MASSAGE THERAPY III PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. One of the Four Divine States of Mind is

A. Anxiety

B. Compassion

C. Anger

D. Pride

2. Which documents support legal massage therapy practice?

A. Informed consent and intake forms only.

B. Informed consent, intake forms, release of records, privacy policy, and insurance information.

C. Release of records and privacy policy.

D. No documents needed.

3. From initial contact to mid-stance, what is the effect of LOG on the knee, and which muscles counter the effect?

A. Anterior to the knee; hamstrings

B. Through the knee; gastrocnemius

C. Posterior to the knee; quadriceps

D. Lateral to the knee; gluteus medius

4. What is the recommended action if vertigo symptoms worsen during a session?

A. Proceed with session with caution and gentle movements

B. Provide self-care tips and finish the session

C. Contact a healthcare professional only after the session ends

D. Refer to medical evaluation and discontinue treatment if symptoms worsen

5. During the swing phase of the limb, what is the primary function?

A. Limb advancement

B. Weight acceptance

C. Ground contact

D. Propulsion

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6. Which sensation should be felt during stretching?

A. A pulling sensation in the short soft tissue

B. A burning sensation

C. Painful resistance

D. No sensation

7. Which term describes the energy pathways in the body?

A. Nerve impulses

B. Circulation routes

C. Pathways of bioenergy

D. Muscle fibers

8. Which statement characterizes Thai massage?

A. Only hands are used

B. Feet, knees, elbows, body weight, forearms, and hands are used

C. Herbal compresses are essential

D. No body weight is used

9. Which term means traditional Thai massage?

A. Thai Shiatsu

B. Nuad massage

C. Nuad Bo' Rarn

D. Thai Reiki

10. Which of the following statements about spinal curves and ligament strain is true?

A. Increased thoracic kyphosis increases traction on the anterior longitudinal ligament

B. Increased thoracic kyphosis reduces compression on vertebral bodies

C. Increased lumbar lordosis has no effect on ligaments

D. Increased lumbar lordosis decreases traction on the anterior longitudinal ligament

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Answers

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1. B
2. B
3. C
4. D
5. A
6. A
7. C
8. B
9. C
10. A

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Explanations

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1. One of the Four Divine States of Mind is

A. Anxiety

B. Compassion

C. Anger

D. Pride

The Four Divine States of Mind, or Brahmaviharas, are four wholesome mental traits cultivated to transform how we relate to others. Compassion, or karuna, is the active wish to relieve another person's suffering and to respond with empathetic care. This makes it the best pick because it directly embodies concern for others' well-being and a motivation to help, which is central to that set. Anxiety, anger, and pride are not part of the Divine States. Anxiety is a fear-based tension, anger is a reactive aversion, and pride is an inflated sense of self. These patterns do not align with the wholesome, balanced attitudes the Brahmaviharas aim to cultivate.

2. Which documents support legal massage therapy practice?

A. Informed consent and intake forms only.

B. Informed consent, intake forms, release of records, privacy policy, and insurance information.

C. Release of records and privacy policy.

D. No documents needed.

Legal and ethical practice in massage therapy relies on solid documentation. Informed consent shows the client understands the treatment, acknowledges risks and alternatives, and agrees to proceed. Intake forms capture medical history, current conditions, medications, allergies, and any contraindications to guide safe, effective care. Release of records authorization allows sharing information with other providers when needed, with proper consent. A privacy policy explains how client information is protected and used, in line with privacy laws. Insurance information supports billing, coverage verification, and coordination of care. Without these documents, safety, confidentiality, and compliance can be compromised; the comprehensive set covers the essential legal and ethical requirements.

3. From initial contact to mid-stance, what is the effect of LOG on the knee, and which muscles counter the effect?

A. Anterior to the knee; hamstrings

B. Through the knee; gastrocnemius

C. Posterior to the knee; quadriceps

D. Lateral to the knee; gluteus medius

The main idea is how the line of gravity relative to a joint shapes the external moment on that joint. From initial contact through mid-stance, gravity acts posterior to the knee, which tends to bend the knee (a knee flexion moment). The knee extensors, primarily the quadriceps, counter this by producing an extension moment to stabilize and control the knee as weight is accepted. They work eccentrically during loading response to prevent the knee from collapsing into flexion. The gastrocnemius crosses the knee and, when active, can contribute to knee flexion, not oppose it; the hamstrings also promote knee flexion, not counter it; and the gluteus medius acts at the hip, not the knee. So, gravity being posterior to the knee combined with the quadriceps countering fits this phase best.

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4. What is the recommended action if vertigo symptoms worsen during a session?

A. Proceed with session with caution and gentle movements

B. Provide self-care tips and finish the session

C. Contact a healthcare professional only after the session ends

D. Refer to medical evaluation and discontinue treatment if symptoms worsen

Worsening vertigo during a session is a safety red flag and should interrupt the treatment. Stop the session immediately and shift the client to a safe, stable position (sitting or lying down) to prevent falls or injury. Check for accompanying symptoms (dizziness intensity, vision changes, numbness, severe headache, weakness) and arrange for appropriate assistance if needed. Because new or worsening vertigo can signal a medical issue affecting the inner ear or brain, the next step is medical evaluation to determine cause and appropriate care before any further bodywork is considered. Finishing the session or offering self-care tips while symptoms are worsening would not address a potential serious condition and could increase risk. Prompt medical assessment and discontinuation of treatment until cleared by a healthcare professional is the responsible course of action.

5. During the swing phase of the limb, what is the primary function?

A. Limb advancement

B. Weight acceptance

C. Ground contact

D. Propulsion

During the swing phase the limb is not bearing weight, so the main job is to move the leg forward. This involves lifting the foot and advancing the thigh so the limb clears the ground and arrives in the right position for the next heel strike. Hip and knee flexion plus ankle dorsiflexion help achieve toe clearance. Weight acceptance and ground contact happen when the foot is on the ground and supporting the body (stance phase), while propulsion occurs during the push-off portion of stance to drive the body forward. So the task of advancing the limb best fits the swing phase.

6. Which sensation should be felt during stretching?

A. A pulling sensation in the short soft tissue

B. A burning sensation

C. Painful resistance

D. No sensation

The key idea is that stretching should produce a gentle, pulling sensation in the muscle or short soft tissue being lengthened. This indicates the tissue is yielding and lengthening safely. A mild pull helps realign fibers and fascia without signaling damage. A burning sensation means irritation or excessive load, which isn't desirable and can indicate overstraining. Painful resistance suggests you've hit a barrier or are forcing beyond comfortable limits, raising injury risk. No sensation would mean the stretch isn't providing a loading cue to the tissue, so gains in length are unlikely. So the pulling sensation is the appropriate, safe signal during proper stretching.

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7. Which term describes the energy pathways in the body?

A. Nerve impulses

B. Circulation routes

C. Pathways of bioenergy

D. Muscle fibers

Energy movement through the body is described by pathways of bioenergy. In energy-based or bodywork contexts, bioenergy refers to a flow or life force that travels through defined channels or pathways, and keeping that flow balanced is thought to support tissue health and function. The other concepts describe different systems: nerve impulses are electrical signals that coordinate nervous system communication, not a network for energy flow; circulation routes are the blood vessels that deliver nutrients and oxygen but don't characterize how energy itself travels; and muscle fibers are the actual cells that contract to produce movement, not networks for energy transfer. Hence, pathways of bioenergy best capture the idea of energy moving through the body.

8. Which statement characterizes Thai massage?

A. Only hands are used

B. Feet, knees, elbows, body weight, forearms, and hands are used

C. Herbal compresses are essential

D. No body weight is used

Thai massage is defined by using a combination of body parts and the practitioner's body weight to apply pressure and guide stretches, not just the hands. The therapist may press with palms and fingers, but also uses feet, knees, elbows, forearms, and even their own body weight to deepen the work and assist in passive stretching. This approach enables broader leverage and longer-range movement, which are central to how Thai massage affects both muscle and joint mobility. Herbal compresses are used in some Thai therapies, but they are not an essential defining element of Thai massage. Choices that rely only on the hands or deny the use of body weight don't capture how this modality is traditionally performed.

9. Which term means traditional Thai massage?

A. Thai Shiatsu

B. Nuad massage

C. Nuad Bo' Rarn

D. Thai Reiki

The term Nuad Bo' Rarn literally signals traditional Thai massage. In Thai, Nuad means massage, and Bo' Rarn (Boran) means ancient or traditional, so together they designate the historic form of Thai massage that uses assisted stretching, pressure along energy lines, and rhythmic techniques. This distinguishes it from hybrids or generic terms. For example, Thai Shiatsu implies a blend with Japanese Shiatsu, while Nuad massage is a general reference to Thai massage without specifying tradition, and Thai Reiki refers to Reiki energy work framed in a Thai context. Thus, Nuad Bo' Rarn is the label that means traditional Thai massage.

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10. Which of the following statements about spinal curves and ligament strain is true?

A. Increased thoracic kyphosis increases traction on the anterior longitudinal ligament

B. Increased thoracic kyphosis reduces compression on vertebral bodies

C. Increased lumbar lordosis has no effect on ligaments

D. Increased lumbar lordosis decreases traction on the anterior longitudinal ligament

Understanding how spinal curves affect ligament tension is key. The anterior longitudinal ligament runs along the front of the vertebral bodies and discs, so when the thoracic spine becomes more kyphotic, the anterior column lengthens and the ALL is pulled taut along its length. This increased forward curvature places more tensile load on the ALL, i.e., more traction on the ligament. In contrast, the idea that kyphosis somehow reduces compression on the vertebral bodies isn't correct, because the anterior column bears more compressive and tensile forces with greater kyphosis, not less. Regarding the lumbar region, increasing lordosis alters ligament tension and does not mean there's no effect on the ALL; it tends to increase traction on the ligament as the spine extends. Therefore, the statement about thoracic kyphosis increasing traction on the ALL best fits how these structures respond to changes in curvature.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://massagetherapy3.examzify.com

We wish you the very best on your exam journey. You've got this!

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