

## 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?
- It provides information and rationales for safe and effective application of therapeutic techniques.
  - It assists in choosing which form of manual therapy they want to specialize in.
  - Therapists must know A&P to diagnose the problem and explain it to the client.
  - 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?
- Pathology
  - Physiology
  - Anatomy
  - Kinesiology
- \_\_\_\_\_ 3. What is the definition of physiology?
- The study of the structures that make up the human organism
  - The study of the functions of the human organism and all its component parts
  - The combined processes of living, metabolism, and reproduction
  - 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?
- Systems
  - Tissues
  - Organs
  - Cells
- \_\_\_\_\_ 5. What level of organization is considered the smallest unit capable of living on its own?
- Organs
  - Cells
  - Tissue
  - Energy
- \_\_\_\_\_ 6. What is the best definition of the *system* level of organization in the body?
- A group of interdependent organelles working together to accomplish all cellular functions
  - An organized group of cells and tissues working together to perform specific functions
  - The highest level of complexity in the human organism
  - A group of interrelated organs functioning together to accomplish a specific set of functions

- \_\_\_\_\_ 7. Which of these is the best definition of homeostasis?
- The cooperative functions between body systems
  - A range of physiologic balance, or dynamic state of equilibrium within the body
  - The constant monitoring and regulation of all body responses
  - 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?
- Effector
  - Irritation
  - Stimulus
  - Response generator
- \_\_\_\_\_ 9. The dynamic state of balance that maintains a preferred physiologic range for body processes is called what?
- Physiology
  - Equilibrium
  - Dynamic processing
  - Homeostasis
- \_\_\_\_\_ 10. Which physiologic feedback mechanism for maintaining homeostasis is most common?
- Negative
  - Positive
  - Neutral
  - Autoregulation
- \_\_\_\_\_ 11. What is the term for the organs, cells, or tissues that are signaled to change in response to a specific stimulus?
- Homeostatic organs
  - Integration centers
  - Receptors
  - Effectors
- \_\_\_\_\_ 12. What type of feedback is it when the response continues or sustains the original stimulus?
- Negative
  - Positive
  - Sustaining
  - Homeostatic
- \_\_\_\_\_ 13. Reduced anxiety and an improved sense of overall health are examples of manual therapy \_\_\_\_\_.
- systemic physiologic effects
  - structural physiologic effects
  - placebo effects
  - benefits

- \_\_\_\_\_ 14. What term describes the specific and quantifiable changes created by manual therapy in the tissues, organs, or systems of the body?
- Physiologic effects
  - Benefits
  - Purpose of manual therapies
  - Intentions of the therapist
- \_\_\_\_\_ 15. Which of these changes is considered a benefit of manual therapy?
- Reduced muscle tension
  - Increased circulation
  - Improved mental focus
  - Reduced pain
- \_\_\_\_\_ 16. Which of these changes from manual therapy is considered a physiologic effect?
- Improved mental focus
  - Decreased anxiety
  - Improved sleep patterns
  - Improved local fluid flow
- \_\_\_\_\_ 17. Which of these changes stimulated by manual therapy is considered a structural physiologic effect?
- Reducing pain
  - Improving local fluid flow
  - Loosening the fascia
  - Enhancing sleep patterns
- \_\_\_\_\_ 18. Reduction of edema and pain are both examples of what kind of change from manual therapy?
- Structural effect
  - Benefit
  - Systemic effect
  - Homeostatic
- \_\_\_\_\_ 19. Which of these physiologic changes is considered a structural effect of manual therapy?
- Relief of pain
  - Increased circulation
  - Reduced adhesions
  - Improved sleep patterns
- \_\_\_\_\_ 20. The definition for all forms of reflexive or zone therapy covers those that:
- apply light or deep pressure to stimulate defined dermatomes, zones, or points of the body.
  - gently slide over zones on the surface of the body to improve circulation of blood.
  - employ Eastern forms of bodywork to stimulate emotional release and energy flow.
  - 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?
- Neuromuscular
  - Swedish massage
  - Reflexive therapy
  - 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"?
- Lymphatic
  - Zone therapies
  - Energy techniques
  - Movement therapies
- \_\_\_\_\_ 23. What form of manual therapy uses focused and patterned movement and/or positioning to promote general relaxation and body awareness?
- Relaxation massage
  - Neuromuscular therapy
  - Reflexive techniques
  - Movement therapies
- \_\_\_\_\_ 24. What form of manual therapy is specifically designed to stimulate edema uptake?
- Swedish massage
  - Lymphatic techniques
  - Zone therapy
  - Reflexology
- \_\_\_\_\_ 25. Which forms of manual therapy have the specific intentions of normalizing muscle tension, decreasing pain, and improving range of motion?
- Neuromuscular
  - Myofascial
  - Swedish
  - Reflexive therapy
- \_\_\_\_\_ 26. Any technique focused on stretching, loosening, or broadening connective tissue around the body is categorized as what type of manual therapy?
- Zone therapy
  - Neuromuscular
  - Myofascial
  - Movement therapy

- \_\_\_\_\_ 27. Hellerwork®, Rolfing®, and structural integration are all examples of what form of manual therapy?
- Swedish massage
  - Deep tissue massage
  - Neuromuscular
  - Myofascial
- \_\_\_\_\_ 28. Which of these manual therapy forms is best classified as a movement therapy?
- Active release
  - Swedish massage
  - Trager®
  - Aston-Patterning®
- \_\_\_\_\_ 29. Traditional, wellness, and spa are all common terms for what category of manual therapy?
- Reflexive massage
  - Swedish massage
  - Energy therapy
  - Movement therapy
- \_\_\_\_\_ 30. Which of the common manual therapy names are all categorized as forms of neuromuscular therapy?
- MLD and CTM
  - NeuroKinetic Therapy® and positional release therapy
  - Hakomi and Rosen methods
  - Hellerwork® and ART®
- \_\_\_\_\_ 31. Comprehensive decongestive therapy, or CDT, belongs in which of the seven categories of manual therapy?
- Lymphatic techniques
  - Movement therapy
  - Energy techniques
  - Zone therapy
- \_\_\_\_\_ 32. Amma, Shiatsu, and Bindegewebsmassage are all forms of which category of manual therapy?
- Movement therapy
  - Reflexive therapy
  - Energy techniques
  - Myofascial techniques
- \_\_\_\_\_ 33. Which of these pairs is best categorized as energy forms of manual therapy?
- Alexander Technique and Hakomi Method
  - Amma and Bindegewebsmassage
  - Shiatsu and NMT
  - Qigong and Touch for Health