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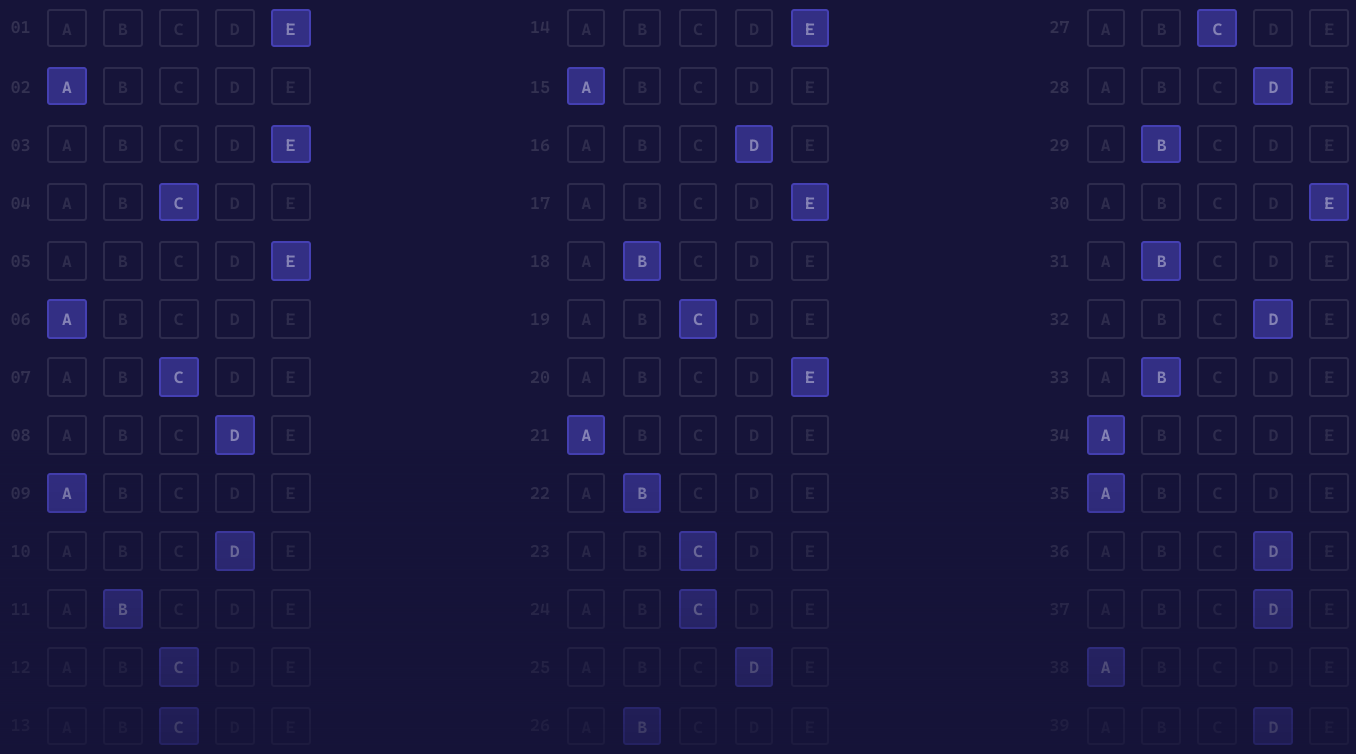


PRACTICE QUESTIONS

## National Certification Board For Therapeutic Massage Bodywork (NCBTM)

# BCETM

Board Certification Exam

| EDITION | QUESTIONS | FORMAT |
|---|---|---|
| Demo | 9 | Limited Edition PDF |

# Before you begin

## What this is

9 practice questions for National Certification Board For Therapeutic Massage Bodywork (NCBTM) `BCETM`, 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, `BCETM`
- the question number
- the email address on your order

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

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**QUESTION 1** MULTIPLE CHOICE

Which of the following muscles are part of the rotator cuff group? (Choose two.)

- **A** **Supraspinatus**
- **B** Pectoralis major
- **C** **Infraspinatus**
- **D** Latissimus dorsi
- **E** Teres major

**ANSWER** **A** · **C**

**WHY** The rotator cuff (SITS) is composed of the Supraspinatus, Infraspinatus, Teres minor, and Subscapularis. Pectoralis major, latissimus dorsi, and teres major are not rotator cuff muscles.

**QUESTION 2** MULTIPLE CHOICE

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

- **A** **Acute deep vein thrombosis (DVT) in the affected limb**
- **B** Well-controlled hypertension
- **C** **Active fever of unknown origin**
- **D** Mild seasonal allergies
- **E** History of mild low back strain resolving within 48 hours

**ANSWER** **A** · **C**

**WHY** Acute DVT and active fever of unknown origin are absolute contraindications because massage could dislodge a clot or worsen an underlying infection/inflammatory process. Well-controlled hypertension, mild allergies, and a recently resolving mild strain are not absolute contraindications.

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**QUESTION 3** TRUE FALSE

A massage therapist who suspects a client may be experiencing non-accidental trauma (e.g., intimate partner violence) is obligated to immediately report the suspicion directly to law enforcement, regardless of the client's wishes.

A True

**B False**

**ANSWER B**

**WHY** False. Massage therapists must follow their state/jurisdiction's mandatory reporting laws, which typically require reporting to Adult Protective Services or Child Protective Services for vulnerable populations (children, elders, dependent adults). For competent adults, suspected IPV is generally NOT a mandatory disclosure; the therapist should provide resources and respect client autonomy while documenting concerns.

**QUESTION 4** SINGLE CHOICE

Which muscle is the primary mover responsible for flexion of the forearm at the elbow?

A Triceps brachii

**B Brachialis**

C Deltoid

D Biceps brachii

**ANSWER B**

**WHY** The brachialis is considered the primary mover (prime mover) for elbow flexion because it crosses only the elbow joint and is not affected by forearm position. The biceps brachii is a powerful elbow flexor but is also a supinator; the triceps brachii extends the elbow; the deltoid primarily abducts the shoulder.

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**QUESTION 5** SINGLE CHOICE

Which of the following best describes the immediate mechanical effect of effleurage on the venous and lymphatic systems?

A Vasoconstriction of superficial capillaries to reduce edema

**B Increased venous return and facilitation of lymphatic flow toward the heart**

C Direct stimulation of red blood cell production in the marrow

D Permanent dilation of arterioles in the treated area

**ANSWER B**

**WHY** Effleurage's directional, gliding strokes follow venous and lymphatic return toward the heart, supporting venous return and lymph movement. It does not cause permanent arteriole dilation, vasoconstriction, or directly stimulate erythropoiesis.

**QUESTION 6** SINGLE CHOICE

A client with a history of type 1 diabetes presents for a session. Which precaution is most appropriate for the massage therapist?

A Avoid all massage to the lower extremities indefinitely

**B Encourage the client to check blood glucose before the session and ensure they have eaten appropriately to prevent hypoglycemia**

C Use only deep pressure techniques to maximize circulation in the lower legs

D Apply heat packs for the duration of the session to improve insulin absorption

**ANSWER B**

**WHY** Massage can lower blood glucose levels; clients on insulin are at risk for hypoglycemia during or after a session. The therapist should ensure the client has eaten, has checked glucose, and recognizes signs of hypoglycemia. Massage is not contraindicated; deep pressure and prolonged heat to the lower extremities could be problematic, especially if neuropathy is present.

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**QUESTION 7** SINGLE CHOICE

Under the NCBTM Code of Ethics, a therapist must obtain what before performing any massage technique on a client?

A Written informed consent

**B Verbal informed consent following explanation of techniques, risks, and alternatives**

C A physician's prescription for every session

D A signed liability waiver only

**ANSWER B**

**WHY** Informed consent requires explanation of the techniques, benefits, risks, and alternatives, and the client's voluntary agreement. While many practices also use written intake/consent forms for documentation, a physician's prescription is not required, and a waiver alone does not constitute informed consent.

**QUESTION 8** SINGLE CHOICE

In a SOAP note, the 'P' stands for:

A Prognosis

**B Plan**

C Palpation findings

D Patient profile

**ANSWER B**

**WHY** SOAP stands for Subjective, Objective, Assessment, and Plan. The 'P' documents the plan for continued care, including frequency, duration, self-care, and referrals.

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**QUESTION 9** SINGLE CHOICE

Activation of the parasympathetic nervous system during massage typically results in which of the following?

A Increased heart rate and pupil dilation

B **Decreased heart rate, decreased blood pressure, and increased peristalsis**

C Increased respiratory rate and bronchodilation

D Release of epinephrine from the adrenal medulla

**ANSWER** **B**

**WHY** Parasympathetic activation ('rest and digest') decreases heart rate, lowers blood pressure, increases digestion/peristalsis, and promotes bronchoconstriction. Increased heart rate, dilated pupils, bronchodilation, and epinephrine release are sympathetic responses.

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