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39	A	B	C	D	E

PRACTICE QUESTIONS

National Certification Board For Therapeutic Massage Bodywork (NCBTM)

BCETM

Board Certification Exam

EDITION

Demo

QUESTIONS

9

FORMAT

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.

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.

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.

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.

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.

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.