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39	☐ A	☐ B	☐ C	☐ D	☐ E

PRACTICE QUESTIONS

Sharjah Health Authority (SHA)

CMASS

Chinese Massage Therapist

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Sharjah Health Authority (SHA) CMASS , 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, CMASS
- the question number
- the email address on your order

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

QUESTION 1

SINGLE CHOICE

According to Traditional Chinese Medicine (TCM) theory, which pair of meridians is primarily associated with the body's water metabolism and the transformation/transportation of fluids?

- ☐ A Lung (Taiyin) and Large Intestine (Yangming)
- ☐ B Heart (Shaoyin) and Small Intestine (Taiyang)
- ☒ C Spleen (Taiyin) and Stomach (Yangming)
- ☐ D Liver (Jueyin) and Gallbladder (Shaoyang)

ANSWER C

WHY In TCM theory, the Spleen (Pi) is responsible for the 'transformation and transportation' (yun hua) of food essences and body fluids, while the Stomach (Wei) is responsible for 'receiving and ripening' (shou na) food and fluids. Together, they are the primary organs governing the body's fluid metabolism. The Lung governs the qi of respiration and the dispersal of fluids in the upper body, but it is the Spleen-Stomach pair that is the core axis of fluid production and distribution. Liver-Gallbladder governs the free flow of qi and blood, Heart-Small Intestine governs the spirit and separation of clear from turbid, and the other listed pair is part of the hand/arm meridian group. Therefore, C is correct.

QUESTION 2

SINGLE CHOICE

A client presents with general muscle soreness following exertion. According to TCM meridian-based massage principles, the practitioner should primarily focus on which therapeutic approach to relax the musculature and harmonize the local qi and blood?

- ☐ A Apply vigorous, prolonged digital pressure (An-pressing) to disperse the stagnation.
- ☐ B Apply circular rubbing (Mo-rubbing) to the abdomen to regulate the Spleen and Stomach.
- ☒ C Apply gentle, rhythmic pressing and rolling along the affected meridians and Ashi points.
- ☐ D Apply deep, static pressure with the elbow to the Gallbladder meridian points GB30 and GB34.

ANSWER C

WHY For general muscle soreness (Ji pi lao sun) without an acute severe injury, TCM meridian massage emphasizes gentle, rhythmic techniques such as rolling (Gun-fa), gentle pressing (An-fa), and kneading (Rou-fa) along the affected channel and tender Ashi points. This harmonizes qi and blood and relaxes the sinews. Option A is incorrect because prolonged, forceful digital pressure is more suited for deep, chronic stagnation rather than general soreness. Option B (abdominal Mo-rubbing) targets digestive issues and is not the primary approach for localized muscle soreness. Option D is incorrect because deep static pressure with the elbow on GB30/GB34 is intense and reserved for chronic conditions such as hip pain or stubborn obstruction, not general post-exertion soreness.

QUESTION 3

MULTIPLE CHOICE

During a Chinese massage session, the practitioner must be alert for acupoints and regions where excessive or improper technique could endanger the client. Which of the following are recognized 'contraindicated' or 'cautious' zones (Ji Di) requiring modified technique? (Choose two.)

- ☒ **A** The medial aspect of the thigh near the femoral artery and vein.
- ☐ **B** The mid-belly of the gastrocnemius muscle in the calf.
- ☒ **C** The region overlying the carotid sinus in the neck.
- ☐ **D** The mid-portion of the erector spinae muscles (Bladder meridian back).

ANSWER A - C

WHY Both A and C are classic 'cautious' (Ji Di) zones in Chinese massage. The medial thigh (over the femoral vessels and the inguinal lymph nodes) is risky for deep pressure because of the major vasculature. The carotid sinus in the neck is dangerous because heavy pressure can trigger a reflex drop in blood pressure and heart rate (baroreceptor stimulation). Option B (calf belly) and Option D (mid-erector spinae) are not Ji Di zones; they are standard, safe areas for muscle-based techniques. Therefore, A and C are correct.

QUESTION 4

SINGLE CHOICE

Which of the following acupoints is located on the dorsal aspect of the hand, in the depression proximal to the second and third metacarpophalangeal (MCP) joints, and is commonly known as 'Lu Xi' (Tiger's Mouth) in TCM anatomy?

- ☒ **A** LI-4 (He Gu)
- ☐ **B** LI-10 (Shou San Li)
- ☐ **C** SJ-5 (Wai Guan)
- ☐ **D** SI-3 (Hou Xi)

ANSWER A

WHY Hegu (LI-4) is located on the dorsum of the hand, between the 1st and 2nd metacarpal bones, approximately at the midpoint of the radial side of the second metacarpal. However, in some classical TCM sources, the depression between the 2nd and 3rd metacarpal bases is also referenced, and Hegu is the most commonly taught and clinically used point in this general 'tiger's mouth' (Hu Kou) region. LI-10 is on the arm, SJ-5 is on the forearm, and SI-3 is on the ulnar side of the hand. Therefore, A is the correct answer.

QUESTION 5

SINGLE CHOICE

A licensed Chinese massage therapist in Sharjah is treating a client with a known herniated lumbar disc. During the session, the client complains of sudden sharp, radiating pain down the leg. According to SHA scope-of-practice and safety standards, what is the most appropriate immediate action?

- ☐ **A** Continue the session using deeper, more sustained pressure to 'push through' the obstruction.
- ☒ **B** Stop the technique immediately, gently reposition the client, document the event, and advise the client to seek medical evaluation.
- ☐ **C** Apply heat to the lumbar region and continue with vigorous rolling techniques.
- ☐ **D** Switch to a strong lumbar traction technique to relieve the disc pressure.

ANSWER B

WHY Safety standards and professional ethics require the therapist to cease any technique that causes sharp or radiating neurological symptoms, as this may indicate nerve root irritation or worsening disc involvement. Continuing aggressive techniques (A, C, D) risks serious injury. The therapist must stop the maneuver, ensure the client is comfortable, document the occurrence in the clinical record, and advise medical referral. Therefore, B is correct.

QUESTION 6

SINGLE CHOICE

According to universal hygiene and infection-control protocols expected of a Chinese massage therapist, which of the following practices is required between every client appointment?

- ☒ **A** Washing hands thoroughly with soap and water (or alcohol-based sanitizer) before and after contact.
- ☐ **B** Reusing the same set of clean towels for an entire workday as long as they appear clean.
- ☐ **C** Keeping the massage table uncovered to allow it to 'air out' between clients.
- ☐ **D** Skipping hand washing if gloves were worn during the session.

ANSWER A

WHY Standard hygiene protocols (consistent with WHO and DHA/SHA infection control guidance) require hand hygiene before and after each client contact, regardless of glove use. Towels must be changed between clients (B is wrong). The table must be cleaned and covered with fresh linen (C is wrong). Hand washing is still required after glove removal because gloves can have micro-perforations (D is wrong). Therefore, A is correct.

QUESTION 7

MULTIPLE CHOICE

A client complains of chronic lower-back pain that is worse in cold, damp weather, is relieved by warmth, and is aggravated by prolonged rest and better with gentle movement. The tongue is pale with a thin white coat. Which TCM pattern differentiation and corresponding massage approach best fit this presentation? (Choose two.)

- ☒ **A** Pattern: Cold-Damp Obstruction (Han Shi Bi) of the lumbar channels.
- ☐ **B** Pattern: Liver-Yin Deficiency (Gan Yin Xu) with empty heat.
- ☒ **C** Massage approach: Apply warming techniques such as moxa-like friction, moderate rubbing, and pressing on local Ashi points and points such as GB30, BL40, and DU3.
- ☐ **D** Massage approach: Apply only very deep, forceful digital pressure to the lumbar paraspinals to forcefully break up 'stagnation'.

ANSWER A - C

WHY The symptoms (worse in cold/damp, better with warmth, worse with rest, better with gentle movement, pale tongue) are classic for Cold-Damp Bi syndrome (Han Shi Bi). The correct therapeutic principle is to warm the channels, dispel cold, and resolve dampness. Therefore, A is the correct pattern, and C (gentle warming techniques on appropriate points) is the correct treatment approach. B is incorrect because Liver-Yin deficiency would present with night-time worsening, low-grade heat signs, a red tongue, and a thin peeling coat. D is incorrect because forceful, deep pressure on cold-damp conditions is contraindicated — it may injure the yang and worsen the obstruction. Therefore, A and C are correct.

QUESTION 8

SINGLE CHOICE

A client with chronic neck stiffness also reports irritability, a bitter taste in the mouth, dizziness, and a wiry pulse. According to TCM pattern differentiation, which meridian is the most appropriate primary channel to address during the massage?

- ☐ A The Lung (Taiyin) meridian of the hand.
- ☐ B The Spleen (Taiyin) meridian of the foot.
- ☒ C The Liver (Jueyin) meridian of the foot, particularly its Shaoyang partner, the Gallbladder meridian of the foot.
- ☐ D The Kidney (Shaoyin) meridian of the foot.

ANSWER C

WHY The symptoms — irritability, bitter taste, dizziness, and a wiry (Xian) pulse — are textbook signs of Liver qi stagnation, possibly with Liver yang ascending. The Liver (Jueyin) meridian and its Shaoyang partner, the Gallbladder meridian, traverse the neck and head, and are the primary channels to address for neck stiffness with these signs. The Lung, Spleen, and Kidney meridians are not the primary channels for this pattern. Therefore, C is correct.

QUESTION 9

SINGLE CHOICE

In the standard procedural sequence of a Chinese massage treatment session, which technique is most commonly used as a transitional, soothing, and connective tissue assessment method between deeper, more focused manipulations?

- ☐ A Gun-rolling (rolling with the dorsum of the hand)
- ☒ B Mo-rubbing (circular palm rubbing)
- ☐ C Na-grasping (grasping/picking of muscle groups)
- ☐ D Dian-digital pressing (static point pressure)

ANSWER B

WHY Mo-rubbing (Mo-fa) is classically described in TCM massage as a gentle, slow, circular palm technique used to warm the tissues, calm the client, and provide a smooth transition between more vigorous manipulations such as Tui, Na, An, and Dian. Gun-rolling is an active, deeper technique; Na-grasping is a stimulating technique; and Dian-pressing is a static, intense focal technique. Mo-rubbing serves the transitional and soothing role. Therefore, B is correct.