

TLC Contact Information

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What You Can Expect From Us

1. We are always open to receiving feedback. The surest way for us to pay attention is for you to put it in writing. Please email admin@tlcschool.com to voice your comments or concerns. The student support page also has a form to submit feedback electronically.
2. We will respond to your calls and notes. If there is an emergency, we will try to respond right away. If not, we will get back to you within 5 working days.
3. We will be happy to meet with you in our offices if you make an appointment, by contacting the receptionist or us. Please do not enter the administrative area without checking with the receptionist first. Feel free to engage us in the public areas of the school at any time, realizing that it is usually not possible for us to have an extended conversation with you at that moment.
4. We will be timely with regard to: grading (most assignments submitted on-time will be graded and returned within a maximum of two weeks from the date they were handed in), progress reports (issued quarterly), and notifications of overdue payments.
5. We will treat you with respect.
6. We will be proactive regarding our boundaries if we feel you are not treating us with respect.
7. We will maintain firm boundaries as part of your training in professionalism, and as part of our running the school responsibly.
8. If we are aware of a breach of our conduct policy by any student, staff or faculty member, we will inform them in a confidential and compassionate way within no more than 10 working days.
9. We will do our best to deliver the high quality educational service to which we aspire.
10. We will be honest if we make mistakes.

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What We Expect Of You

1. **Attendance** - we encourage you to attend every class, if well and able.
 - Do not come if you have a fever or contagious condition. Missing an entire class constitutes an absence.
 - Any class missed in the 500-Hour Program must be made up.
 - State regulations require us to drop a student who has missed 10 consecutive days regardless of time made up.
2. **Punctuality** - Classroom doors open 30 minutes prior to class start time. We support your arriving 5 to 10 minutes early for class, being ready to begin on time, and returning promptly from breaks.
 - Tardy – arriving after the starting time of the class constitutes a tardy.
 - Arriving more than 10 minutes tardy, or leaving more than 10 minutes early necessitates a make-up of at least one hour.
3. **Participation** - you learn best by giving and receiving massage.
 - If you can only give work but not receive it, one-half "NP" (not participating) is recorded. The same holds if you can only receive but not give work. If you can do neither, a full NP is recorded. After a total of 4 each additional NP recorded is considered an absence, which must be made up.
4. **Proactivity** in succeeding as a student, especially regarding:
 - Absences: track your own absences and look ahead to when and how you can make them up. Sign up at least a week ahead of time for scheduled make up classes.
 - Assignments: keep track of what you have and have not turned in.
5. **Timeliness** -
 - Assignments - receive full credit if turned in when due. If late, 20 points will be deducted.
 - If you miss a class in which an assignment is due, turn it in at the next class you attend (write "absent on due date" along with the date you are turning it in and there will be no points deducted).
 - Quizzes and Exams – if made up within 2 weeks when missed due to absence, there will be no points deducted.
 - Tuition Payments – 10-day grace period after due date - after the 10th day, late fee of \$10 assessed and attendance at class not allowed. If you are on a payment plan with TFC, ANY late payments beyond the 10th day will delay release of your transcript!!
 - Post-dated checks are not accepted.
 - Returned check/credit card fee - \$10 first time, \$20 second time, after which only cash or money order is accepted.

What We Expect Of You

6. **Communication** - Make connections with us and your classmates.
 - Let us know what is on your mind, ask for what you want in a clear and compassionate way.
 - Be honest in your feedback regarding work you give or receive, as well as other in-class issues.

7. **Behavior** in class:
 - Avoid the following: side-talking during class, sleeping in class, not following directions, eating in the classroom, dressing inappropriately.
 - Feet must be covered at all times (unless receiving massage) with shoes or socks.
 - Use of cell phones or cameras is not allowed in the classroom, clinic or bathrooms. If you have an emergency situation, let the instructor know and an exception can be made to set the device to vibrate.
 - Computers may be used during class for note-taking only. The webcam feature must be blocked for confidentiality/privacy reasons.

8. **Etiquette** on school grounds and act responsibly regarding:
 - Smoking: outside only, avoid doorways, butts put in containers.
 - Parking: follow directions regarding church parking (not available on Sundays), be respectful of nearby businesses and residential neighbors.
 - Public space: help keep it clean, including doing your own dishes; be fully clothed outside classrooms.
 - Dress: when outside the classroom, students must be fully clothed, including shoes.

9. **Responsibility** regarding the energy of the class and school.
 - The learning atmosphere is something you and all of us create together.
 - Cultivate sensitivity in words and deeds, hold yourself accountable for your moods and emotions, and ask for support from classmates and staff when you want it.

10. **Willingness** to respond constructively to change.
 - Learning may result in changes of the body, mind, and spirit that can be stressful as well as empowering. Please cultivate compassion, curiosity, and courage towards yourself and others here as you meet these positive challenges.

MBLEx

FSMTB The Federation of State Massage Therapy Boards

- To ensure that massage therapy is provided in a safe and effective manner
- Texas and most other states are FSMTB members
- Kansas, Minnesota, Vermont, and Wyoming are not
- Hawaii, New York, and Massachusetts are regulated but not using the MBLEx yet
- The MBLEx is the licensing exam offered by FSMTB . . .

MBLEx Massage and Bodywork Licensing Exam

- To apply for the exam, complete the online application and pay \$265
- 100 multiple-choice questions from 7 categories:
 - Anatomy and Physiology 11%
 - Kinesiology 12%
 - Pathology 14%
 - Benefits and Effects of Massage Therapy 15%
 - Client Assessment and Treatment Planning 17%
 - Ethics, Boundaries, Laws, and Regulations 16%
 - Guidelines for Professional Practice 15%
- Pearson Vue has multiple testing facilities where you can take the MBLEx

MBLEx

How to apply for the MBLEx:

1. www.fsmtb.org
2. Click on *MBLEx Online Application* on the right in purple
3. Read the Online Handbook
4. Click on *I understand and agree to comply with the information in the Candidate Handbook*
5. Fill out the Demographic Information
 - a. Name
 - b. Address
 - c. Phone number and email address
 - d. State (Tx) and School (Lauterstein Conway Massage School)
 - e. Language used to take the exam (English or Spanish)
 - f. Special accommodations (requires an ADA Accommodations Request Form)
 - g. To which state do you want your results sent?
 - h. I agree to the terms and conditions above
6. Submit payment of \$265
7. When you receive approval for testing, schedule your testing appointment online

Student Portal

Students can access their grades, attendance record, and financial details by logging onto the Student Portal.

To register, go to studentsupportal.com

- Click Request New User ID
- Enter the following (note: it **must** match what is on record with TLC)
 - Social Security Number (without hyphens)
 - Your email address
 - Your date of birth
- Click Next
 - Enter User ID (at least 10 characters)
 - Enter Password (at least 8 characters, must contain 1 number)
 - Confirm Password
 - Create Validation Question
 - Click Create User ID

Forgot your Password?

- Go to studentsupportal.com
- Click Forgot Password
- Enter answer to Validation Question
- Click Request Password
- Contact the Student Administrator if that doesn't work

Forgot your User ID?

- Contact the Student Administrator

STARS LMS

After logging into the Student Portal, you can access the LMS. Click the Menu button on the top right corner of the blue banner and select Connect to STARSLMS. Your LMS Dashboard home page will have 5 Buttons on the left-hand side:

- Courses – Shows you the consolidated course that houses all tests and most assignments
- Calendar – Shows you assignments listed by their due dates
- Support – Where you can message for Support
- LMS Dashboard – Dashboard home screen
- Student Portal – Returns you to the Student Portal

Click Courses and select the course listed there: 500-Hour Program Grades. This will bring you to the course's main page.

By clicking Modules on the left-hand menu, you will see all open modules.

Click on the target Module, read the instructions, and click the hyperlink at the bottom to begin.

Tips :

- Make sure to click save to save your progress
- Make sure to submit for grading when you've completed the assignment

Tests are only to be taken on the LMS during the scheduled testing time, while being proctored by an instructor. Taking tests outside of this time may be considered academic dishonesty. LMS will not be used while completing make-up hours. All tests completed outside of the scheduled testing time will be proctored and completed on a paper test.

GroupMe

Consider joining your class's GroupMe, a free app that our classes use to communicate, share ideas, pictures, memes, and support with each other.

We strongly suggest putting this app on 'do not disturb' or silence the notifications due to the sometimes frequent number of alerts and check it periodically.

Important messages regarding the school will be sent via email or text.

Private messages do not always give notifications in GroupMe (avoid privately messaging your instructor) and they may go unnoticed for a long time. Please email your instructor instead.

All comments/concerns/constructive feedback about TLC, its policies, or staff should be emailed admin@tlcschool.com. Avoid posting anything that violates the policies detailed in the student handbook such as distributing course materials (test answers, review questions, etc) or bullying or harassment.

Previous classes have used GroupMe for many things like letting the class know that you are sick, going to be absent, or running late, you have a new/used (dog, book, car, massage table, etc.), you need coverage in clinic (please follow up with Tammie and/or Jessica), need someone to study or practice with, remembered that review questions are due next class, questions about what to do (with a client with a psoriasis flare-up, athlete's foot, piriformis syndrome, tight serratus anterior, etc), or whatever else you would like to use this app for.

Previous classes continue to use GroupMe even after they've graduated to share how their journeys are going, where they work, and occasionally get together to trade massages.

Class Health

If you have COVID, are experiencing symptoms of (any) illness, or believe you may have been exposed:

- Please do not come to the TLC Campus.
- Immediately contact the Director, Mark Dauenhauer, directly at markd@tlcschool.com.

Students that are scheduled for clinic, must contact the MTI on-duty at 512/374-9222 ext. 30 immediately. The MTI on-duty will cancel all appointments at no cost or penalty to the student.

Students can choose to do one of the following:

1. Isolate for 10 calendar days and then get a rapid test.
- or-
2. Get a PCR test (a more conclusive test, but with longer turn-around time).

In both cases, you must email a screenshot of your test results to the Director. Home tests will **not** be accepted at this time.

Students who miss class will need to make-up classes in the make-up room. Upon return, students' make-up fee will be waived, effective the date they notify the Director.

No student may return without clearance from the Director.

Study Skills

Learning How to Learn

Adult learners in vocational education have multiple responsibilities.

Think of your responsibilities and how you will manage your time with school:

-
-
-
-
-
-
-
-

Daily/Weekly Goals

- Active Reading: Preparing for the upcoming week, looking over last week's material, writing down questions, preparing for the next test or assignment, etc.
- Active Study Skills: Listening to recorded lectures, watching practical videos, drawing/coloring muscles, creating flashcards, palpating, etc.
- Massage Practice: Schedule clients 2-3 times a week for 30-60 minute sessions (make sure they know what modality they are receiving and which area you will be working, this is your 'practice time', not their 'massage time'. They can book with you when you are in clinic for a custom session). You should be practicing every week starting at class 4.

Quizlet Flashcards by LautersteinConway

Quizlet: Online and Mobile Flashcards

Study Modes

“Flashcards” – Start here to familiarize yourself with the terms and definitions.

“Learn” – It prompts you with the definition. You type in the term. Spelling counts but there’s a way to get around having to spell them correctly. Just ask me!

“Speller” – The term is read to you aloud. You type what you hear.

“Test” – WARNING! Multiple-choice mode may give you a false sense of security because the questions are too easy. Use matching, true/false, and fill in the blank to really test your knowledge.

“Scatter” – Drag and drop the terms on the definitions. Fastest time wins!

“Space Race” – As the definitions move across the screen, type the answer.

Signing up for Quizlet is free!

1. Go to quizlet.com
2. “Create a Quizlet Account” using one of these two methods:
 - a. Facebook (ONLY if your Facebook name matches school records)
 - b. Enter your:
 - Birthdate
 - Username (must match your name in TLC school records)
Example: JohnConway, DavidLauterstein, etc . . .
 - Password
 - Retype Password
 - Email (to notify you of new flashcards!)
 - Click the box next to “I agree . . .”
 - “Submit”
3. Follow the instructions in the verification email from Quizlet.com.
4. Enter the link and click “Join Class”. You’ll be approved if your name is right.
<https://quizlet.com/join/zZf79yQFr>

Active Study Skills

Flashcards: For people who learn best by reading, writing, and drawing!

- Quizlet flashcards by LautersteinConway
- Trail Guide muscle flashcards
- Trail Guide Anatomy MAPP
- DIY flashcards

Trail Guide to the Body Flashcards

Pre-made flashcards that match your textbook!

- Volume 1: 175 cards for bones, ligaments, and joints (\$22)
- Volume 2: 189 cards for muscles (\$22)

Trail Guide to the Body Anatomy MAPP

A smart phone app that is especially helpful for those who study best on the go!

- All 364 images from Flashcards Volumes 1 and 2
- Questions from the Trail Guide to the Body: Student Workbook
- Audio pronunciation for each muscle
- Available on Apple and Android devices (\$30)

DIY Flashcards

Especially helpful for those who learn best by writing and doing!

- Making the flashcards can be a major part of the learning process
- 3x5 or 4x6 index cards

Active Study Skills

Memorization using Memory Cues

Acronyms, Songs, and Rhymes

Starting from the radial side of the wrist in the proximal row of carpals:

“Steve Left The Party To Take Cathy Home”

Scaphoid, Lunate, Triquetrum, Pisiform Trapezium, Trapezoid, Capitate, Hamate

Visualization

“Seeing is Learning!”

Drawings, Anatomy Coloring Book, . . .

Kinesthetic (hands-on activities)

Anatomy in 3D

- Anatomy in Clay Maniken: Human Skeletal Models
- Sculptures, collages, and movement activities
- You Need to Have Hands-on Learning

Speaking and Hearing

Verbalizing and Pronunciation

- www.Merriam-Webster.com
 - Enter the word that you want to know how to pronounce and then click on the speaker icon
- Triquetrum
- Iliopsoas
- Clavicle
- Acromion process
- Scapula

What to Study

For class (4th column)

Every class that uses the packet and/or a textbook will state what information you need in the preparation column. 6a is about anatomy and physiology of the tissues. Before the class, you should use the Trail Guide to study the 3 gluteal muscles, read pages 349-356 in *Massage Therapy Principles and Practices* (Salvo), review E: 7-10 in your packet (binder or digitally), and review the RQ (review questions), completing them before they are due.

For assignments (last column)

Some assignments will be due before the class starts (homework) and some will be done in class. Refer to the pages listed in this column for more information. Review Questions must be completed on LMS to be accepted. If you were absent or turning them in late, complete them on LMS. The grade displayed will be correct if you were absent and it was completed on time. The system will update your grades in 2-3 business days. If your RQs were completed late, the displayed score will NOT be correct. The system will update the grade and deduct the penalty points, then post your grade in 2-3 business days. You may access your completed assignments on LMS through the Calendar or through the Grades sections.

Week 4			
10/8/22	6a	A&P: Introduction to the Human Body - Tissues	Trail Guide: gluteals (maximus, medius, and minimus). Salvo: Pages 349-356. Packet E: 7-10. RQ - Packet A-129.
10/8/22	6b	Swedish: Technique Review and Practice - Posterior Upper Body	Packet F: 29-30.
10/8/22	7a	A&P: Introduction to the Human Body - Body Compass	Trail Guide: hamstrings (biceps femoris, semitendinosus, semimembranosus). Salvo: Pages 356-365. Packet E: 11-14. RQ - Packet A-130.
10/8/22	7b	Swedish: Technique Demo and Practice - Posterior Lower Body	Packet F: 31-34.

7a Review Questions
Due before class starts.
See Packet A: 119-130, A-113
for info.

What to Study

For quizzes and exams (last column)

The '8a Quiz' is given at the start of class, has 20 questions (always multiple choice or true/false), has a time limit of 20 minutes, and will be over the study material listed in the preparation column. *Study all packet material (and muscles) from classes:*

- 0b Orientation, deltoid, shoulder joint, anatomy terms, etc
- 2a Bones and posterior muscles, trapezius, etc
- 2b Tools of the trade, tables, lubricants, cleaning, etc
- 3a Self Care, lats, teres major, etc
- And 4a, 5a, 6a, and 7a.

The '9a Kinesiology Quiz' is given at the start of class, has 20 questions (always multiple choice or true/false), has a time limit of 20 minutes, and will be over the muscles listed in the preparation column. *Use the Trail Guide to study the A(ctions), O(rigins), and I(nsertions) of:*

- Glutes- max, med, and min
- Hamstrings- biceps femoris, semimembranosus, and semitendinosus
- Triceps Surae- Gastroc and Soleus

Week 5

2/12/24	8a	Quiz	Trail Guide: gastrocnemius and soleus. Study all packet material from classes: 0b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, and 7a.	8a Quiz Given at the start of class. 20 questions in 20 minutes. Packet A-73.
2/12/24	8b	Kinesiology: AOIs - Posterior Lower Body		
2/14/24	9a	Kinesiology Quiz & H&H: Therapeutic Relationships - Introduction, Confidentiality, and Boundaries	Salvo: Pages 16-33. Packet H: 7-14. RQ - Packet A: 132-133. Use Trail Guide to study the AOIs of glutes, hamstrings, gastrocnemius, and soleus.	9a Kinesiology Quiz Given at the start of class. 20 questions in 20 minutes. Packet A-73.
2/14/24	9b	Business: Introduction	Business Mastery: Chapters 1-3. Packet B: 1-30, especially B-5 for the assignment done in class.	9b Purpose, Priorities, and Goals This will be done in class, assessed, and graded. Packet B: 6-7. Bring your Business book to every business class.

Introduction to Kinesiology

Kinesiology Study of human motion.

Anterior Pertaining to the front of a structure.

Posterior Pertaining to the back of a structure.

Lateral Oriented farther away from the midline of the body.

Medial Oriented toward or near the midline of the body.

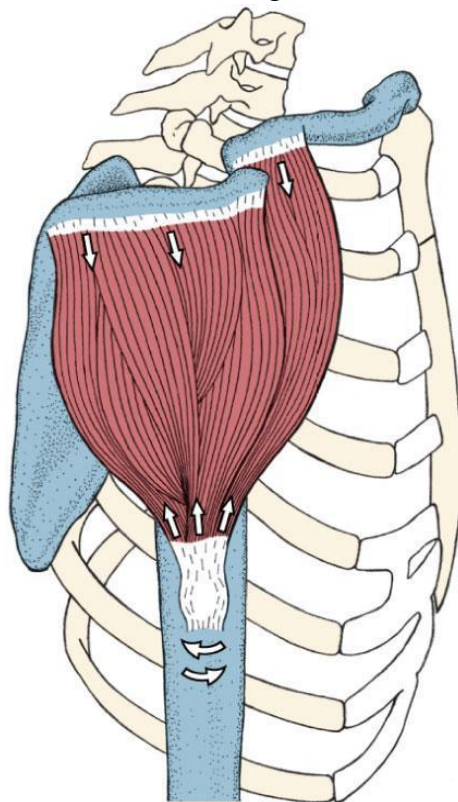
Belly The wide central portion of a skeletal muscle that contains the sarcomeres.

Tendon Cord-like structure anchoring the end of a muscle to a bone.

Action The movement or postural stabilization that happens as the result of muscular contraction.

Origin Tendinous muscle attachment on the less movable bone or other structure.
Typically medial or proximal to the insertion.

Insertion Tendinous muscle attachment on the more movable bone or structure.
Typically lateral or distal to the origin.



Lateral View

Muscolino JE: The muscular system manual: the skeletal muscles of the human body, ed. 2, St. Louis, 2010, Mosby.

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Test Anxiety

Symptoms of Test Anxiety

Nausea/vomiting, light headed, diarrhea, shaking, tearful, headache, racing heart

Our Advice as a School who wants you to Succeed

If we see that you are suffering from anxiety symptoms, after the exam we should take a look at a different approach to reduce your anxiety and increase your preparedness.

“Anxiety is not a legal disability, so instructors will not give any special consideration, but they will provide you with some resources.”

How to Reduce Test Anxiety

- Share personal stories of test anxiety
- Over-preparing for classes, quizzes, and exams
- Prepare a little bit every day
- Use a variety of study strategies (Vimeo online class videos)
- Use positive affirmations, put your faith in succeeding, don't bet against yourself
- Breathe
- Give yourself a practice test to warm up
- Crib sheet: write all the essential info on a blank sheet of paper during the test

Resources for Coping

- Counseling from Tila Tapp, the student administrator
- Tutoring with an instructor for written or hands-on improvement
- Student Success Guide (online at abmp.com)
- Books:
 - *“No more test anxiety”*, Ed Newman
 - *“The secrets of taking any test”*, Judith Meyers
 - *“Test taking strategies and study skills for the utterly confused”*, Laura Rozakis
 - *“Test-taking strategies”*, Judi Kesselman-Turkel
- Audio tapes: *“Tame test anxiety”*, Richard Driscoll

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What it takes to get and keep a massage license in Texas

Texas Department of Licensing and Regulations massage therapy license requirements:

- Be at least 18 years old when you apply
 - Submit fingerprints that will be used to obtain the applicant's criminal conviction history, \$38
 - Provide all information concerning your misdemeanor and felony convictions
 - Correctly and fully completed the application for licensure
 - Submit a transcript from a 500-hour supervised course in massage studies
 - Pay the application fee for a Texas Massage Therapy license, \$100
 - Pass a massage therapy examination such as the MBLEx, \$265
 - Pass the jurisprudence examination, \$34
 - Renewal is done every 2 years, \$75
 - You are required to complete 12 CEU's every 2 years for renewal
-
- www.tdlr.texas.gov/mas/mas.htm
 - Or just do a search for *Texas Massage Rules*

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Outside Massages

Overview

- Use the provided forms to document these 3 assignments.
 - 43a Swedish: Outside Massages
 - 62a Deep Tissue: Outside Massages
 - 85a Orthopedic Massage: Outside Massages
- Hold on to your completed Outside Massage Forms (OMFs) until they are due.
- On the due date, submit your stapled OMs to your instructor before class starts.
- Each OMF indicates the specific content that is required to complete the assignment. Please read them carefully.
- 20 points will be deducted if either of the 2 OMFs is late.
- Doing more than the assigned number is great, but there is no extra credit given on your grade.
- Begin practicing massage outside of class immediately, but do not begin documenting outside massages until the time indicated on your class schedule.
- Use this early practice to get the strokes and sequencing down and formulate questions to ask in class.
- All sessions submitted need to be at least 50 minutes in length.

Outside Messages

Overview

- Please fill out **all** parts of the OMF. If any part of the OMF is not complete, 20 points will be deducted and it will be returned to you to complete and resubmit.
- If your clients are too relaxed to write, you may interview them and write their reactions to the session for them.
- Use this early to deepen your thought processes and critical thinking, as well as your ability to plan a tailored session to fit each client's needs.
- Please fill out **all** parts of the OMF. If any part of the OMF is not complete, 20 points will be deducted and it will be returned to you to complete and resubmit.
- If the original paperwork gets lost, fill out another form to the best of your recollection and turn it in on time.
- This assignment is extremely valuable - please take it seriously and treat it professionally.
- If you have questions about any sessions you do, please bring them up in class - we do not closely read these forms - they are for your study and reflection.



Lauterstein-Conway
Massage School & Clinic

Outside Massage Form #1: Full Body Swedish Only

Client _____ Due Date Class 43a _____

Student _____ Group _____ Date _____

Client Feedback:

Information you supply about your own particular experience of this massage will be important for the student's education. In the space below please be specific about how the massage felt to you and what changes you notice in your body, mind, or spirit as a result. Any suggestions you have will be appreciated. Thank you.

Student Notes:

In this space the student records information about the session when finished. Impressions, objective and subjective information, remarks about how you feel the massage went, etc. Include any questions that may have come up for you. What did you learn?



CLIENT INTAKE FORM

Date: _____

Full Name: _____ Preferred Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

DOB: ____/____/____ Gender Identity: _____ Preferred Pronouns: _____

Height: ____' ____" Approx. Weight: _____ lbs Occupation: _____

Email: _____

Emergency Contact Name:	Relationship:	Phone:

What types of healthcare are you receiving? (*Physician, Chiropractor, Acupuncture, Homeopath, etc.*)

Do you currently have, or recently had, any of the following conditions?:

- | | | |
|---|---|--|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Numbness or Tingling | <input type="checkbox"/> High Blood Pressure |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Headaches/Migraines | <input type="checkbox"/> Heart Conditions |
| <input type="checkbox"/> Cancer (History) | <input type="checkbox"/> Skin Conditions | <input type="checkbox"/> Varicose Veins |
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Autoimmune Disease | <input type="checkbox"/> Spinal Conditions |

Please elaborate if you selected any of the above conditions:

Please note any recent injuries, surgeries, major accidents, or serious illness/conditions:

Please list any medications or supplements you are currently taking for any of the above conditions:

Are you pregnant or trying to become pregnant? No Yes: Due Date _____

Previous massage/bodywork experience: Never Occasionally Often: Type(s) _____

I understand that: Massage therapy (Which include styles of: Swedish, Sports, Deep Tissue or Deep Massage) involves neither diagnosis nor treatment of any condition and is not a substitute for medical care. Draping will be used at all times. This is a full-body massage unless otherwise requested. Neither breasts nor genitalia will be massaged. I may itemize here any areas on my body that I wish to be avoided, and these will be totally avoided (itemize here if relevant):

If I am uncomfortable for any reason I may request to end the session and it will end promptly. If client is under the age of 17, written consent from client's guardian or parent is required. I affirm that I am able to receive Massage Therapy and that any of the information I have provided above does not prohibit me from doing so. I am aware that if I have a medical diagnosis that prohibits me from receiving Massage I must provide physicians written consent prior to services.

Client Signature: _____ Therapist Signature: _____



Treatment Record

Client Name _____

Date _____

Student Therapist _____

S: Subjective or what the client reports about their status
(client goals, functional limitations, and diagnosis/clearance from a physician)

O: Objective or findings made by the therapist
(client posture, client movement, palpation of client during interview, details of focus area treatment)

Prone:

Supine:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

A: Assessment or how the client rates the pain or discomfort of a focus area
(0-10, 0 = no pain, 5 = moderate pain, 10 = worst possible pain, recorded before and after treatment)

Before treatment:

After treatment:

_____	_____
_____	_____
_____	_____

P: Plan or a strategy for further care

(client education, self care such as movement or stretches, future massage session ideas, referrals)

Personal reflection or meaningful insights made by the therapist about the therapist

Technique Check List

BMTs - Prone

- Spinal Rotation & Release with Erector Compressions
- Shoulder Mobilization with Trapezius Compressions
- Scapular Mobilization with Trapezius & Deltoid Compressions
- Deltoid & Triceps Brachii Coarse Vibration
- Gluteal & Hamstring Compression with Knee & Hip Mob.
- Ankle Mobilization with Gastrocnemius Compressions
- One Handed Gastrocnemius & Soleus Jostling
- Ankle & Knee Mobilization with Plantar Compressions
- Prone Full Body Rocking Compressions

BMTs - Supine

- Supine Hip Rotation with Leg Compressions
- Pulsing Hip Traction from the Ankle
- Hip Medial Rotation & Release from the Ankle
- Unilateral Ribcage Compression and Mobilization
- Bilateral Upper Ribcage Compressions
- Shoulder Mobilization with Pectoral Compressions
- Supine Deep Lateral Friction & Release on the Rhomboids
- Wrist, Elbow & Shoulder Mobilization
- Head & Neck Rotation with Post. Cervical Comp. & Release
- Alternating Scapular Depression with Trapezius Comp.

Deep Tissue - Prone

- Infraspinatus and teres major: deep effleurage
- Triceps brachii: deep effleurage
- Upper traps, supraspinatus, levator scapula: deep effleurage
- Rhomboids: deep effleurage
- Erector spinae: deep effleurage
- Quadratus lumborum: deep effleurage
- Lats, erectors, and gluteals: broad cross fiber
- Gluteus maximus: deep effleurage
- Hamstrings: deep effleurage
- Hamstrings: deep transverse friction and melting
- Gastrocnemius and soleus: deep effleurage
- Gastrocnemius and soleus: stripping

Deep Tissue - Supine

- Tensor fasciae latae: BMT fiber spreading
- Sartorius and vastus medialis: deep effleurage
- Rectus femoris, vastus lateralis, and I.T. tract: deep effleurage
- Distal quadriceps: petrissage/wringing/fiber spreading
- Tibialis anterior & ankle/toe extensors: deep stripping
- Pectoralis major: compressive effleurage
- Pectoralis major: superficial and deep friction
- Anterior deltoid, biceps, brachialis: BMT fiber spreading
- Forearm flexors and extensors: superficial and deep friction
- Forearm flexors and extensors: Stripping with traction
- Thenar and hypothenar eminences: cross fiber friction

Passive Stretches - Prone

- Quadriceps femoris

Passive Stretches - Supine

- Low back
- Gluteals
- Adductors
- Tibialis anterior
- Gastrocnemius and soleus
- Pectoralis major
- Latissimus dorsi
- Rhomboids
- Neck lateral flexion
- Neck rotation

Orthopedic - Piriformis & Sacroiliac

- S.I. ligament: deep transverse friction
- Piriformis: deep longitudinal stripping
- Piriformis: pin and stretch
- Piriformis: PIR deep longitudinal stripping
- Piriformis: passive stretching after PIR

Orthopedic - Low Back Pain

- Lumbar & lamina groove: deep stripping
- QL: deep longitudinal stripping
- QL: pin and stretch with active engagement
- QL: active assisted stretch after PIR
- Iliopsoas: active-assisted stretch after PIR

Orthopedic - Rotator Cuff & Carpal Tunnel

- Transverse carpal ligament: myofascial release
- Supraspinatus tendon: deep transverse friction
- GH rotators: stripping w/active engagement
- GH rotators: passive stretch
- Subscapularis: deep friction and melting

Orthopedic: Thoracic Outlet

- Vertebrobasilar sufficiency test (VBI test)
- Pectoralis minor: pin and stretch
- Scalenes: stripping after PIR
- Scalenes: stripping with active lengthening
- Brachial plexus: nerve mobilization

Orthopedic: Neck Pain

- Posterolateral neck: deep stripping
- Cervical lamina groove: deep stripping
- Cervical extensors: PIR deep stripping
- Cervical lateral flexors: PIR deep stripping
- Passive Stretches: lateral flexion and rotation



Lauterstein-Conway
Massage School & Clinic

Outside Massage Form #2: Passive Stretches and BMTs Only

Client _____ Due Date Class 43a _____

Student _____ Group _____ Date _____

Client Feedback:

Information you supply about your own particular experience of this massage will be important for the student's education. In the space below please be specific about how the massage felt to you and what changes you notice in your body, mind, or spirit as a result. Any suggestions you have will be appreciated. Thank you.

Student Notes:

In this space the student records information about the session when finished. Impressions, objective and subjective information, remarks about how you feel the massage went, etc. Include any questions that may have come up for you. What did you learn?



CLIENT INTAKE FORM

Date: _____

Full Name: _____ Preferred Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

DOB: ____/____/____ Gender Identity: _____ Preferred Pronouns: _____

Height: ____' ____" Approx. Weight: _____ lbs Occupation: _____

Email: _____

Emergency Contact Name:	Relationship:	Phone:

What types of healthcare are you receiving? (*Physician, Chiropractor, Acupuncture, Homeopath, etc.*)

Do you currently have, or recently had, any of the following conditions?:

- | | | |
|---|---|--|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Numbness or Tingling | <input type="checkbox"/> High Blood Pressure |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Headaches/Migraines | <input type="checkbox"/> Heart Conditions |
| <input type="checkbox"/> Cancer (History) | <input type="checkbox"/> Skin Conditions | <input type="checkbox"/> Varicose Veins |
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Autoimmune Disease | <input type="checkbox"/> Spinal Conditions |

Please elaborate if you selected any of the above conditions:

Please note any recent injuries, surgeries, major accidents, or serious illness/conditions:

Please list any medications or supplements you are currently taking for any of the above conditions:

Are you pregnant or trying to become pregnant? No Yes: Due Date _____

Previous massage/bodywork experience: Never Occasionally Often: Type(s) _____

I understand that: Massage therapy (Which include styles of: Swedish, Sports, Deep Tissue or Deep Massage) involves neither diagnosis nor treatment of any condition and is not a substitute for medical care. Draping will be used at all times. This is a full-body massage unless otherwise requested. Neither breasts nor genitalia will be massaged. I may itemize here any areas on my body that I wish to be avoided, and these will be totally avoided (itemize here if relevant):

If I am uncomfortable for any reason I may request to end the session and it will end promptly. If client is under the age of 17, written consent from client's guardian or parent is required. I affirm that I am able to receive Massage Therapy and that any of the information I have provided above does not prohibit me from doing so. I am aware that if I have a medical diagnosis that prohibits me from receiving Massage I must provide physicians written consent prior to services.

Client Signature: _____ Therapist Signature: _____



Treatment Record

Client Name _____

Date _____

Student Therapist _____

S: Subjective or what the client reports about their status
(client goals, functional limitations, and diagnosis/clearance from a physician)

O: Objective or findings made by the therapist
(client posture, client movement, palpation of client during interview, details of focus area treatment)

Prone:

Supine:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

A: Assessment or how the client rates the pain or discomfort of a focus area
(0-10, 0 = no pain, 5 = moderate pain, 10 = worst possible pain, recorded before and after treatment)

Before treatment:

After treatment:

_____	_____
_____	_____
_____	_____

P: Plan or a strategy for further care

(client education, self care such as movement or stretches, future massage session ideas, referrals)

Personal reflection or meaningful insights made by the therapist about the therapist

Technique Check List

BMTs - Prone

- Spinal Rotation & Release with Erector Compressions
- Shoulder Mobilization with Trapezius Compressions
- Scapular Mobilization with Trapezius & Deltoid Compressions
- Deltoid & Triceps Brachii Coarse Vibration
- Gluteal & Hamstring Compression with Knee & Hip Mob.
- Ankle Mobilization with Gastrocnemius Compressions
- One Handed Gastrocnemius & Soleus Jostling
- Ankle & Knee Mobilization with Plantar Compressions
- Prone Full Body Rocking Compressions

BMTs - Supine

- Supine Hip Rotation with Leg Compressions
- Pulsing Hip Traction from the Ankle
- Hip Medial Rotation & Release from the Ankle
- Unilateral Ribcage Compression and Mobilization
- Bilateral Upper Ribcage Compressions
- Shoulder Mobilization with Pectoral Compressions
- Supine Deep Lateral Friction & Release on the Rhomboids
- Wrist, Elbow & Shoulder Mobilization
- Head & Neck Rotation with Post. Cervical Comp. & Release
- Alternating Scapular Depression with Trapezius Comp.

Deep Tissue - Prone

- Infraspinatus and teres major: deep effleurage
- Triceps brachii: deep effleurage
- Upper traps, supraspinatus, levator scapula: deep effleurage
- Rhomboids: deep effleurage
- Erector spinae: deep effleurage
- Quadratus lumborum: deep effleurage
- Lats, erectors, and gluteals: broad cross fiber
- Gluteus maximus: deep effleurage
- Hamstrings: deep effleurage
- Hamstrings: deep transverse friction and melting
- Gastrocnemius and soleus: deep effleurage
- Gastrocnemius and soleus: stripping

Deep Tissue - Supine

- Tensor fasciae latae: BMT fiber spreading
- Sartorius and vastus medialis: deep effleurage
- Rectus femoris, vastus lateralis, and I.T. tract: deep effleurage
- Distal quadriceps: petrissage/wringing/fiber spreading
- Tibialis anterior & ankle/toe extensors: deep stripping
- Pectoralis major: compressive effleurage
- Pectoralis major: superficial and deep friction
- Anterior deltoid, biceps, brachialis: BMT fiber spreading
- Forearm flexors and extensors: superficial and deep friction
- Forearm flexors and extensors: Stripping with traction
- Thenar and hypothenar eminences: cross fiber friction

Passive Stretches - Prone

- Quadriceps femoris

Passive Stretches - Supine

- Low back
- Gluteals
- Adductors
- Tibialis anterior
- Gastrocnemius and soleus
- Pectoralis major
- Latissimus dorsi
- Rhomboids
- Neck lateral flexion
- Neck rotation

Orthopedic - Piriformis & Sacroiliac

- S.I. ligament: deep transverse friction
- Piriformis: deep longitudinal stripping
- Piriformis: pin and stretch
- Piriformis: PIR deep longitudinal stripping
- Piriformis: passive stretching after PIR

Orthopedic - Low Back Pain

- Lumbar & lamina groove: deep stripping
- QL: deep longitudinal stripping
- QL: pin and stretch with active engagement
- QL: active assisted stretch after PIR
- Iliopsoas: active-assisted stretch after PIR

Orthopedic - Rotator Cuff & Carpal Tunnel

- Transverse carpal ligament: myofascial release
- Supraspinatus tendon: deep transverse friction
- GH rotators: stripping w/active engagement
- GH rotators: passive stretch
- Subscapularis: deep friction and melting

Orthopedic: Thoracic Outlet

- Vertebrobasilar sufficiency test (VBI test)
- Pectoralis minor: pin and stretch
- Scalenes: stripping after PIR
- Scalenes: stripping with active lengthening
- Brachial plexus: nerve mobilization

Orthopedic: Neck Pain

- Posterolateral neck: deep stripping
- Cervical lamina groove: deep stripping
- Cervical extensors: PIR deep stripping
- Cervical lateral flexors: PIR deep stripping
- Passive Stretches: lateral flexion and rotation



Lauterstein-Conway
Massage School & Clinic

Outside Massage Form #3: Deep Tissue: Posterior Upper and Lower Body Only

Client _____ Due Date Class 62a

Student _____ Group _____ Date _____

Client Feedback:

Information you supply about your own particular experience of this massage will be important for the student's education. In the space below please be specific about how the massage felt to you and what changes you notice in your body, mind, or spirit as a result. Any suggestions you have will be appreciated. Thank you.

Student Notes:

In this space the student records information about the session when finished. Impressions, objective and subjective information, remarks about how you feel the massage went, etc. Include any questions that may have come up for you. What did you learn?



CLIENT INTAKE FORM

Date: _____

Full Name: _____ Preferred Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

DOB: ____/____/____ Gender Identity: _____ Preferred Pronouns: _____

Height: ____' ____" Approx. Weight: _____ lbs Occupation: _____

Email: _____

Emergency Contact Name:	Relationship:	Phone:

What types of healthcare are you receiving? (*Physician, Chiropractor, Acupuncture, Homeopath, etc.*)

Do you currently have, or recently had, any of the following conditions?:

- | | | |
|---|---|--|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Numbness or Tingling | <input type="checkbox"/> High Blood Pressure |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Headaches/Migraines | <input type="checkbox"/> Heart Conditions |
| <input type="checkbox"/> Cancer (History) | <input type="checkbox"/> Skin Conditions | <input type="checkbox"/> Varicose Veins |
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Autoimmune Disease | <input type="checkbox"/> Spinal Conditions |

Please elaborate if you selected any of the above conditions:

Please note any recent injuries, surgeries, major accidents, or serious illness/conditions:

Please list any medications or supplements you are currently taking for any of the above conditions:

Are you pregnant or trying to become pregnant? No Yes: Due Date _____

Previous massage/bodywork experience: Never Occasionally Often: Type(s) _____

I understand that: Massage therapy (Which include styles of: Swedish, Sports, Deep Tissue or Deep Massage) involves neither diagnosis nor treatment of any condition and is not a substitute for medical care. Draping will be used at all times. This is a full-body massage unless otherwise requested. Neither breasts nor genitalia will be massaged. I may itemize here any areas on my body that I wish to be avoided, and these will be totally avoided (itemize here if relevant):

If I am uncomfortable for any reason I may request to end the session and it will end promptly. If client is under the age of 17, written consent from client's guardian or parent is required. I affirm that I am able to receive Massage Therapy and that any of the information I have provided above does not prohibit me from doing so. I am aware that if I have a medical diagnosis that prohibits me from receiving Massage I must provide physicians written consent prior to services.

Client Signature: _____ Therapist Signature: _____



Treatment Record

Client Name _____

Date _____

Student Therapist _____

S: Subjective or what the client reports about their status
(client goals, functional limitations, and diagnosis/clearance from a physician)

O: Objective or findings made by the therapist
(client posture, client movement, palpation of client during interview, details of focus area treatment)

Prone:

Supine:

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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A: Assessment or how the client rates the pain or discomfort of a focus area
(0-10, 0 = no pain, 5 = moderate pain, 10 = worst possible pain, recorded before and after treatment)

Before treatment:

After treatment:

<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
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P: Plan or a strategy for further care

(client education, self care such as movement or stretches, future massage session ideas, referrals)

Personal reflection or meaningful insights made by the therapist about the therapist

Technique Check List

BMTs - Prone

- Spinal Rotation & Release with Erector Compressions
- Shoulder Mobilization with Trapezius Compressions
- Scapular Mobilization with Trapezius & Deltoid Compressions
- Deltoid & Triceps Brachii Coarse Vibration
- Gluteal & Hamstring Compression with Knee & Hip Mob.
- Ankle Mobilization with Gastrocnemius Compressions
- One Handed Gastrocnemius & Soleus Jostling
- Ankle & Knee Mobilization with Plantar Compressions
- Prone Full Body Rocking Compressions

BMTs - Supine

- Supine Hip Rotation with Leg Compressions
- Pulsing Hip Traction from the Ankle
- Hip Medial Rotation & Release from the Ankle
- Unilateral Ribcage Compression and Mobilization
- Bilateral Upper Ribcage Compressions
- Shoulder Mobilization with Pectoral Compressions
- Supine Deep Lateral Friction & Release on the Rhomboids
- Wrist, Elbow & Shoulder Mobilization
- Head & Neck Rotation with Post. Cervical Comp. & Release
- Alternating Scapular Depression with Trapezius Comp.

Deep Tissue - Prone

- Infraspinatus and teres major: deep effleurage
- Triceps brachii: deep effleurage
- Upper traps, supraspinatus, levator scapula: deep effleurage
- Rhomboids: deep effleurage
- Erector spinae: deep effleurage
- Quadratus lumborum: deep effleurage
- Lats, erectors, and gluteals: broad cross fiber
- Gluteus maximus: deep effleurage
- Hamstrings: deep effleurage
- Hamstrings: deep transverse friction and melting
- Gastrocnemius and soleus: deep effleurage
- Gastrocnemius and soleus: stripping

Deep Tissue - Supine

- Tensor fasciae latae: BMT fiber spreading
- Sartorius and vastus medialis: deep effleurage
- Rectus femoris, vastus lateralis, and I.T. tract: deep effleurage
- Distal quadriceps: petrissage/wringing/fiber spreading
- Tibialis anterior & ankle/toe extensors: deep stripping
- Pectoralis major: compressive effleurage
- Pectoralis major: superficial and deep friction
- Anterior deltoid, biceps, brachialis: BMT fiber spreading
- Forearm flexors and extensors: superficial and deep friction
- Forearm flexors and extensors: Stripping with traction
- Thenar and hypothenar eminences: cross fiber friction

Passive Stretches - Prone

- Quadriceps femoris

Passive Stretches - Supine

- Low back
- Gluteals
- Adductors
- Tibialis anterior
- Gastrocnemius and soleus
- Pectoralis major
- Latissimus dorsi
- Rhomboids
- Neck lateral flexion
- Neck rotation

Orthopedic - Piriformis & Sacroiliac

- S.I. ligament: deep transverse friction
- Piriformis: deep longitudinal stripping
- Piriformis: pin and stretch
- Piriformis: PIR deep longitudinal stripping
- Piriformis: passive stretching after PIR

Orthopedic - Low Back Pain

- Lumbar & lamina groove: deep stripping
- QL: deep longitudinal stripping
- QL: pin and stretch with active engagement
- QL: active assisted stretch after PIR
- Iliopsoas: active-assisted stretch after PIR

Orthopedic - Rotator Cuff & Carpal Tunnel

- Transverse carpal ligament: myofascial release
- Supraspinatus tendon: deep transverse friction
- GH rotators: stripping w/active engagement
- GH rotators: passive stretch
- Subscapularis: deep friction and melting

Orthopedic: Thoracic Outlet

- Vertebrobasilar sufficiency test (VBI test)
- Pectoralis minor: pin and stretch
- Scalenes: stripping after PIR
- Scalenes: stripping with active lengthening
- Brachial plexus: nerve mobilization

Orthopedic: Neck Pain

- Posterolateral neck: deep stripping
- Cervical lamina groove: deep stripping
- Cervical extensors: PIR deep stripping
- Cervical lateral flexors: PIR deep stripping
- Passive Stretches: lateral flexion and rotation



Lauterstein-Conway
Massage School & Clinic

Outside Massage Form #4: Deep Tissue: Anterior Upper and Lower Body Only

Client _____ Due Date Class 62a

Student _____ Group _____ Date _____

Client Feedback:

Information you supply about your own particular experience of this massage will be important for the student's education. In the space below please be specific about how the massage felt to you and what changes you notice in your body, mind, or spirit as a result. Any suggestions you have will be appreciated. Thank you.

Student Notes:

In this space the student records information about the session when finished. Impressions, objective and subjective information, remarks about how you feel the massage went, etc. Include any questions that may have come up for you. What did you learn?



CLIENT INTAKE FORM

Date: _____

Full Name: _____ Preferred Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

DOB: ____/____/____ Gender Identity: _____ Preferred Pronouns: _____

Height: ____' ____" Approx. Weight: _____ lbs Occupation: _____

Email: _____

Emergency Contact Name:	Relationship:	Phone:

What types of healthcare are you receiving? (*Physician, Chiropractor, Acupuncture, Homeopath, etc.*)

Do you currently have, or recently had, any of the following conditions?:

- | | | |
|---|---|--|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Numbness or Tingling | <input type="checkbox"/> High Blood Pressure |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Headaches/Migraines | <input type="checkbox"/> Heart Conditions |
| <input type="checkbox"/> Cancer (History) | <input type="checkbox"/> Skin Conditions | <input type="checkbox"/> Varicose Veins |
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Autoimmune Disease | <input type="checkbox"/> Spinal Conditions |

Please elaborate if you selected any of the above conditions:

Please note any recent injuries, surgeries, major accidents, or serious illness/conditions:

Please list any medications or supplements you are currently taking for any of the above conditions:

Are you pregnant or trying to become pregnant? No Yes: Due Date _____

Previous massage/bodywork experience: Never Occasionally Often: Type(s) _____

I understand that: Massage therapy (Which include styles of: Swedish, Sports, Deep Tissue or Deep Massage) involves neither diagnosis nor treatment of any condition and is not a substitute for medical care. Draping will be used at all times. This is a full-body massage unless otherwise requested. Neither breasts nor genitalia will be massaged. I may itemize here any areas on my body that I wish to be avoided, and these will be totally avoided (itemize here if relevant):

If I am uncomfortable for any reason I may request to end the session and it will end promptly. If client is under the age of 17, written consent from client's guardian or parent is required. I affirm that I am able to receive Massage Therapy and that any of the information I have provided above does not prohibit me from doing so. I am aware that if I have a medical diagnosis that prohibits me from receiving Massage I must provide physicians written consent prior to services.

Client Signature: _____ Therapist Signature: _____



Treatment Record

Client Name _____

Date _____

Student Therapist _____

S: Subjective or what the client reports about their status
(client goals, functional limitations, and diagnosis/clearance from a physician)

O: Objective or findings made by the therapist
(client posture, client movement, palpation of client during interview, details of focus area treatment)

Prone:

Supine:

A: Assessment or how the client rates the pain or discomfort of a focus area
(0-10, 0 = no pain, 5 = moderate pain, 10 = worst possible pain, recorded before and after treatment)

Before treatment:

After treatment:

P: Plan or a strategy for further care

(client education, self care such as movement or stretches, future massage session ideas, referrals)

Personal reflection or meaningful insights made by the therapist about the therapist

Technique Check List

BMTs - Prone

- Spinal Rotation & Release with Erector Compressions
- Shoulder Mobilization with Trapezius Compressions
- Scapular Mobilization with Trapezius & Deltoid Compressions
- Deltoid & Triceps Brachii Coarse Vibration
- Gluteal & Hamstring Compression with Knee & Hip Mob.
- Ankle Mobilization with Gastrocnemius Compressions
- One Handed Gastrocnemius & Soleus Jostling
- Ankle & Knee Mobilization with Plantar Compressions
- Prone Full Body Rocking Compressions

BMTs - Supine

- Supine Hip Rotation with Leg Compressions
- Pulsing Hip Traction from the Ankle
- Hip Medial Rotation & Release from the Ankle
- Unilateral Ribcage Compression and Mobilization
- Bilateral Upper Ribcage Compressions
- Shoulder Mobilization with Pectoral Compressions
- Supine Deep Lateral Friction & Release on the Rhomboids
- Wrist, Elbow & Shoulder Mobilization
- Head & Neck Rotation with Post. Cervical Comp. & Release
- Alternating Scapular Depression with Trapezius Comp.

Deep Tissue - Prone

- Infraspinatus and teres major: deep effleurage
- Triceps brachii: deep effleurage
- Upper traps, supraspinatus, levator scapula: deep effleurage
- Rhomboids: deep effleurage
- Erector spinae: deep effleurage
- Quadratus lumborum: deep effleurage
- Lats, erectors, and gluteals: broad cross fiber
- Gluteus maximus: deep effleurage
- Hamstrings: deep effleurage
- Hamstrings: deep transverse friction and melting
- Gastrocnemius and soleus: deep effleurage
- Gastrocnemius and soleus: stripping

Deep Tissue - Supine

- Tensor fasciae latae: BMT fiber spreading
- Sartorius and vastus medialis: deep effleurage
- Rectus femoris, vastus lateralis, and I.T. tract: deep effleurage
- Distal quadriceps: petrissage/wringing/fiber spreading
- Tibialis anterior & ankle/toe extensors: deep stripping
- Pectoralis major: compressive effleurage
- Pectoralis major: superficial and deep friction
- Anterior deltoid, biceps, brachialis: BMT fiber spreading
- Forearm flexors and extensors: superficial and deep friction
- Forearm flexors and extensors: Stripping with traction
- Thenar and hypothenar eminences: cross fiber friction

Passive Stretches - Prone

- Quadriceps femoris

Passive Stretches - Supine

- Low back
- Gluteals
- Adductors
- Tibialis anterior
- Gastrocnemius and soleus
- Pectoralis major
- Latissimus dorsi
- Rhomboids
- Neck lateral flexion
- Neck rotation

Orthopedic - Piriformis & Sacroiliac

- S.I. ligament: deep transverse friction
- Piriformis: deep longitudinal stripping
- Piriformis: pin and stretch
- Piriformis: PIR deep longitudinal stripping
- Piriformis: passive stretching after PIR

Orthopedic - Low Back Pain

- Lumbar & lamina groove: deep stripping
- QL: deep longitudinal stripping
- QL: pin and stretch with active engagement
- QL: active assisted stretch after PIR
- Iliopsoas: active-assisted stretch after PIR

Orthopedic - Rotator Cuff & Carpal Tunnel

- Transverse carpal ligament: myofascial release
- Supraspinatus tendon: deep transverse friction
- GH rotators: stripping w/ active engagement
- GH rotators: passive stretch
- Subscapularis: deep friction and melting

Orthopedic: Thoracic Outlet

- Vertebrobasilar sufficiency test (VBI test)
- Pectoralis minor: pin and stretch
- Scalenes: stripping after PIR
- Scalenes: stripping with active lengthening
- Brachial plexus: nerve mobilization

Orthopedic: Neck Pain

- Posterolateral neck: deep stripping
- Cervical lamina groove: deep stripping
- Cervical extensors: PIR deep stripping
- Cervical lateral flexors: PIR deep stripping
- Passive Stretches: lateral flexion and rotation



Lauterstein-Conway
Massage School & Clinic

Outside Massage Form #5: Orthopedic: Piriformis & Sacroiliac OR Low Back Pain

Client _____ Due Date _____ Class 85a _____

Student _____ Group _____ Date _____

Client Feedback:

Information you supply about your own particular experience of this massage will be important for the student's education. In the space below please be specific about how the massage felt to you and what changes you notice in your body, mind, or spirit as a result. Any suggestions you have will be appreciated. Thank you.

Student Notes:

In this space the student records information about the session when finished. Impressions, objective and subjective information, remarks about how you feel the massage went, etc. Include any questions that may have come up for you. What did you learn?



CLIENT INTAKE FORM

Date: _____

Full Name: _____ Preferred Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

DOB: ____/____/____ Gender Identity: _____ Preferred Pronouns: _____

Height: ____' ____" Approx. Weight: _____ lbs Occupation: _____

Email: _____

Emergency Contact Name:	Relationship:	Phone:

What types of healthcare are you receiving? (*Physician, Chiropractor, Acupuncture, Homeopath, etc.*)

Do you currently have, or recently had, any of the following conditions?:

- | | | |
|---|---|--|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Numbness or Tingling | <input type="checkbox"/> High Blood Pressure |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Headaches/Migraines | <input type="checkbox"/> Heart Conditions |
| <input type="checkbox"/> Cancer (History) | <input type="checkbox"/> Skin Conditions | <input type="checkbox"/> Varicose Veins |
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Autoimmune Disease | <input type="checkbox"/> Spinal Conditions |

Please elaborate if you selected any of the above conditions:

Please note any recent injuries, surgeries, major accidents, or serious illness/conditions:

Please list any medications or supplements you are currently taking for any of the above conditions:

Are you pregnant or trying to become pregnant? No Yes: Due Date _____

Previous massage/bodywork experience: Never Occasionally Often: Type(s) _____

I understand that: Massage therapy (Which include styles of: Swedish, Sports, Deep Tissue or Deep Massage) involves neither diagnosis nor treatment of any condition and is not a substitute for medical care. Draping will be used at all times. This is a full-body massage unless otherwise requested. Neither breasts nor genitalia will be massaged. I may itemize here any areas on my body that I wish to be avoided, and these will be totally avoided (itemize here if relevant):

If I am uncomfortable for any reason I may request to end the session and it will end promptly. If client is under the age of 17, written consent from client's guardian or parent is required. I affirm that I am able to receive Massage Therapy and that any of the information I have provided above does not prohibit me from doing so. I am aware that if I have a medical diagnosis that prohibits me from receiving Massage I must provide physicians written consent prior to services.

Client Signature: _____ Therapist Signature: _____



Treatment Record

Client Name _____

Date _____

Student Therapist _____

S: Subjective or what the client reports about their status
(client goals, functional limitations, and diagnosis/clearance from a physician)

O: Objective or findings made by the therapist
(client posture, client movement, palpation of client during interview, details of focus area treatment)

Prone:

Supine:

A: Assessment or how the client rates the pain or discomfort of a focus area
(0-10, 0 = no pain, 5 = moderate pain, 10 = worst possible pain, recorded before and after treatment)

Before treatment:

After treatment:

P: Plan or a strategy for further care

(client education, self care such as movement or stretches, future massage session ideas, referrals)

Personal reflection or meaningful insights made by the therapist about the therapist

Technique Check List

BMTs - Prone

- Spinal Rotation & Release with Erector Compressions
- Shoulder Mobilization with Trapezius Compressions
- Scapular Mobilization with Trapezius & Deltoid Compressions
- Deltoid & Triceps Brachii Coarse Vibration
- Gluteal & Hamstring Compression with Knee & Hip Mob.
- Ankle Mobilization with Gastrocnemius Compressions
- One Handed Gastrocnemius & Soleus Jostling
- Ankle & Knee Mobilization with Plantar Compressions
- Prone Full Body Rocking Compressions

BMTs - Supine

- Supine Hip Rotation with Leg Compressions
- Pulsing Hip Traction from the Ankle
- Hip Medial Rotation & Release from the Ankle
- Unilateral Ribcage Compression and Mobilization
- Bilateral Upper Ribcage Compressions
- Shoulder Mobilization with Pectoral Compressions
- Supine Deep Lateral Friction & Release on the Rhomboids
- Wrist, Elbow & Shoulder Mobilization
- Head & Neck Rotation with Post. Cervical Comp. & Release
- Alternating Scapular Depression with Trapezius Comp.

Deep Tissue - Prone

- Infraspinatus and teres major: deep effleurage
- Triceps brachii: deep effleurage
- Upper traps, supraspinatus, levator scapula: deep effleurage
- Rhomboids: deep effleurage
- Erector spinae: deep effleurage
- Quadratus lumborum: deep effleurage
- Lats, erectors, and gluteals: broad cross fiber
- Gluteus maximus: deep effleurage
- Hamstrings: deep effleurage
- Hamstrings: deep transverse friction and melting
- Gastrocnemius and soleus: deep effleurage
- Gastrocnemius and soleus: stripping

Deep Tissue - Supine

- Tensor fasciae latae: BMT fiber spreading
- Sartorius and vastus medialis: deep effleurage
- Rectus femoris, vastus lateralis, and I.T. tract: deep effleurage
- Distal quadriceps: petrissage/wringing/fiber spreading
- Tibialis anterior & ankle/toe extensors: deep stripping
- Pectoralis major: compressive effleurage
- Pectoralis major: superficial and deep friction
- Anterior deltoid, biceps, brachialis: BMT fiber spreading
- Forearm flexors and extensors: superficial and deep friction
- Forearm flexors and extensors: Stripping with traction
- Thenar and hypothenar eminences: cross fiber friction

Passive Stretches - Prone

- Quadriceps femoris

Passive Stretches - Supine

- Low back
- Gluteals
- Adductors
- Tibialis anterior
- Gastrocnemius and soleus
- Pectoralis major
- Latissimus dorsi
- Rhomboids
- Neck lateral flexion
- Neck rotation

Orthopedic - Piriformis & Sacroiliac

- S.I. ligament: deep transverse friction
- Piriformis: deep longitudinal stripping
- Piriformis: pin and stretch
- Piriformis: PIR deep longitudinal stripping
- Piriformis: passive stretching after PIR

Orthopedic - Low Back Pain

- Lumbar & lamina groove: deep stripping
- QL: deep longitudinal stripping
- QL: pin and stretch with active engagement
- QL: active assisted stretch after PIR
- Iliopsoas: active-assisted stretch after PIR

Orthopedic - Rotator Cuff & Carpal Tunnel

- Transverse carpal ligament: myofascial release
- Supraspinatus tendon: deep transverse friction
- GH rotators: stripping w/ active engagement
- GH rotators: passive stretch
- Subscapularis: deep friction and melting

Orthopedic: Thoracic Outlet

- Vertebrobasilar sufficiency test (VBI test)
- Pectoralis minor: pin and stretch
- Scalenes: stripping after PIR
- Scalenes: stripping with active lengthening
- Brachial plexus: nerve mobilization

Orthopedic: Neck Pain

- Posterolateral neck: deep stripping
- Cervical lamina groove: deep stripping
- Cervical extensors: PIR deep stripping
- Cervical lateral flexors: PIR deep stripping
- Passive Stretches: lateral flexion and rotation



Lauterstein-Conway
Massage School & Clinic

Outside Massage Form #6: Orthopedic: Rotator Cuff & Carpal Tunnel OR Thoracic Outlet

Client _____ Due Date Class 85a

Student _____ Group _____ Date _____

Client Feedback:

Information you supply about your own particular experience of this massage will be important for the student's education. In the space below please be specific about how the massage felt to you and what changes you notice in your body, mind, or spirit as a result. Any suggestions you have will be appreciated. Thank you.

Student Notes:

In this space the student records information about the session when finished. Impressions, objective and subjective information, remarks about how you feel the massage went, etc. Include any questions that may have come up for you. What did you learn?



CLIENT INTAKE FORM

Date: _____

Full Name: _____ Preferred Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

DOB: ____/____/____ Gender Identity: _____ Preferred Pronouns: _____

Height: ____' ____" Approx. Weight: _____ lbs Occupation: _____

Email: _____

Emergency Contact Name:	Relationship:	Phone:

What types of healthcare are you receiving? (*Physician, Chiropractor, Acupuncture, Homeopath, etc.*)

Do you currently have, or recently had, any of the following conditions?:

- | | | |
|---|---|--|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Numbness or Tingling | <input type="checkbox"/> High Blood Pressure |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Headaches/Migraines | <input type="checkbox"/> Heart Conditions |
| <input type="checkbox"/> Cancer (History) | <input type="checkbox"/> Skin Conditions | <input type="checkbox"/> Varicose Veins |
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Autoimmune Disease | <input type="checkbox"/> Spinal Conditions |

Please elaborate if you selected any of the above conditions:

Please note any recent injuries, surgeries, major accidents, or serious illness/conditions:

Please list any medications or supplements you are currently taking for any of the above conditions:

Are you pregnant or trying to become pregnant? No Yes: Due Date _____

Previous massage/bodywork experience: Never Occasionally Often: Type(s) _____

I understand that: Massage therapy (Which include styles of: Swedish, Sports, Deep Tissue or Deep Massage) involves neither diagnosis nor treatment of any condition and is not a substitute for medical care. Draping will be used at all times. This is a full-body massage unless otherwise requested. Neither breasts nor genitalia will be massaged. I may itemize here any areas on my body that I wish to be avoided, and these will be totally avoided (itemize here if relevant):

If I am uncomfortable for any reason I may request to end the session and it will end promptly. If client is under the age of 17, written consent from client's guardian or parent is required. I affirm that I am able to receive Massage Therapy and that any of the information I have provided above does not prohibit me from doing so. I am aware that if I have a medical diagnosis that prohibits me from receiving Massage I must provide physicians written consent prior to services.

Client Signature: _____ Therapist Signature: _____



Treatment Record

Client Name _____

Date _____

Student Therapist _____

S: Subjective or what the client reports about their status
(client goals, functional limitations, and diagnosis/clearance from a physician)

O: Objective or findings made by the therapist
(client posture, client movement, palpation of client during interview, details of focus area treatment)

Prone:

Supine:

A: Assessment or how the client rates the pain or discomfort of a focus area
(0-10, 0 = no pain, 5 = moderate pain, 10 = worst possible pain, recorded before and after treatment)

Before treatment:

After treatment:

P: Plan or a strategy for further care

(client education, self care such as movement or stretches, future massage session ideas, referrals)

Personal reflection or meaningful insights made by the therapist about the therapist

Technique Check List

BMTs - Prone

- Spinal Rotation & Release with Erector Compressions
- Shoulder Mobilization with Trapezius Compressions
- Scapular Mobilization with Trapezius & Deltoid Compressions
- Deltoid & Triceps Brachii Coarse Vibration
- Gluteal & Hamstring Compression with Knee & Hip Mob.
- Ankle Mobilization with Gastrocnemius Compressions
- One Handed Gastrocnemius & Soleus Jostling
- Ankle & Knee Mobilization with Plantar Compressions
- Prone Full Body Rocking Compressions

BMTs - Supine

- Supine Hip Rotation with Leg Compressions
- Pulsing Hip Traction from the Ankle
- Hip Medial Rotation & Release from the Ankle
- Unilateral Ribcage Compression and Mobilization
- Bilateral Upper Ribcage Compressions
- Shoulder Mobilization with Pectoral Compressions
- Supine Deep Lateral Friction & Release on the Rhomboids
- Wrist, Elbow & Shoulder Mobilization
- Head & Neck Rotation with Post. Cervical Comp. & Release
- Alternating Scapular Depression with Trapezius Comp.

Deep Tissue - Prone

- Infraspinatus and teres major: deep effleurage
- Triceps brachii: deep effleurage
- Upper traps, supraspinatus, levator scapula: deep effleurage
- Rhomboids: deep effleurage
- Erector spinae: deep effleurage
- Quadratus lumborum: deep effleurage
- Lats, erectors, and gluteals: broad cross fiber
- Gluteus maximus: deep effleurage
- Hamstrings: deep effleurage
- Hamstrings: deep transverse friction and melting
- Gastrocnemius and soleus: deep effleurage
- Gastrocnemius and soleus: stripping

Deep Tissue - Supine

- Tensor fasciae latae: BMT fiber spreading
- Sartorius and vastus medialis: deep effleurage
- Rectus femoris, vastus lateralis, and I.T. tract: deep effleurage
- Distal quadriceps: petrissage/wringing/fiber spreading
- Tibialis anterior & ankle/toe extensors: deep stripping
- Pectoralis major: compressive effleurage
- Pectoralis major: superficial and deep friction
- Anterior deltoid, biceps, brachialis: BMT fiber spreading
- Forearm flexors and extensors: superficial and deep friction
- Forearm flexors and extensors: Stripping with traction
- Thenar and hypothenar eminences: cross fiber friction

Passive Stretches - Prone

- Quadriceps femoris

Passive Stretches - Supine

- Low back
- Gluteals
- Adductors
- Tibialis anterior
- Gastrocnemius and soleus
- Pectoralis major
- Latissimus dorsi
- Rhomboids
- Neck lateral flexion
- Neck rotation

Orthopedic - Piriformis & Sacroiliac

- S.I. ligament: deep transverse friction
- Piriformis: deep longitudinal stripping
- Piriformis: pin and stretch
- Piriformis: PIR deep longitudinal stripping
- Piriformis: passive stretching after PIR

Orthopedic - Low Back Pain

- Lumbar & lamina groove: deep stripping
- QL: deep longitudinal stripping
- QL: pin and stretch with active engagement
- QL: active assisted stretch after PIR
- Iliopsoas: active-assisted stretch after PIR

Orthopedic - Rotator Cuff & Carpal Tunnel

- Transverse carpal ligament: myofascial release
- Supraspinatus tendon: deep transverse friction
- GH rotators: stripping w/active engagement
- GH rotators: passive stretch
- Subscapularis: deep friction and melting

Orthopedic: Thoracic Outlet

- Vertebrobasilar sufficiency test (VBI test)
- Pectoralis minor: pin and stretch
- Scalenes: stripping after PIR
- Scalenes: stripping with active lengthening
- Brachial plexus: nerve mobilization

Orthopedic: Neck Pain

- Posterolateral neck: deep stripping
- Cervical lamina groove: deep stripping
- Cervical extensors: PIR deep stripping
- Cervical lateral flexors: PIR deep stripping
- Passive Stretches: lateral flexion and rotation

Community Service

As students approach 250 Hours of study they will be responsible for participating in 6 Hours of Community Service.

These Community Service Hours will be performed at various locations and events geared towards expanding the student's knowledge of the therapeutic and marketing techniques acquired in the first half of the training.

Each student will choose from a posted list of available dates, times and locations in the student hallway. Once an event is chosen, they will go to tlcmassageschool.com, click on Student Services, then Community Service Request Form. They will fill that form out and hit submit. Students will then receive a confirmation email that they are registered for the event.

Once Administration receives the Itinerary from the organizers of that event, students will be emailed that information. Please note that it is expected that you attend the entire event.

Depending on the location or event, students will perform Chair Massage, Post Event Sports Massage, or both.

For further questions please see Mark Dauenhauer, Director

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Quizzes and Exams

Overview

Kinesiology Quizzes (see A: 75-80 for a sample quiz)

- 20 questions worth 5 points each (multiple-choice and true/false)
- 20 minutes maximum
- Given in the class in which it is assigned (6a, 9a, . . . etc.)
- From 68a onward, Kinesiology quizzes will contain 50 questions and you will receive 40 minutes maximum to complete.
- Study the AOIs of muscles indicated in the Class Schedule (A: 1-28)

Quizzes

- 20 questions worth 5 points each (multiple-choice and true/false)
- 20 minutes maximum
- Given at the beginning of the class in which it is assigned (8a, . . .17a, 19a, etc.)
- From 31a onward, Quizzes will contain 50 questions and you will receive 40 minutes maximum to complete.
- Study the AOIs of muscles indicated in the Class Schedule (A: 1-28)

Exams

- Exams are cumulative
- Questions are multiple-choice and true/false
- Study all of the material listed in the Class Schedule
- The number of questions and the time allotted varies (see below)
- **Relevant Classes**
 - o 10a Exam (50 questions in 40 minutes)
 - o 21a Exam (100 questions in 80 minutes)
 - o 34a Exam (150 questions in 120 minutes)
 - o 46a Exam (200 questions in 160 minutes)
 - o 60a Exam (200 questions in 160 minutes)
 - o 70a Exam (200 questions in 160 minutes)
 - o 89a Practice MBLEx (100 questions in 120 minutes)

MBLEx Prep Classes and ABMP Exam Coach

How to access your ABMP account

- Go to ABMP.com and click on “Account Login”
- Click on “Forgot your password?” and enter the email that you used to sign up for ABMP when you registered to be a student at TLC
- Click on “Request password” and when you receive an email from ABMP follow the instructions to create a password for your account

How to use ABMP Exam Coach to prepare for an MBLEx Prep Class

- ABMP Exam Coach is used to prepare for your MBLEx Prep Classes
- Login to your ABMP account and click on “ABMP Exam Coach”
- Click on “Study Subjects” and click on the Subject that is required for the upcoming MBLEx Prep class
 - 74a MBLEx Prep= Massage Theory (Last 2 Topics) and Cautions and Contraindications Topics
 - 80a MBLEx Prep= Ethics, Boundaries, and Laws (4 Topics)
 - 81a MBLEx Prep= Client Assessment and Session Planning (8 Topics) and Massage Professional Practices (4 Topics)
 - 84a MBLEx Prep= Pathology (Basics, Meds, and Integ. Topics Only)
 - 86a MBLEx Prep= Special Populations (7 Topics)
 - 87a MBLEx Prep= Career Development (4 Topics)
- You can also look in your Class Schedule (Packet A: 1-28) in the Preparation column to know which Subject will be the focus of a particular class
- The Subjects that are not reviewed in MBLEx Prep classes are for self-study

VERY IMPORTANT

- For each Topic required, “Take a Practice Quiz” four times
- When you have a question or comment, investigate it by looking it up in the “Terminology” section of the Topic, in a book or on the Internet
- And then write down the entire question and bring it to class with the intention of sharing what you discovered through your research

6a Kinesiology Quiz (SAMPLE ONLY)

Name _____ Group _____ Date _____

My start time _____ My end time _____ My total test time _____

Quiz Information

- 20 multiple-choice and true/false questions worth 5 points each
- Maximum quiz time is 20 minutes.
- The questions are complete as written. No further information will be given.
- This quiz is given on the honor system, so do your own work.
- If you are suspected of cheating, you will be immediately asked to collect your belongings and leave the room.

Grading

Wrong	Base	=	Final Grade		Wrong	Base	=	Final Grade
0	100%	=	_____ %		10	50%	=	_____ %
1	95%	=	_____ %		11	45%	=	_____ %
2	90%	=	_____ %		12	40%	=	_____ %
3	85%	=	_____ %		13	35%	=	_____ %
4	80%	=	_____ %		14	30%	=	_____ %
5	75%	=	_____ %		15	25%	=	_____ %
6	70%	=	_____ %		16	20%	=	_____ %
7	65%	=	_____ %		17	15%	=	_____ %
8	60%	=	_____ %		18	10%	=	_____ %
9	55%	=	_____ %		19	5%	=	_____ %
					20	0%	=	_____ %

6a Kinesiology Quiz (SAMPLE ONLY)

Multiple-choice – Write a **CAPITAL LETTER A, B, C, D, T, or F** on the line for each question.

- _____ 1. Which pertains to the front of a structure?
A. Anterior B. Posterior C. Lateral D. Medial
- _____ 2. Which is a tendinous muscle attachment on the more moveable bone?
A. Distal B. Insertion C. Origin D. Belly
- _____ 3. Which is a definition of kinesiology?
A. The study of abnormal physiology of the human body
B. The study of the parts of the human body
C. The study of the functions of the human body
D. The study of motion of the human body
- _____ 4. Which muscle performs 7 of the 8 possible actions of the glenohumeral joint?
A. Deltoid B. Erector spinae group
C. Latissimus dorsi D. Rhomboid major and minor
- _____ 5. Which is an origin of deltoid?
A. Deltoid tuberosity B. Lateral one-third of clavicle
C. Olecranon process D. Superior angle of the scapula
- _____ 6. Which refers to being oriented further away from the midline of a structure?
A. Anterior B. Posterior C. Lateral D. Medial
- _____ 7. Which joint does teres major act on?
A. Glenohumeral B. Scapulothoracic
C. Humeroulnar D. Tibiofemoral

6a Kinesiology Quiz (SAMPLE ONLY)

- _____ 8. Which is not an origin of trapezius?
- A. Spinous processes of C7 through T12
 - B. Thoracolumbar aponeurosis
 - C. Ligamentum nuchae
 - D. Medial portion of superior nuchal line of the occiput
- _____ 9. Which is an insertion of teres major?
- A. Lateral one-third of clavicle
 - B. Crest of the lesser tubercle of the humerus
 - C. Spine of the scapula
 - D. Acromion
- _____ 10. Which is not an action of teres major?
- A. Extend the glenohumeral joint
 - B. Medially rotate the glenohumeral joint
 - C. Adduct the glenohumeral joint
 - D. Horizontally adduct the glenohumeral joint
- _____ 11. Which is a synergist with latissimus dorsi and is called "lat's little helper"?
- A. Deltoid
 - B. Trapezius
 - C. Rhomboid major and minor
 - D. Teres major

_____ 12. Who am I?

Actions: extend, adduct, and medially rotate the glenohumeral joint
Origins: inferior angle of the scapula, spinous processes of the last 6 thoracic vertebrae, last 3 or 4 ribs, thoracolumbar aponeurosis, posterior iliac crest.
Insertions: intertubercular groove

- A. Latissimus dorsi
- B. Trapezius
- C. Rhomboids
- D. Teres major

6a Kinesiology Quiz (SAMPLE ONLY)

- _____ 13. Which is a tendinous muscle attachment on the less moveable bone?
A. Origin B. Insertion C. Action D. Belly
- _____ 14. In general terms, what is the (1) origin and (2) insertion of rhomboid major and minor?
A. (1) spinous processes, (2) scapula
B. (1) transverse processes, (2) vertebrae
C. (1) clavicle and scapula, (2) spinous processes
D. (1) low back, (2) humerus
- _____ 15. Which is an action of rhomboid major and minor?
A. Scapulothoracic abduction B. Scapulothoracic adduction
C. Scapulothoracic depression D. Scapulothoracic upward rotation
- _____ 16. Which is defined as the wide central portion of a skeletal muscle that contains sarcomeres?
A. Origin B. Insertion C. Action D. Belly
- _____ 17. Who am I?
Actions: adduct, elevate, and downwardly rotate the scapulothoracic joint
Origins: spinous processes of T2-T5 and C7-T1
Insertions: medial border of the scapula between the spine of the scapula and inferior angle, and upper portion of the medial border of the scapula across from the spine of the scapula
A. Deltoid B. Teres major
C. Latissimus dorsi D. Rhomboid major and minor
- _____ 18. Which muscle is part of the erector spinae group?
A. Teres major B. Latissimus C. Longissimus D. Rhomboids
- _____ 19. Which muscle crosses the elbow joint?
A. Triceps brachii B. Deltoid C. Trapezius D. None of the options

6a Kinesiology Quiz (SAMPLE ONLY)

- _____ 20. Which is an action of the erector spinae group?
- A. Flexion of the vertebral column
 - B. Rotate of the vertebral column
 - C. Extension of the vertebral column
 - D. None of the options

TEST KEY (ANSWERS)

Question #	Answer	Question #	Answer
1	A	11	D
2	B	12	A
3	D	13	A
4	A	14	A
5	B	15	B
6	C	16	D
7	A	17	D
8	B	18	C
9	B	19	A
10	D	20	C

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Touch Assessments

Criteria

Touch Assessments are an excellent opportunity for students to receive valuable feedback on the quality of their touch. They occur only four times in the following classes:

- 22b Swedish: Touch Assessment
- 62b Deep Tissue: Touch Assessment
- 87b Orthopedic Massage: Touch Assessment
- 96b Deep Massage: Touch Assessment

The classroom will be divided into two halves using the folding dividers and the dry erase board. On the “preparation side”, students can setup a massage table to practice or bring an optional laptop, tablet or phone to work on quizlet, Exam Coach, or watch class videos. Students who need to make-up and retake tests will also have an opportunity to do so. Everyone else will sit in chairs or on the floor to study. On the “evaluation side”, each participating instructor will setup and dress their own massage table using TLC linens. Usually the table height of the tables should be adjusted to “Low”, “Medium”, “Medium”, and “Tall” to accommodate the average distribution of student preference. On a lecture table there will be clipboards provided for the students. **Bring the appropriate Grading Sheet from your packet to every Touch Assessment.**

The lead instructor will begin the class once students have chosen their time slots. Depending on the number of students being evaluated, each time slot will be 20-35 minutes long. Each time slot is associated with a particular task such as “Posterior Upper Body”, “Posterior Lower Body”, etc. It is best to begin the time slot assignment process by having the students physically gather into groups according to table height preference. Next, the lead instructor will call for volunteers for the first time slot.

Well-prepared, eager, and confident students are encouraged to volunteer for any time slots that need to be filled. In a similar fashion, anxious, nervous, or minimally-prepared students are encouraged to select a time slot that is most likely to result in a beneficial learning experience. Time slots that are not filled voluntarily will be assigned by the lead instructor. The lead instructor will also be responsible for keeping the sessions on time so that we have ample time and finish class in time to sit and talk about the experience. Each Touch Assessment will be assigned a grade by the receiving instructor. The grade options are Satisfactory (S) or Unsatisfactory (U). If a student was not able to demonstrate adequate Swedish massage skills in the categories on the reverse side of this form, they will receive a U **and be required to retake the Touch Assessment**. Make-ups and retakes of a Touch Assessment can be scheduled by reserving space in the make-up room with the MTI.

If a student does not pass the touch assessment, the instructor must make notes detailing why the student did not pass so the student can know what to work on before re-taking the Touch Assessment.

22b Swedish: Touch Assessment
Bring this Grading Sheet to class 22b for Grading

Student Name: _____ Group: _____ Date: _____

Receiver Name: _____ Body Area: _____

Interview Notes: _____

Please summarize the comments made by the instructor:

Contact _____

Pressure _____

Strokes _____

Draping _____

Body Mechanics _____

Other _____

Strength of this session _____

Area of improvement and how to execute change _____

Complete and submit this form to the lead instructor to receive credit

_____ **Final Grade (S = 100%, U = retake the Touch Assessment)**

22b Swedish: Touch Assessment

Criteria

Each student will perform the Swedish massage routine for one of these body areas:

- Posterior upper body (bilateral)
- Posterior lower body (unilateral)
- Anterior lower body (unilateral)
- Abs (bilateral) and Chest & Arms (unilateral)
- Neck, Face, and Scalp (all bilateral)

This is a guideline to how this Touch Assessment will flow:

1. Identify your table height: “Low”, “Medium”, or “Tall”
2. Volunteer for a time slot
3. Prior to your turn, review the written routine or set up a table and practice
4. Check that you are professionally dressed and have your lubricant in a holster
5. Get a clipboard, pen, and Touch Assessment form **from your packet**
6. Fill out the top portion of the form (name, group, date, receiver name, body area)
7. Be ready to go when it's your turn
8. Introduce yourself to the receiver
9. Brief interview (contraindications, massage preferences, etc.)
10. Hands-on portion: perform the Swedish routine for your assigned body area
11. Be prepared to hear some feedback during the session
12. With 5 minutes remaining, bring the session gracefully to a close, have a seat, and ask for some final feedback and a final grade of S or U
13. Write all of the receiver's feedback and suggestions on the form
14. Submit the form, clipboard, and pen to the lead instructor
15. Help your classmates to prepare for their turn or study school related material

62b Deep Tissue: Touch Assessment
Bring this Grading Sheet to class 62b for Grading

Student Name: _____ Group: _____ Date: _____

Receiver Name: _____ Body Area: _____

Interview Notes: _____

Please summarize the comments made by the instructor:

Contact _____

Pressure _____

Strokes _____

Draping _____

Body Mechanics _____

Warming/softening/mobilizing _____

Strength of this session _____

Area of improvement and how to execute change _____

Complete and submit this form to the lead instructor to receive credit

_____ **Final Grade (S = 100%, U = retake the Touch Assessment)**

62b Deep Tissue: Touch Assessment

Criteria

Each student will perform the Deep Tissue massage routine for one of these body areas:

- Posterior upper body (bilateral)
- Posterior lower body (unilateral)
- Anterior lower body (unilateral)
- Abs (bilateral) and Chest & Arms (unilateral)

This is a guideline to how this Touch Assessment will flow:

1. Identify your table height: "Low", "Medium", or "Tall"
2. Volunteer for a time slot
3. Prior to your turn, review the written routine or set up a table and practice
4. Check that you are professionally dressed and have your lubricant in a holster
5. Get a clipboard, pen, and Touch Assessment form **from your packet**
6. Fill out the top portion of the form (name, group, date, receiver name, body area)
7. Be ready to go when it's your turn
8. Introduce yourself to the receiver
9. Brief interview (contraindications, massage preferences, etc.)
10. Hands-on portion: perform the Deep Tissue routine for your assigned body area
11. Be prepared to hear some feedback during the session
12. With 5 minutes remaining, bring the session gracefully to a close, have a seat, and ask for some final feedback and a final grade of S or U
13. Write all of the receiver's feedback and suggestions on the form
14. Submit the form, clipboard, and pen to the lead instructor
15. Help your classmates to prepare for their turn or study school related material

87b Orthopedic Massage: Touch Assessment
Bring this Grading Sheet to class 87b for Grading

Student Name: _____ Group: _____ Date: _____

Receiver Name: _____ Protocol: _____

Interview Notes: _____

Please summarize the comments made by the instructor:

Contact and Pressure _____

Superficial Fascia Assessment and Myofascial Release _____

Warming and Softening using Swedish, BMTs, and Deep Tissue _____

Deep Longitudinal Stripping and Trigger Point Deactivation _____

Active Engagement Lengthening/Shortening and PIR _____

Active/Passive Stretches and Nerve Mobilization _____

Draping _____

Body Mechanics _____

Strength of this session _____

Area of improvement and how to execute change _____

Complete and submit this form to the lead instructor to receive credit

_____ **Final Grade (S = 100%, U = retake the Touch Assessment)**

87b Orthopedic Massage: Touch Assessment

Criteria

Each student will perform one of these Orthopedic Protocols:

- Piriformis & Sacroiliac
- Low Back Pain
- Rotator Cuff & Carpal Tunnel
- Thoracic Outlet
- Neck Pain

This is a guideline to how this Touch Assessment will flow:

1. Identify your table height: "Low", "Medium", or "Tall"
2. Volunteer for a time slot
3. Prior to your turn, review the written routine or set up a table and practice
4. Check that you are professionally dressed and have your lubricant in a holster
5. Get a clipboard, pen, and Touch Assessment form **from your packet**
6. Fill out the top portion of the form (name, group, date, receiver name, body area)
7. Be ready to go when it's your turn
8. Introduce yourself to the receiver
9. Brief interview (contraindications, massage preferences, etc.)
10. Hands-on portion: perform the assigned Orthopedic Protocol
11. Be prepared to hear some feedback during the session
12. With 5 minutes remaining, bring the session gracefully to a close, have a seat, and ask for some final feedback and a final grade of S or U
13. Write all of the receiver's feedback and suggestions on the form
14. Submit the form, clipboard, and pen to the lead instructor
15. Help your classmates to prepare for their turn or study school related material

96b Deep Massage: Touch Assessment

Bring this Grading Sheet to class 96b for Grading

Student Name: _____ Group: _____ Date: _____

Receiver Name: _____ Body Area: _____

Interview Notes: _____

Please summarize the comments made by the instructor:

Centering _____

Taking out the looseness _____

Taking up the slack _____

Moving in a curve _____

Holding and balancing – sustaining the gesture _____

Monitoring for change _____

Clearly disengage _____

Draping/body mechanics _____

Accuracy of deep massage strokes _____

Completion of all required deep massage strokes _____

Strength of this session _____

Area of improvement and how to execute change _____

Complete and submit this form to the lead instructor to receive credit

_____ **Final Grade (S = 100%, U = retake the Touch Assessment)**

96b Deep Massage: Touch Assessment

Criteria

Each student will perform the Deep Massage basic protocol for one of these body areas:

- Posterior upper body (bilateral)
- Posterior lower body (unilateral)
- Anterior lower body (unilateral)
- Abs (bilateral) and Chest & Arms (unilateral)
- Neck, Face, and Scalp (all bilateral)

This is a guideline to how this Touch Assessment will flow:

1. Identify your table height: “Low”, “Medium”, or “Tall”
2. Volunteer for a time slot
3. Prior to your turn, review the written routine or set up a table and practice
4. Check that you are professionally dressed and have your lubricant in a holster
5. Get a clipboard, a pen, and Touch Assessment form **from your packet**
6. Fill out the top portion of the form (name, group, date, receiver name, body area)
7. Be ready to go when it’s your turn
8. Introduce yourself to the receiver
9. Brief interview (contraindications, massage preferences, etc.)
10. Hands-on portion: perform the Deep Massage basic protocol for your assigned body area
11. Be prepared to hear some feedback during the session
12. With 5 minutes remaining, bring the session gracefully to a close, have a seat, and ask for some final feedback and a final grade of S or U
13. Write all of the receiver’s feedback and suggestions on the form
14. Submit the form, clipboard, and pen to the lead instructor
15. Help your classmates to prepare for their turn or study school related material

Practical Exams

1. Receivers will be fellow classmates
2. Receivers for the first trade will be assigned to you by the instructor 5 minutes before the exam begins
3. For the second trade, keep your same partner
4. There will be a 5-minute interview using an intake form completed by the receiver
5. Fill out the subjective objective, and assessment sections of your SOAP notes prior to the beginning of the hands-on portion
6. 60-minute hands-on:
 - Full-body session
 - Timing
 - Body mechanics
 - Professional dress and hygiene
 - Draping
 - Contact and communication
 - Massage strokes depending on the exam:
 - Swedish massage
 - Joint mobilizations and passive stretches
 - BMTs
 - Deep tissue massage
7. 5-minute completion of SOAP notes after the hands-on portion
8. Intake form and SOAP notes will be submitted for evaluation
9. Fill out the top of the grading form and give it to your grader to evaluate your massage

Relevant Classes and Sample Grading Forms

- 23b Swedish: Practical Exam (A: 93-94)
- 44b Integration Massage: Practical Exam (A: 95-96)
- 75b Orthopedic Massage: Spot Check - Piriformis & Sacroiliac (A: 97-98)
- 78b Orthopedic Massage: Spot Check - Low Back Pain (A: 99-100)
- 81b Orthopedic Massage: Spot Check – Rotator & Carpal (A: 101-102)
- 84b Orthopedic Massage: Spot Check - Thoracic Outlet (A: 103-104)
- Orthopedic Massage: Spot Check – Neck Pain (A: 105-106)

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23b Swedish: Practical Exam
Bring this grading sheet to class 23b

Student Name _____ Group _____ Date _____

This exam must be taken again if (a) there was inappropriate contact, or (b) there was a draping-related exposure, or (c) if grader deems any category was unsatisfactory, you may require a tutor

___/10 TIME MANAGEMENT

- ___/5 Addressed the full body including abs in 58-60 minutes
- ___/5 Balanced session (allotment of time to segments)

___/45 THERAPEUTIC SKILLS

- ___/9 Effleurage, nerve strokes, and tapotement
- ___/9 Fulling, wringing, and kneading
- ___/9 Deep cross-fiber friction, compression and stripping
- ___/9 Contact appeared to convey a high quality of touch
- ___/9 Body mechanics (breath, neutral spine, stances, relaxed shoulders)

___/15 RECORDKEEPING

- ___/5 Subjective: Goals, functional limitations, diagnoses or clearances, and Objective: Posture, movement, palpation, area of focus details
- ___/5 Assessment: Pain/discomfort/immobility (0-10 before and after), and Plan: Client education, self-care, and future massage care plan
- ___/5 Intake form and SOAP notes have full names, dates, and signatures

___/10 COMMUNICATION SKILLS

- ___/5 Intake/interview was smooth, confident, clear, and concise
- ___/5 Therapist checked-in during the session about pressure, comfort, and temperature

___/20 PROFESSIONALISM

- ___/4 Student had necessary supplies and was set up and ready to go
- ___/4 Clothing and any fragrances were professional
- ___/2 Hands did not pass under the drape
- ___/10 Draping was done well with proper access to draped areas
___Back ___Legs ___Abs ___Chest ___Arms

_____/100 TOTAL ___Passed ___Retake ___Tutor

Instructor Name _____ Instructor Signature _____

23b Swedish: Practical Exam

Criteria

Students will play the role of therapists and clients. The lead instructor will assign each instructor to evaluate 3-4 therapists using clipboards, grading forms, and pens. At the very beginning of class, the instructor will call for half of the students to volunteer to be therapists for the first massage. If not enough students volunteer, the lead instructor will assign the remainder. All of the clients will fill out intake forms while the therapists set up and dress their tables, adjust table height if necessary, get a chair, and prepare needed items such as breast drapes and lubricant. The instructor will assign each client to a therapist just before client interviews begin. All therapist and client belongings must be stowed under their massage table. Each therapist will conduct a 5-minute interview using the client's intake form, a treatment record for taking SOAP notes, a clipboard, and a pen. The Subjective and Objective portions of the SOAP notes must be completed and approved by the evaluating instructor before the session begins.

All of the therapists will begin and end the hands-on portion of the practical exam at the same time. The therapists will perform a 60-minute full body Swedish massage following the sequence detailed in the packet. The lead instructor will make two verbal reminders during the session: halftime (when 30 minutes remain), and fulltime (when the session has come to an end). It is the therapist's responsibility to watch the clock. The evaluation categories for this practical exam are shown on the grading form (see reverse side).

Once the hands-on portion has ended, the therapist will thank the client, remove the bolster, hand the clothing to the client, and provide room under the drape for getting dressed. The therapists will not leave the clients to fend for themselves for any reason. Once the client is dressed, the therapist will have 5 minutes to submit the completed intake form and SOAP notes. Finally the therapist will remove the sheets, and clean the surfaces of the bolster, face cradle cushion, table, and chair.

The students will then switch roles as therapist and client. The new clients will fill out the intake form and the therapists will set up and dress their tables, adjust the table height if necessary, get a chair, and prepare needed items such as breast drapes and lubricant. After a break indicated by the lead instructor, this process will be repeated.

Should a student fail their practical, the instructor will notify the student verbally and present them with a copy of the practical grading sheet, with detailed feedback they need to address for their re-take. The original Grading sheet will be left in the Student Administrator's box for recording of the grade and any further correspondence with the student. If the instructor/grader recommends, the student will then schedule a tutoring session through the Student Administrator or Education Director. Swedish Practical (Class 23b) must be made up by class 28b.

Students who fail to make this up on time must meet with the Education Director or Student Administrator to determine a plan of action which may include scheduling or rescheduling, mandatory tutoring, NPs, or suspension. Please be advised that if required to take NPs or if suspended, absences will accrue in accordance with the attendance policy (see Student Handbook). If these conditions cause the total absences to meet or exceed 10 consecutive class days or 15% of enrolled hours, the student will be dismissed from the program. Subsequent benchmark assessments may not be taken until the student satisfies the outstanding assessment(s).

44b Integration Massage: Practical Exam
Bring this grading sheet to class 44b

Student Name _____ Group _____ Date _____

This exam must be taken again if (a) there was inappropriate contact, or (b) there was a draping-related exposure, or (c) if grader deems any category was unsatisfactory, you may require a tutor

___/10 TIME MANAGEMENT

- ___/5 Addressed the full body including abs in 58-60 minutes
- ___/5 Balanced session (allotment of time to segments)

___/45 THERAPEUTIC SKILLS

- ___/9 Swedish- comprehensive, flow, transitions
- ___/9 Passive stretches-announce, traction, held for breath, safe
- ___/9 BMTs- anatomically correct, well practiced
- ___/9 Competency of focus area work (quality, accuracy, duration)
- ___/9 Body mechanics (breath, neutral spine, stances, relaxed shoulders)

___/15 RECORDKEEPING

- ___/5 SOAP notes were legible, specific, and accurate (all 5 sections)
- ___/5 Areas requiring caution or special treatment were discussed, **S, O, & A sections approved prior to hands-on portion**
- ___/5 Intake form is completed including full names, date and signatures

___/10 COMMUNICATION SKILLS

- ___/5 Intake/interview was smooth, confident, clear, and concise
- ___/5 Therapist checked-in during the session about pressure, stretches, comfort, temperature

___/20 PROFESSIONALISM

- ___/4 Student had necessary supplies and was set up and ready to go
- ___/4 Clothing and any fragrances were professional
- ___/2 Hands did not pass under the drape
- ___/10 Draping was done well with proper access to draped areas
___Back ___Legs ___Abs ___Chest ___Arms

___/100 TOTAL ___Passed ___Retake ___Tutor

Instructor Name _____ Instructor Signature _____

44b Integration Massage: Practical Exam

Criteria

Students will play the role of therapists and clients. The lead instructor will assign each instructor to evaluate 3-4 therapists using clipboards, grading forms, and pens. At the very beginning of class, the instructor will call for half of the students to volunteer to be therapists for the first massage. If not enough students volunteer, the lead instructor will assign the remainder. All of the clients will fill out intake forms while the therapists setup and dress their tables, adjust table height if necessary, get a chair, and prepare needed items such as breast drapes and lubricant. The instructor will assign each client to a therapist just before client interviews begin. All therapist and client belongings must be stowed under their massage table. Each therapist will conduct a 5-minute interview using the client's intake form, a treatment record for taking SOAP notes, a clipboard, and a pen. The Subjective and Objective portions of the SOAP notes must be completed and approved by the evaluating instructor before the session begins.

All of the therapists will begin and end the hands-on portion of the practical exam at the same time. The therapists will perform a 60-minute full body massage using Swedish, Passive Stretches, and BMTs to address the needs of the client. The lead instructor will make two verbal reminders during the session: halftime (when 30 minutes remain), and fulltime (when the session has come to an end). It is the therapist's responsibility to watch the clock. The evaluation categories for this practical exam are shown on the grading form (see reverse side).

Once the hands-on portion has ended, the therapist will thank the client, remove the bolster, hand the clothing to the client, and provide room under the drape for getting dressed. The therapists will not leave the clients to fend for themselves for any reason. Once the client is dressed, the therapist will have 5 minutes to submit the completed intake form and SOAP notes. Finally the therapist will remove the sheets, and clean the surfaces of the bolster, face cradle cushion, table, and chair.

The students will then switch roles as therapist and client. The new clients will fill out the intake form and the therapists will setup and dress their tables, adjust the table height if necessary, get a chair, and prepare needed items such as breast drapes and lubricant. After a break indicated by the lead instructor, this process will be repeated.

Should a student fail their practical, the instructor will notify the student verbally and present them with a copy of the practical grading sheet, with detailed feedback they need to address for their re-take. The original Grading sheet will be left in the Student Administrator's box for recording of the grade and any further correspondence with the student. If the instructor/grader recommends, the student will then schedule a tutoring session through the Student Administrator or Education Director. Swedish Integration Practical (Class 44b) must be made up by class 56b.

Students who fail to make this up on time must meet with the Education Director or Student Administrator to determine a plan of action which may include scheduling or rescheduling, mandatory tutoring, NPs, or suspension. Please be advised that if required to take NPs or if suspended, absences will accrue in accordance with the attendance policy (see Student Handbook). If these conditions cause the total absences to meet or exceed 10 consecutive class days or 15% of enrolled hours, the student will be dismissed from the program. Subsequent benchmark assessments may not be taken until the student satisfies the outstanding assessment(s).

75b Orthopedic Massage: Spot Check - Piriformis and Sacroiliac

Bring this Grading Sheet to class 75b for Grading

Student Name _____ Group _____ Date _____

As you observe the student, mark the appropriate space as satisfactory (S) or unsatisfactory (U)

Prone

- _____ **1. Sacroiliac ligament: deep transverse friction**
(both sides, superior-inferior, moderate pressure, 1 minute, L5-S3)
- _____ **2. Low back: superficial fascia assessment**
(without lubricant, both sides, tangential pressure, no sliding, all directions)
- _____ **3. Low back: myofascial release**
(without lubricant, bilateral, tangential pressure, no sliding, T10-S1)
- _____ **4. Gluteals: draping**
(fold sheet diagonally to access upper and lateral gluteals)
- _____ **5. Gluteals: superficial fascia assessment**
(without lubricant, both sides, tangential pressure, no sliding, all directions)
- _____ **6. Gluteals: myofascial release**
(without lubricant, both sides, tangential pressure, no sliding, 2 loose fists)
- _____ **7. Low back: warming and softening**
(lower lats, lumbar erectors, QL, spinal rotation and release with erector compressions, eff, pet, wring, pull, skin rolling, QL deep eff)
- _____ **8. Low back: deep longitudinal stripping**
("may be intense", lower lats, lumbar erectors, 2-4" sections, thumbs, fingertips)
- _____ **9. Sacroiliac ligament: deep transverse friction**
(both sides, superior-inferior, moderate pressure, 1 minute, length of sacrum)
- _____ **10. Hamstrings: warming and softening**
(esp. biceps femoris, hamstring compressions with knee and hip mobilizations, eff, loose fist compressions, knead, skin rolling, deep eff & transverse friction)
- _____ **11. Hamstrings: deep longitudinal stripping**
("may be intense", esp. biceps femoris, 2-4" sections, thumbs, fingertips)
- _____ **12. Gluteals: warming and softening**
(esp. gluteus maximus, gluteal compressions with knee and hip mobilizations, eff, loose fist compressions, knead, skin rolling, deep eff)

_____ **13. Piriformis: deep longitudinal stripping**

("may be intense", correct path, 2 loose fists focusing on 1 or 2 knuckles)

_____ **14. Piriformis: pin and stretch**

(knee flexed 90°, hip laterally rotated fully, pinned, hip medially rotated fully)

_____ **15. Piriformis: deep longitudinal stripping after PIR**

("may be intense", knee flexed 90°, "use 25% strength to hold this position", rotate toward you medially for 5 seconds, "slowly release the contraction", loose fist knuckle stripping while simultaneously rotating the hip medially)

_____ **16. Piriformis: passive stretching after PIR**

("may aggravate your knee", joint mobilizations, knee flexed 90°, "use 25% strength to hold this position", rotate toward you medially for 5 seconds, "slowly release the contraction", traction hip, "let me know when this stretch is good for you", hip medial rotation, hold for 3 of your breath cycles, joint mobilizations)

_____ **17. Sacroiliac ligament: deep transverse friction**

(both sides, superior-inferior, moderate pressure, 1 minute, length of sacrum)

Supine

_____ **18. Gluteals: passive stretch**

(joint mobilization, slight hip traction, "indicate when this stretch is good for you", knee toward coracoid, hold for 3 of your breaths, joint mobilizations)

_____ **19. Low back: passive stretch**

(joint mobilizations, position foot on lateral side of contralateral knee, slight hip traction, "indicate when stretch is good", hold for 3 breaths, joint mobilizations)

_____ **20. Hamstrings: active-assisted stretch with PIR**

(joint mobilizations, "let me know when this stretch is good for you", support knee avoid hyperextension, slight traction through hip and knee, "use 25% strength to press thigh down toward table against my resistance", resist hip extension for 5 seconds, "slowly release the contraction", "pull your thigh toward your chest", hold for 3 of your breath cycles, joint mobilizations)

_____ **Final Grade** (S = 100%, U = retake the exam)

Instructor Name _____ Student Name _____

78b Orthopedic Massage: Spot Check – Low Back Pain

Bring this Grading Sheet to class 78b for Grading

Student Name _____ Group _____ Date _____

As you observe the student, mark the appropriate space as satisfactory (S) or unsatisfactory (U)

Prone

- _____ **1. Low back: superficial fascia assessment**
(without lubricant, both sides, tangential pressure, no sliding, all directions)
- _____ **2. Low back: myofascial release**
(without lubricant, bilateral, tangential pressure, no sliding, T10-S1)
- _____ **3. Low back: warming and softening**
(lower lats, lumbar erectors, QL, spinal rotation and release with erector compressions, eff, pet, wring, pull, skin rolling, QL deep eff)
- _____ **4. Erector spinae: deep longitudinal stripping**
(lumbar erectors, superiorly, 2-4" sections, melt in if needed, thumbs, fingertips)
- _____ **5. Quadratus lumborum: deep longitudinal stripping**
(iliac crest to TP, iliac crest to 12th rib, TP to 12th rib, thumbs, fingertips)
- _____ **6. Lamina groove: deep longitudinal stripping**
(multifidi and rotatores, superiorly, 2-4" sections, melting, thumbs, fingertips)

Side-lying

- _____ **7. Side-lying: draping and positioning**
(keep the client fully covered with sheet and blanket, side-lying diagonally with head at top front corner and hips at back edge of the side of the table, client instructed to grasp the top/side edge of the table, bottom leg flexed at the hip and knee, top leg ready to swing back and hang off the back edge of the table)
- _____ **8. Quadratus lumborum: pin and stretch with active engagement**
(positioned as in #7, "reach leg back and hang it off the back edge of the table", "hike your hip", thumbs press on QL medially to pin it, "slowly un-hike your hip", repeat three times, "bring your leg back onto the table and rest it", as a variation may also strip the QL during the un-hiking of the hip.)

_____ **9. Quadratus lumborum: active-assisted stretch after PIR**

(positioned as in #7, “reach leg back and hang it off the back edge of the table”, “hike your hip and hold for count of 5”, “slowly un-hike your hip and let me know when this is a good stretch for you”, repeat three times, “bring your leg back onto the table and rest it”)

Supine

_____ **10. Iliopsoas: active-assisted stretch after PIR**

(keep client fully covered with sheet and blanket while repositioning, “lie diagonally with head and hips at opposite sides of the table and your outside leg hanging off the table”, “pull your inside knee up into your chest and hold it there”, “inhale and hold your breath as you use 25% strength to lift your hanging leg against my resistance”, traction femur distally and press toward the floor to meet client’s hip flexion isometrically, “release the breath and the contraction” “let me know when this stretch is good for you”, hold stretch for 3 of your breath cycles, repeat 3 times.)

_____ **11. Quadriceps femoris: superficial fascia assessment**

(without lubricant, tangential pressure, no sliding, full length and breadth)

_____ **12. Quadriceps femoris: myofascial release**

(without lubricant, tangential pressure, no sliding, full length and breadth)

_____ **13. Quadriceps femoris: warming and softening**

(especially rectus femoris, supine hip rotation with leg compressions, eff, pet, wring, knead, skin rolling, deep eff, wringing/fiber spreading)

_____ **14. Quadriceps femoris: deep longitudinal stripping**

(entire length of rectus femoris in 2-4” sections, superiorly, thumbs, fingertips)

Prone

_____ **15. Rectus femoris: passive stretch**

(joint mobilization, announce stretch, traction, “let me know when this is a good stretch for you”, flex knee moving calcaneus toward ischial tuberosity, hold for 3 of your breath cycles, slow release the stretch, joint mobilization)

_____ **Final Grade** (S = 100%, U = retake the exam)

Instructor Name _____ Student Name _____

81b Orthopedic Massage: Spot Check - Rotator Cuff and Carpal Tunnel

Bring this Grading Sheet to class 81b for Grading

Student Name _____ Group _____ Date _____

As you observe the student, mark the appropriate space as satisfactory (S) or unsatisfactory (U)

Seated

_____ **1. TCL: myofascial release** (during interview, wrist crease, tangential pressure)

Prone

_____ **2. Upper back and shoulder: superficial fascia assessment**
(without lubricant, both sides, tangential pressure, no sliding, all directions)

_____ **3. Upper back and shoulder: myofascial release (bilateral)**
(without lubricant, bilateral, tangential pressure, no sliding, T1-T10)

_____ **4. Upper back and shoulder: warming and softening**
(traps, supraspinatus, shoulder mob. BMT, eff, knead, skin rolling)

_____ **5. Upper back and shoulder: deep longitudinal stripping**
(traps, supraspinatus, 2-4" sections, melt in if needed, thumbs, fingertips)

_____ **6. Supraspinatus insertion tendon: deep transverse friction**
(inferior to lateral edge of acromion, cross-fiber, moderate pressure, 1 minute)

_____ **7. GH lateral rotators: warming and softening**
(infraspinatus, teres minor, posterior deltoid, scapular mobilization with deltoid compressions, effleurage, kneading, skin rolling, deep effleurage)

_____ **8. GH lateral rotators: deep longitudinal stripping**
(infraspinatus, teres minor, posterior deltoid, 2-4" sections, thumbs, fingertips)

_____ **9. GH lateral rotators: deep stripping with active engagement lengthening**
(infraspinatus, teres minor, cactus position, isometric contraction, lengthening)

_____ **10. GH lateral rotators: passive stretch**
(joint mobilization, back of hand on low back, bicep touching torso, 3 times)

_____ **11. Triceps and anterior forearm: superficial fascia assessment**
(without lubricant, tangential pressure, no sliding, full length and breadth)

_____ **12. Triceps and anterior forearm: myofascial release**
(without lubricant, tangential pressure, no sliding, full length and breadth)

_____ **13. Triceps and anterior forearm: warming and softening**
(triceps, anterior forearm, eff, full, knead, stripping, skin rolling, deep effleurage)

_____ **14. Anterior forearm: deep effleurage distally**
(one hand supports the elbow, loose fist distal effleurage, light on distal 1/3)

Supine

_____ **15. Chest and anterior deltoid: superficial fascia assessment**
(without lubricant, tangential pressure, no sliding, full length and breadth)

_____ **16. Chest and anterior deltoid: myofascial release**
(without lubricant, tangential pressure, no sliding, full length and breadth)

_____ **17. Chest and anterior deltoid: warming and softening**
(shoulder mob. with pectoral comp., eff, knead, skin rolling, deep effleurage)

_____ **18. Chest and anterior deltoid: deep longitudinal stripping**
(pectoralis major, anterior deltoid, 2-4" sections, thumbs, fingertips)

_____ **19. Subscapularis: deep friction and melting**
(shoulder abducted 90 degrees, elbow flexed 90 degrees, hand pointing toward the ceiling, press flatly and posteriorly, optional active engagement lengthening)

_____ **20. Subscapularis: passive stretch**
(joint mobilization, shoulder abducted 90 degrees, elbow flexed 90 degrees, announce it, foot-hand tractions elbow, head-hand laterally rotates shoulder)

_____ **21. Anterior upper extremity: warming and softening**
(biceps, brachialis, coracobrachialis, brachioradialis, wrist and finger flexors, eff, full, knead, skin rolling, fiber spreading BMT, thenar/hypothenar cross-fiber)

_____ **22. Finger and wrist flexors: deep stripping with active lengthening**
(make a fist/curl your wrist, proximal stripping during extension, 2-4" sections)

_____ **23. Flexor pollicis brevis: passive stretch**
(shoulder abducted 90 degrees, elbow flexed 90 degrees, joint mobilization, announce it, foot-hand hyperextends wrist and fingers, head-hand grasps the thenar eminence and pulls the thumb into extension)

_____ **24. Median nerve: mobilization**
(shoulder abducted 90 degrees, elbow extended, wrist hyperextended, release)

_____ **Final Grade** (S = 100%, U = retake the exam)

Instructor Name _____ Student Name _____

84b Orthopedic Massage: Spot Check – Thoracic Outlet

Bring this Grading Sheet to class 84b for Grading

Student Name _____ Group _____ Date _____

As you observe the student, mark the appropriate space as satisfactory (S) or unsatisfactory (U)

Seated

_____ 1. Vertebrobasilar insufficiency test (VBI test)

(client seated, “Look up and over your shoulder to one side”, “Hold this position for 30 seconds”, both sides tested, if the VBI test is positive, it contraindicates active cervical flexion with longitudinal stripping, VBI test is positive if:

- Vertigo = perception of spinning motion
- Dizziness = sensation of feeling off balance
- Nausea = sensation of upper stomach discomfort with an urge to vomit
- Double or blurred vision

Supine

_____ 2. Upper chest: superficial fascia assessment

(without lubricant, light tangential pulling pressure, no sliding, in all directions)

_____ 3. Upper chest: myofascial release

(without lubricant, light tangential pulling pressure, no sliding, hold and wait)

_____ 4. Upper chest: warming and softening

(pectoralis major, pectoralis minor, unilateral rib cage comp. and mob., bilateral upper rib cage comp., shoulder mob. with pectoral comp., eff, knead, fiber spreading, skin rolling, deep effleurage, deep friction and melting)

_____ 5. Pectoralis minor: deep longitudinal stripping

(three bellies, from coracoid process to ribs, 2-4” sections, thumbs, fingertips)

_____ 6. Pectoralis minor: pin and stretch

(stand at the head of the table facing toward the feet, thumbs, fingertips, make positive contact with pectoralis minor, “Keeping your arms alongside your torso, reach as far down toward your toes as possible”, pin pectoralis minor, “Bring your shoulders up toward your ears”, all three bellies, variation: strip inferiorly as the client elevates the scapula)

Supine, continued

_____ **7. Anterolateral neck: superficial fascia assessment**

(without lubricant, light tangential pulling pressure, no sliding, in all directions)

_____ **8. Anterolateral neck: myofascial release**

(sit at the head of the table facing down toward the feet, without lubricant, light tangential pulling pressure, no sliding, hold and wait, anterior, lateral, posterior)

_____ **9. Anterolateral neck: warming and softening**

(one side at a time, SCM, scalenes, levator scapula, upper trapezius, head and neck rotation with posterior cervical comp. and release, alternating scapular depression with trapezius comp., effleurage, broad cross-fiber with one thumb)

_____ **10. Scalenes: deep longitudinal stripping**

(one side at a time, anterior and middle scalenes, head rolled slightly, 2-4 inch sections, strip inferiorly, melt in if needed)

_____ **11. Scalenes: deep longitudinal stripping with active lengthening after PIR**

(skipped if VBI test was positive, "Move past the head of the table and hang your head off the edge", "Rotate it slightly to the left as I support it with one hand", "Now take the weight of your head", "Lift your head slightly and hold for 5-8 seconds", "Slowly relax your head", "Slowly lower your head toward the floor", strip longitudinally and inferiorly)

_____ **12. Brachial plexus: mobilization**

(stand by the hips, facing the head of the table, "Slide your head toward your shoulder", abduct arm 90 degrees, elbow flexed 90 degrees, outside hand holds the elbow, inside hand hyperextends wrist and fingers so that fingers are pointing inferiorly, holding this configuration bring the arm and hand toward the client's ear, do not hold it here, release and repeat)

_____ **13. Passive stretches: neck lateral flexion**

_____ **14. Passive stretches: neck rotation**

_____ **Final Grade** (S = 100%, U = retake the exam)

Instructor Name _____ Student Name _____

Orthopedic Massage: Spot Check – Neck Pain

Student Name _____ Group _____ Date _____

As you observe the student, mark the appropriate space as satisfactory (S) or unsatisfactory (U)

Supine

- _____ **1. Posterolateral neck: superficial fascia assessment**
(without lubricant, light tangential pulling pressure, no sliding, in all directions)

- _____ **2. Posterolateral neck: myofascial release**
(without lubricant, light tangential pulling pressure, no sliding, in all directions)

- _____ **3. Posterolateral neck: warming and softening**
(upper trapezius, levator scapula, splenius, semispinalis, head and neck rotation with post. cervical comp. BMT, alternating scapular depressions with trapezius comp. BMT, effleurage, fingertips circles, broad cross-fiber with one thumb)

- _____ **4. Posterolateral neck: deep longitudinal stripping**
(upper trapezius, levator scapula, splenius, semispinalis, erectors, head rolled slightly to one side, 2-4" sections, finger pads strip inferiorly, melt in if needed)

- _____ **5. Lamina groove: deep longitudinal stripping**
(multifidi, rotatores, head rolled slightly to one side, 2-4" sections, finger pads strip inferiorly, just lateral to the spinous processes, melt in if needed)

Supine, continued

_____ **6. Cervical extensors: deep stripping with active lengthening after PIR**
(upper trapezius, levator scapula, splenius, semispinalis, erectors, head positioned in neutral, "Using 25% of your strength press the back of your head into the table", "Hold this pressure for 5 seconds", "Relax your head and now slowly lift it bringing your chin to your chest", work unilaterally, 2-4" sections, finger pads strip inferiorly, melt in if needed)

_____ **7. Cervical lateral flexors: deep stripping with active lengthening after PIR**
(upper trapezius, levator scapula, splenius, erectors, "Slide your left ear toward your left shoulder", "Using 25% of your strength press the side of your head into my hand", "Hold this pressure for 5 seconds", "Relax your head and now slowly slide your head toward the opposite shoulder", work unilaterally, 2-4" sections, finger pads strip inferiorly, melt in if needed)

_____ **8. Passive stretches: neck lateral flexion**

_____ **9. Passive stretches: neck rotation**

_____ **Final Grade** (S = 100%, U = retake the exam)

Instructor Name _____ Student Name _____

Review Questions

Overview

- Used to preview the material before lecture to prepare for class.
- Use your Packet and your textbooks (Salvo, Werner, and Trail Guide).
- Refer to A: 29-32 for more detail about assignment Timelines.
- Review Questions **must be completed in LMS**. Physical copies of review questions will **not** be accepted.
- If you were **absent** or are submitting your Review Questions **late**, you must notify the Education Director, Tim Stahlke, by email to tims@tlcschool.com in order to receive credit.
- This assignment is open-book, but must be done **without** assistance from others.
- Its purpose is to help you preview the material before lecture, so be sure to complete the assigned pages before the material is covered in class.
- Use your packet and textbooks as indicated on each page.
- If you have any questions about the Review Questions, ask your class instructor.
- Each set of Review Questions is named for the class in which it is due. For example "7a Review Questions" are due in class 7a before the class start time.
- Review Questions (and all other homework assignments) are considered late if they are not turned in before the start time of the class in which they are due. 20 points will be deducted for all late Review Questions.
- If you are absent on a day in which homework is due, you may submit it before the start time of the next class that you attend without the 20 point deduction.

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3a Student Handbook Review Questions

Name _____ Group _____ Date _____

Review Question Information and Guidelines

- Its purpose is to assess how well you understand the Student Handbook. This assignment is **not** graded. See A: 29-32 for graded assignments.
- For example “3a Student Handbook Review Questions” are due in class 3a before the class start time.
- This set of Review Questions contains 15 questions.
- Use your Student Handbook and A: 35-38 in your packet to do this assignment.
- Review Questions **must be completed in LMS**. Physical copies of review questions will **not** be accepted.
- If you were **absent** or are submitting your Review Questions **late**, you must notify the Education Director, Tim Stahlke, by sending an email to tims@tlcschool.com.
- This assignment is open-book, but must be done **without** assistance from others.
- Its purpose is to help you preview the material before lecture, so be sure to complete the assigned pages before the material is covered in class.
- Use your packet and textbooks as indicated on each page.
- If you have any questions about the Review Questions, ask your class instructor.
- Each set of Review Questions is named for the class in which it is due. For example “7a Review Questions” are due in class 7a before the class start time.
- Review Questions (and all other homework assignments) are considered late if they are not turned in before the start time of the class in which they are due. 20 points will be deducted for all late Review Questions.
- If you are absent on a day in which homework is due, you may submit it before the start time of the next class that you attend without the 20 point deduction.

3a Student Handbook Review Questions

- _____ 1. A student may be charged \$50 for:
- A. Missing a scheduled tutoring session
 - B. Failure to show up for a scheduled make-up class
 - C. Failure to show up for a scheduled internship clinic shift
 - D. Both A and B
- _____ 2. After completing your academic requirements, which of the following will delay receipt of transcripts?
- A. Failure to take and pass the MBLEx
 - B. Having an outstanding non-tuition balance or not in good financial standing
 - C. Unsigned or outstanding enrollment documents
 - D. Both B and C
- _____ 3. Make-up fees:
- A. Are added to the student's principal balance where it accrues interest and is subject to late fees
 - B. Tell your instructor that your grades are wrong
 - C. Are due before the student can get their transcript
 - D. Both A and C
- _____ 4. What should you do if there is a discrepancy on your quarterly grade report?
- A. Stop by the Student Administrator's office within 2 weeks
 - B. Tell your instructor that your grades are wrong
 - C. Students are responsible for communicating any discrepancies between their records and ours as soon as possible. You may do this by emailing the Student administrator and including any supporting documentation
- _____ 5. How will your attendance be recorded if you are unable to give or receive work during a class?
- A. It will automatically be recorded as an absence in all circumstances
 - B. It will be recorded as either a half or full NP (not-participating). Students are allowed a maximum of 4 full 'NP's' during the program before these begin to count as absences
 - C. It is not recorded in any special way, and is at the instructor's discretion to give the student a verbal warning if too much time is spent not participating

3a Student Handbook Review Questions

- _____ 6. Which are requirements for entry into internship:
- A. Overall passing average (70 or above) and completed the first 250 classroom hours
 - B. A passing grade (70 or above) on the Swedish Touch Assessment, the Swedish Practical Exam, and the Integration Practical Exam
 - C. Certified in CPR and First-Aid
 - D. All of the above
- _____ 7. When would a student be placed on financial suspension?
- A. On the day the student misses 15% of enrolled hours or 10 consecutive days
 - B. When the student has outstanding non-tuition fees
 - C. When TFC reports student to credit reporting agencies
 - D. If monthly payment is unpaid on the 11th day after the due date
- _____ 8. If you miss class for any reason, you must:
- A. Make-up the class in the make-up room or by sitting in with another class (if required)
 - B. Call the front desk
 - C. Submit a doctor's note to the Admin
 - D. Pay a \$25 no-show fee
- _____ 9. What happens if you are absent for 10 consecutive classes?
- A. TLC adds an administrative fee of \$100 to your account
 - B. You have to wait 3 months to receive your transcript
 - C. TLC must withdraw you from the program
 - D. An extra line is added to your transcript indicating you missed an excessive amount of class time
- _____ 10. If a student wants to drop out of their program after the first class of the 3rd quarter, how much of the tuition is TLC considered to have earned?
- A. 25%
 - B. 10%
 - C. 50%
 - D. 90%

3a Student Handbook Review Questions

- _____ 11. Because students practice massage, what is prohibited in the classroom?
- A. Pajamas and house slippers
 - B. Fingernail polish (including clear)
 - C. Perfume, aftershave, and essential oils
 - D. All of the above
- _____ 12. Cell phones and cameras must be off and stowed away at all times in:
- A. The bathrooms
 - B. The clinic
 - C. The classrooms
 - D. All of the above
- _____ 13. If you have a fever or believe you have a communicable disease, what should you do?
- A. Come to class, but take a ½ NP for giving massage
 - B. Call the Director and leave a voicemail
 - C. Seek treatment and return to class after you've been fever free for 48 hours
 - D. Any of the above
- _____ 14. TLC reserves the right to dismiss students for all of these reasons except:
- A. Unrestrictive but concealing clothing that allows full freedom of movement
 - B. Excessive absences in the initial weeks of class
 - C. Poorly executing hands-on techniques/skills in a manner that endangers the receiver
 - D. Failure to achieve an overall passing average in all subjects after two successive periods on probation
- _____ 15. After meeting academic and financial requirements your transcript will be processed:
- A. 5 business days
 - B. 10 calendar days
 - C. The same day
 - D. 30 days

7a Review Questions

Name _____ Group _____ Date _____

Review Question Information and Guidelines

- Review Questions **must be completed in LMS**. Physical copies of review questions will **not** be accepted.
- If you were **absent** or are submitting your Review Questions **late**, you must notify the Education Director, Tim Stahlke, by email to tims@tlcschool.com in order to receive credit.
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- If you are absent on a day in which homework is due, you may submit it before the start time of the next class that you attend without the 20 point deduction.
- This set of Review Questions contains 100 questions worth 1 point each.

The total number of questions 100
(minus)

The number of incorrect answers _____
(equals)

Your percentage grade _____%
(minus)

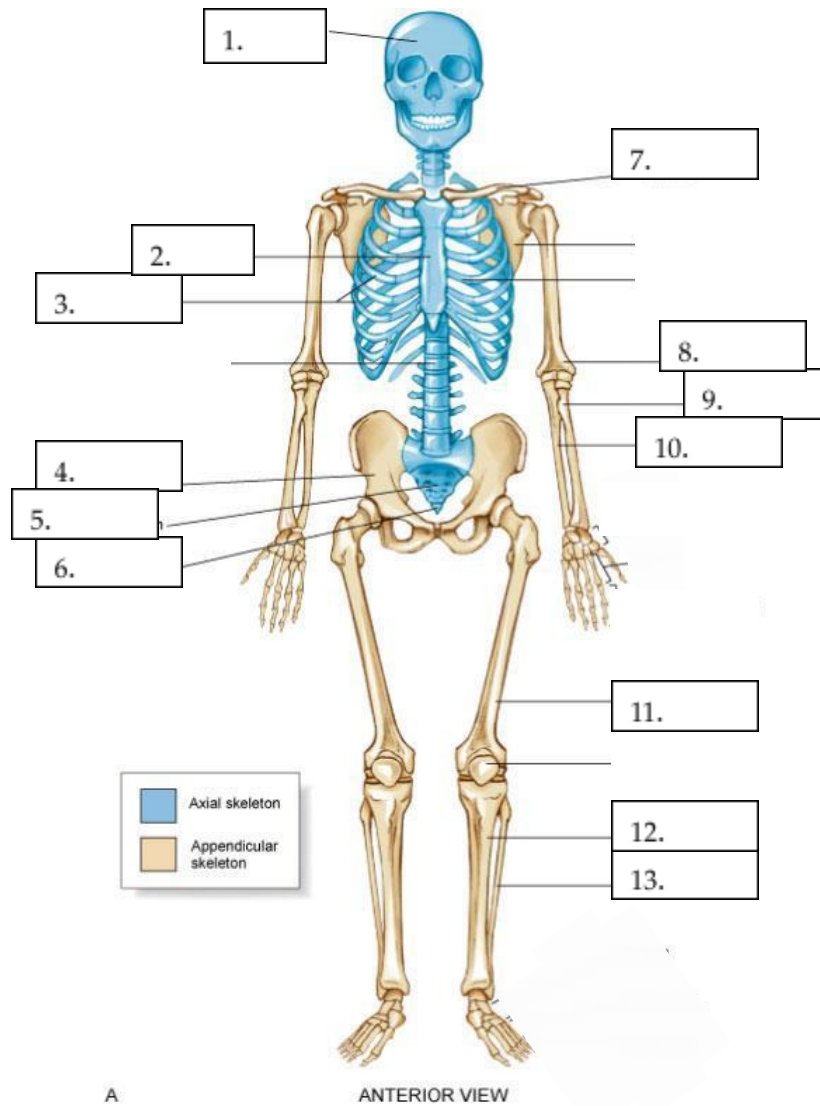
20 points if submitted late _____%

7a Review Questions

Massage Therapy: Principles and Practice, Skeletal System Chapter, Susan G. Salvo

Write the CAPITAL letter of the answer in the box for the appropriate bone or group of bones.

- | | | | | |
|------------|-----------|-------------|-----------|-----------|
| A. Ribs | D. Skull | G. Clavicle | J. Tibia | M. Fibula |
| B. Sternum | E. Sacrum | H. Radius | K. Femur | |
| C. Humerus | F. Ulna | I. Pelvis | L. Coccyx | |



A

ANTERIOR VIEW

From Herlihy B. *The human body in health and illness*, ed 4, St. Louis, 2011, Mosby.

7a Review Questions

Massage Therapy: Principles and Practice, Tools of the Trade Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|--------------|----------------------|-----------------------------|
| A. 18 Months | D. Solid contrasting | G. Non-abrasive/Non-alcohol |
| B. 10 years | E. Household bleach | H. Cross-contamination |
| C. Parabens | F. Hypoallergenic | I. Reduce friction |

- ___ 14. Used in 1:10 diluted solution to disinfect contaminated surfaces
- ___ 15. Ingredient in massage lubricants that can mimic the hormone estrogen, which may play a role in breast cancer development
- ___ 16. Recommended sheet colors if your client has a visual impairment
- ___ 17. Shelf life of the majority of massage lubricants if stored in a cool, dark place
- ___ 18. Primary purpose of using massage lubricant
- ___ 19. Substance that underwent lengthy testing and the majority of subjects did not experience allergic reactions
- ___ 20. Transfer of harmful microorganisms from one source to another through unclean containers or products or from improper procedures
- ___ 21. Approximate length of time that table foam padding will last before it needs to be replaced if you have a busy practice
- ___ 22. When cleaning (not disinfecting) a massage table and accessory fabric, what type of products are recommended in a 4:1 diluted solution?

7a Review Questions

Massage Therapy: Principles and Practice, Tools of the Trade Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Behind the knees D. 1:12 slope G. Polyurethane
B. Table; client E. Face rest H. In front of the ankles
C. Warm; cool F. Non-slip

- _____ 23. The bottom drape is also called the _____ drape and the top drape is also called the _____ drape
- _____ 24. Where to place a bolster on a supine client to reduce lower back strain
- _____ 25. Describes the best choice of flooring type in a massage room
- _____ 26. Red, brown, yellow, and orange are _____ colors; blue, violet, and green are _____ colors
- _____ 27. American with Disabilities Act requires a _____ for wheelchairs and scooters for business and public use
- _____ 28. Where a bolster is placed on a prone-lying client to help relieve hip, knee, and foot strain
- _____ 29. Used by massage therapist to help keep a prone-lying client's head and neck relatively straight
- _____ 30. Fabric most often used by manufacturer to cover high-quality massage tables

7a Review Questions

Massage Therapy: Principles and Practice, Self-Care Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|------------|-------------|--------------|
| A. 2000 | D. Exercise | G. Strenuous |
| B. 3500 | E. Health | H. Stress |
| C. Calorie | F. Nutrient | I. Wellness |

- ___ 31. The occupational category Bonnie Prudden places massage therapist in
- ___ 32. Condition of physical, mental, emotional, and social well-being and the absence of disease
- ___ 33. Amount of calories the United States Food and Drug Administration says an adult requires to accomplish daily activities
- ___ 34. An expression of health in which an individual is aware of, chooses, and practices healthy choices, creating a more successful and balanced life
- ___ 35. A unit of energy-producing potential received from food
- ___ 36. Substance that provides nourishment and affects metabolic processes, such as cell growth and repair
- ___ 37. The key to a healthier life, according to the American College of Sports Medicine and the American Heart Association
- ___ 38. The body's response to any demand placed on it, whether it be emotional, mental, physical, or chemical
- ___ 39. One pound of body weight is equal to _____ calories

7a Review Questions

Massage Therapy: Principles and Practice, Self-Care Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|------------------|------------------|--------------------|
| A. Carbohydrates | D. Fats | G. Water-soluble |
| B. Water | E. Fat-soluble | H. Insoluble fiber |
| C. Essential | F. Soluble fiber | I. Protein |

- _____ 40. A, D, E, and K are examples of this vitamin group
- _____ 41. Substance that forms a gel when dissolved in water and serves to slow down digestion
- _____ 42. Composed of chains of amino acids that assist the body with growth and energy needs
- _____ 43. This nutrient; regulates body temperature and transports all the other nutrients and metabolic wastes
- _____ 44. Types of this substance are saturated (solid at room temperature), and unsaturated (liquid at room temperature)
- _____ 45. Nutrients that must be obtained from external sources, such as food or supplementation
- _____ 46. Substance that gives stool its bulk and promotes movement of materials through the G.I. tract
- _____ 47. The body's most common energy source
- _____ 48. Vitamins B and C are examples of this vitamin group

7a Review Questions

Massage Therapy: Principles and Practice, Body Mechanics, Client Positioning, and Draping Chapter,
Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|-------------------|-------------|---------------------------|
| A. Knees | D. Bow | G. Mild lunges |
| B. Body mechanics | E. Lead | H. Perpendicular/vertical |
| C. Triangle | F. Dan tien | I. Bolsters |

- _____ 49. These joints should be flexed and extended while keeping your entire spine straight (neutral) as you raise or lower your body while in the horse stance
- _____ 50. For thousands of years, the body's center of gravity has been referred to as the _____
- _____ 51. Shape that provides the greatest stability, architecturally
- _____ 52. What we call the foot that is pointing in the direction of movement
- _____ 53. When force is applied to tissues, the most effective direction of force is _____ to the targeted tissues
- _____ 54. Pillows and cushioned devices that support clients in prone, supine, side-lying, and seated positions
- _____ 55. Foot stance used when applying massage techniques that proceed from one point to the next along the client's body
- _____ 56. One suggested warm-up exercise that can be performed by the therapist before the first massage of the day and between sessions
- _____ 57. Use of foot stances, body alignment, and gravity to deliver massage effectively; includes principles of physical fitness, suitable workspace and table height, and how you stand as you work

7a Review Questions

Massage Therapy: Principles and Practice, Body Mechanics, Client Positioning, and Draping Chapter,
Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|--------------------------|--------------------|-------------------|
| A. Slight posterior tilt | D. Fowler position | G. Prone |
| B. Mindfulness | E. Draping | H. Side-lying |
| C. Supine | F. Semi-reclining | I. Proprioception |

- _____ 58. Term for an 60- to 90-degree elevation of the upper body in a supine-lying client
- _____ 59. Term used to describe lying face down
- _____ 60. Position in which the client is half lying down and half sitting up
- _____ 61. Covering the body and equipment with cloth
- _____ 62. Term that means lateral recumbent
- _____ 63. Position of the pelvis to enhance effective body mechanics
- _____ 64. Term used to describe lying face up or on the back
- _____ 65. In psychology, active state characterized by heightened sense of awareness and focused attention
- _____ 66. Interoception related to body position

7a Review Questions

Massage Therapy: Principles and Practice,
Massage Techniques, Joint Mobilizations, and Stretching Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|-------------------------|------------------|-----------------------|
| A. Compression | D. Rhythm | G. Vibration |
| B. Effleurage | E. Nerve strokes | H. Joint mobilization |
| C. Cross-fiber friction | F. Petrissage | I. Tapotement |

- ___ 67. Gliding movements that follow the contours of the client's body
- ___ 68. Variation of effleurage that uses light pressure applied with the weight of the fingers or hands as they glide down the body; also called feathering
- ___ 69. Shaking, trembling, or rocking massage technique
- ___ 70. Rhythmic lifting, compressing, and releasing soft tissues of the body
- ___ 71. According to Dr. James Cyriax of London, this is the most rehabilitative massage technique
- ___ 72. Moving a joint through its normal range of motion
- ___ 73. Massage quality that is described as regularity or patterning of massage techniques as they are applied to the client's body
- ___ 74. Repetitive striking massage technique
- ___ 75. Non-gliding technique of sustained pressure or rhythmic alternating pressure

7a Review Questions

Massage Therapy: Principles and Practice, Introduction to the Human Body Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|---------------|------------------|---------------|
| A. Physiology | D. Diffusion | G. Nucleus |
| B. Cell | E. Metabolism | H. Adipose |
| C. Anatomy | F. Mitochondrion | I. Connective |

- _____ 76. The cell's "control center" because it directs most metabolic activities, including growth and reproduction
- _____ 77. The sum total of all physical and chemical processes that occur in an organism
- _____ 78. Study of body structures and their positional relationships to one another
- _____ 79. Movement of molecules from an area of high concentration to an area of low concentration
- _____ 80. The cell's "power plant" because most chemical reactions involved in cellular respiration occur here
- _____ 81. Study of how the body and its individual parts function in normal body processes
- _____ 82. Fibrous connective tissue type that serves as storage for surplus food and insulation to conserve body heat
- _____ 83. Smallest structural and functional unit in the body that can exist as a self-sustaining entity
- _____ 84. Tissue type that connects, supports, transports, and defends the body.

7a Review Questions

Massage Therapy: Principles and Practice, Introduction to the Human Body Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|---------------|------------|-------------|
| A. Hyaline | D. Muscle | G. Synovial |
| B. Epithelium | E. Fibrous | H. Nervous |
| C. Inferior | F. Serous | |

- _____ 85. Situated below or toward the tail end
- _____ 86. Membranes that line cavities or spaces between bones and joints such as the shoulder and hip
- _____ 87. Tissue type that provides sensory input and motor output and helps interpret and coordinate bodily functions
- _____ 88. Membranes that line closed body cavities
- _____ 89. Tissue type that lines or covers external and internal body structures
- _____ 90. Tissue type that can shorten and lengthen to produce movement
- _____ 91. Packing material of the body; includes these sub-types: loose, adipose, reticular, and dense
- _____ 92. Connective tissue type that covers articulating surfaces of bones and connects ribs to the sternum

7a Review Questions

Massage Therapy: Principles and Practice, Introduction to the Human Body Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|----------------------|----------------|--------------|
| A. Anatomic position | D. Axillary | G. Frontal |
| B. Proximal | E. Homeostasis | H. Popliteal |
| C. Posterior | F. Superior | |

- _____ 93. Term that means armpit
- _____ 94. Tendency of the body's internal environment to remain relatively constant with a narrow range of change
- _____ 95. Plane that bisects the body side-to-side and divides it into anterior and posterior sections
- _____ 96. Term that means situated above or toward the head end
- _____ 97. Term that means posterior knee
- _____ 98. Directional term that means located near to the point of reference, usually toward the trunk of the body
- _____ 99. Term that means located on the back of a structure
- _____ 100. Standard posture used when describing locations of body structures

17a Review Questions

Name _____ Group _____ Date _____

Review Question Information and Guidelines

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- This set of Review Questions contains 100 questions worth 1 point each.

The total number of questions 100
 (minus)
The number of incorrect answers _____
 (equals)
Your percentage grade _____ %
 (minus)
20 points if submitted late _____ %

17a Review Questions

Massage Therapy: Principles and Practice, The Therapeutic Relationship Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Abuse D. Empathy G. Dual relationships J. Respect
B. Congruency E. Neglect H. Confidentiality K. Sexual misconduct
C. Boundaries F. Disclosure I. Countertransference L. Transference

- _____ 1. Emotional reactions of the therapist toward the client; may occur from unmet personal needs, unresolved emotional issues, or internal conflicts that are brought into the relationship unconsciously
- _____ 2. Occurs when external presentation of words and actions coincides with the internal world of thoughts and feelings
- _____ 3. Includes any sexual activity between someone in an authoritative role and a subordinate
- _____ 4. Guidelines, rules, and limits that we create in relationships to determine reasonable, safe, and acceptable ways to interact with others
- _____ 5. Occurs when clients transfer feelings, thoughts, and behavior that they have for a significant person in their early life onto the therapist
- _____ 6. Act of keeping information private or secret
- _____ 7. Situations when two or more different relationships exist between clients and therapists
- _____ 8. The choice to treat someone or something with value and consideration
- _____ 9. Intentional and deliberate improper treatment of someone, often for personal gain or benefit
- _____ 10. When clients share their personal information, such as thoughts, feelings, ideas, and insights
- _____ 11. The ability to comprehend the unique world of another person through their perspective
- _____ 12. Unintentional improper treatment of someone due to carelessness or thoughtlessness

17a Review Questions

Massage Therapy: Principles and Practice, The Therapeutic Relationship Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Conflict E. Risk management I. Intellectual boundaries
B. Sexual activity F. Professionalism J. Emotional boundaries
C. Sexual harassment G. Therapeutic relationship K. Emotional release
D. Empathy H. Financial boundaries L. Unconditional positive regard

- _____ 13. Relationship between the therapist and the client in which the therapist provides services that benefit the client
- _____ 14. Boundaries that encompass our beliefs, thoughts, and ideas as well as safeguard our self-esteem
- _____ 15. Boundaries that help identify our own feelings and keep them separate from the feelings of others
- _____ 16. Identifying potential risks and taking precautionary steps to reduce their likelihood of occurring
- _____ 17. Verbal and non-verbal behavior for the purpose of soliciting, receiving, or giving sexual gratification
- _____ 18. A situation in which one person feels that someone or something is keeping them from achieving their goals and is incompatible with their needs and concerns
- _____ 19. Acceptance of another person regardless of what that person says or does
- _____ 20. The desire to understand what another person is doing experiencing without mistaking it for your own experience of connectedness shared between two people
- _____ 21. A form of sexual misconduct that consists of non-consensual sexual advances, requests for sexual favors, or other conduct of a sexual nature
- _____ 22. Boundary that includes informing your clients of your fee schedule, payment procedures, and policies
- _____ 23. Adherence to a set of values and obligations, formally agreed-upon codes of conduct, and reasonable expectations of clients, colleagues, and co-workers
- _____ 24. Letting go or releasing suppressed emotions

17a Review Questions

Massage Therapy: Principles and Practice,
Infection Control and Emergency Preparedness Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Absolute D. Open G. Virus J. Inflammation
B. Infection E. Local H. Standard precautions
C. Contraindication F. Pathogen I. Visibly soiled

- _____ 25. Non-living entities that depend on a host cell for growth and replication
- _____ 26. Type of contraindication in which massage can be administered safely while avoiding an area of the body
- _____ 27. Biologic agent capable of causing infectious disease
- _____ 28. Type of contraindication when massage should be postponed
- _____ 29. Minimum infection control measures used in health care settings regardless of suspected or confirmed infection status of the client
- _____ 30. Protective immune response to infection, injury, or irritation characterized by swelling, heat, loss of function, redness, and pain
- _____ 31. The proliferation of pathogens inside the host
- _____ 32. Situation that requires the therapist to modify techniques or refrain from using them to avoid possible harm
- _____ 33. Dispensing massage lubricant from an _____ container contaminates the lubricant if the same container is used for multiple clients
- _____ 34. If your hands are _____, wash them with soap and water before applying hand sanitizer

17a Review Questions

Massage Therapy: Principles and Practice, Skeletal System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|--------------|----------------|---------------------|
| A. Compact | D. Osteoblasts | G. Spongy |
| B. Diaphysis | E. Osteoclasts | H. Sesamoid |
| C. Epiphyses | F. Periosteum | I. Medullary cavity |

- _____ 35. The cylindrical shaft of a long bone
- _____ 36. Bone type that consists of thin latticework beams called trabeculae
- _____ 37. Round bones, usually small, embedded in tendons
- _____ 38. The hollow space within the diaphysis of a long bone
- _____ 39. Bone-destroying cells
- _____ 40. Dense, fibrous sheath surrounding the diaphysis
- _____ 41. The two ends of a long bone
- _____ 42. Type of bone that forms the hard outer shell of bone
- _____ 43. Bone-forming cells

17a Review Questions

Massage Therapy: Principles and Practice, Skeletal System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Axial D. Facial bones G. Upper extremity bones J. 7, 12 & 5
B. Ear ossicles E. 10 (5 pairs) H. Lower extremity bones K. 4 (2 pairs)
C. Appendicular F. 14 (7 pairs) I. Pelvic bone sections L. Cranial bones

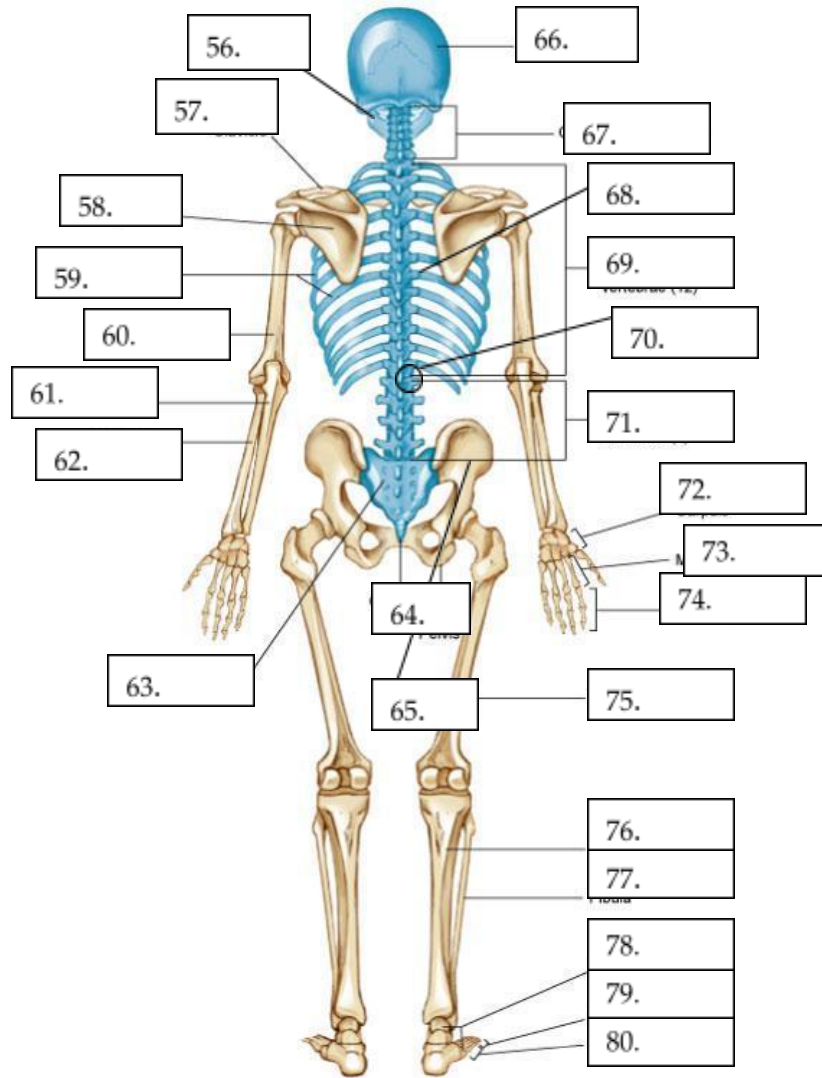
- _____ 44. Frontal (1), parietal (2), temporal (2), occipital (1), sphenoid (1), ethmoid (1)
- _____ 45. Number of floating ribs
- _____ 46. The number of cervical, thoracic, and lumbar vertebrae
- _____ 47. Malleus/hammer (2), incus/anvil (2), and stapes/stirrup (2)
- _____ 48. Humerus (2), ulna (2), radius (2), carpals (16), metacarpals (10), and phalanges (28). 60 total, 30 on each side
- _____ 49. Ilium, ischium, and pubic
- _____ 50. Femur (2), patella (2), tibia (2), fibula (2), tarsals (14), metatarsals (10), and phalanges (28). 60 total, 30 on each side
- _____ 51. Zygomatic and mandible (among others)
- _____ 52. Number of true ribs
- _____ 53. Region of the skeletal system that consists of 80 named bones located along the body's central axis
- _____ 54. Number of false ribs, includes floating ribs
- _____ 55. Region of the skeletal system that consists of 126 named bones of the shoulder and pelvic girdles and bones of the upper and lower extremities

17a Review Questions

15a A&P: Skeletal System – Bony Landmark Palpation (Salvo: page 420)

Write the *CAPITAL* letter of the answer in the box for the appropriate bone or group of bones.

- | | | | | |
|------------------------|-----------|-------------|----------------|-------------|
| A. Spinous process | F. Skull | K. Clavicle | P. Metatarsals | U. Fibula |
| B. Transverse process | G. Radius | L. Sacrum | Q. Femur | V. Scapula |
| C. Metacarpals | H. Ulna | M. Pelvis | R. Coccyx | W. Lumbar |
| D. Phalanges (toes) | I. Tibia | N. Humerus | S. Carpals | X. Cervical |
| E. Phalanges (fingers) | J. Ribs | O. Mandible | T. Tarsals | Y. Thoracic |



B

POSTERIOR VIEW

From Herlihy B. *The human body in health and illness*, ed 4, St. Louis, 2011, Mosby.

17a Review Questions

Massage Therapy: Principles and Practice, Skeletal System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Amphiarthrotic D. Pivot G. Hinge J. Gliding
B. Synarthrotic E. Bursae H. Diarthrotic
C. Ball and socket joint F. Articular cartilage I. Saddle

- _____ 81. Flattened sac-like structures located between ligaments or tendons and bones within joints
- _____ 82. Term synonymous with synovial joints – freely moveable
- _____ 83. Type of joint found in the thumb
- _____ 84. Synovial joint type whose movement is limited to rotation; examples are the proximal and distal radioulnar joints
- _____ 85. Joint that offers the greatest range of motion and permits all movements
- _____ 86. Slightly movable joints. Examples are costochondral, intervertebral, and symphysis pubis joints
- _____ 87. Hyaline cartilage that covers the articulating surfaces of bones
- _____ 88. Joint type that only allows flexion and extension movements. Examples are elbow and ankle joints
- _____ 89. Extremely limited in movement. Examples are sutures between the cranial bones, gomphoses that hold the teeth in their sockets, and syndesmoses of the distal tibiofibular joints
- _____ 90. Joint type that includes intercarpal and intertarsal joints

17a Review Questions

Massage Therapy: Principles and Practice, Skeletal System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | | |
|-----------------------|--------------|--------------------|-------------|
| A. Abduction | D. Elevation | G. Plantar flexion | J. Eversion |
| B. Adduction | E. Flexion | H. Retraction | |
| C. Forearm supination | F. Extension | I. Rotation | |

- _____ 91. Movement at a joint in a posterior direction. Examples are the jaw and the shoulder
- _____ 92. Movement at a joint in a superior or upward direction
- _____ 93. Lateral rotation of the forearm so that the palm is upward or forward
- _____ 94. Movement of a body part toward the midline of the body
- _____ 95. Movement of the ankle so that the foot moves inferiorly toward the plantar surface and the toes are pointing downward
- _____ 96. Movement of a body part away from the midline of the body
- _____ 97. Straightening a joint so that the angle of the joint increases
- _____ 98. Occurs when a bone pivots or rotates around its own central axis
- _____ 99. Elevation of the lateral edge of the foot so it turns outward or away from the midline of the body
- _____ 100. Bending of a joint so that the angle of the joint decreases

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24a Hydrotherapy Theory Review Questions

Name _____ Group _____ Date _____

Review Question Information and Guidelines

- Review Questions **must be completed in LMS**. Physical copies of review questions will **not** be accepted.
- If you were **absent** or are submitting your Review Questions **late**, you must notify the Education Director, Tim Stahlke, by email to tims@tlcschool.com in order to receive credit.
- This assignment is open-book, but must be done **without** assistance from others.
- Its purpose is to help you preview the material before lecture, so be sure to complete the assigned pages before the material is covered in class.
- Use your packet and textbooks as indicated on each page.
- If you have any questions about the Review Questions, ask your class instructor.
- Each set of Review Questions is named for the class in which it is due. For example, "7a Review Questions" are due in class 7a before the class start time.
- Review Questions (and all other homework assignments) are considered late if they are not turned in before the start time of the class in which they are due. 20 points will be deducted for all late Review Questions.
- If you are absent on a day in which homework is due, you may submit it before the start time of the next class that you attend without the 20-point deduction.
- This set of Review Questions contains 50 questions worth 2 points each.

Calculating your grade:

- The total number of questions 50
- The number you got incorrect (count them) - _____
- The number you got correct (use subtraction) _____
- The point value of each correct answer 2
- Your percentage grade (multiply the above two numbers) _____%
- Submitted after the start of class on the due date? - 20 points _____%
- Absent on due date and not submitted upon return? -20 points _____%

24a Hydrotherapy Theory Review Questions

Massage Therapy: Principles and Practice, Hydrotherapy: Clinical and Spa Applications, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|--------------------|-------------------|------------------|
| A. Thalassotherapy | D. Kneipp Therapy | G. Complementary |
| B. Hippocrates | E. Sanitariums | H. Thermotherapy |
| C. Cryotherapy | F. Hydrotherapy | |

- ___ 1. Cold water washes, ice baths, cold packs, and similar tools are considered _____.
- ___ 2. _____ is the external use of water for therapeutic, palliative, recreational, or hygienic purposes. It is also known as water therapy, water cure, aquatic therapy, and balneotherapy in some places.
- ___ 3. _____ is the therapeutic use of heat, such as poultices, hot towels, warm baths, foot soaks, etc.
- ___ 4. _____ Agents such as soaps, plant essences, aromatics, seaweed, and minerals like salt and clays can be added to water to enhance its properties or to produce additional effects.
-
- ___ 5. Hydrotherapy that involves the external use of seawater is called _____.
- ___ 6. _____ was the first to record the use of hot and cold bathing, also known as contrast bathing.
- ___ 7. Developed in the 1800's, this treatment is still used in world-class spas and utilizes herbal and mineral baths, cold or alternating hot and cold treatments administered by water, stones, or pebbles is called _____.
- ___ 8. _____ were a type of health resort where individuals could go to relax and rejuvenate. Some offered baths, massages, organic food, yoga, therapy, and more.

24a Hydrotherapy Theory Review Questions

Massage Therapy: Principles and Practice, Hydrotherapy: Clinical and Spa Applications, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|---------------|-------------------|-------------------------|
| A. Conduction | D. Solvent | G. Hydrostatic pressure |
| B. Convection | E. Evaporation | H. Specific heat |
| C. Malleable | F. Heat transfers | |

- ___ 9. _____ is the transfer of heat by circulating currents of water or air between warmer and cooler objects/substances.
- ___ 10. Water is extremely _____ and can mold itself to any container or vessel, which makes it extremely versatile.
- ___ 11. _____ is the transfer of heat between two objects or substances that are in direct contact.
- ___ 12. _____ is the process of changing water into gas or vapor and results in loss of heat.
-

- ___ 13. Water is a universal _____ and can dissolve more substances than any other liquid.
- ___ 14. The amount of heat required to raise the temperature of a unit mass of any given substance by any given amount, usually 1 degree.
- ___ 15. _____ from a warmer area to a cooler area.
- ___ 16. Pressure exerted by a fluid on an immersed object. Can increase venous circulation and reduce peripheral edema.

24a Hydrotherapy Theory Review Questions

Massage Therapy: Principles and Practice, Hydrotherapy: Clinical and Spa Applications, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|----------------------|----------------|-----------------|
| A. Vasoconstriction | D. 10 | G. Gate control |
| B. Contraindications | E. Cryotherapy | H. 20 |
| C. Raynaud | F. Edema | |

- ___ 17. Superficial cold applications may reduce pain by increasing the pain threshold and pain tolerance, by providing counterirritation via _____ mechanisms by slowing nerve conduction velocity.
- ___ 18. _____ can include cold packs, ice massage, cryokinetics, cryostretch, and contrast method.
- ___ 19. Having _____ disease or syndrome, hypertension (uncontrolled), or being very young or very old or having diminished capacity to communicate are contraindications for cryotherapy.
- ___ 20. Ice, if used at all during the postexercise recovery phase, can be applied to decrease pain and reduce swelling; application should be limited to ___ minutes or less.

-
- ___ 21. Cold application alters blood flow by causing immediate _____.
- ___ 22. _____ associated with trauma or acute injury can be reduced with cold application, especially when combined with compression and elevation of the affected area above the level of the heart.
- ___ 23. In general, ice application provides ___ minutes of localized skin analgesia.
- ___ 24. Although cryotherapy is relatively safe, there are several _____. Cryotherapy should not be applied if a client has cold hypersensitivity or intolerance.

24a Hydrotherapy Theory Review Questions

Massage Therapy: Principles and Practice, Hydrotherapy: Clinical and Spa Applications, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|-----------------|--------------------|------------------------|
| A. Analgesic | D. Collagen | G. Flexibility |
| B. Vasodilation | E. Rubbing alcohol | H. Joint mobilizations |
| C. Contrast | F. Pain | I. Preference |

- ___ 25. Thermotherapy is used to reduce _____ and joint stiffness and to increase range of motion.
- ___ 26. Heat stimulates _____, causing an increase in blood flow and is greater in the application area and lesser in adjacent areas and in deeper tissues.
- ___ 27. Heat increases _____ extensibility in tissues when temperatures were maintained at 104 to 113 degrees for 5 to 10 minutes.
- ___ 28. Superficial heat applications decrease pain. _____ effects may occur by increased blood flow and resultant reduced ischemia.
-
- ___ 29. The _____ method combines cold and heat in the same treatment. They be applied at the same time or alternatingly.
- ___ 30. Ice packs can be made by filling a plastic bag with a 4:1 ratio mixture of water and _____, which prevents the water from freezing solid so pack contents remain pliable.
- ___ 31. Heat increases ROM, improves _____, and decreased joint stiffness, especially when combined with movement.
- ___ 32. Cryokinetics combine cold application with _____.
- ___ 33. When comparing heat and cold treatments to reduce pain, they had similar effects, and decisions to use which should be based on patient or therapist _____.

24a Hydrotherapy Theory Review Questions

Massage Therapy: Principles and Practice, Hydrotherapy: Clinical and Spa Applications, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|----------------|------------------|-----------|
| A. Blood clots | D. Consciousness | G. Burned |
| B. Fainting | E. Hydrocollator | H. Cool |
| C. Bentonite | F. Contact burns | |

- ___ 34. Electric heating pads are plugged-in devices and are not recommended for clinical use because the pads do not _____ naturally after application.
- ___ 35. Thermotherapy should not be applied to clients who state they have _____ or have signs and symptoms related to deep vein thrombosis.
- ___ 36. Hot packs made for commercial use are pouches filled with _____ heated in a thermostatically controlled stainless steel water cabinet.
- ___ 37. Skin can be _____ at temperatures of 113 degrees after 60 minutes and at 115 degrees after 7.5 minutes.

-
- ___ 38. Hot packs were the most common cause of _____ in the clinical setting, with the leg being the most common injury sight
- ___ 39. Fainting is the sudden loss of _____ associated with peripheral vasodilation, decreased blood pressure, and reduced heart rate.
- ___ 40. Adverse effects of thermotherapy have been reported, including burns and _____.
- ___ 41. Hot packs are stored in a water cabinet, called a _____, and are usually between 158 and 167 degrees.

24a Hydrotherapy Theory Review Questions

Massage Therapy: Principles and Practice, Hydrotherapy: Clinical and Spa Applications, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|-----------------|-----------------|----------------|
| A. Vichy shower | D. Swiss shower | G. Whirlpool |
| B. Steam | E. Sauna | H. Medical |
| C. Paraffin | F. Pregnant | I. Destination |

- ___ 42. _____ spas are places where clients come to relax, rejuvenate, or begin or improve their lifestyle choices. The length of stay varies from a long weekend to several weeks or longer.
- ___ 43. _____ bathing is a vapor bath taken in a ceramic-tiled room, cabinet, or canopy. The air temperature is between 105 and 120 degrees. Clients should cool down for a few minutes by resting in a normal temperature room and drinking two to four 8-ounce glasses of water.
- ___ 44. _____ spas are a type of day spa that offer Botox injections, laser therapy, and skin resurfacing procedures.
- ___ 45. This method of hydrotherapy application gets its name from its city of origin in France. During a _____, warm water is sprayed over a client while they lie on a shallow table.
- ___ 46. A _____ bath is a bath in a tub containing heated aerated water that is continuously circulated.
- ___ 47. _____ is a heated mixture of wax and mineral oil in a 6:1 or 7:1 ratio. It is an excellent insulator and is suited for irregularly contoured areas of the body such as the hands, elbows, feet, and knees.
- ___ 48. This method of hydrotherapy application gets its name from its country of origin. During a _____, warm water is sprayed over a client from above and from the sides while they stand in a shower stall.
- ___ 49. _____ clients can safely engage in sitting in hot baths (104 degrees) or hot/dry saunas (158 degrees) for up to 20 minutes irrespective of their stage.
- ___ 50. A _____ bath is a dry heat bath received in a wood-lined room or cabinet. Radiant heat can be provided by hot stones or by infrared light bulbs. They are sometimes called 'dry _____'.

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30a Review Questions

Name _____ Group _____ Date _____

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- This set of Review Questions contains 100 questions worth 1 point each.

The total number of questions 100
 (minus)
The number of incorrect answers _____
 (equals)
Your percentage grade _____ %
 (minus)
20 points if submitted late _____ %

30a Review Questions

Massage Therapy: Principles and Practice,
Treatment Planning, Assessment, and Documentation Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|----------------------|-----------------------|-----------------|
| A. Documentation | D. Informed consent | G. Prescription |
| B. Scope of practice | E. Treatment planning | H. Records |
| C. Client intake | F. Medical release | |

-
- _____ 1. The process of collecting, confirming, and recording client information
 - _____ 2. The documented process of developing a client's treatment or course of treatment
 - _____ 3. The client's signed and dated authorization to release their medical and personal information to a third party
 - _____ 4. Permission given by a client after they have been informed of all the relevant facts regarding treatment
 - _____ 5. Order issued by an authorized health care provider for medications, medical treatments, or medical devices
 - _____ 6. The primary method used to collect client information
 - _____ 7. Activities and procedures that can be performed legally by members of a licensed profession
 - _____ 8. In most instances, client _____ are stored at the facility where services were provided

30a Review Questions

Massage Therapy: Principles and Practice,
Treatment Planning, Assessment, and Documentation Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Client interview E. Open-ended H. Communication
- B. Body language F. Closed-ended
- C. Disclosure G. Acupuncture, psychotherapy
-

- _____ 9. The act of exchanging information through words and behaviors such as body language
- _____ 10. Activities often outside a massage therapist's scope of practice
- _____ 11. Non-verbal communication, such as facial expressions, gestures, mannerisms, and posture
- _____ 12. Questions that offer little restriction when answering and allow reflection and clarification of thoughts and feelings
- _____ 13. Provides the opportunity to review the completed intake form, clarify information, and ask specific questions
- _____ 14. Type of questions that are direct and usually an affirmative, denial, or factual answer
- _____ 15. Open and honest sharing of personal information

30a Review Questions

Massage Therapy: Principles and Practice,
Infection Control and Emergency Preparedness Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Choking D. Stroke G. Seizure disorders
B. Heart attack E. Emergency Step 1
C. Hypoglycemia F. Emergency Step 2
-

- _____ 16. Call for help. If others are nearby, send one or two bystanders to place the 911 call.
- _____ 17. If you encounter an unconscious individual, check for responsiveness to determine if there is an actual emergency or if the individual is just resting
- _____ 18. When the trachea is blocked and the affected person cannot breathe
- _____ 19. Low blood sugar, which ranges between 45 and 60 mg/dL. It can occur in all types of diabetes mellitus
- _____ 20. Sudden disruption in blood flow to the brain caused by a blood clot or hemorrhage from a broken blood vessel. Also called a cerebrovascular accident or brain attack
- _____ 21. A sudden disruption of blood flow to the heart muscle or myocardium caused by a blood clot or hemorrhage from a broken blood vessel
- _____ 22. This condition is characterized by episodes of uncontrolled and excessive electrical activity in the brain

30a Review Questions

Massage Therapy: Principles and Practice, The Therapeutic Relationship Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Conflict C. Countertransference E. Sexual misconduct
B. Transference D. Dual relationships F. Conflict of interest
-

- _____ 23. A situation in which a therapist could exploit a relationship for personal gain
- _____ 24. Behavior used to obtain sexual gratification against another person's will or at their expense
- _____ 25. Emotional reactions of the therapist toward the client and may occur from unmet personal needs, unresolved emotional issues, or internal conflicts that are brought into the relationship unconsciously
- _____ 26. This situation occurs when clients transfer feelings, thoughts, and behavior they have for a significant person in their early life onto a therapist
- _____ 27. A situation in which one person feels that someone or something is keeping them from achieving their goals and is incompatible with their needs and concerns
- _____ 28. When two or more different relationships exist between clients and therapists

30a Review Questions

A Massage Therapist's Guide to Pathology, Appendix A: Medications, Ruth Werner

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|---------------------|------------------------------------|-------------------|
| A. Cancer drugs | D. Anti-depressants | G. Anti-anxiety |
| B. Insulin | E. Anti-inflammatory and analgesic | H. Cardiovascular |
| C. Muscle relaxants | F. Anti-coagulants | |
-

- _____ 29. Dizziness, drowsiness, and light-headedness are common side effects of many medications in this class. Take care to not overtreat because massage may exacerbate these symptoms
- _____ 30. Clients who take this medication vary their injection sites, which need to be locally avoided in order to not interfere with normal uptake of the drug
- _____ 31. The protective stretch reflex is inhibited while taking medications in this class, so the risk of overtreatment with deep tissue work, range of motion exercises, or stretching is significant
- _____ 32. There is a risk of bruising associated with drugs in this medication class, even with relatively light massage. All but the lightest forms of bodywork may be contraindicated due to a tendency to form blood clots
- _____ 33. Always consult the physician. Massage application should be applied very conservatively and circulatory massage minimized. Be aware of methods of excretion (some medication excrete through the skin) and take appropriate precautions
- _____ 34. A client who uses medications in this class have a tendency to slide into a parasympathetic state that may be intensified by massage, leaving the client dizzy, fatigued, and lethargic
- _____ 35. Medications in this class change tissue response. It is important to work extremely conservatively because temperature, muscle guarding, and local blood flow will be altered. Overtreatment is a significant risk
- _____ 36. This medication class is used to alter the sympathetic fight-or-flight response. Common side effects include CNS depression, poor reflexes, dry mouth and feeling unusually exhausted

30a Review Questions

Massage Therapy: Principles and Practice, Hydrotherapy Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Hydrotherapy D. Effects of cold G. Effects of heat
B. Father Sebastian Kneipp E. Contrast method
C. Cryotherapy F. Thermootherapy
-

- _____ 37. Blood flow increases, pain reduction, collagen extensibility increased, ROM increased and joint stiffness decreased
- _____ 38. The therapeutic application of cold
- _____ 39. External use of water and complementary agents for therapeutic purposes
- _____ 40. The therapeutic application of heat
- _____ 41. Hydrotherapy technique that combines cold and heat in the same treatment
- _____ 42. Blood flow changes, pain reduction, edema reduction, inflammation reduction
- _____ 43. Father of hydrotherapy

30a Review Questions

Massage Therapy: Principles and Practice, Hydrotherapy Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|------------------------|---------------------|---------------------|
| A. Numbness | D. Wound care | G. Subcutaneous fat |
| B. Distal areas | E. Cold application | H. Adverse effects |
| C. Superficial tissues | F. Epsom salts | |
-

- ___ 44. Soaking in a warm bath containing _____ is occasionally recommended to reduce muscle aches and pains.
- ___ 45. The use of water to provide _____ is outside of a massage therapist's scope of practice.
- ___ 46. Heat transference may be significantly impaired in people who are overweight or obese due to the presence of _____.
- ___ 47. Cold induced vasodilation is more likely to occur in the _____ of the body.
- ___ 48. Reduction of edema associated with trauma or acute injury, especially when combined with compression and elevation, can result from _____.
- ___ 49. "Analgesia" can best be described as a localized feeling of _____ in a recipient of cryotherapy.
- ___ 50. Different methods (ice packs, gel packs, cold towel friction) cool _____ at different rates and depths.
- ___ 51. Every cryotherapy procedure should include a description of potential _____.

30a Review Questions

Massage Therapy: Principles and Practice, Hydrotherapy Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|----------------------------|----------------|-------------|
| A. Orthostatic Hypotension | D. Ice massage | G. Diabetes |
| B. Tissue damage | E. Hot stones | H. Pain |
| C. Metal | F. Heat | |
-

- ___ 52. In _____ ice is combined with friction massage.
- ___ 53. Superficial heat applications decrease _____.
- ___ 54. A contraindication for the use of thermotherapy is the presence of _____ in the area.
- ___ 55. A sudden decrease in blood pressure related to peripheral vasodilation as a result of the application of thermotherapy is known as _____.
- ___ 56. Individuals with _____ have the highest correlation to contact burns from clinical uses of thermotherapy.
- ___ 57. If applying massage to increase ROM, movements such as stretching should be applied during or immediately after _____ application.
- ___ 58. Use two insulated layers between _____ and the client's skin.
- ___ 59. Prolonged vasoconstriction and ischemia could be adverse effects of hydrotherapy resulting in _____.

30a Review Questions

Massage Therapy: Principles and Practice, Muscular System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Muscle fibers D. Thin myofilaments G. Concentric
B. Sarcolemma E. Thick myofilament
C. Sarcomere F. ATP
-

- _____ 60. The universal unit of energy in the cell
- _____ 61. Actin, tropomyosin, and troponin
- _____ 62. Term synonymous with muscle cells
- _____ 63. Made almost entirely of myosin protein
- _____ 64. The basic unit of contraction
- _____ 65. The covering of the muscle fiber or cell
- _____ 66. During this type of muscle contraction, the muscle shortens in length while generating force

30a Review Questions

A Massage Therapist's Guide to Pathology, Musculoskeletal System Chapter, Ruth Werner

Place the letter of the answer next to the term or phrase that best describes it.

- A. (1) Cramp, (2) Spasm C. (1) Osteoporosis, (2) Osteoarthritis
B. (1) Strain, (2) Sprain D. (1) Subluxation, (2) Dislocation
E. (1) Tendinitis, (2) Tendinosis
-

- _____ 67. Both are tendon pathologies. (1) is an acute tendon injury characterized by inflammation, edema, and pain. (2) is long term degeneration of collagen fibers in tendons.
- _____ 68. Both are injuries. (1) is torn muscle fibers resulting in scar tissue. (2) is torn or permanently stretched ligament.
- _____ 69. Both are bone pathologies. (1) is loss of bone mass and density. (2) is joint inflammation due to wear and tear of articular cartilage.
- _____ 70. Both are joint pathologies. (1) is when bones are out of best alignment, but the joint capsule is intact. (2) is when the articulating bones are no longer touching.
- _____ 71. Both are involuntary contractions of skeletal muscle. (1) is strong, painful, and short-lived. (2) is low-grade and long-lasting.

30a Review Questions

Massage Therapy: Principles and Practice, Integumentary System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | |
|---------------|--------------------|
| A. Epidermis | D. Melanocyte |
| B. Dermis | E. Dendritic cells |
| C. Hypodermis | F. Keratinocyte |
-

- _____ 72. Epidermal cell that triggers immunologic responses; also called Langerhans cells
- _____ 73. Epidermal cell that produces pigment
- _____ 74. Thin outer region of skin
- _____ 75. Thicker inner layer of skin
- _____ 76. Epidermal cell that produces a lipid substance that forms a waterproof barrier
- _____ 77. Layer beneath the dermis containing loose connective tissue and fat

30a Review Questions

Trail Guide to the Body, Appendix: Synergists - Muscles Working Together, Andrew Biel

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. G/H Flexion E. G/H Horizontal adduction I. G/H Lateral rotation
B. G/H Extension F. G/H Horizontal abduction J. G/H Medial rotation
C. G/H Abduction G. Antagonist
D. G/H Adduction H. Agonist
-

- _____ 78. Latissimus dorsi, Teres major, Infraspinatus, Teres Minor, Pectoralis major (all fibers), Triceps brachii (long head), Coracobrachialis
- _____ 79. Deltoid (posterior fibers), Infraspinatus, Teres minor
- _____ 80. Deltoid (anterior fibers), Latissimus dorsi, Teres major, Subscapularis, Pectoralis major (all fibers)
- _____ 81. Deltoid (anterior fibers), Pectoralis major (upper fibers), Biceps brachii, Coracobrachialis
- _____ 82. Deltoid (posterior fibers), Latissimus dorsi, Teres major, Pectoralis major (lower fibers), Triceps brachii (long head)
- _____ 83. Muscle responsible for causing a specific or desired action
- _____ 84. Muscle that must relax and lengthen to allow the actions of the prime mover to occur
- _____ 85. Deltoid (posterior fibers)
- _____ 86. Deltoid (anterior fibers), Pectoralis major (upper fibers)
- _____ 87. Deltoid (All fibers), Supraspinatus

30a Review Questions

Trail Guide to the Body, Appendix: Synergists - Muscles Working Together, Andrew Biel

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. S/T Elevation C. S/T Abduction/Protraction E. S/T Upward rotation
B. S/T Depression D. S/T Adduction/Retraction F. S/T Downward rotation
-

- _____ 88. Trapezius (upper fibers), Rhomboid major, Rhomboid minor, Levator scapula
- _____ 89. Rhomboid major, Rhomboid minor, Levator scapula, Pectoralis minor
- _____ 90. Trapezius (lower fibers), Serratus anterior (with origin fixed), Pectoralis minor
- _____ 91. Serratus anterior (with the origin fixed), Pectoralis minor
- _____ 92. Trapezius (upper and lower fibers), Serratus anterior (with the origin fixed)
- _____ 93. Trapezius (middle fibers), Rhomboid major, Rhomboid minor

30a Review Questions

Massage Therapy: Principles and Practice,
Massage Techniques, Joint Mobilizations, and Stretches Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|-----------------------|------------------|-------------------|
| A. Joint mobilization | D. Hard-end feel | F. Firm-end feel |
| B. Range of motion | E. Soft-end feel | G. Empty-end feel |
| C. Stretching | | |

-
- _____ 94. Moving a joint through its normal range of motion
- _____ 95. This end feel occurs when the barrier is tissue such as bone
- _____ 96. This end feel occurs the barrier is soft tissue such as muscle, fascia, or skin
- _____ 97. Technique that lengthens and elongates soft tissues
- _____ 98. This end feel occurs when normal motion is interrupted by client's pain before the therapist encounters structural resistance to passive movements
- _____ 99. The extent to which bones of a joint can move or be moved; usually expressed in degrees of a circle
- _____ 100. This end feel occurs when the tissue such as tendons, ligaments, or joint capsules offer resistance as they lengthen

30a Review Questions

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30a Review Questions

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30a Review Questions

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36a State Law Review Questions

Name _____ Group _____ Date _____

Review Question Information and Guidelines

- **Special Note:** For these review questions, go to the following site:
www.tdlr.texas.gov/mas/laws-rules.htm
 - For questions 1-10, click on the TDLR procedural rules link
 - For questions 11-50, click on the massage therapy administrative rules link
- Review Questions **must be completed in LMS**. Physical copies of review questions will **not** be accepted.
- If you were **absent** or are submitting your Review Questions **late**, you must notify the Education Director, Tim Stahlke, by email to tims@tlcschool.com in order to receive credit.
- This assignment is open-book, but must be done **without** assistance from others.
- Its purpose is to help you preview the material before lecture, so be sure to complete the assigned pages before the material is covered in class.
- Use your packet and textbooks as indicated on each page.
- If you have any questions about the Review Questions, ask your class instructor.
- Each set of Review Questions is named for the class in which it is due. For example "7a Review Questions" are due in class 7a before the class start time.
- Review Questions (and all other homework assignments) are considered late if they are not turned in before the start time of the class in which they are due. 20 points will be deducted for all late Review Questions.
- If you are absent on a day in which homework is due, you may submit it before the start time of the next class that you attend without the 20 point deduction.
- This set of Review Questions contains 50 questions worth 2 points each.

Calculating your grade:

- The total number of questions 50
- The number you got incorrect (count them) - _____
- The number you got correct (use subtraction) _____
- The point value of each correct answer 2
- Your percentage grade (multiply the above two numbers) _____%
- Submitted after the start of class on the due date? - 20 points _____%
- Absent on due date and not submitted upon return? -20 points _____%

36a State Law Review Questions

Procedural Rules of the Commission and the Department

60.31. License Renewal Applications

- _____ 1. A license holder will be notified by the Department, not later than the 30th day before the date a person's license is scheduled to expire, of impending expiration of the license. T. True F. False
- _____ 2. Proof of failure to receive notification from the department will result in late penalties being waived. T. True F. False
- _____ 3. During the unlicensed period, a person may perform any act that requires a license under this chapter or the chapter governing the specific program.
T. True F. False

60.41. License Eligibility for Persons with Deferred Adjudications or Non-Conviction

- _____ 4. The commission may determine a person ineligible for a license based on criminal history or other information that indicates lack of honesty, trustworthiness, or integrity to hold a license.
T. True F. False
- _____ 5. The commission may suspend, deny, revoke, or refuse to renew a license, if the commission determines a deferred adjudication makes the applicant or licensee unfit for the license. T. True F. False

60.42. Criminal History Evaluation Letters

- _____ 6. A person may request the department issue an evaluation letter regarding whether the person may be eligible for a license if the person has a conviction or deferred adjudication for a felony or misdemeanor offense, or if there is other information that indicates that the person may lack the honesty, trustworthiness or integrity to hold a license issued by the department. T. True F. False
- _____ 7. To request an evaluation letter, the person must:
A. Submit the request using a department-approved form
B. Pay the required fee of \$10
C. All of the above

60.83. Late renewal Fees

- _____ 8. If a person's license has expired for more than 90 days but less than 18 months, how may that person renew the license?
A. By paying a fee that is equal to one and one-half times the normally required renewal fee.
B. By paying a fee that is equal to two times the normally required renewal fee.
C. This person may not renew their license, but instead may obtain a new license by complying with the then current requirements and procedures for obtaining a license, including the examination.
- _____ 9. The laws say nothing about renewal after license has been expired for more than 3 years. T. True F. False
- _____ 10. The fee for late renewal is:
A. One and a half times the regular fee
B. Two times the regular fee
C. Depends upon how late you are
D. \$200

36a State Law Review Questions

Subchapter A. General Provision

117.2. Definitions

- _____ 11. Which of the following terms is included in the definition of massage therapist?
- A. Person who administers massage therapy to a client for compensation
 - B. Masseuse, myotherapist, body massager or body rubber
 - C. Person who administers massage therapy to a client regardless of compensation
 - D. A and B
- _____ 12. "Compensation" includes:
- A. Fees
 - B. Goods and services
 - C. Barter
 - D. All of the options
- _____ 13. Massage therapy may include the use of heat lamps, cabinet baths, sauna, steam, salt glows, tub, shower, hot and cold packs, or jacuzzi. T. True F. False
- _____ 14. Swedish gymnastics includes:
- A. Passive and active joint movements
 - B. Non-specific stretches, passive and active exercise
 - C. A and B

Subchapter C. Licensed Massage Therapist

117.20. Massage Therapist License- General Requirements and Application

- _____ 15. Applicants for a license must be at least 18 years of age. T. True F. False
- _____ 16. If an applicant submits an incomplete application, the department:
- A. May void it immediately and keep the fees
 - B. Will send a notice listing any additional materials required
 - C. Will return the application and the fees
 - D. Will hold it for one year
- _____ 17. When applying, applicants must:
- A. Successfully pass a criminal history background check performed by the department
 - B. Provide proof of successfully passing the jurisprudence exam
 - C. Submit an official transcript of all relevant coursework
 - D. All of the above
- _____ 18. In the event that a deficiency is present in course work, the applicant may have _____ to complete additional coursework acceptable to the department; otherwise, the application may be voided.
- A. 6 months
 - B. 90 days
 - C. Up to one year
 - D. None of the above

117.22. Massage Therapist License- Examination Requirements

- _____ 19. All applicants must pass a massage therapy examination approved by the department before submitting an application for licensure. T. True F. False
- _____ 20. In addition to passing a written massage exam, new applicants must also pass a jurisprudence exam before a license will be issued. T. True F. False
- _____ 21. Examination results must reflect that the applicant passed the examinations within one year of the application for licensure unless the applicant is currently licensed in another state or jurisdiction. T. True F. False

36a State Law Review Questions

117.23 Massage Therapy License- Issuance of License

- _____ 22. A license must be displayed in an appropriate and public manner at the business location of the licensed business, or in the primary office or place of employment of the licensed individual.
T. True F. False
- _____ 23. In the absence of a primary office or place of employment, the licensed individual shall carry a current identification card.
T. True F. False

117.24. Massage Therapist License Term: Renewals

- _____ 24. When issued, how long is a license valid?
A. For one or two years from issue, depending upon the amount you paid
B. Until the last day of the licensee's birth month in the following year
C. For a two-year period
- _____ 25. On receipt of a renewal application of a license issued under this chapter, the department shall conduct a criminal background check
T. True F. False

Subchapter D. Continuing Education

117.30. Massage Therapist Continuing Education-Hours

- _____ 26. Massage therapist must successfully complete at least twelve hours of approved continuing education per license term.
T. True F. False

117.31. Massage Therapist-Approved Continuing Education Courses and Providers

- _____ 27. Continuing education which otherwise meets the standards of this section but is offered or presented online or by correspondence is acceptable only if the subject matter is not massage therapy techniques or manipulation of soft tissue.
T. True F. False

117.33. Massage Therapist Continuing Education-Records and Audits

- _____ 28. If selected for an audit, the licensee shall submit:
A. Copies of Certificates
B. Transcripts
C. Other satisfactory documentation
D. All of the above

Subchapter F. Licensed Massage Schools

117.62. Massage School Enrollment Procedures

- _____ 29. A person is ineligible for licensure:
A. If the person has been convicted of, entered a plea of nolo contendere or guilty to, or received deferred adjudication to crimes or offenses involving prostitution or another sexual offense
B. Until the fifth anniversary of the date of a conviction of a violation of the Act
C. All of the above

117.68. Massage School Attendance Policy

- _____ 30. The attendance policy shall require the termination of students who accumulate absences of:
A. More than ten (10) consecutive school days
B. More than 15% of total clock hours in a program
C. All of the above

36a State Law Review Questions

Subchapter G. Licensed Massage Establishments

117.80. Massage Establishment Application Procedures & Licensure

- _____ 31. Unless otherwise exempt under the Act, a place of business that advertises or offers massage therapy or other massage services must be licensed by the department as provided by this section. T. True F. False

117.82. Massage Establishments-General Requirements

- _____ 32. No massage establishment shall be operated until the department has approved and licensed the establishment. T. True F. False
- _____ 33. A massage establishment must maintain separation from rooms used wholly or in part for residential or sleeping purposes by a solid wall or by a wall with a solid door, which shall remain unlocked during business hours. T. True F. False
- _____ 34. A massage establishment is not required to display the license in the establishment. T. True F. False

117.84. Establishment exemptions

- _____ 35. A place of business is not required to hold a massage establishment license if another licensed healthcare practitioner hires a massage therapist to provide massage therapy as a part of that practitioner's practice. T. True F. False
- _____ 36. A place of business is not required to hold a massage establishment license under the Act if at the place of business, a licensed massage therapist practices as a solo practitioner and does not use a business name or assumed name. T. True F. False

Subchapter H. Responsibilities of the Licensee and Code of Ethics

117.90. General Ethical Requirements

- _____ 37. For each client, a licensee shall keep accurate records of the dates of massage therapy services, types of massage therapy and billing information for:
A. Minimum of 5 Years B. Until the following tax season
C. Minimum of 2 Years D. Until Licensee retires
- _____ 38. A licensee shall notify clients of the name, mailing address, telephone number and web address of the department for the purposes of directing complaints to the department by:
A. A sign, prominently displayed in the primary place of business
B. A contract, or bill for services
C. Another written and documented method
D. Any of these
- _____ 39. What must a licensee do to legally provide massage therapy services to a person under the age of 17?
A. Must check the person's driver's license
B. Must obtain the written consent of a parent or guardian
C. Nothing is required to legally massage a person under the age of 17
- _____ 40. What must the licensee do with issued unexpired gift certificates?
A. Refuse them B. Honor them C. Provide a full refund D. B or C

36b State Law Review Questions

- _____ 41. A licensee shall not practice in an unlicensed massage establishment. T. True F. False

36a State Law Review Questions

117.91. Consultation Document

- _____ 42. The consultation document shall include:
- A. Areas to be massaged or avoided
 - B. That breast massage will only be done on female clients with their consent
 - C. The signature of both the client and the licensee
 - D. Whether draping will be used or not
 - E. All of the Above

117.92. Sexual Misconduct

- _____ 43. For the purposes of this section, sexual contact includes:
- A. Inappropriate sexual comments about or to a client
 - B. Any touching of any part of the genitalia or anus
 - C. Any offer or agreement to engage in activity such as kissing or sexual contact
 - D. A, B, and C

117.93. Advertising

- _____ 44. A sexually oriented business may use the word "massage" on advertising provided it employs a licensed massage therapist. T. True F. False
- _____ 45. When an assumed name is used in a person's practice as a massage therapist, what must be listed in each advertisement and each time the business name or assumed name appears in writing?
- A. The full legal name or the license number of the massage therapist
 - B. Nothing, using an assumed name is fine

Subchapter I. Fee

117.100. Fees

- _____ 46. For the initial massage therapist license the application fee is:
- A. \$212
 - B. \$316
 - C. \$23
 - D. \$100
- _____ 47. Renewal fee for a two-year license is:
- A. \$1000
 - B. \$218
 - C. \$75
 - D. \$23

Subchapter J. Enforcement Provisions

117.110. Complaints

- _____ 48. Any person may file a complaint with the department alleging that a massage therapist, massage school, massage therapy instructor, massage establishment, continuing education provider, or another person or business has violated the Act or this chapter. T. True F. False

117.111. Administrative Penalties and Sanctions

- _____ 49. The commission or executive director may refuse to issue a license to a person, suspend or revoke the license of a person, or place a person licensed under the Act on probation if the person:
- A. Sells, barter, or offers to sell or barter a license
 - B. Obtains a license by fraud, misrepresentation, or concealment of material facts
 - C. Violates this chapter
 - D. All of the above
- _____ 50. The commission or executive director shall revoke the license of a person if the person is convicted of, enters a plea of nolo contendere or guilty to, or receives deferred adjudication for an offense involving prostitution or another sexual offense. T. True F. False

41a Review Questions

Name _____ Group _____ Date _____

Review Question Information and Guidelines

- Review Questions **must be completed in LMS**. Physical copies of review questions will **not** be accepted.
- If you were **absent** or are submitting your Review Questions **late**, you must notify the Education Director, Tim Stahlke, by email to tims@tlcschool.com in order to receive credit.
- This assignment is open-book, but must be done **without** assistance from others.
- Its purpose is to help you preview the material before lecture, so be sure to complete the assigned pages before the material is covered in class.
- Use your packet and textbooks as indicated on each page.
- If you have any questions about the Review Questions, ask your class instructor.
- Each set of Review Questions is named for the class in which it is due. For example "7a Review Questions" are due in class 7a before the class start time.
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- If you are absent on a day in which homework is due, you may submit it before the start time of the next class that you attend without the 20 point deduction.
- This set of Review Questions contains 100 questions worth 1 point each.

The total number of questions 100
 (minus)
The number of incorrect answers _____
 (equals)
Your percentage grade _____%
 (minus)
20 points if submitted late _____%

41a Review Questions

Massage Therapy: Principles and Practice, Seated Massage Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Sit in the chair C. Lubricant E. Seated massage
B. David Palmer D. Hand sanitizer F. Convenient/affordable

- _____ 1. Application of massage techniques while the client is sitting erect or reclining; also called chair massage
- _____ 2. Massage product NOT used in seated massage
- _____ 3. What the therapist should do first when explaining to a first-time client the proper way to sit in a massage chair
- _____ 4. Examples of reason why seated techniques have made massage more accessible to the mainstream public
- _____ 5. Replaces traditional hand washing at on-site massage locations
- _____ 6. He introduced seated massage in the workplace in the early 1980s

41a Review Questions

Massage Therapy: Principles and Practice, Cardiovascular System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|----------------|----------------|---------------|
| A. Blood | D. Leukocyte | G. Myocardium |
| B. Erythrocyte | E. Thrombocyte | H. Atria |
| C. Hemoglobin | F. Plasma | I. Ventricles |

- _____ 7. Blood cell also called a platelet
- _____ 8. Blood cell that transports oxygen and carbon dioxide
- _____ 9. Fluid that circulates through the heart and its vessels to transport nutrients to and wastes from individual cells
- _____ 10. Superior chambers of the heart
- _____ 11. Pigment in RBCs that binds with oxygen and carbon dioxide so these gases can be transported in the blood
- _____ 12. Straw-colored liquid that makes up 55% of blood
- _____ 13. Inferior chambers of the heart
- _____ 14. Blood cell that serves as part of the body's immune response
- _____ 15. Thick muscular layer of the heart

41a Review Questions

Massage Therapy: Principles and Practice, Cardiovascular System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|-------------------------|----------------------|-------------|
| A. Lumen | D. Respiratory pump | G. Systole |
| B. Venomotor tone | E. Aorta | H. Diastole |
| C. Skeletal muscle pump | F. Pulmonary circuit | I. Mitral |

- _____ 16. Space within blood vessels
- _____ 17. Degree of muscle tone present in venous walls to promote venous return
- _____ 18. Largest artery of the body
- _____ 19. Squeeze-and-release action against vessel walls by skeletal muscles to promote venous return
- _____ 20. Highest pressure within an artery during the cardiac cycle
- _____ 21. Purpose of the _____ is to replenish the oxygen supply of the blood and to eliminate gaseous wastes
- _____ 22. Lowest pressure within an artery during the cardiac cycle
- _____ 23. Mechanism that promotes venous return by pressure changes in the thorax and abdomen during breathing
- _____ 24. Left atrioventricular heart valve

41a Review Questions

A Massage Therapist's Guide to Pathology, Circulatory System Chapter, Ruth Werner

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|--------------------------|-----------------|-------------------------|
| A. Myocardial infarction | E. Hypertension | I. Myeloma |
| B. Thrombophlebitis | F. Hemophilia | J. Anemia |
| C. Varicose veins | G. Leukemia | K. Sickle cell disease |
| D. Raynaud syndrome | H. Aneurysm | L. Deep vein thrombosis |

- _____ 25. Permanently distended, often twisted or ropy superficial legs veins
- _____ 26. A collection of genetic disorders characterized by the absence of some plasma proteins that are crucial in the clot-forming process
- _____ 27. The presence of blood clots and inflammation in deep leg veins
- _____ 28. A condition involving the vasoconstriction of arterioles in the hands and feet, sometimes nose, ears, and lips
- _____ 29. A permanent bulge in the wall of a blood vessel or the heart
- _____ 30. A cancer that affects bone marrow function
- _____ 31. An autosomal recessive genetic condition that results in the production of abnormal hemoglobin, the protein that carries oxygen in red blood cells
- _____ 32. A blood cancer involving maturing B cells that are found in bone marrow
- _____ 33. Shortage of red blood cells or hemoglobin - limits oxygen carrying capacity
- _____ 34. A process that damages some portion of cardiac muscle tissue through ischemia
- _____ 35. The presence of blood clots and inflammation in superficial leg veins (lesser saphenous and greater saphenous)
- _____ 36. A technical term for high blood pressure, specifically blood pressure that is persistently elevated above 140/90

41a Review Questions

Packet B: 33-36, and Business Mastery, Chapters 7-11, www.tdlr.texas.gov/mas/masrules.htm

Place a T for true or an F for false next to each phrase.

- _____ 37. Diagnosis and treatment are part of massage therapy's scope of practice
- _____ 38. Massage therapy may include the use of heat lamps, cabinet baths, sauna, steam, salt glows, tub, shower, hot and cold packs, or jacuzzi.
- _____ 39. The scope of practice of massage may include Swedish gymnastics
- _____ 40. The initial fee to the State of Texas to apply for your license is \$155

- _____ 41. You can only massage a person under the age of 17 if you have written consent of a parent or guardian
- _____ 42. The number of sessions you're expected to give per day while working at a cruise ship spa is higher than other working environments.

41a Review Questions

Massage Therapy: Principles and Practice, Lymphatic System and Immunity Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|----------------------|---------------------------|----------------|
| A. Lymph | D. Lymphocyte | G. Lymph nodes |
| B. Lymphatic vessels | E. Bone marrow and thymus | H. M.A.L.T. |
| C. Lymphokinesis | F. Spleen | I. Tonsils |

- _____ 43. The movement of lymph through the body
- _____ 44. A type of WBC that comprises approximately 25% of the total WBC count; the two types are T cells and B cells
- _____ 45. Lymphatic tissues located in the oral cavity and pharynx
- _____ 46. Bean-shaped structures where lymph is cleansed and filtered
- _____ 47. Collective term for the system of vessels that transport lymph
- _____ 48. Nearly colorless watery fluid that circulates through lymphatic vessels; also called lymphatic fluid
- _____ 49. General term for lymphatic tissue located along the respiratory and digestive tracts
- _____ 50. The largest lymphatic organ; it lies within the left lateral rib cage just posterior to the stomach; it stores lymphocytes and releases them during immune responses
- _____ 51. The two primary lymphatic structures that produce and mature lymphocytes

41a Review Questions

Massage Therapy: Principles and Practice, Lymphatic System and Immunity Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|-----------------------|-----------------|-----------------------|
| A. Peyer patches | D. Non-specific | G. B cells |
| B. Vermiform appendix | E. Inflammation | H. T cells |
| C. Immunity | F. Specific | I. Autoimmune disease |

- _____ 52. Type of immunity that includes barriers, reflexes, cellular responses, and inflammatory responses
- _____ 53. Lymphatic tissue located in portions of the small intestines
- _____ 54. Type of immunity facilitated by B cells and T cells
- _____ 55. Body's response to injury, infection, or irritation that seeks to create an environment that maximizes tissue repair
- _____ 56. Lymphatic tissue attached to the cecum, which is the first region of the large intestines
- _____ 57. The body's ability to recognize and respond to pathogens and harmful agents
- _____ 58. This occurs when there is an inappropriate or excessive immune response and the body no longer recognizes its own healthy tissue and attacks it because it believes this tissue is foreign
- _____ 59. Type of lymphocyte that produces antibodies
- _____ 60. Type of lymphocyte that includes CD4+ and CD8+ cells

41a Review Questions

A Massage Therapist's Guide to Pathology, Lymph and Immune System Chapter, Ruth Werner

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|-----------------------|-------------------------|--------------|
| A. Multiple sclerosis | D. Rheumatoid arthritis | G. HIV |
| B. Allergic reactions | E. Crohn disease | H. Psoriasis |
| C. Mononucleosis | F. Scleroderma | |

- _____ 61. A chronic skin disease in which cells, which normally replicate every 28 to 32 days, are replaced every 3 to 4 days; it is autoimmune and non-contagious
- _____ 62. The virus that causes AIDS
- _____ 63. An autoimmune disease in which inflammation stimulates fibroblasts in small blood vessels to produce abnormal amounts of collagen
- _____ 64. A progressive, inflammatory disorder that can affect any part of the GI tract; ulcers in the GI tract can cause accumulations of scar tissue that cause stenosis of the intestines, or stimulate into the development of abnormal connecting tubes (called fistulas) from the colon to other hollow organs
- _____ 65. A condition characterized by inflammation and degeneration of myelin sheaths in the spinal cord and brain; it is autoimmune
- _____ 66. Immune system reactions to stimuli that are not inherently hazardous
- _____ 67. Viral infection that begins in the salivary glands and throat and then moves into the lymphatic system
- _____ 68. An autoimmune condition in which the synovial membranes of various joints are attacked by immune system cells

41a Review Questions

Massage Therapy: Principles and Practice, Reproductive System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | | |
|-----------------|------------|--------------------|-----------|
| A. Testes | D. Oocytes | G. Sperm | J. Luteal |
| B. Follicular | E. Ovaries | H. Ovulation | |
| C. Menstruation | F. Ovum | I. Menstrual cycle | |

- _____ 69. The first phase of the menstrual cycle; it begins with menstruation and lasts until approximately day 13
- _____ 70. The sex cells that carry genetic information from inside the ovaries
- _____ 71. This phase of the menstrual cycle occurs about day 14 in the 28-day cycle
- _____ 72. The final phase of the menstrual cycle
- _____ 73. Paired oval glands located within the scrotum; they possess both endocrine and exocrine functions
- _____ 74. The periodic discharge of the endometrial lining from the non-pregnant uterus
- _____ 75. Sex cells that carry genetic information, produced in the testicles
- _____ 76. Paired almond-shaped glands located in the abdominopelvic cavity lateral to the uterus and possess both endocrine and exocrine functions
- _____ 77. A series of hormonal events that begins during puberty, occurs approximately every 28 days, and ends during menopause
- _____ 78. A mature oocyte that has ovulated

41a Review Questions

A Massage Therapist's Guide to Pathology, Reproductive System Chapter, Ruth Werner

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|--------------------|----------------------|-------------------|
| A. Prostate cancer | D. Testicular cancer | G. Ovarian cancer |
| B. Dysmenorrhea | E. Endometriosis | H. Breast cancer |
| C. Prostatitis | F. Fibroid tumors | |

- ___ 79. The development of tumors in the epithelial or connective tissue of the breast
- ___ 80. Growth of malignant cells in the testicles
- ___ 81. The growth of malignant tumors on the ovaries
- ___ 82. A condition in which the prostate becomes painful and possibly inflamed; it usually involves significant pain throughout the pelvis and groin
- ___ 83. Benign growths that grow in or around of the uterus; also called leiomyomas
- ___ 84. A technical term for painful menstrual periods; it limits regular activities or requires medication to function for 1 day or more every cycle
- ___ 85. The growth of malignant tumor cells in the prostate gland
- ___ 86. A condition in which cells from the endometrium implant elsewhere in the body

41a Review Questions

Packet B: 37-41, Business Mastery: Chapters 12-14 and Pages 200-204

Place a T for true, or an F for false next to each term or phrase.

- _____ 87. You are considered a self-employed independent contractor if you are working at a massage establishment, but not as an employee.
- _____ 88. If you don't receive a response to your resume within 5 days, don't call to follow up.
- _____ 89. Selling products, doing laundry, assisting in scheduling appointments, and setting up promotional events are all common non-massage related tasks that your employer *might* require.
- _____ 90. The goal of a resume is to inspire employers to interview you.
- _____ 91. A common responsibility is for the therapist to maintain malpractice insurance.
- _____ 92. In a resume, start with your present or most recent job.

41a Review Questions

Trail Guide to the Body, Appendix: Synergists - Muscles Working Together, Andrew Biel

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Coxal Flexion D. Coxal Adduction G. T/F Lateral rotation
B. Coxal Extension E. Coxal Lateral rotation H. T/F Medial rotation
C. Coxal Abduction F. Coxal Medial rotation

- _____ 93. Psoas major, Iliacus, Tensor fasciae latae, Sartorius, Rectus femoris, Gluteus medius (anterior fibers), Gluteus minimus, Adductor longus (assists), Pectineus (assists), Adductor brevis (assists), Adductor magnus (assists)
- _____ 94. Gluteus maximus (all fibers), Biceps femoris (long head), Semitendinosus, Semimembranosus, Adductor magnus (posterior fibers), Gluteus medius (posterior fibers)
- _____ 95. Gluteus medius (anterior fibers), Gluteus minimus, Tensor fasciae latae, Adductor magnus, Adductor longus, Adductor brevis, Pectineus, Gracilis, Semitendinosus (assists), Semimembranosus (assists)
- _____ 96. Gluteus maximus (all fibers), Piriformis, Quadratus femoris, Obturator internus, Obturator externus, Gemellus superior, Gemellus inferior, Gluteus medius (posterior fibers), Psoas major, Iliacus, Sartorius, Biceps femoris (assists, long head)
- _____ 97. Gluteus maximus, Gluteus medius (all fibers), Gluteus minimus, Tensor fasciae latae, Sartorius, Piriformis (when the hip is flexed)
- _____ 98. Adductor magnus, Adductor longus, Adductor brevis, Pectineus, Gracilis, Gluteus maximus (lower fibers)
- _____ 99. Semitendinosus, Semimembranosus, Gracilis, Sartorius, Popliteus
- _____ 100. Biceps femoris

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53a Internship Orientation Review Questions

Name _____ Group _____ Date _____

Review Question Information and Guidelines

- This set of Review Questions is **completed on paper**. The physical copy must be turned in for credit. To submit your Review Questions, place it on the instructor’s table at the front of the classroom before the class start time.
- If you were absent or are submitting your Review Questions late, you must give it to your instructor or Tammie (Internship Director) in order to receive credit.
- This assignment is open-book, but must be done without assistance from others
- If you have any questions about the Review Questions, ask your class instructor
- Review Questions (and all other homework assignments) are considered late if they are not turned in before the start time of the class in which they are due
- 20 points will be deducted for all late Review Questions
- If you are absent on a day in which homework is due, you may submit it before the start time of the next class that you attend without the 20-point deduction
- This set of Review Questions contains 13 questions worth 5 points each
- Choose the best answer and write it on the line in blue or black ink only
- No credit is given for a correct answer unless it is legible, written in blue or black ink, and on the line

Number Incorrect -> Percentage

0	100%
1	94%
2	88%
3	82%
4	76%
5	70%
6	64%
7	58%

Number Incorrect -> Percentage

8	50%
9	44%
10	38%
11	30%
12	24%
13	18%
14	12%
15	6%

Was this submitted late? No Yes

If so, subtract 20 points. Final Grade: _____%

53a Internship Orientation Review Questions

Packet I: 1-13

Please read the Internship Handbook before you complete these questions.

List the 5 categories on which interns are graded each session.

- 1.
- 2.
- 3.
- 4.
- 5.

6. What is the intern expected to supply for each session?

7. What number do you call to reach an MTI when appointments are in session?

8. What are you expected to do if you wake up sick on a day you have appointments?

9. What is the intern arrival time relative to the appointment time?

10. What is the earliest time an intern may pick up clients to begin the session?

11. What is the "hands-off" time for a 7:30pm appointment?

12. Does the "hands-off" time change if the client is late?

13. What happens if the intern arrives 5 or more minutes after the scheduled appointment time?

14. There will be a bodywork trade during the Internship Orientation "B" class.

True False

15. I must provide **CLEAN** sheets for my **PARTNER** to lie on during the bodywork trade portion of the Internship Orientation.

True False

55a Review Questions

Name _____ Group _____ Date _____

Review Question Information and Guidelines

- Review Questions **must be completed in LMS**. Physical copies of review questions will **not** be accepted.
- If you were **absent** or are submitting your Review Questions **late**, you must notify the Education Director, Tim Stahlke, by email to tims@tlcschool.com in order to receive credit.
- This assignment is open-book, but must be done **without** assistance from others.
- Its purpose is to help you preview the material before lecture, so be sure to complete the assigned pages before the material is covered in class.
- Use your packet and textbooks as indicated on each page.
- If you have any questions about the Review Questions, ask your class instructor.
- Each set of Review Questions is named for the class in which it is due. For example "7a Review Questions" are due in class 7a before the class start time.
- Review Questions (and all other homework assignments) are considered late if they are not turned in before the start time of the class in which they are due. 20 points will be deducted for all late Review Questions.
- If you are absent on a day in which homework is due, you may submit it before the start time of the next class that you attend without the 20 point deduction.
- This set of Review Questions contains 100 questions worth 1 point each.

The total number of questions 100
 (minus)
The number of incorrect answers _____
 (equals)
Your percentage grade _____%
 (minus)
20 points if submitted late _____%

55a Review Questions

Massage Therapy: Principles and Practice, History of Massage Therapy Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. 3000 BC D. Shiatsu G. Pehr Henrik Ling
- B. Amma E. Johann Mezger H. Human trafficking
- C. Nei-ching F. Hippocrates of Cos

- _____ 1. Written records have revealed that the practice of massage goes back as early as _____
- _____ 2. _____ is regarded as the original massage technique in China, and it is the precursor to all other manual and energetic massage techniques in China
- _____ 3. _____ is generally regarded as the father of modern Western medicine due to his emphasis on the individual patient and his belief that the healer should take care to avoid causing any additional harm to the patient
- _____ 4. _____ is often regarded as the father of Swedish massage
- _____ 5. _____ is the unlawful trade of people; it is modern day slavery; victims who work under the cover of massage are often young people from Asia, South America, and the former Soviet Union
- _____ 6. _____ is a Japanese method of massage based on the same traditional Chinese medicine concepts as acupuncture; it evolved from amma, which found its way into Japan from China; the name literally means *finger pressure*
- _____ 7. _____ is responsible for making massage a fundamental component of physical rehabilitation; he is credited with introducing the French terminology to describe massage techniques
- _____ 8. _____ is the classic scripture of traditional Chinese medicine that was compiled from various schools of medical thought; it contains descriptions of healing touch procedures, herbal medicines, acupuncture, and their uses

55a Review Questions

Packet B: 42-60 and Business Mastery, Chapters 24, 26, 27, and 31

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Word of mouth D. Credibility G. WIIFM
B. Positioning E. Strategic actions H. Target Market
C. Psychographics F. Demographics

- _____ 9. Professionalism plays a major role in the status of your _____.
- _____ 10. Categorized statistics about a target market
- _____ 11. Answers how you will help clients
- _____ 12. One group you want to promote yourself to
- _____ 13. Specific plans for attracting clients
- _____ 14. Your “place” in their mind
- _____ 15. Lifestyle factors
- _____ 16. Best source for referrals

55a Review Questions

Massage Therapy: Principles and Practice, Special Populations Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Supine hypotensive syndrome D. High-risk G. Third
B. Deep vein thrombosis E. Right hip H. First
C. Pregnancy massage F. Relaxin

- _____ 17. In the _____ trimester, breast changes, fatigue, and morning sickness are prevalent and may require adjustments
- _____ 18. This condition occurs as the pregnant uterus compresses major abdominal vessels, especially the inferior vena cava; this compression may cause a sudden drop in blood pressure; symptoms are dizziness, shortness of breath, nausea, and agitation
- _____ 19. With a pregnant client in a modified semi-reclining position, place a cushion beneath the _____ to tilt their body to the left; this will move the baby off the abdominal blood vessels
- _____ 20. _____ pregnancies are ones that are more likely to have complications for the pregnant person or the developing fetus
- _____ 21. In the _____ trimester, heartburn, lower back pain, and swelling of the feet and ankles are more prevalent and may require some massage accommodations
- _____ 22. This and other hormones increase the flexibility of the pelvic girdle and help the cervix relax and dilate during childbirth; it may have a slight effect on all joints in pregnant people by making them hypermobile
- _____ 23. The modification of basic massage techniques and body positions to meet the needs of clients as they undergo changes during pregnancy and the postpartum period
- _____ 24. Inflammation of a vein with the formation of blood clots; the most serious complication is a pulmonary embolism; pregnant people are at a 5 to 6 times greater risk for this condition because of increased clot-producing and decreased clot-resolving factors

55a Review Questions

Massage Therapy: Principles and Practice, Nervous System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|--------------------|----------------|------------|
| A. Autonomic | D. Peripheral | G. Neurons |
| B. Parasympathetic | E. Myelin | H. Somatic |
| C. Central | F. Sympathetic | |

- _____ 25. Impulse-conducting cells of the nervous system; they represent the nervous system's simplest structural unit
- _____ 26. The _____ nervous system is composed of nerves emerging from the CNS, such as the cranial and spinal nerves
- _____ 27. The _____ nervous system is a subsystem of the PNS; it transmits signals primarily to skeletal muscles, but also includes joints and receptors of special senses such as vision, hearing, taste, smell, and touch; it is largely voluntary because most responses can be consciously controlled
- _____ 28. The division of the ANS that controls energy conservation and dominates during periods of rest and under calm conditions
- _____ 29. The major components of the _____ nervous system are the brain, spinal cord, meninges, and cerebrospinal fluid
- _____ 30. The _____ nervous system is also a subsystem of the PNS; it transmits signals primarily to visceral organs such as the heart and lungs; this is an involuntary system because most responses cannot be consciously controlled
- _____ 31. _____ increases the conduction rate of the impulse and provides insulation to prevent impulse leakage to adjacent neurons
- _____ 32. The division of the ANS that controls energy expenditure and is active during physical exertion or emotional stress

55a Review Questions

Massage Therapy: Principles and Practice, Nervous System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|--------------|------------------|----------------------|
| A. Axon | D. Synapse | G. Neurotransmitters |
| B. Dendrites | E. Frontal | H. Reflex arc |
| C. Nerve | F. Nerve impulse | |

- _____ 33. The _____ lobe of the cerebrum regulates motor output, cognition, and speech recognition
- _____ 34. A neural pathway used to produce a reflex; it consists of an afferent neuron, an interneuron, and an efferent neuron
- _____ 35. Bundles of nerve fibers located in the PNS; each one is wrapped with a layer of connective tissue called epineurium
- _____ 36. An electrical signal that conveys information along a neuron
- _____ 37. A neuron's _____ are branches that receive impulses and transmit them to the cell body
- _____ 38. A class of chemical messengers involved in synaptic transmission
- _____ 39. A neuron's _____ transmits impulses away from the cell body
- _____ 40. The junction between two neurons or between a neuron and a muscle or gland; impulses are transmitted across these junctions with the help of neurotransmitters

55a Review Questions

Massage Therapy: Principles and Practice, Nervous System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|---------------|----------------------|----------------|
| A. Alpha | D. Hypothalamus | G. Spinal cord |
| B. Cerebrum | E. Medulla oblongata | H. Thalamus |
| C. Cerebellum | F. Meninges | |

- _____ 41. The connective tissue coverings that surround the brain and spinal cord; it consists of three layers
- _____ 42. The part of the brain that is a cauliflower-shaped structure located posterior and inferior to the cerebrum; it is concerned with muscle tone, coordinates complex muscular movements, and regulates posture and balance
- _____ 43. The largest and most superior portion of the brain
- _____ 44. The area of the brain that regulates the ANS and controls behavioral patterns and the circadian rhythm
- _____ 45. This brain wave pattern is a relaxed state; the subject is awake but calm; this state is associated with creative process and meditation
- _____ 46. The most inferior portion of the brainstem; it contains respiratory, cardiovascular, and vasomotor centers
- _____ 47. The largest portion of the diencephalon; it relays sensory information (except olfaction) to appropriate parts of the cerebrum
- _____ 48. A cylindrical bundle of nerve fibers extending from the brainstem; it exits the skull through the foramen magnum and extends to approximately the second lumbar vertebra

55a Review Questions

Business Mastery, Chapters 24, 26, and 27

Also use: abmp.com/members/marketing-center

- Click on: "Website Builder"
- Enter your "Site Name" (usually your name, but this can be changed later)
- Choose a "Domain" (ABMP.com or massagetherapy.com)
- Click on "Manage Pages"
- Click on any "Page" to see the content

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|--|-------------------------------|--------------------------------|
| A. Call to action | D. Blogging | F. Client information brochure |
| B. Source for a free website | E. Keywords | G. Appointment reminder |
| C. How your website shows you're a "rock star" | H. Search engine optimization | |

_____ 49. ABMP

_____ 50. Enhances likelihood of your site appearing higher on relevant web pages

_____ 51. The content of your pages

_____ 52. Terms that enhance online searches so you are found for the right reasons

_____ 53. Printed document clarifying expectations for clients

_____ 54. Good way to direct more traffic to your website

_____ 55. Last part of any ad

_____ 56. May be good to have on back of your business card

55a Review Questions

Massage Therapy: Principles and Practice, Nervous System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|---------------------|--------------------|-------------|
| A. Chemoreceptors | D. Thermoreceptors | G. Receptor |
| B. Mechanoreceptors | E. Nociceptors | |
| C. Osmoreceptors | F. Photoreceptors | |

- _____ 57. Receptors that detect changes in temperature and are located beneath the skin
- _____ 58. Receptors that detect chemical stimuli or changes in the chemical concentrations of fluids; they are located in the nose, on the tongue, and within some arterial walls; they respond to smells, tastes, and changes in blood chemistry
- _____ 59. Receptors that detect changes in electrolyte concentration and are located in the hypothalamus
- _____ 60. A neural structure that is sensitive or “receptive” to sensory stimuli
- _____ 61. Receptors that detect light stimuli and are located in the retina of the eye
- _____ 62. Receptors that detect mechanical stimuli and are found in skin, blood vessels, the ears, muscles, joints, and fascia; two types are muscle spindles and Golgi tendon organs
- _____ 63. Receptors that detect noxious stimuli such as excessive heat and cold or tissue damage; they are located in almost every tissue of the body

55a Review Questions

A Massage Therapist's Guide to Pathology, Nervous System Chapter, Ruth Werner

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Alzheimer disease D. Cervical dystonia G. Dystonia
B. Parkinson disease E. Amyotrophic lateral sclerosis
C. Peripheral neuropathy F. Tremor

- _____ 64. Also called spasmodic torticollis, this condition is the most common form of dystonia and involves unilateral involuntary contractions of neck rotators, usually sternocleidomastoid
- _____ 65. Involuntary oscillating movements on a fixed plane; the movements are rhythmic back-and-forth movements of antagonistic muscle groups and the movement is in a single plane
- _____ 66. First discussed as the "shaking palsy", this movement disorder involves progressive degenerative of nerve tissue and a reduction in neurotransmitter (dopamine) production in the CNS
- _____ 67. A progressive and fatal condition that destroys motor neurons in the central and peripheral nervous systems, leading to the atrophy of voluntary muscles
- _____ 68. This condition is usually not a disease in itself, but a symptom or a complication of other underlying conditions; in this situation, peripheral nerves, either singly or in groups, are damaged through a lack of circulation, chemical imbalance, trauma, or other factors
- _____ 69. A progressive degenerative disorder of the brain causing memory loss, personality changes, and eventual death
- _____ 70. A common condition that involves repetitive, involuntary, sometimes sustained contractions of skeletal muscles

55a Review Questions

A Massage Therapist's Guide to Pathology, Nervous System Chapter, Ruth Werner

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|-------------------|--------------------|--------------------------------|
| A. Bell palsy | D. Spina bifida | G. Trigeminal neuralgia |
| B. Stroke | E. Fibromyalgia | H. Vestibular balance disorder |
| C. Cerebral palsy | F. Meniere disease | I. Spinal cord injury |

- _____ 71. Damage to nerve tissue in the spinal canal; the five categories are concussion, contusion, compression, laceration, and transection
- _____ 72. This condition is the result of damage to or impairment of cranial nerve VII, the facial nerve; symptoms or classic signs include sudden onset (overnight) of flaccid paralysis of the muscles of the upper and lower face
- _____ 73. A group of signs and symptoms that center on inner ear dysfunction, leading to vertigo, tinnitus, and hearing loss
- _____ 74. Also called brain attack or cerebrovascular accident (CVA), this condition is damage to brain cells due to oxygen deprivation brought about by thrombosis, embolism, or hemorrhage
- _____ 75. "Nerve pain" along one or more of the three branches of cranial nerve V, the trigeminal nerve; it is also called tic douloureux, which is French for "unhappy twitch"
- _____ 76. Literally means "cleft spine", this condition is a neural tube defect in which the vertebral arch fails to close completely over the spinal cord
- _____ 77. A multifactorial condition involving problems with neurotransmitter and hormone imbalances, sleep disorders, and ultimately chronic pain in muscles, tendons, ligaments, and other soft tissues
- _____ 78. A collective term for many possible injuries to the brain during gestational development, birth, and early infancy; it results in mental and physical debilitation that can range from subtle to complete
- _____ 79. A group of conditions that can cause the vestibular branch cranial nerve VIII (vestibulocochlear nerve), to dysfunction, leading to debilitating vertigo that may last a few seconds to many hours

55a Review Questions

Massage Therapy: Principles and Practice, Endocrine System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|-----------------------|--------------------------------------|-----------|
| A. Adrenal cortex | D. Posterior pituitary | G. Pineal |
| B. Adrenal medulla | E. Hypothalamus | H. Thymus |
| C. Anterior pituitary | F. Pancreatic islets in the pancreas | |

- _____ 80. Secrete insulin (from beta cells) and glucagon (from alpha cells)
- _____ 81. Gland that regulates the autonomic nervous system and controls many behaviors
- _____ 82. Secretes thymopoietin and thymosin, which stimulate T cell maturation
- _____ 83. Secretes antidiuretic hormone and oxytocin
- _____ 84. Secretes adrenocorticotrophic hormone, follicle-stimulating hormone, growth hormone, luteinizing hormone, melanocyte-stimulating hormone, prolactin, and thyroid-stimulating hormone
- _____ 85. Secretes aldosterone and cortisol (called hydrocortisone when used as a medication)
- _____ 86. Secretes melatonin
- _____ 87. Secretes epinephrine (AKA: adrenaline) and norepinephrine (AKA: noradrenaline)

55a Review Questions

Massage Therapy: Principles and Practice, Endocrine System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Insulin D. Epinephrine and norepinephrine G. Glucagon
B. T3 and T4 E. Adrenocorticotrophic hormone H. Calcitonin
C. Growth hormone F. Antidiuretic hormone

- _____ 88. Stimulates protein synthesis for muscle and bone growth, maintenance and repair, and plays a role in metabolism
- _____ 89. Regulate metabolism and affects the growth and development of many other body systems
- _____ 90. Enhance and prolong sympathetic arousal; said another way, these hormones enhance and prolong the physiologic effects of stress
- _____ 91. Decreases urine production by stimulating the kidneys to absorb more water; it also constricts blood vessels, which consequently raises blood pressure
- _____ 92. Decreases blood glucose levels by moving glucose out of the blood and into the cells
- _____ 93. Increases blood glucose levels by moving stored glucose from areas such as the liver into the blood
- _____ 94. Stimulates the adrenal cortex to secrete its hormones, especially cortisol (when used as a medication it is called hydrocortisone)
- _____ 95. Decreases blood calcium levels by stimulating osteoblastic activity, which increases calcium storage in bones

55a Review Questions

A Massage Therapist's Guide to Pathology, Endocrine System Chapter, Ruth Werner

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Type 2 diabetes mellitus C. Hypothyroidism E. Metabolic syndrome
B. Type 1 diabetes mellitus D. Hyperthyroidism

- _____ 96. An autoimmune disorder that results in hyperglycemia; it is connected to genetic background and childhood exposure to agents that might stimulate an immune system mistake and an attack on insulin-producing cells
- _____ 97. A condition in which circulating levels of thyroid hormones are abnormally low, which interferes with the body's ability to generate energy from fuel
- _____ 98. This condition is not a freestanding disease; instead it is a group of problems that, when seen in combinations, have been identified as indicators for a high risk of developing type 2 diabetes and cardiovascular disease
- _____ 99. Disorder resulting in hyperglycemia; it is related to genetic predisposition along with diet and lifestyle factors that are more controllable
- _____ 100. A condition in which the thyroid gland produces excessive amounts of the hormones that stimulate metabolism of fuel into energy

66a Review Questions

Name _____ Group _____ Date _____

Review Question Information and Guidelines

- Review Questions **must be completed in LMS**. Physical copies of review questions will **not** be accepted.
- If you were **absent** or are submitting your Review Questions **late**, you must notify the Education Director, Tim Stahlke, by email to tims@tlcschool.com in order to receive credit.
- This assignment is open-book, but must be done **without** assistance from others.
- Its purpose is to help you preview the material before lecture, so be sure to complete the assigned pages before the material is covered in class.
- Use your packet and textbooks as indicated on each page.
- If you have any questions about the Review Questions, ask your class instructor.
- Each set of Review Questions is named for the class in which it is due. For example "7a Review Questions" are due in class 7a before the class start time.
- Review Questions (and all other homework assignments) are considered late if they are not turned in before the start time of the class in which they are due. 20 points will be deducted for all late Review Questions.
- If you are absent on a day in which homework is due, you may submit it before the start time of the next class that you attend without the 20 point deduction.
- This set of Review Questions contains 100 questions worth 1 point each.

The total number of questions 100
 (minus)
The number of incorrect answers _____
 (equals)
Your percentage grade _____ %
 (minus)
20 points if submitted late _____ %

66a Review Questions

Packet E: 135-144

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|-------------|--------------------|-----------------------------------|
| A. Distress | D. Compounding | G. Epinephrine and norepinephrine |
| B. Cortisol | E. Stress-related | H. Psychoneuroimmunology |
| C. Eustress | F. Opiate peptides | I. Anger and hostility |

- _____ 1. 80% of all diseases are _____
- _____ 2. Loading unnecessary suffering, such as berating ourselves, guilt, worry, etc.) on top of the initial stressor
- _____ 3. Caused by a stressor that is perceived as a challenge, but the person maintains a sense of control over the situation
- _____ 4. Highly correlated with hypertension and coronary artery disease
- _____ 5. The study of the interaction between psychological processes and the nervous and immune systems of the human body
- _____ 6. Part of the endorphin family, these substances are chemically similar to morphine; they can increase immune function, alpha waves (relaxation), feelings of happiness, and are associated with states of expanded consciousness
- _____ 7. Secreted from the adrenal cortex, this hormone sustains high blood sugar and fat and suppresses inflammation and other immune functions; long-term effects may include diabetes, arteriosclerosis, sluggish immune function, and osteoporosis
- _____ 8. Opposite of eustress; the demand in the environment exceeds our control over it
- _____ 9. In Phase 1 of the stress response, the hypothalamus triggers the release of these hormones, which are secreted by the adrenal medulla; they cause an increase in heart rate, respiratory rate, metabolic rate, clotting ability, blood sugar, stomach acid, blood pressure, and blood flow to skeletal muscle

66a Review Questions

Massage Therapy: Principles and Practice, Respiratory System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | | |
|--------------------|---------------|-----------------|----------------------|
| A. Alveoli | D. Diaphragm | G. Lungs | J. Respiration |
| B. Breathing | E. Epiglottis | H. Nasal cavity | K. Paranasal sinuses |
| C. Primary bronchi | F. Larynx | I. Pharynx | L. Trachea |

- _____ 10. Air-filled cavities that lighten the skull and act as resonance chambers for sound
- _____ 11. Hollow space separated by a septum into left and right halves
- _____ 12. Main muscle of respiration located between the thoracic and abdominal cavities
- _____ 13. Primary organs of respiration
- _____ 14. Also called the windpipe, it connects the larynx with the bronchi and is located anterior to the esophagus
- _____ 15. Also called the throat, this muscular tube extends from the nasal cavity to the larynx
- _____ 16. Process of taking in air and expelling it from the lungs
- _____ 17. This structure forms a flap over the glottis during swallowing to help move food and water into the esophagus
- _____ 18. The process used to supply body cells with oxygen and to dispose of carbon dioxide
- _____ 19. The passageways leading from the trachea to each lung
- _____ 20. The primary gas exchange structures of the respiratory tract
- _____ 21. Also called the voice box, it connects the pharynx to the trachea

66a Review Questions

Massage Therapy: Principles and Practice, Respiratory System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Exhalation D. Inhalation G. Internal respiration
B. Elastic recoil E. External respiration
C. Olfaction F. Accessory muscles of inhalation

- _____ 22. Gas exchange between the air in the alveoli and the blood in capillaries
- _____ 23. Process of expelling air from the lungs
- _____ 24. Sense of smell
- _____ 25. SCM, scalenes, pectoralis minor, and serratus posterior superior
- _____ 26. Process of drawing air into the lungs
- _____ 27. Tendency of the thorax and lungs to return to their pre-inhalation size
- _____ 28. Gas exchange between blood in the capillaries and body cells and tissues

66a Review Questions

A Massage Therapist's Guide to Pathology, Respiratory System Chapter, Ruth Werner

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|--------------|-----------------------|--------------------|
| A. Pneumonia | D. Tuberculosis | G. Influenza |
| B. Emphysema | E. Acute bronchitis | H. Cystic fibrosis |
| C. Asthma | F. Chronic bronchitis | I. Common cold |

- _____ 29. Congenital disease of exocrine glands that causes their secretions (mucus, digestive enzymes, bile, sweat) to become abnormally thick and viscous
- _____ 30. An infection of the upper respiratory tract brought about by an of hundreds of viruses; symptoms include stuffy, runny nose, sneezing, sore throat, dry coughing, headache, and a mild fever
- _____ 31. Also called the flu, this condition is a viral infection of the respiratory tract; symptoms include respiratory irritation with runny nose and dry cough, sore throat, headache, chills, and a long-lasting high fever
- _____ 32. Chronic airway inflammation and intermittent airflow obstruction due to hyper-reactive bronchioles
- _____ 33. A general term for inflammation of the lungs due to an infectious agent; symptoms vary widely depending on the cause, but coughing, very high fever, chills, sweating, delirium, chest pains, cyanosis, thick and colored sputum, shortness of breath, muscle aches and pains, and pleurisy
- _____ 34. A chronic obstructive pulmonary disease (COPD) that results in the alveoli become stretched out and inelastic, merging with each other and destroying surface area and capillaries
- _____ 35. A chronic obstructive pulmonary disease (COPD) that is described as a long-term irritation of the bronchi and bronchioles which may occur with or without an infection; symptoms usually begin with a mild cough but may progress to include thick sputum and shortness of breath
- _____ 36. Sometimes called a "chest cold", this condition is a self-limiting inflammation of the respiratory tract, specifically of the bronchial tree
- _____ 37. A disease involving pus-and bacteria-filled bumps, usually in the lungs but sometimes in other locations; symptoms may be similar to a mild flu during the primary phase, but may later include fever, sweating, weight loss, and exhaustion

66a Review Questions

Massage Therapy: Principles and Practice, Digestive System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|----------------|---------------------------|---------------|
| A. Absorption | E. Digestion | I. Ingestion |
| B. Stomach | F. Esophagus | J. Bile |
| C. Peristalsis | G. Gastrointestinal tract | K. Saliva |
| D. Peritoneum | H. Bolus | L. Defecation |

- _____ 38. Process of breaking food down into simple molecules that can be used in the body
- _____ 39. Watery liquid that helps keep the oral mucosa moist and lubricates food so that it is easier to swallow
- _____ 40. Muscular tube that connects the pharynx to the stomach
- _____ 41. Digestive emulsifier that breaks apart large fat globules into smaller ones
- _____ 42. Large serous membrane that envelops the abdominal cavity
- _____ 43. Small round mass of food
- _____ 44. Process of taking materials into the mouth by eating and drinking
- _____ 45. J-shaped sac-like organ located between the esophagus and the small intestine
- _____ 46. Process of eliminating materials from the body through the rectum and anus
- _____ 47. Wave-like movements that help to mix and propel products of digestion along the G.I. tract
- _____ 48. Process by which simple molecules from the G.I. tract are moved into the bloodstream or lymph vessels and then into body cells
- _____ 49. Open tube that begins in the mouth and ends at the anus

66a Review Questions

Massage Therapy: Principles and Practice, Digestive System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|----------------|--------------------|--------------------|
| A. Enzyme | D. Large Intestine | G. Pancreas |
| B. Gallbladder | E. Villi | H. Small intestine |
| C. Ileocecal | F. Liver | I. Pyloric |

- _____ 50. Digestive organ that produces bile
- _____ 51. Gland that contains acini cells
- _____ 52. Hollow organ that stores and concentrates bile
- _____ 53. Finger-like projections that house blood and lymph vessels
- _____ 54. Sphincter located between the ileum of the small intestine and cecum of the large intestine
- _____ 55. Sphincter located between the stomach and small intestine
- _____ 56. Area of the gastrointestinal tract that contains the cecum and rectum
- _____ 57. Coiled tube located between the stomach and large intestine
- _____ 58. Substances that act as catalysts in chemical reactions

66a Review Questions

A Massage Therapist's Guide to Pathology, Digestive System Chapter, Ruth Werner

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|---------------|-----------------|-----------------------------|
| A. Hepatitis | D. Cirrhosis | G. Diverticular disease |
| B. GERD | E. Pancreatitis | H. Peptic ulcers |
| C. Gallstones | F. Candidiasis | I. Irritable bowel syndrome |

- _____ 59. A condition of the small intestine or colon in which the mucosal and submucosal layers of the G.I. tract bulge through the outer muscular layer to form a sac
- _____ 60. A condition involving digestive system dysfunction without major structural changes; also called spastic colon, irritable colon, mucus colitis, and functional bowel syndrome
- _____ 61. Damage to the epithelial lining of the esophagus, when it is chronically exposed to digestive juices from the stomach
- _____ 62. Higher than normal levels of the fungus *C. albicans* in the G.I. tract
- _____ 63. The name of this disease translates as "yellow condition", which refers to the jaundice that can develop; it is described as the crowding out and replacement of healthy liver cells with non-functioning scar tissue
- _____ 64. Concentrated deposits of bile salts or pigments in the gallbladder
- _____ 65. Inflammation of the pancreas; when acute, it can be caused by alcohol binging, gallstones, toxic exposure, blunt trauma, or other factors; chronic pancreatitis is usually related to long-term alcohol abuse
- _____ 66. Perpetually open sores of the inner surfaces of the stomach and duodenum caused by constant irritation or some impediment to the healing process
- _____ 67. Inflammation of the liver that can be caused by drug reactions, inflammation related to fatty deposits, autoimmune disease, or exposure to certain toxins, but is most often one of a variety of viral infections

66a Review Questions

Business Mastery, Chapter 20

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. W-2 D. Schedule C G. Continuing education
B. 7 years E. Cash flow projections H. Assets
C. Indefinitely F. Balance sheets

- _____ 68. Summary info about assets, liability and net equity
_____ 69. Monthly prediction of massage income and expenses
_____ 70. Time to keep tax returns
_____ 71. Fully deductible business expense

_____ 72. Time to keep records of receipts
_____ 73. Tax form you receive from employer
_____ 74. Total resources of sole practitioner or business
_____ 75. IRS form for profit or loss from business used by sole proprietor

66a Review Questions

Massage Therapy: Principles and Practice, Urinary System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|------------|-------------|--------------------|
| A. Cortex | E. Kidneys | H. Filtrate |
| B. Urine | F. Medulla | I. Retroperitoneal |
| C. Ureters | G. Nephrons | J. Urinary bladder |
| D. Urethra | | |

- _____ 76. Watery yellowish fluid that is discharged through the urethra
- _____ 77. Term meaning behind the peritoneum and helps describe the location of the kidneys
- _____ 78. Filtering units of the kidneys
- _____ 79. Outer region of the kidney
- _____ 80. Narrow tube that transports urine from the urinary bladder out of the body during urination
- _____ 81. Fluid filtered by the nephrons
- _____ 82. Reddish-brown bean-shaped organs located bilaterally that process blood and form urine
- _____ 83. Expandable sac that stores urine
- _____ 84. Two slender, hollow tubes extending from the renal pelvis of the kidneys to the urinary bladder
- _____ 85. Inner region of the kidney

66a Review Questions

Massage Therapy: Principles and Practice, Urinary System Chapter, Susan G. Salvo

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- A. Renal tubule D. Bowman capsule G. Glomerulus
B. Peritubular capillaries E. Edema
C. Diuretic F. Dehydration

- _____ 86. Cluster of blood capillaries within the Bowman capsule
_____ 87. Abnormal accumulation of fluids in the body
_____ 88. Network of capillaries surrounding the renal tubules
_____ 89. Hollow cup-shaped structure that surrounds the glomerulus

_____ 90. Excess loss of water from the body
_____ 91. Hollow tube between the renal corpuscle and the collecting duct
_____ 92. Substance that promotes the formation and excretion of urine

66a Review Questions

A Massage Therapist's Guide to Pathology, Urinary System Chapter, Ruth Werner

Place the CAPITAL letter of the answer next to the term or phrase that best describes it.

- | | | |
|--------------|----------------------------|--------------------------|
| A. Calcium | D. Kidney stones | G. Cystine |
| B. Uric acid | E. Renal failure | H. Interstitial cystitis |
| C. Struvite | F. Urinary tract infection | |

- _____ 93. Type of kidney stone associated with abnormally acidic blood due to a diet high in meat and purine
- _____ 94. Inability of the kidneys to function at normal levels
- _____ 95. Type of rare kidney stone directly related to genetic dysfunction with the metabolism of a particular amino acid
- _____ 96. Also called renal calculi, these are crystals that sometimes develop in the renal pelvis
- _____ 97. Most common kidney stone type, associated with problems with calcium metabolism or too much incoming calcium
- _____ 98. Type of kidney stone composed of magnesium and ammonia and are associated with chronic urinary tract infections (UTIs)
- _____ 99. A condition in which the urinary bladder becomes irritated and inelastic
- _____ 100. Infection in the lower urinary tract; 90% of the time the infection is caused by E. coli