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39	A	B	C	D	E

PRACTICE QUESTIONS

Elsevier Remotely Proctored Exams

MTME1

HP Massage Therapy Exit Exam MBLEX V1

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Elsevier Remotely Proctored Exams **MTME1**, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, **MTME1**
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

MULTIPLE CHOICE

Which of the following are effects of the parasympathetic division of the autonomic nervous system? (Choose two.)

- ☐ A Pupil dilation
- ☒ B Decreased heart rate
- ☒ C Increased salivation
- ☐ D Bronchodilation
- ☒ E Increased gastric secretion

ANSWER B · C · E

WHY The parasympathetic nervous system supports 'rest and digest' functions. It decreases heart rate, increases salivation, and stimulates gastric secretion. Pupil dilation and bronchodilation are sympathetic responses.

QUESTION 2

MULTIPLE CHOICE

Which of the following conditions are considered absolute contraindications for massage therapy? (Choose two.)

- ☒ A Acute deep vein thrombosis (DVT)
- ☐ B Mild seasonal allergies
- ☐ C First-trimester pregnancy with no complications
- ☒ D Active contagious skin infection
- ☐ E Tension headache

ANSWER A · D

WHY Acute DVT poses a risk of embolus if dislodged, and active contagious skin infections can spread to the therapist or other clients. The others are either not contraindications or only require modifications.

QUESTION 3

SINGLE CHOICE

Which muscle is the primary mover (agonist) in shoulder abduction between 15 and 90 degrees?

- ☐ A Supraspinatus
- ☒ B Deltoid
- ☐ C Trapezius
- ☐ D Pectoralis major

ANSWER B

WHY The supraspinatus initiates the first 15 degrees of abduction; from 15 to 90 degrees the deltoid (middle fibers) is the primary mover. Pectoralis major and trapezius (upper fibers) contribute to other shoulder movements.

QUESTION 4

SINGLE CHOICE

A regular client offers the massage therapist an expensive gift and asks for a discount in exchange. What is the most appropriate professional response?

- ☐ A Accept the gift and offer the discount to maintain rapport
- ☒ B Decline both the gift and the discounted arrangement, explain professional boundaries, and continue services at standard rates
- ☐ C Accept the gift but politely decline the discount
- ☐ D Refer the client to another therapist

ANSWER B

WHY Accepting expensive gifts tied to special pricing creates dual relationships and boundary issues. The therapist should decline the arrangement, reinforce boundaries, and continue providing standard care.

QUESTION 5

SINGLE CHOICE

During an intake, a client reports numbness and tingling radiating down the posterior leg into the lateral foot. Which nerve root distribution does this most closely follow?

- ☐ A L4
- ☐ B L5
- ☒ C S1
- ☐ D L3

ANSWER C

WHY The S1 dermatome runs down the posterior leg to the lateral foot and little toe, classically associated with sciatic-type symptoms. L5 is more anterolateral leg into the dorsum of the foot/big toe.

QUESTION 6

SINGLE CHOICE

Which mechanical effect of massage involves stretching of muscle fibers and fascial layers to improve range of motion?

- ☐ A Increased local circulation
- ☐ B Removal of metabolic waste
- ☒ C Elongation of soft tissue
- ☐ D Activation of the relaxation response

ANSWER C

WHY Mechanical effects are produced by pressure and movement of the tissues; elongation of soft tissue (muscle and fascia) directly affects extensibility and joint range of motion. Circulation and waste removal are more reflexive/physiological, and the relaxation response is a reflexive effect.

QUESTION 7

SINGLE CHOICE

A client with well-controlled diabetes presents with intact sensation and no open lesions on the feet. Which approach is most appropriate?

- ☐ A Refuse to massage the feet under any circumstances
- ☐ B Avoid the feet entirely because diabetes is an absolute contraindication
- ☒ C Massage the feet using light pressure with normal cautions and verify sensation throughout
- ☐ D Perform deep transverse friction over the plantar surface to normalize sensation

ANSWER C

WHY Diabetes itself is not an absolute contraindication; with intact sensation and no open lesions, foot work can proceed with modified pressure and vigilant monitoring. Deep friction to a neuropathic foot risks injury.

QUESTION 8

SINGLE CHOICE

Which joint action is being performed when a client stands with arms at the side and rotates the forearm so the palms face forward?

- ☐ A Pronation
- ☒ B Supination
- ☐ C Lateral rotation
- ☐ D Extension

ANSWER B

WHY Supination of the forearm turns the palms forward/anterior (in anatomical position). Pronation turns palms posterior; lateral rotation refers to the shoulder, not the forearm.

QUESTION 9

SINGLE CHOICE

A client with chronic mid-back pain asks the therapist to diagnose the cause and to perform spinal adjustments. Which response best reflects scope-of-practice for a massage therapist?

- ☐ A Provide a diagnosis based on intake findings and explain the adjustment to be performed
- ☒ B Refer the client to an appropriate licensed provider and explain that massage therapists do not diagnose or perform spinal adjustments
- ☐ C Perform the adjustment since the client has given informed consent
- ☐ D Begin treatment and document findings as a working diagnosis in the SOAP note

ANSWER B

WHY Diagnosis and spinal manipulation/adjustment of the spine are outside the massage therapist's scope of practice in most jurisdictions. The therapist should refer, document, and offer work that falls within scope (e.g., soft tissue techniques).