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QUESTION 1

Which system is also known as the excretory system?

- A. Integumentary
- B. Digestive
- C. Urinary
- D. Respiratory

Correct Answer: C

Explanation: The purpose of the excretory system is to regulate the chemical composition of the body by removing metabolic waste and to monitor the proper amount of water, salts and nutrients. The integumentary, digestive and respiratory system all play a minor role in the excretory system. However, the urinary system is responsible for the excretion of fluid to maintain homeostasis.

QUESTION 2

How many arches are in a normal human foot?

- B. 2
- C. 3
- D. 4

Correct Answer: C

Explanation: There are three arches in a normal human foot. These are the medial longitudinal arch, the lateral longitudinal arch and the transverse arch.

QUESTION 3

Which of the following is not part of the small intestine?

- A. Duodenum
- B. Jejunum
- C. Sigmoid
- D. Ilium

Correct Answer: C

Explanation: The sigmoid colon is part of the large intestine that is closest to the anus.



QUESTION 4

_____ is a proprioceptive sensory receptor located at the insertion of skeletal muscle which protects against damage from an excessive load or stretch.

- A. Golgi apparatus
- B. Golgi tendon organ
- C. Action potentials
- D. Spinal reflex

Correct Answer: B

Explanation: A Golgi tendon organ or GTO provides the sensory component to the Golgi tendon reflex, a phenomenon that protects a muscle/tendon from an excessive load or stretch.

QUESTION 5

Which of the following muscles would contribute to wrist adduction?

- A. Extensor carpi radialis
- B. Extensor carpi ulnaris
- C. Flexor digitorum profundus
- D. Extensor pollicis brevis

Correct Answer: B

Explanation: The extensor carpi ulnaris acts to both extend and adduct the wrist.

QUESTION 6

What is counted to determine the atomic number of an atom?

- A. Neutron
- B. Proton
- C. Electron
- D. Nucleus

Correct Answer: B

Explanation: Protons located within the nucleus are counted to determine the atomic number of an atom. This is different than the atomic mass which is a count of the total count of neutrons and protons within a nucleus.



QUESTION 7

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.

QUESTION 8

The brachial artery is a branch from which larger artery?

- A. Axillary
- B. Femoral
- C. Carotid
- D. Descending aorta

Correct Answer: A

Explanation: The brachial artery continues from the axillary artery and runs between the triceps and biceps brachii. The pulse of the brachial artery can be palpated between these muscles on the anterior side of the arm.

QUESTION 9

A client was involved in a recent auto accident and received a grade 4 whiplash injury. Which of the following best describes the client's status?

- A. Neck pain, stiffness and tenderness
- B. Neck pain with signs of neurological damage
- C. Neck pain with dislocation and spinal injury
- D. No neck pain

Correct Answer: C

Explanation: A grade 4 whiplash is a critical condition associated with extreme neck pain, cervical fractures and/or



dislocations, possible spinal cord injury and serious soft tissue damage. Massage is contraindicated until the condition is stabilized and a medical release is provided.

QUESTION 10

There are two main roles between a therapist and a client. The first role is as a massage therapist and the second role is as _____.

- A. an instructor
- B. a counselor
- C. a professional
- D. a confidant

Correct Answer: C

Explanation: The second role, as a professional, is as important as the first role. One can be the greatest massage therapist in the world, but if the massage therapist does not abide by the guidelines, ethics and laws set forth for the profession, then the therapist can do more harm than good to those who seek their help.

QUESTION 11

Celiac refers to which location in the body?

- A. Abdomen
- B. Mouth
- C. Brain
- D. Chest

Correct Answer: A

Explanation: The term celiac describes the location of the abdomen and is used to describe the location of nerves as in the celiac plexus or the location of cardiovascular tissue as in the celiac artery. Celiac disease denotes the location of the disease located in the abdominal region.

QUESTION 12

Which of the following massage techniques would be best suited for a healed fracture?

- A. Trigger point
- B. Petrissage
- C. Tapotement
- D. Deep tissue



Correct Answer: B

Explanation: The action of petrissage is best suited for moving stagnant blood and lymph away from an injury site and replacing it with nutrient rich blood and fresh lymph.

QUESTION 13

Which muscle would be shortened in a client with an increased lordotic curvature?

- A. gluteals
- B. trapezius
- C. scalenes
- D. psoas

Correct Answer: D

Explanation: Lordosis is a condition of the lumbar spine which causes an anteriorly rotated pelvis. The anterior rotation causes the hip flexors to tighten which includes a shortening of the psoas muscle.

QUESTION 14

Where are the lumbrical muscles located?

- A. Lumbar region
- B. Hands and feet
- C. Pelvic floor
- D. Neck

Correct Answer: B

Explanation: Despite their name, the lumbricals are located in the hands and feet and assist with movement of the phalanges in both locations.

QUESTION 15

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

- A. TRUE
- B. FALSE

Correct Answer: A

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.

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