

# MISSISSIPPI PROFESSIONAL EXAMINATION STUDY GUIDE

## MPE-2 Allied Modalities and Theory and Practicum

### CATEGORY: ALLED MODALITIES

The father of medicine who also used hydrotherapy in the field was Hippocrates.

Most often, the health disorders that are contraindicated for hydrotherapy are skin infections.

Dark, woman, and passiveness are characteristics related to Yin in Chinese medicine.

In Chinese medicine, the conception vessel starts at the perineum.

In Ayurvedic Medicine, the Guna stands for the three (3) qualities of energy.

The 3rd chakra is centered in the solar plexus.

The tridoshas in Ayurvedic Medicine are vatta, kapha, and pitta.

Cardiac impairment is a contraindication for the application of cold.

Tsubo is a pressure point.

Shiatsu is finger pressure.

The Hara is the center of vital energy in the body.

The Gate Control Theory explains the relationship of pain sensation.

Anger is not a cause of external harmony in Chinese medicine.

If someone wants their chakras balanced, they may choose Reiki.

Diagnoses, counseling and adjustments are outside the scope of practice for a massage therapist.

The crown is the 7<sup>th</sup> chakra and has amethyst as its gemstone.

Meditation has a relaxing and stress reducing effect on the body.

Chakra stands for "wheel".

Water, fire and earth are elements of Chinese medicine.

When a client has palpitations, the heart meridian is affected, according to Chines medicine.

If an athlete is shivering, has cold clammy skin, and a blanched complexion, they are likely suffering from hypothermia.

The gall bladder meridian is found on the lateral thigh.

Some of the benefits of Yoga are positive thoughts and helps the digestive system.

Green is the color of the heart chakra.

Wind, heat and cold are causes of external disharmony in Chinese medicine.

The conception vessel follows the linea alba.

Homeostasis is the term used to describe relative constancy.

The 5<sup>th</sup> chakra is located in the throat.

Having unprotected sex, sharing IV drug needles and tattooing with used needles have been proven to spread the HIV virus.

Jin Shin Do combines shiatsu and trigger point therapy.

Chiropractic medicine is a modality that deals with the treatment of subluxations and is outside the scope of practice of a massage therapist.

There are 12 energy meridians in the body.

The color of the throat chakra is blue.

The important principle of Holistic medicine is the mind and body cannot separate from each other.

The application of cold is good for edema.

The most important skill in interviewing a client is listening.

Vasoconstriction is an initial or primary effect when applying cold.

A contrast bath hydrotherapy treatment uses hot and cold water at different intervals.

The condition recommended for the use of a hot sitz bath is hemorrhoids.

Smelling, hearing and looking are diagnostic techniques used in Chinese medicine.

The conception vessel controls reproduction.

The Touch for Health modality deals with applied kinesiology.

The purpose of a salt glow treatment is to stimulate and exfoliate.

The temperature of a hot foot bath is 110 to 115 degrees F.

Massage is ALWAYS contraindicated when the client says no.

The application of ice blocks nerve transmission.

The stomach meridian is YANG.

A blanket for warmth is an appropriate massage consideration for a geriatric client.

Light pressure should be used over stretch marks.

Elevating the affected areas by placing them on pillows is appropriate for a pregnant client experiencing swelling or edema in the feet and ankles.

One of the most common complaints for tactical athletes is pain in the knees.

Special populations are a group of individuals who, due to a variety of factors, are disadvantaged, vulnerable, or at risk for harm.

Reduced anxiety is an effect massage has on pregnant women.

Palming and thumbing are the two main techniques used in shiatsu.

Sen is the body's energy pathways in Thai massage.

Widespread edema requires immediate referral of a pregnant client to her obstetrician or the health care provider who is managing her pregnancy.

Inspecting the client's skin for evidence of decubitus ulcers is appropriate for a client who has a mobility impairment.

Having natural or low lighting is appropriate for infant massage.

Beginning by addressing the client by name and then stating own name, is an appropriate for a client who has visual impairment.

Geriatric massage involves modification of basic massage techniques and body positions to meet the needs of the elderly.

Asian bodywork therapy uses pressure and manipulation to treat the body, mind, and spirit, including the electromagnetic or energetic field in and surrounding the body.

Energy is part of all types of Asian bodywork therapy.

Shiatsu has Asian origins.

Shiatsu is Japanese Asian bodywork therapy that uses pressure along channels to restore, maintain, or balance the flow of energy.

Keeping massage facilities barrier-free is appropriate for clients with mobility aids, other special populations, and all clients generally.

The Line of Gravity is used to determine the amount of symmetry on both sides of the client.

Ischemic compression is the method of addressing trigger points which involve pressing so that the skin blanches.

Paresthesia is the term used to describe an abnormal sensation, either spontaneous or provoked.

"Posture" is the position of the body over a base of support.

Occipital protuberance is the posterior landmark used in static postural assessment.

The purpose of placing glass or silicone cups on the skin in cupping therapy is to create suction.

“Active assisted” is a term that describes a client’s movement while the massage therapist guides the movement in the same direction.

“Active resisted” is a term that describes a client’s movement while the massage therapist opposes it.

The passively stretching of a muscle then having it isometrically contract against resistance is referred to as proprioceptive neuromuscular facilitation.

Muscle energy techniques is the method which involves the client actively contracting against a counterforce.

During the stance period of the gait cycle, the percentage of time that the foot is in contact with the ground is 60%.

The gait cycle is the term used to describe the repetitive pattern that begins when one foot contacts the ground and ends when the same foot contacts the ground again.

An individual’s manner of walking or running is defined as their gait.

The strain/counterstrain is the method which uses the concept of “position of ease”.

Stretching is the technique used to release restricted tissues in myofascial release.

## **CATEGORY: THEORY AND PRACTICUM**

Friction encourages healing by increasing blood flow.

You arrange pillows in a side-lying position between the knees and under the neck.

True benefits of massage include improvement in circulation; release of endorphins, and hastens recovery after an injury.

Gentle effleurage and petrissage are the strokes used when massaging elderly clients.

When a client presents themselves with athlete's foot, an LMT should avoid the area when proceeding with the massage.

Rolfing manipulation does not deal with energy work. It is a modality that uses deep pressure and manipulation to the connective tissue that helps restore the body's alignment.

If a client asks you to pop a pimple on their back, advise them that you cannot touch the pimple.

Reciprocal inhibition is the technique most appropriate to stop a cramp.

Asking the client out is considered unethical for a massage therapist.

Gliding strokes broaden or flattens a muscle, applies lubrication, warms tissues, and provides assessment.

Another name for tapotements is percussion.

Massaging the pectoralis major, the placement of the pillows for support is under the arms.

Water temperature between 85 degrees F and 95 degrees F is considered tepid.

While performing a massage, strength originates from the lower body.

If a client tells you they have been abused, the best option for draping would be to give them an option to keep their clothes on.

The correct order in the treatment of a sprain is rest, ice, compression, and then elevation.

In the third and final trimester of pregnancy, the position a woman should be in to receive a massage is side lying.

Fever is a contraindicated condition for massage.

The bolster is placed under the ankles when someone is in the prone position.

Effleurage is the best application for someone with osteoporosis.

If a client is massively depressed, the best thing to do is the refer them to a professional.

In massaging the Anconeus, the massage therapist is working in the area of the upper extremity.

A hernia is a contraindication in abdominal massage.

Effleurage is a massage stroke which uses consistent.

A therapist would accommodate a client if they suffer from hypothyroidism by making the room warmer.

If you have a home-based massage business, the best insurance you should have is home liability with a business rider.

The cypress aromatherapy oil is contraindicated during pregnancy.

Tennis elbow occurs at the elbow area due to repetitive extension of the wrist.

Carpal tunnel syndrome can be a result from a therapist using improper body mechanics.

Psoriasis is a condition that can be indicated for massage.

Gentle stroking of the skin with no underlying tissue being displaced is called light effleurage.

Massage can help lower blood levels of cortisol, a stress related hormone.

A massage therapist should refer a client to a doctor if the client has a neck injury that is getting worse during the massage.

Massage therapy is used in pain management for conditions, such as, cardiac and terminal cancer patients, post trauma patients, and post-surgical patients.

A weakened immune system can occur as a result of emotional stress.

In order to improve respiration, you would massage the external intercostals muscle.

Water exercise is the best rehab approach for a patient with osteoporosis.

Counseling does not fall within the scope of practice for massage therapy.

Diagnosing and prescribing do not fall under the scope of practice for massage therapy.

Emotional support does fall within the scope of practice in massage therapy.

Malpractice liability insurance covers an LMT should an injury occur during a massage.

The best way to describe a bone-to-bone presentation is hard end feel.

Sports massage removes toxins stored in the tissue after an event.

The archer stance in massage therapy is used to apply pressure.

If a person is having an epileptic seizure on your table, the first thing you should do is make sure the client doesn't fall from the table.

Lifting an object with your back muscles is not a proper use of body mechanics.

The SOAP is the name of the chart that is done to update a patient's condition.

If a client presents herself with varicose veins in the popliteal area, the best approach to use is petrissage above the knee to the hip.

Tapotement does not allow movement of lymph from the tissues to the capillaries.

If you observe unevenness of the shoulder, the client may have scoliosis.

The friction technique works best to break down adhesions.

Washing your hands should be the first and the last thing you do before and after a massage.

The release of a patient's file to an insurance company can only happen when the patient gives written consent.

A client informs you they are HIV positive. You should obtain medical information prior to beginning the massage session.

The gliding technique facilitates venous flow.

SOAP charting is the required format for documenting treatment sessions.

When leaning forward to perform effleurage, the best position for the therapist is the put forward leg in front of the hip.

Vibration is a bodywork technique that is characteristic of fine tremulous movement.

If a client was a victim of child abuse, you should watch for non-verbal feedback such as body movement and behavior.

The Trager modality involves rocking movements to release the body of pent up tension.

SOAP stands for Subjective, Objective, Assessment, Plan

Centripetal describes a movement toward the heart.

The first thing you do if a client experiences symptoms of a myocardial infarction is to make them comfortable, then check for breathing, start CPR, if necessary and call 911.

The Acromioclavicular joint would be damaged if a therapist hears a clicking at the top of the shoulder joint as a client is performing abduction.

Ischemic compression is the technique used to neutralize a trigger point from a tissue.

Deep transverse friction massage was credited and popularized by James Cyriax.

Crossing your arms and legs indicates disinterest on the part of an LMT.

If a client needs NMT and they tell you they are hurting from the work you are doing, you should work within the pain tolerance.

If a client is dealing with dying, you should respect their dying process while performing the massage.

Prevention and breakup of adhesions is the main purpose of deep transverse friction.

A client may have a herniated disc if they complain of and request massage for severe low back pain, and is a contraindication for massage.

Side-lying would be the best position when massaging the client's TFL muscle.

Ballistic is the most controversial type of stretching as it uses the momentum of a moving body or limb in an attempt to force it beyond its normal range of motion.

Estimated tax payments are suggested quarterly by the IRS for self-employment.

Cardiovascular disease can be a contraindication in massage.

When palpating the midline of the back, you are touching the spinous process.

Lymph node, trigger point, and cyst feels like a lump under the skin.

A hyperirritable spot that is painful when compressed and refers is called a trigger point.

Weight on the back of the leg is an example of a proper body mechanic.

The stance in which both feet are placed perpendicular to the edge of the table is called the horse.

For insomnia, it is best to use light effleurage.

A therapist has committed an ethical violation if they make sexual advances to a client.

Mild stimulation of the vagus nerve results in decreased heartrate.

Performing post event massage flushes metabolic waste.

Percussion is the massage maneuver used when tapping an area of the body.

Effleurage is the massage technique used for elongating muscle tissue.

If someone wanted you to give 1 massage and bill 5 massages to the insurance company you should immediately notify the authorities.

Observable indications such as abnormal pulse rate, fever, abnormal skin color or physical irregularities are known as "signs".

The Alexander technique is a form of bodywork which is useful in helping a client regain postural awareness.

Stimulating peristaltic contraction of the large intestine is the best action to assist a client who is experiencing chronic constipation.

If a client refuses to complete a client intake form, you should refuse to take the client.

Talking about your personal problems with a client is an example of unethical behavior.

Entrapment of the peroneal nerve can result from improper massage techniques on the back of the knee.

A result of added adhesions in a muscle fiber is an increases chance for injury.

The "right of refusal" is the entitlement of both client and therapist to stop a treatment.

Wringing, compression, lifting and grasping movements is a basic stroke in petrissage massage.

Lymphatic massage would be beneficial for sinusitis.



Moist heat compress produces muscle relaxation.

If no inflammation is present, moist heat is used for rheumatoid arthritis.

A hydrostatic effect is produced when there is a shift of fluids from one part of the body to another.

An insurance adjuster is the individual responsible for investigating, paying, or denying an insurance claim.

Surgery, drugs, and radiation are conventional medical applications for malignant cancers.

Stimulation of the muscle is a major goal in pre-event sports massage.

The extensor digitorum muscle is hypertonic if your toes damage the inside top of your shoe.

The most effective hydrotherapy treatment for chronic injuries is the contrast application of cold and heat.

Tapotements below the twelve rib posteriorly can damage the kidneys.

Contraindications for hydrotherapy can include kidney infection, high or low blood pressure and skin infections.

If a person has an acute, non-infectious inflammation, the best procedure would be to perform PRICE to bring down inflammation in the region.

If an athlete has post event cramps, MET is the best application to use.

When the heel of the foot is brought toward the buttocks the quadriceps muscles are stretched.

The muscle spindles receptors are stimulated by a quick lengthening of a muscle.

An LMT should listen to your client and ask if he/she would like to continue the massage if a client has an emotional release during a massage.

The use of cold to depress the activity of pain receptors in the treatment of myofascial pain permits passive stretching and exercise.

In order to relax the body's nervous system, you should use slow and superficial strokes.

Three conditions that are not indicated for massage are fractures, thrombus, and encephalitis.

Stress can inhibit the immune system response.

The best way to know that your client is comfortable with the pressure you apply is to have them qualify pain.

The client's medical history is the most important information to obtain on the intake form.

Acute tenosynovitis is contradicted in a paraffin bath.

The use of ice is the best treatment for acute bursitis.

The definition of palpation is to assess through touch.

One of the theories of reflexology of the hands and feet is zone therapy.

The first thing you do before you begin external cardiac compressions in CPR is to locate the xyphoid process.

Professional license protects the public by enforcing standards that restrict practice to qualified individuals who have met specific regulatory requirements.

Professional liability insurance can protect service-providing professionals from bearing the full cost of defending against a negligence claim made by a client.

Malpractice insurance is another term for professional liability insurance.

Disability insurance may provide income when an individual is unable to work because of illness or injury.

If a massage therapist works at a place that provides the setting and equipment and determines when the therapist works and how long, the therapist is classified as an employee.

An independent contractor is a massage therapist who works under terms specified in a written or verbal agreement, provides own tools and equipment, and sets the fee for services.

A resumé is a brief summary of an individual's education, experience, and accomplishments related to a particular skill set.

A curriculum vitae is an in-depth account of an individual's education, experience, accomplishments, and is organized in reverse chronological order.

The majority of employers look for leadership skills on resumes and curriculum vitae.

A sequential interview involves being questioned by different individuals within a company.

A sole proprietorship is a business with a single owner.

A general partnership is a business entity between two or more individuals who join together to carry on a business venture for profit, and have unlimited personal liability for the business's debts.

A corporation is granted a charter by the state and has its own privileges and liabilities distinct from those of its board of directors or its shareholders.

Zoning is dividing geographic areas into regions so a city can restrict the number and types of buildings within the region as well as how these buildings are used.

Commercial general liability insurance can protect businesses from bearing the full cost of defending against claims for damages that arise from personal injury and property damage while clients are on the premises.

Continuing education for licensure requirements can be a tax reduction.

Business receipts, past income tax returns, and documents related to tax returns should be kept for a minimum of 3 years.

A self-employment tax is levied on small business owners who derive income directly from consumers.

Barter means the exchange of goods or services without using money.

Gratuity is a small gift, such as money, given to a person who provided a service.

Empathetic conflict management involves listening in a respectful manner, being specific, and asking for the solution.

Marketing means activities used to create, communicate, deliver, and exchange offerings that have value for customers and clients.

Advertising means an attempt to influence buying behaviors by persuasive selling messages.

Client referral and word of mouth can be the primary method massage therapists use to promote themselves.

A mission statement refers to a statement of why a business exists and its core objectives.

A business card is usually the first opportunity a massage therapist has to make a strong impression.

A website is the center of a business's digital or online presence.

Digital citizenship is the responsible and ethical use of technology.

A client giving a gift certificate to another potential client is a type of marketing considered word-of-mouth.

Short professional profiles can be 100 words or less.

Board certification is voluntary and involves specialists in a particular field examining and endorsing the advanced training of a professional.

A preceptor means an experienced individual within a facility who is paired with a newly hired individual during his or her orientation period.

A contract means a written or spoken agreement that usually involves business relationships, and are intended to be legally binding and enforceable by law.

A proposal is an idea or suggestion put forward for consideration.

Accounting is the recording and reporting of financial transactions.

Petty cash is a small amount of money that a business keeps on hand to pay for minor business expenses.

A balance sheet is a presentation of a business entity's assets, liabilities, and equities of its owners on a specific date.

Assets are economic resources that are expected to be of benefit in the future.

Property and equipment are examples of business assets.

A cash flow statement reports movement of money into and out of a business during a period of time.

Equity is a business's net worth.

A profit and loss statement shows income and expenses, and indicates whether a business made money or not.

A business plan describes a company's or individual's organization, services and products, marketing strategy, and financial projections.

The executive summary part of the business plan includes the mission statement.

In the organization and management part of the business plan, the company's legal structure is discussed.

The appendix part of the business plan has the credit histories, resumes, and copies of licenses and certifications.

Clinical massage means the use of techniques to safely work with clients who have diseases, disorders, or injuries.

Physical rehabilitation refers to restoration of an individual to a normal or near normal condition after a disabling disease or injury.

Insurance companies are most likely to cover massage treatments received for personal injury.

A diagnostic code is required by an insurance company to process claims.

Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage.

Nociception means stimuli that are damaging or threaten damage to normal tissues.

Body-self neuromatrix involves synthesis of perception, emotional states, and past experiences.

Gate control theory states that pain is a response or output determined by how the brain interprets incoming information or input.

Neuroplasticity is the brain's ability to change, remodel, and reorganize itself to improve adaptability.

Neuropathic is pain generated by non-nociceptive nerve activation.

Chronic is the term given to pain that outlasts the typical healing time of involved tissue.

Threshold refers to the minimum intensity of a stimulus perceived as painful.

Tolerance level refers to the maximum intensity of a pain-producing stimulus an individual is able to accept in any given situation.

Sensitization occurs with increased nociceptor responsiveness and reduced threshold.

Trigger point means a tender localized hypersensitivity that lies in a palpable taut band within a skeletal muscle and refer.

"Active" is a term used to describe a trigger point that causes pain when compressed.

"Referred" is a term given to pain that is felt in an area of the body other than its source or site of origin.

"Latent" is a term used to describe a trigger point that is nonpainful until compressed and the client is unfamiliar with the resulting pain.

"Local twitch response" is a brisk contraction elicited by initial palpation of a trigger point.

The acetylcholine is the neurotransmitter that is involved in trigger point formation.

The fascia is a term which means sheets of fibrous tissues enveloping the body beneath the skin, and enclosing and compartmentalizing muscle tissue layers and muscle groups.

“Assessment” is the term used to establish a client’s health status, identify treatment goals and determine how these goals are best accomplished.

“Thixotropy” is the terms that refers to fascia’s ability to move from a sol to a gel state and back again.

“Compensatory patterns” is a term which means conscious or unconscious ways of moving used to correct imbalances and reduce discomfort.

The group of muscles which tend to shorten have increased muscle tone while under strain are postural muscles.

The lateral landmark used in static postural assessment is the Greater Trochanter of the Femur.