Sample Test

Multiple Choice
Identify the choice that best completes the statement or answers the question.

____ 1. Why is it important for manual therapists to study anatomy and physiology?
   a. It provides information and rationales for safe and effective application of therapeutic techniques.
   b. It assists in choosing which form of manual therapy they want to specialize in.
   c. Therapists must know A&P to diagnose the problem and explain it to the client.
   d. Therapists cannot transfer their license/certification to another state without it.

____ 2. The study of the components of the human body, their organization, and their positional relationship to one another is called what?
   a. Pathology
   b. Physiology
   c. Anatomy
   d. Kinesiology

____ 3. What is the definition of physiology?
   a. The study of the structures that make up the human organism
   b. The study of the functions of the human organism and all its component parts
   c. The combined processes of living, metabolism, and reproduction
   d. All homeostatic changes that take place in the body

____ 4. What level of body organization is described as a group of like cells functioning together?
   a. Systems
   b. Tissues
   c. Organs
   d. Cells

____ 5. What level of organization is considered the smallest unit capable of living on its own?
   a. Organs
   b. Cells
   c. Tissue
   d. Energy

____ 6. What is the best definition of the system level of organization in the body?
   a. A group of interdependent organelles working together to accomplish all cellular functions
   b. An organized group of cells and tissues working together to perform specific functions
   c. The highest level of complexity in the human organism
   d. A group of interrelated organs functioning together to accomplish a specific set of functions
7. Which of these is the best definition of homeostasis?
   a. The cooperative functions between body systems
   b. A range of physiologic balance, or dynamic state of equilibrium within the body
   c. The constant monitoring and regulation of all body responses
   d. The process of sensing and responding to changes in the external environment

8. What term is used to describe any change in the internal or external environment?
   a. Effector
   b. Irritation
   c. Stimulus
   d. Response generator

9. The dynamic state of balance that maintains a preferred physiologic range for body processes is called what?
   a. Physiology
   b. Equilibrium
   c. Dynamic processing
   d. Homeostasis

10. Which physiologic feedback mechanism for maintaining homeostasis is most common?
    a. Negative
    b. Positive
    c. Neutral
    d. Autoregulation

11. What is the term for the organs, cells, or tissues that are signaled to change in response to a specific stimulus?
    a. Homeostatic organs
    b. Integration centers
    c. Receptors
    d. Effectors

12. What type of feedback is it when the response continues or sustains the original stimulus?
    a. Negative
    b. Positive
    c. Sustaining
    d. Homeostatic

13. Reduced anxiety and an improved sense of overall health are examples of manual therapy
    a. systemic physiologic effects
    b. structural physiologic effects
    c. placebo effects
    d. benefits
14. What term describes the specific and quantifiable changes created by manual therapy in the tissues, organs, or systems of the body?
   a. Physiologic effects
   b. Benefits
   c. Purpose of manual therapies
   d. Intentions of the therapist

15. Which of these changes is considered a benefit of manual therapy?
   a. Reduced muscle tension
   b. Increased circulation
   c. Improved mental focus
   d. Reduced pain

16. Which of these changes from manual therapy is considered a physiologic effect?
   a. Improved mental focus
   b. Decreased anxiety
   c. Improved sleep patterns
   d. Improved local fluid flow

17. Which of these changes stimulated by manual therapy is considered a structural physiologic effect?
   a. Reducing pain
   b. Improving local fluid flow
   c. Loosening the fascia
   d. Enhancing sleep patterns

18. Reduction of edema and pain are both examples of what kind of change from manual therapy?
   a. Structural effect
   b. Benefit
   c. Systemic effect
   d. Homeostatic

19. Which of these physiologic changes is considered a structural effect of manual therapy?
   a. Relief of pain
   b. Increased circulation
   c. Reduced adhesions
   d. Improved sleep patterns

20. The definition for all forms of reflexive or zone therapy covers those that:
   a. apply light or deep pressure to stimulate defined dermatomes, zones, or points of the body.
   b. gently slide over zones on the surface of the body to improve circulation of blood.
   c. employ Eastern forms of bodywork to stimulate emotional release and energy flow.
   d. apply deep and sustained pressure over defined energy points on the hands and feet.
21. What category of manual therapy is defined as a style of work that uses a lubricant to create superficial sliding/gliding strokes over the body?
   a. Neuromuscular
   b. Swedish massage
   c. Reflexive therapy
   d. Lymphatic techniques

22. What form of manual therapy uses touching, holding, or stroking in chakras or chi points to balance or improve an individual’s “ki” or “life force”?
   a. Lymphatic
   b. Zone therapies
   c. Energy techniques
   d. Movement therapies

23. What form of manual therapy uses focused and patterned movement and/or positioning to promote general relaxation and body awareness?
   a. Relaxation massage
   b. Neuromuscular therapy
   c. Reflexive techniques
   d. Movement therapies

24. What form of manual therapy is specifically designed to stimulate edema uptake?
   a. Swedish massage
   b. Lymphatic techniques
   c. Zone therapy
   d. Reflexology

25. Which forms of manual therapy have the specific intentions of normalizing muscle tension, decreasing pain, and improving range of motion?
   a. Neuromuscular
   b. Myofascial
   c. Swedish
   d. Reflexive therapy

26. Any technique focused on stretching, loosening, or broadening connective tissue around the body is categorized as what type of manual therapy?
   a. Zone therapy
   b. Neuromuscular
   c. Myofascial
   d. Movement therapy
27. Hellerwork®, Rolfing®, and structural integration are all examples of what form of manual therapy?
   a. Swedish massage
   b. Deep tissue massage
   c. Neuromuscular
   d. Myofascial

28. Which of these manual therapy forms is best classified as a movement therapy?
   a. Active release
   b. Swedish massage
   c. Trager®
   d. Aston-Patterning®

29. Traditional, wellness, and spa are all common terms for what category of manual therapy?
   a. Reflexive massage
   b. Swedish massage
   c. Energy therapy
   d. Movement therapy

30. Which of the common manual therapy names are all categorized as forms of neuromuscular therapy?
   a. MLD and CTM
   b. NeuroKinetic Therapy® and positional release therapy
   c. Hakomi and Rosen methods
   d. Hellerwork® and ART®

31. Comprehensive decongestive therapy, or CDT, belongs in which of the seven categories of manual therapy?
   a. Lymphatic techniques
   b. Movement therapy
   c. Energy techniques
   d. Zone therapy

32. Amma, Shiatsu, and Bindegewebsmassage are all forms of which category of manual therapy?
   a. Movement therapy
   b. Reflexive therapy
   c. Energy techniques
   d. Myofascial techniques

33. Which of these pairs is best categorized as energy forms of manual therapy?
   a. Alexander Technique and Hakomi Method
   b. Amma and Bindegewebsmassage
   c. Shiatsu and NMT
   d. Qigong and Touch for Health