual for clinical massage therapy, it contains brief descriptions of rationale behind orthopedic massage, mechanisms of injury to and repair of soft tissue, and anatomy of each body area. The Second Edition also includes detailed assessment for each body region, discusses common lesions, and provides illustrated instructions on how to administer this scientifically based style of massage. Based on traditional orthopedic assessment protocols, coverage includes range of motion, passive and isometric testing, and tests that determine the severity of a condition or injury.

**massage exam questions and answers:** NCLEX-RN Questions & Answers Made Incredibly Easy! Susan A. Lisko, 2016-07-25 NCLEX-RN QUESTIONS & ANSWERS MADE INCREDIBLY EASY!, 7E is designed to help pre-licensure nursing students prepare for the licensing examination. This book and its accompanying electronic resources feature thousands of questions at the application level or above to prompt active learning and higher-order thinking. The book's seven parts cover the basics of NCLEX test construction and how students should prepare, the four major content areas of pre-licensure programs (medical-surgical, psychiatric/mental health, maternity, and pediatrics), a section on issues in nursing, and three comprehensive tests of varying lengths that help simulate the actual NCLEX experience. The questions align with the National Council of State Boards of Nursing (NCSBN) 2016 RN test plan. Throughout the book, the Made Incredibly Easy design, art, and captions help to engage students and present a fun, relaxed, encouraging, and supportive learning experience. Other features include the use of all the types of alternate-format questions and detailed rationale for both correct and incorrect answers.

**massage exam questions and answers:** **Sunrise on the Hills** Alfred Tennyson Baron Tennyson, Henry Wadsworth Longfellow, William Cullen Bryant, 1887

**massage exam questions and answers:** **Sports Massage** Pamela Mills, Shanon Parker-Bennett, 2004 Covers the full range of massage techniques, each one illustrated with specially commissioned photographs, and has an anatomy and physiology section explaining the physiological basics behind the techniques used.

**massage exam questions and answers:** Med-Surg Success Kathryn Cadenhead Colgrove, 2016-08-15 Assure your mastery of medical-surgical nursing knowledge while honing your critical thinking and test-taking skills. The 3rd Edition of this popular resource features over 2,300 questions (including 550 alternate-format questions) that reflect the latest advances in medical-surgical nursing and the latest NCLEX-RN® test plan. They organize the seemingly huge volume of information you must master into manageable sections divided by body systems and specific diseases

**massage exam questions and answers:** **Massage Test Prep - Complete Study Guide for MBLEx, Third Edition** David Merlino, 2015-01-03 Now available is the brand new edition of the Massage Test Prep Complete Study Guide for MBLEx, Third Edition! The 2015 version has been updated with new information, new pictures, and now includes nearly 3000 test questions and pre-made flashcards that you only need to cut out! Study skills, test-taking techniques, and tips to reduce test anxiety help the student become confident in preparing for the MBLEx. The information provided is meant to provide the student with the Minimal Effective Dose. Learning this information

ensures the student goes into their exam with enough knowledge to pass! Let us help you pass your test! NOTE: This book has recently been updated as of June 30th, 2015

**massage exam questions and answers:** *14-Book Set, Fundamentals* Pivot Point International, 2016-10-01 Coursebook, Study Guide & License Exam Prep

**massage exam questions and answers:** *Juror #3* James Patterson, 2018-09-10 A young attorney is defending her client in a racially charged felony case -- but in a town of old money and hidden secrets, her first trial may be her last in this #1 New York Times bestselling legal thriller. Ruby Bozarth, a newcomer to Rosedale, Mississippi, is also fresh to the State Bar -- and to the docket of Circuit Judge Baylor, who taps Ruby as defense counsel. The murder of a woman from one of the town's oldest families has Rosedale's upper crust howling for blood, and the prosecutor is counting on Ruby's inexperience to help him deliver a swift conviction. Ruby's client is a college football star who has returned home after a career-ending injury, and she is determined to build a defense that will stick. She finds help in unexpected quarters from Suzanne, a hard-charging attorney armed to the teeth, and Shorty, a diner cook who knows more than he lets on. Ruby never belonged to the country club set, but once she nearly married into it. As news breaks of a second murder, Ruby's ex-fiancé shows up on her doorstep -- a Southern gentleman in need of a savior. As lurid, intertwining investigations unfold, no one in Rosedale can be trusted, especially the twelve men and women impaneled on the jury. They may be hiding the most incendiary secret of all.

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**massage exam questions and answers:** *The COTA Examination Review Guide* Caryn Johnson, Tina DeAngelis, Arlene Lorch, 2002 Excellent format and effective rationale for each item answers. Graduates have recommended this textbook strongly as a reliable resource to study for the certification exam. Keep up the good work! -- Saritza Guzman-Sardina, OTA Program, Polk Community College, Winter Haven, Florida Questions in the 4th exam are grouped by population

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**massage exam questions and answers:** *Massage Therapy Review* Laura A. Abbott, 2008

**massage exam questions and answers:** *MBLEx Practice Tests* Falgout, 2021-12 Prepping to pass the Massage and Bodywork Licensing Examination (MBLEx) has never been easier. Introducing Ascencia Test Prep's unofficial MBLEx Practice Tests: 3 Full-Length Practice Exams with Detailed Answers for the Massage and Bodywork Licensing Examination offers: 3 Full Length Practice Tests Detailed Answer Explanations Massage and Bodywork Licensing Examination Test Information Everything you need to feel prepared! Ascencia Test Prep's MBLEx Practice Tests will quiz you on: Body Systems Pathology Application Assessment CAM (Complimentary and Alternative Medicines) Professional For more, look for our MBLEx Study Guide 2022-2023: Test Prep with Practice Questions and Detailed Answers for the Massage and Bodywork Licensing Exam The Federation of State Massage Therapy Boards was not involved in the creation or production of this product, is not in any way affiliated with Ascencia Test Prep, and does not sponsor or endorse this product. About Ascencia Test Prep At Ascencia Test Prep, we understand that healthcare professionals need high-quality educational resources. That's why our test prep materials are developed by credentialed experts with years of experience who are excited to share their knowledge with you. Whether you're just starting your career or ready to climb higher, we're here to help you feel ready on test day.

**massage exam questions and answers:** *The Texas Medical Jurisprudence Exam* Ben

White, 2016-01-19 The most efficient, readable, and reasonable option for preparing for the Texas Medical Jurisprudence Examination, a required test for physician licensure in Texas. The goal of this study guide is to hit the sweet spot between concise and terse, between reasonably inclusive and needlessly thorough. This short book is intended to be something that you can read over a few times for a few hours before your test and easily pass for a reasonable price, with enough context to make it informative and professionally meaningful without being a \$200 video course or a 300-page legal treatise. After all, the Texas JP exam isn't Step 1-it's a \$58 pass/fail test!

**massage exam questions and answers:** *OET Nursing* Cambridge Boxhill Cambridge Boxhill Language Assessment, 2018-08-17 From the makers of OET. Test and build your English skills with this official OET Nursing resource. This Practice Test Book includes: \* Three OET practice tests with answer keys \* An overview of OET and how the test is scored \* The Test-Taker's Information Guide \* Key assessment criteria \* Useful language information. \*\*\*Want to buy both print and kindle versions?\*\*\*Buy the print book from Amazon.com and you will be given the option to purchase the kindle book at a heavily discounted price.

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**massage exam questions and answers:** *Medical Massage Care's FSMTB MBLEx Massage Exam Simple Study Guide* Philip Martin McCaulay, 2010-03-02 Medical Massage Care's FSMTB MBLEx Massage Exam Simple Study Guide outlines the knowledge needed to pass the FSMTB MBLEx massage and bodywork licensing exam. This guide summarizes the material that is most likely to appear on an exam; and provides tips for the exam-taking strategy. Topics include anatomy,

kinesiology, pathology, areas of caution, effects, techniques, assessment, treatment, history, ethics, guidelines, and business. The author has sold thousands of study guides and practice exam books for the massage exams.

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