



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

Massage & Bodywork Licensing Examination

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### QUESTION 1

Which of the following tests is used to assess whether the pectoralis minor is the cause of thoracic outlet symptoms?

- A. Costoclavicular maneuver
- B. Adson's test
- C. Wright's hyperabduction test
- D. AC shear test

Correct Answer: C

Explanation: The Wright's hyperabduction test raises the client's arms above their heads through abduction which stretch tightens the pectoralis minor. A change in the radial pulse indicates a positive test for impingement by the pectoralis minor.

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### QUESTION 2

A client is complaining of tension headaches focused along the temporal region. What should the massage therapist instruct the client to do to help locate and palpate the temporalis muscle?

- A. Client clench and relax their jaw
- B. Client open mouth and relax their jaw
- C. Pinch closed and open eyes
- D. Rotate head from side to side

Correct Answer: A

Explanation: The temporalis muscle has one action and that is to clench the jaw during mastication. The best way to locate and palpate the temporalis muscle is to instruct the client to clench and release their jaw while the therapist feels for the origin and insertion of muscle fibers along the temporal bone.

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### QUESTION 3

A client who is prone to attack posturing will have an overproduction of which neuroendocrine chemical?

- A. Epinephrine
- B. Serotonin
- C. Oxytocin
- D. Enkephalins

Correct Answer: A



Explanation: Epinephrine or adrenalin activates arousal mechanisms which are triggers for the fight-or-flight response and posturing. Physical queues of attack posturing are elevated shoulders, clenched jaw and fists, flexed arms and aggressive behavior.

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#### QUESTION 4

Which of the following would be a possible concern for a new client?

- A. A detailed and thorough intake
- B. Low lighting in the treatment room
- C. Soft music played throughout the office
- D. Locked door for privacy

Correct Answer: D

Explanation: A locked door can put the therapist at risk of being accused for entrapment of a client. If a door must be locked be sure to ask the client for permission.

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#### QUESTION 5

Quick, shallow breaths are an indication of forced inhalation. Which of the following muscles would be hypertonic from an improper breathing pattern?

- A. Rhomboids
- B. Scalenes
- C. Abdominals
- D. Diaphragm

Correct Answer: B

Explanation: Scalene muscles are typically reposed during normal respiration and only come into action during heavy exertion or forced inhalation. However, in a faulty breathing pattern, the scalene (along with the upper trapezius, levator scapulae, SCMS and pec minor) become primary breathing muscles and are active with each inspiration. This additional stress leads to the development of trigger points within these muscles. Assisting the client to correct their breathing pattern is as essential to rehabilitation as is releasing the hypertonic muscles.