

Fritz: Fundamentals of Therapeutic Massage, 4th Edition

Test Bank

Chapter 1: Foundations of Therapeutic Applications of Touch

MULTIPLE CHOICE

1. Which of the following is considered part of professionalism?
 - a. Having personal ethics
 - b. Adhering to certain methods and standards
 - c. Paying organizational dues
 - d. Writing research papers

ANS: B PTS: 1 DIF: 1 REF: 2
2. Therapeutic touch is characterized as:
 - a. a type of service.
 - b. a product the professional sells.
 - c. desiring a specific treatment outcome.
 - d. using only deep pressure.

ANS: A PTS: 1 DIF: 2 REF: 3
3. Traci is using professional therapeutic touch, which involves the ability to:
 - a. identify patterns.
 - b. see the whole individual and his or her segments or pieces.
 - c. determine how pieces of a whole interact.
 - d. All of the above are true.

ANS: D PTS: 1 DIF: 1 REF: 3
4. Jonah's client begins coming for massage therapy weekly after the death of her husband. Jonah's use of therapeutic touch will enable the client to experience:
 - a. a ritual.
 - b. verbal communication.
 - c. eroticism.
 - d. healing or restorative powers.

ANS: D PTS: 1 DIF: 1 REF: 3
5. The word *massage* is derived from:
 - a. the Latin root *massa*.
 - b. the Greek roots *massein* and *masso*.
 - c. the Arabic root *mass* or *mass'h*.
 - d. All of the above are true.

ANS: D PTS: 1 DIF: 1 REF: 3
6. As Eliot works on his client, he remains aware of the fact that the client's skin's relationship to touch is shown by:
 - a. receiving projected sensation from internal visceral structures.
 - b. having no effect on the autonomic nervous system.
 - c. reflecting visceral conditions but not emotions.

d. preventing deeper sensations from reaching the surface of the body.

ANS: A PTS: 1 DIF: 3 REF: 3

7. Andie would like to convey her feelings to Imani through therapeutic touch. While she does this, she should be aware that touch:
- a. as communication sometimes has the potential for being misunderstood.
 - b. may be a less emotionally powerful form of communication than speech.
 - c. communication is often more clear than speech.
 - d. creates an individual's area of personal space.

ANS: A PTS: 1 DIF: 3 REF: 4

8. A sense of appropriate, comfortable personal space is determined by a person's:
- a. gender.
 - b. age.
 - c. culture.
 - d. All of the above are true.

ANS: D PTS: 1 DIF: 2 REF: 4

9. The interpretation of touch is characterized by:
- a. having influences from cultures and subcultures.
 - b. being erotic in some contexts but should be ignored in the professional setting.
 - c. remaining static over age changes and life cycles.
 - d. being inappropriate in a spiritual setting.

ANS: A PTS: 1 DIF: 2 REF: 6

10. Spiritual touch is described as:
- a. never being appropriate.
 - b. staying separate from organic healing of the body.
 - c. involving body, mind, and spirit.
 - d. focusing on the functioning of the body.

ANS: C PTS: 1 DIF: 2 REF: 6

11. Jeff's client is ticklish, so the best way he can approach the massage session with this client is to:
- a. always use deeper pressure to avoid a tickling sensation.
 - b. give a gentle, sensitive explanation that therapeutic touch is not erotic.
 - c. explain each therapeutic touch ahead of time.
 - d. use light stroking if the client can relax.

ANS: C PTS: 1 DIF: 2 REF: 6

12. Veda and her client have disagreed over what time the appointment was supposed to be. Each is convinced she is right, and each is highly irritated with the other. "Well," the client says, "we might as well get on with the massage." But Veda is still frustrated. What course of action should Veda take to ensure she and the client get the most out of the session?

- a. Get on with the massage so no further time is wasted for either her or the client.
- b. Use a slightly firmer technique than usual to release her anger while still giving a good massage.
- c. Wait a moment to collect herself, then check in with the client to see whether both of them are ready to begin the treatment.
- d. Cancel the appointment and leave immediately; once an angry energy enters the relationship, it is risky to continue a professional course with the client.

ANS: C PTS: 1 DIF: 3 REF: 6

13. Mickey experiences unexpected erotic feelings while massaging a particular client. The appropriate response for Mickey is to:
- a. stop the massage, giving a polite excuse for needing to leave—then find a replacement massage therapist, telling the client that the new therapist is better.
 - b. not express these feelings to the client, and seek mentoring to resolve the issue and refer the client if the feelings cannot be controlled.
 - c. meet with the client later, and only outside of the therapeutic setting to ask whether these feelings are returned. If so, they can be mutually expressed in the context of therapy, but only if they are truly mutual.
 - d. finish the massage but refer the client to another massage therapist for future sessions.

ANS: B PTS: 1 DIF: 3 REF: 7

14. The more emotionally or physically charged a body area is, the more the person touched in that area may feel:
- a. insecure or threatened.
 - b. emotionally connected and intimate.
 - c. aroused.
 - d. Any of the above may be true.

ANS: D PTS: 1 DIF: 2 REF: 8

15. The areas considered to be “no-touch zones” in most societies are:
- a. the anus, genitals, mouth, and feet.
 - b. mouth, ears, nose, anus, and genitals.
 - c. anus, genitals, breasts, and backs of the thighs.
 - d. hands, feet, anus, genitals, and mouth.

ANS: B PTS: 1 DIF: 2 REF: 7

16. Melanie is using massage to increase the range of motion in a client’s shoulder. This is an example of:
- a. practical touch.
 - b. expressive touch.
 - c. mechanical touch.
 - d. working touch.

ANS: C PTS: 1 DIF: 2 REF: 8

17. According to the Eastern chakra system, the chakra that concerns the reflection of the total, or essential, self is the:
- a. fourth, or heart, chakra.
 - c. sixth, or brow, chakra.

- b. fifth, or throat, chakra. d. seventh, or crown, chakra.

ANS: C PTS: 1 DIF: 2 REF: 8

18. Which chakras support nonjudgmental love and respect for each person's expression of self and the sacred and therefore are the source of intention in professional touch?

- a. First through fourth c. Fourth through seventh
b. Third through fifth d. Fifth through seventh

ANS: C PTS: 1 DIF: 3 REF: 9

19. Extensive training in mental health is require to interact professionally with what chakra?

- a. Seventh c. Fifth
b. Sixth d. Fourth

ANS: B PTS: 1 DIF: 2 REF: 9

20. What is important for students to remember when they consult an instructor about a client's situation and ask for recommendations?

- a. The instructor's touch is no more right than the student's.
b. The instructor's touch will be superior, so it is perfectly natural for the client to begin to request or prefer the instructor; this should not be taken personally.
c. The student has violated the client's privacy by inviting the instructor's input.
d. The student avoids violating client privacy by not letting either the client or the instructor know the other's identity.

ANS: A PTS: 1 DIF: 3 REF: 10

21. Massage came to the Romans from the:

- a. Chinese. c. Greeks.
b. Mayans. d. Middle Ages.

ANS: C PTS: 1 DIF: 1 REF: 14

22. Swedish massage is based on the use of:

- a. active and passive movements.
b. physical manipulation of the muscles, mimicking the positions and movements of gymnastics.
c. knowledge of the circulation of the blood and lymph.
d. All of the above are true.

ANS: D PTS: 1 DIF: 2 REF: 15

23. Ling divided movements into:

- a. exercise, resistive exercise, and range of motion and stretching.
b. exercise, gymnast-directed positions, and movements in opposition to one another.
c. cardiovascular and muscle-building.

d. passive stretches and active range of motion.

ANS: A PTS: 1 DIF: 2 REF: 15

24. In 1916, part of Dr. James B. Mennell's claim to fame was that he demonstrated that massage exerted effects by mechanical stimulation of the:
- a. lungs, small intestine, and kidneys.
 - b. liver, gallbladder, small intestine, and colon.
 - c. liver, small intestine, and bowel.
 - d. stomach, small intestine, and colon.

ANS: D PTS: 1 DIF: 1 REF: 18

25. What received more attention than any other bodywork method during the 1970s and 1980s?
- a. Swedish massage
 - b. Acupressure
 - c. Exercise and the physical fitness movement
 - d. Hydrotherapy

ANS: B PTS: 1 DIF: 2 REF: 19

26. Swedish massage became more accepted after it was validated by the medical community, which was thanks to:
- a. Ling.
 - b. Freud.
 - c. Kellogg.
 - d. Mezger.

ANS: D PTS: 1 DIF: 1 REF: 15

27. Factors that have helped massage to flourish historically include:
- a. the use of standardized terminology.
 - b. the development of profit-oriented schools and educators, which brought a new tone of professionalism to the field.
 - c. the involvement of the Catholic church.
 - d. new claims and admissions by practitioners of massage that they were truly "healers."

ANS: A PTS: 1 DIF: 2 REF: 15

28. Theo's therapy sessions include the use of concepts like prana, chakras, and energy balance. Which of the following does Theo practice?
- a. Native American touch
 - b. Chinese acupuncture
 - c. Hatha yoga
 - d. Chinese Tui-na

ANS: C PTS: 1 DIF: 1 REF: 14

29. Sister Kenny's role in the history of bodywork is that she:
- a. founded psychotherapeutic body techniques.
 - b. developed the Trager system.

- c. wrote the first major book on proprioceptive neuromuscular facilitation.
- d. used massage in the treatment of polio.

ANS: D PTS: 1 DIF: 1 REF: 17

30. Elizabeth Dicke developed which of the following?
- a. Massage as an aid to postsurgical recovery
 - b. Swedish movements as used in the United States
 - c. The classic Proprioceptive Neuromuscular Facilitation
 - d. Connective tissue massage

ANS: D PTS: 1 DIF: 1 REF: 18

31. A female massage therapist is moving to a small city adjacent to a large military base. She has 12 years of experience, is 38 years old, is of medium height, and is slightly overweight but otherwise fit. Previously she worked in an exclusive day spa with a primarily affluent client base. What may seem to be the biggest challenge to her adjusting to the new environment?
- a. The diversity found in the new culture
 - b. The economics in her new location
 - c. Her age
 - d. Her gender

ANS: B PTS: 1 DIF: 3 REF: Entire chapter

32. A massage practitioner is very proficient in physical assessment and treatment plan development if the outcome goals of the massage are targeted to some sort of increase in physical performance, such as increases in range of motion or postural normalization. When clients have these types of goals the massage practitioner has a very good retention rate for clients booking repeat sessions. However, when the goal for the massage is more general and based on relaxation, the massage therapist does not observe the same retention rate. The most likely reason for this situation is that the massage professional is:
- a. naturally displaying expressive touch.
 - b. unable to manage erotic feelings.
 - c. most comfortable with mechanical touch.
 - d. dealing with issues of unclear boundaries.

ANS: C PTS: 1 DIF: 3 REF: Entire chapter

33. Energy fields, or centers of consciousness, within the body are called:
- a. spirals.
 - b. chakras.
 - c. motor points.
 - d. trigger points.

ANS: B PTS: 1 DIF: 1 REF: 9

34. The arts, beliefs, customs, institutions, and all other products of human work and thought created by a specific group of people at a particular time are called:
- a. culture.
 - c. government.

- b. society. d. tribe.

ANS: A PTS: 1 DIF: 1 REF: 4

35. Touch applied to support and convey awareness of and empathy for the client as a whole is called:

- a. palliative. c. expressive.
b. energetic. d. awareness.

ANS: C PTS: 1 DIF: 1 REF: 8

36. A specific type of bodywork that enhances lymphatic flow is called:

- a. lymphedema therapy. c. lymphatic drainage.
b. lymphoma massage. d. myolymphatic release.

ANS: C PTS: 1 DIF: 1 REF: 18

37. Touch applied with the intent of achieving a specific anatomic or physiologic outcome is called:

- a. energetic. c. emotional.
b. mechanical. d. cardiovascular.

ANS: B PTS: 1 DIF: 1 REF: 8

38. A recent graduate from massage school is hoping to get a job doing massage to earn money to go on to chiropractic school. She feels that massage school was a great preparation for the chiropractic studies. Which of the following statements best explains why?

- a. Studying to be a chiropractor means she can be unconcerned about practicing professional touch while she does massage.
b. Chiropractic school will allow her to be less focused on the therapeutic application of touch.
c. She is pursuing a career track that builds on skills she learned in massage school about presenting her self as a professional.
d. While working at the massage job, she will not be expected to maintain occupational standards.

ANS: C PTS: 1 DIF: 2 REF: 2

39. Which of the following is involved in massage application?

- a. The anatomy and physiology of touch sensation
b. Nurturing the survival aspect of touch
c. Accepting the communicational aspects of touch
d. All of the above

ANS: D PTS: 1 DIF: 2 REF: 3-5

40. A massage practitioner has had an intense argument with his spouse just before leaving for work. The issue was not resolved, and he continues to be upset as he begins to work on the first client of the day. He is presenting a professional attitude and is constantly putting the personal issue in the back of his mind so that he can concentrate on the client's needs. The client asks in the middle of the massage if the massage practitioner is OK. Why might the client be asking this question?
- a. The massage practitioner has been talking about the morning argument during the massage.
 - b. Touch is a communication method that can convey subconscious impressions.
 - c. The massage professional has been using inappropriately intimate touch.
 - d. The client is projecting his or her own discomfort onto the massage practitioner.

ANS: B PTS: 1 DIF: 3 REF: 4

41. A massage therapist has moved from an urban environment to a rural environment. Of the following, which would be the most influential in establishing a new client base?
- a. Culture
 - b. Gender
 - c. Age
 - d. Spirituality

ANS: A PTS: 1 DIF: 2 REF: 4

42. A massage practitioner is adjusting to an ethnically diverse client base on a cruise ship. She is asking the supervisor to explain what the various populations will want when they receive massage. What may be short-sighted about this approach?
- a. It is important to consider gender and age when establishing rapport with clients.
 - b. The massage practitioner should be inquiring about the gender differences, not the cultural differences.
 - c. The massage practitioner should be more focused on length of treatment times.
 - d. Generalization is not helpful when working with individuals, regardless of culture.

ANS: D PTS: 1 DIF: 2 REF: 6

43. A client is describing a massage he received while on vacation. The client was not comfortable during the massage but could not identify why. The massage therapist who gave the massage at the vacation resort had a strong personality and was quite insistent that the way he performed massage was the most correct method. The most likely reason that the client was not comfortable is because the touch seemed:
- a. aggressive.
 - b. erotic.
 - c. spiritual.
 - d. nurturing.

ANS: A PTS: 1 DIF: 3 REF: 6

44. A massage therapist notices that he consistently feels unsettled when working with clients who have been in severe accidents. The massage therapist's father was injured in a work-related accident. What is being described?
- a. Culture
 - c. Life events

- b. Genetic predisposition d. Subculture

ANS: C PTS: 1 DIF: 2 REF: 7

45. A client requests that the massage therapist avoid his chest and abdomen during the massage. The best explanation of why is because these areas:
- a. are highly sensitive.
 - b. are mechanically addressed.
 - c. correspond to the area of the sixth chakra.
 - d. get cold easily.

ANS: A PTS: 1 DIF: 2 REF: 8

46. When considering the consciousness levels of the chakra systems and touch, a massage therapist notices during assessment that the client places her hands over the third (navel) chakra area. The best explanation of why is because the client:
- a. may be concerned about survival issues.
 - b. is reflecting an increase in the essential self.
 - c. has transcended the lower chakras.
 - d. may be reinforcing individual power and control.

ANS: D PTS: 1 DIF: 2 REF: 9

47. A massage student is very interested in the history of massage, especially its relationship to current events. The student has noticed that there has been a dramatic increase in the number of massage schools in her city. Which area of history correlates most closely?
- a. The Middle Ages
 - b. The expansion of massage in the United States
 - c. The massage scandals of the 1800s
 - d. The influence of women in the 1900s

ANS: C PTS: 1 DIF: 2 REF: 16

48. Which of the following contributed most to the revival of massage in the 1960s?
- a. The humanistic movement
 - b. The increase in the number of professional massage associations
 - c. Acceptance of massage by the medical community
 - d. Conclusive endorphin research

ANS: A PTS: 1 DIF: 2 REF: 19

49. Touch as a part of healing interventions is characterized by:
- a. developing from multiple cultures.
 - b. being based solely on Chinese folk medicine.
 - c. being first written about 2000 years ago.
 - d. not becoming popular with physicians until the 1400s.

ANS: A PTS: 1 DIF: 2 REF: 11

50. Professional forms of appropriate touch include:
- a. socially stereotyped touch and aggressive touch.
 - b. erotic touch and inadvertent touch.
 - c. touch technique and aggressive touch.
 - d. touch technique and touch that communicates information.
- ANS: D PTS: 1 DIF: 2 REF: 8
51. The communication of touch is most affected by which of the following?
- a. Age and professional attire
 - b. Culture and life events
 - c. Methodology and gender
 - d. Spirituality and training
- ANS: B PTS: 1 DIF: 1 REF: 4
52. The Greek physician Hippocrates' role in massage is that he:
- a. endorsed the use of it for all health conditions.
 - b. recommended that assistants, not physicians, perform it.
 - c. was taught massage by Galen.
 - d. described its medical benefits.
- ANS: D PTS: 1 DIF: 1 REF: 14
53. Per Henrik Ling's contribution to massage is that he:
- a. used French terms to describe its methods.
 - b. used many medical terms to describe his work.
 - c. combined strokes and gymnastic movements in his work.
 - d. really was the one who invented it.
- ANS: C PTS: 1 DIF: 1 REF: 15
54. The massage scandals of 1894 were important because they shed light on:
- a. an incompetent system of education.
 - b. unethical physicians who trained therapists.
 - c. proper school recruitment tactics.
 - d. appropriate advertising practices.
- ANS: A PTS: 1 DIF: 1 REF: 16
55. Which of the following accurately describes significant contributions to the massage and bodywork profession?
- a. Germans promoting the teaching of massage to the blind
 - b. Albert Hoffa's writings on classical massage techniques
 - c. Sister Kenny performing connective tissue work
 - d. Elizabeth Dicke and Maria Ebner using massage in the treatment of polio
- ANS: B PTS: 1 DIF: 1 REF: 18
56. The development of manual lymphatic drainage is credited to:

- a. Louise K. Despard.
- b. Emil Vodder.
- c. Mary McMillan.
- d. Max Bohm.

ANS: B PTS: 1 DIF: 1 REF: 18

57. One of the most influential massage researchers of current times is:

- a. Ronald Melzack.
- b. Dorothy Voss.
- c. David Palmer.
- d. Dr. Tiffany Field.

ANS: D PTS: 1 DIF: 1 REF: 20

58. Current trends suggest that the massage profession is changing in which of the following ways?

- a. Professional massage is becoming more sophisticated, requiring increased education.
- b. The rate of acceptance of massage is slow but steady.
- c. Massage professionals will work primarily outside the health care environment.
- d. Multiple employment opportunities within the service/wellness area of massage will decrease, and jobs in managed health care will increase.

ANS: A PTS: 1 DIF: 2 REF: 20