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QUESTION 1

What is the automatic muscle contraction that regulates skeletal muscle length when a client regains their balance after losing it?

- A. reciprocal inhibition
- B. ipsilateral flexion
- C. muscle memory
- D. stretch reflex

Correct Answer: D

Explanation: Stretch reflex or myotatic reflex is an automatic muscle contraction in response to a stretching of muscle fibers. In this case, during the event of losing balance, muscles are stretched and triggered to automatically contract as a means of regaining balance.

QUESTION 2

A 27 year old male client enters a massage therapy office for a treatment holding his right hand along the pinky and ring finger. He complains of numbness and weakness in the two affected digits. He states the condition has been progressing over the last few weeks. He works in IT for a database company and works normal hours and is not very stressed at work. He is a daily commuter cyclist and also enjoys playing disc golf. What is the most likely cause of this condition?

- A. His work in IT
- B. Cycling
- C. Disc golf
- D. None of the above

Correct Answer: B

Explanation: The posture for bicycling requires the rider to rest on the palms while steering. Guyon's canal syndrome is also known as handlebar palsy.

QUESTION 3

Hacking, tapping and pounding with loose fists are examples of _____.

- A. Petrissage
- B. Deep tissue
- C. Effleurage
- D. Tapotement



Correct Answer: D

Explanation: Hacking, tapping and pounding are techniques of tapotement.

QUESTION 4

Which of the four quad muscles is the largest in size?

- A. Rectus femoris
- B. Vastus lateralis
- C. Vastus intermedius
- D. Vast medialis

Correct Answer: B

Explanation: The vastus lateralis is the largest quadriceps muscle with its origin starting superiorly to the intertrochanteric line and inserting into the lateral border of the patella.

QUESTION 5

Where would you locate the annular ligament?

- A. Knee
- B. Ankle
- C. Wrist
- D. Elbow

Correct Answer: D

Explanation: The annular ligament stabilizes the proximal radius against the ulna during pronation and supination of the wrist. The ligament is located deep to the supinator and origin of the extensor muscles of the forearm near the head and proximal shaft of the radius at the elbow.

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