



# MBLEX<sup>Q&As</sup>

Massage & Bodywork Licensing Examination

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### QUESTION 1

A client has been diagnosed with pes cavus, which means they have \_\_\_\_\_.

- A. flat feet
- B. high arches of the feet
- C. aninfected abscess
- D. extreme cavities

Correct Answer: B

Explanation: A client with pes cavus has a foot deformity characterized by an abnormally high medially longitudinal arch, also known as a high medial arch of the foot.

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### QUESTION 2

The suffix -plegia refers to:

- A. Light
- B. Paralysis
- C. Formation
- D. Different parts

Correct Answer: B

Explanation: The suffix -plegia refers to a paralysis and is added to root words to distinguish a paralysis of that particular region or structure. An example is hemiplegia, which describes a paralysis on one half of the body.

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### QUESTION 3

Apley's scratch test is used to determine the range of motion of the \_\_\_\_\_.

- A. wrist
- B. shoulder
- C. neck
- D. hips

Correct Answer: B

Explanation: The Apley's scratch test requires a client to reach behind their back, one hand from above reaching down and the other hand from behind reaching up to scratch between the shoulder blades. The test is designed to assess the range of motion of both shoulders in each direction. The client then repeats the action with the opposite hand to



measure range of motion in the other direction.

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#### QUESTION 4

A regular client who has been going thru a divorce has begun to share emotional details about their experience. They are staying later after their treatment and now routinely show up late for their appointment. They state they are having a difficult time and really need a friend. What can be said about the relationship between the client and therapist?

- A. The client is still learning how to be responsible.
- B. Everything is okay. The client will eventually recover.
- C. The client is testing the boundaries of the therapeutic relationship.
- D. The client is experiencing a tough time and is allowed special treatment.

Correct Answer: C

Explanation: A client who routinely presses the structure of the practice, like in this case, is testing the boundaries on what is acceptable. Regardless of a client's situation, it is the therapist's responsibility to set appropriate boundaries to ensure all participants feel safe and comfortable within the therapeutic environment.

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#### QUESTION 5

Malpractice insurance is a requirement by Federal law.

- A. TRUE
- B. FALSE

Correct Answer: B

Explanation: Malpractice insurance is not required by Federal law. Regulations on massage vary from state to state. However, to adhere to sound business practices and for the protection of yourself and your clients, malpractice insurance is considered a necessity within the massage community.

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