

Test Questions - Myoskeletal Mobilization Massage

Home Study Course

**Please circle the correct answers on the Answer Sheets*

Low Back & Thoracic Routines (Prone)

1. In the Lumbar Roll & Spread Erectors routines, the goal is to:

- a. correct scoliotic patterns
- b. warm the tissue and relax the back
- c. treat spinal stenosis
- d. address trigger points

2. In the Lumbar Roll, the therapist is assessing for:

- a. ligament laxity
- b. cranial rhythm
- c. ART
- d. leg length discrepancy

3. When spreading the erectors, the therapist uses his _____ in the contralateral _____ groove

- a. elbow - scapular
- b. fist - lamina
- c. elbow - lamina
- d. fingers - scapular

4. In the Hook & Drag technique, the therapist hooks the musculofascia, and drags the tissue towards him while the client performs slow _____

- a. deep breathing enhancers
- b. pelvic tilts
- c. rotational movements
- d. undulation motions

5. In the Balancing the T-Spine routine, the goal is to free the thoracic musculofascia and mobilize the _____

- a. pelvis
- b. cervical spine
- c. ribcage
- d. glenohumeral joint

6. The therapist's right _____ hooks the lateral erector spinae muscles and begins slowly dragging the tissue

- a. fist - medial to lateral
- b. fist - lateral to medial
- c. forearm - headward
- d. forearm - medial-to-lateral

7. The client is asked to begin slow pelvic tilting as a _____

- a. myofascial release
- b. movement enhancer
- c. ribcage release
- d. none of the above

8. Therapist repeats the T-spine maneuver but this time the client rocks his hips back and forth in a _____ pattern

- a. rotational
- b. sidebending
- c. flexion/extension
- d. nutation/counternutation

9. In the Texas Twister technique, the therapist's left hand contacts the _____ erector spinae muscles with fingers facing _____

- a. ipsilateral - posteriorly
- b. contralateral - inferiorly
- c. contralateral - anteriorly
- d. ipsilateral - inferiorly

10. The therapist gently drops his body weight onto the tissue to the first restrictive barrier feeling for _____ or the inability of the ribcage to _____

- a. trigger points - spring
- b. myospasm - release
- c. tightness - spring
- d. ligament laxity - pop

11. Client is then asked to inhale deeply and as he exhales, therapist springs and twists the thoracic tissue to stimulate a _____ release

- a. craniocervical
- b. muscle energy
- c. myofascial
- d. diaphragmatic

12. In the Spindle-Stim routine, the therapist's soft _____ begin a fast-paced muscle spindle stimulating maneuver to tonify weak _____ muscles

- a. fist - erector
- b. fist - latissimus dorsi
- c. elbow - erector
- d. elbow - latissimus dorsi

13. In the Pec Stretch techniques, the goal is to open the chest wall and reposition the _____

- a. clavicle
- b. rotator cuff
- c. rhomboids
- d. scapula

14. The therapist creates a _____ by pulling with his right hand and bracing with his left to first restrictive barrier

- a. torsional release
- b. thrusting maneuver
- c. counterforce
- d. all the above

15. In the Alternate Pec Stretch, the therapist's right hand grasps client's right _____ and his left braces under client's _____ shoulder

- a. elbow - anterior
- b. wrist - anterior
- c. elbow - posterior
- d. wrist - injured

16. Therapist then brings client's arm to the new _____ restrictive barrier to help relieve tightness in the pectoral muscles and chest wall fascia

- a. abduction
- b. extension
- c. rotational
- d. adduction

Neck, T-Spine & Hip Work (Prone)

17. In the Duck Grip, the therapist leans his body weight back while his _____ and _____ grasp and drag the tissue

- a. fingers - thumbs
- b. knuckles - fist
- c. fist - forearm
- d. none of the above

18. In the Arm & Shoulder Release, the therapist assumes a _____ stance and then slowly begins dropping his body weight onto the client's arms pushing the tissue _____

- a. horse - distally
- b. lunge - ventrally
- c. horse - proximally
- d. lunge - distally

19. In the Stripping the Lamina Groove video, the client is asked to perform slow pelvic tilts as the therapist's _____ traverses down the groove

- a. fist
- b. knuckle
- c. forearm
- d. elbow

20. In the Flying V section, the therapist hooks the lamina groove _____ and slowly begins traversing down the spine stopping at about _____

- a. ligaments - T-10
- b. fascia - T-10
- c. tendons - L5
- d. fascia - L2

21.To Decompress L5 from S1, the therapist's soft right palm contacts the client's _____ and his left arm braces the lower _____ spine fascia

- a. sacrum - lumbar
- b. L5 - thoracic
- c. sacrum - thoracic
- d. L5 - cervical

22.Next, the therapist leans his body weight onto the _____ while resisting with his left arm

- a. gluteus medius
- b. long dorsal SI joint ligaments
- c. sacral base
- d. spinous processes

23.When performing the Iliosacral Twist, the therapist stands on client's left side and reaches across with both hands and grasps client's right _____

- a. PSIS
- b. ASIS
- c. AIIS
- d. shoulder

24.With both elbows extended, therapist adjusts his body weight to lock in his lumbar _____ and keep his shoulders upright

- a. kyphosis
- b. scoliosis
- c. lordosis
- d. all the above

25.In the Backward Sacral Torsion video, the goal is to mobilize a _____ sacroiliac joint

- a. hyperextended
- b. flexed
- c. torsioned
- d. all the above

26.To treat, the therapist pulls the client's leg into _____ rotation while maintaining a counterforce pressure on the _____ sacrum

- a. internal - lateral
- b. external - medial
- c. internal - medial
- d. external - lateral

27.To treat Trochanteric Bursitis, the therapist now moves his soft palm down to contact the border of the _____

- a. iliacus
- b. gluteus medius
- c. greater trochanter
- d. proximal femur

28.The therapist then pushes client's leg into _____ femoral rotation while resisting at the tissue surrounding the greater trochanteric bursa

- a. internal
- b. external
- c. proximal
- d. restricted

29.The goal in the External Hip Rotators video is to release and relax the _____ external hip rotators

- a. hypermobile
- b. hypomobile
- c. deep 6
- d. all the above

30.To treat, the therapist brings client's left knee into flexion and hooks his left _____ around her _____

- a. arm - wrist
- b. arm - ankle
- c. elbow - wrist
- d. elbow - foot

31. Therapist brings the hip rotators to the first restrictive barrier by gently pushing the client's leg away which causes _____

- a. internal femoral rotation
- b. external femoral rotation
- c. hip extension
- d. hip abduction

32. Therapist then brings client's hip to the new restrictive barrier while working _____ and all the external hip rotators

- a. quadratus lumborus
- b. iliocostalis
- c. pectineus
- d. piriformis

33. In the Hip Capsule & Quad Stretches section, the goal is to release fibrotic _____ hip capsule & restore hip _____

- a. anterior - extension
- b. posterior - extension
- c. anterior - flexion
- d. posterior flexion

34. With left elbow extended, therapist's left palm is placed just _____ client's ischial tuberosity on the proximal femur

- a. above
- b. below
- c. outside
- d. inside

35. As therapist steps onto his left foot, the hip is brought into _____ and the

left hand resists this motion which results in a stretching of the _____ hip capsule

- a. flexion - anterior
- b. extension - anterior
- c. flexion - posterior
- d. extension - posterior

Neck, T-Spine & Hip Work (Prone)

36. In the Quad Stretch, as therapist steps onto his left foot, the hip is brought into extension and the left hand resists this motion, which causes stretching of the _____ muscle

- a. QL
- b. psoas
- c. rectus femoris
- d. gracilis

37. In the Hamstring Pin & Stretch video, the therapist grasps client's ankle and flexes the knee while his left soft fist contacts the client's hamstrings just below _____

- a. ischium
- b. ischial tuberosity
- c. coccyx
- d. pubis

38. Therapist works up and down all the hamstring myofascia with his fist and then repeats using his _____

- a. knuckles
- b. extended fingers
- c. soft palm
- d. none of the above

39. With a twisting motion of his body, the therapist pushes the tissues away while pulling on the client's foot which produces resisted _____ rotation

- a. external
- b. femoral
- c. humeral
- d. internal

40. Next, the therapist reaches across and grasps the client's _____ foot and repeats the same maneuver by pushing the tissue away while pulling the client's leg towards him

- a. ipsilateral
- b. fixated
- c. hypertonic
- d. contralateral

41. In the Ankle & Calf Release section, the therapist's right hand grasps client's _____ bone and places his forearm on the bottom of the client's foot

- a. fibula
- b. metatarsal
- c. calcaneus
- d. tibia

42. Therapist drops his bodyweight onto client's foot which _____ the client's ankle

- a. dorsiflexes
- b. plantarflexes
- c. extends
- d. rotates

43. In the Ankle Mobilization technique, the therapist's _____ hands grasp client's ankle front and back

- a. webbed
- b. extended
- c. flexed
- d. sidebent

44. In the Foot Mobilization section, the therapist's forearm contacts the plantar surface of client's foot at the _____ joints

- a. metacarpal
- b. subtalar
- c. metatarsal
- d. femoroacetabular

Leg, Hip & Thorax Work (Sidelying)

45. In the Rectus Femoris section, the therapist's _____ hand grasps client's _____ ankle and his right hand grasps his _____

- a. left - right - hip
- b. left - right - knee
- c. right - left - hip
- d. right - left - knee

46. A counterforce is created as the therapist _____ client's hip by pulling with his right hand and resisting with his left

- a. rotates
- b. sidebends
- c. flexes
- d. extends

47. In the Psoas Stretch video, the therapist's left hand braces at client's _____ and his right snakes under client right extended leg

- a. femur
- b. lumbar spine
- c. buttocks
- d. sacrum

48. In the Decompress Hip video, the therapist hooks the musculofascia with his _____ bone and slowly strips down the lateral leg 3 to 5 times to decompress hip

- a. tibia
- b. radius
- c. ulna
- d. humerus

49. The goal in the Deep Gluteal Stretch section is to create _____ nerve space by decompressing the hip

- a. femoral
- b. peroneal
- c. tibial
- d. sciatic

50. To treat, the therapist places his right forearm across the hip _____ rotators just below the greater _____ and his left hand braces at client's ribcage

- a. external - trochanter
- b. internal - sciatic notch
- c. external - tuberosity
- d. external - sciatic notch

51. The therapist's _____ and _____ create a counterforce and client is asked to begin performing slow pelvic tilts as an enhancer

- a. fingers - hand
- b. elbow - fist
- c. elbow - hand
- d. fingers - fist

52. In the Spring Ribcage video, the therapist's hands grasp the sides of the client's _____ and he assumes a _____ stance with elbows extended

- a. hip - horse
- b. thorax - lunge
- c. sacrum - lunge
- d. thorax - horse

53. The goal of the Spring Thorax routine is to mobilize the _____ and thoracic spinal joints

- a. cervical
- b. sacral
- c. lumbar
- d. hip

54. To treat, the therapist's right hand grasps client's right hip at the _____ and his left hand contacts the lumbar spine

- a. PSIS
- b. AIIS
- c. ASIS
- d. pubis

55. In the Pec Stretch video, to stretch pectoralis minor, therapist places his right hand on the _____ scapular border

- a. lateral
- b. inferior
- c. medial
- d. superior

56. If the client's _____ joint is hypermobile or this position is uncomfortable, discontinue and go on to next technique

- a. scapulocostal
- b. femoroacetabular
- c. glenohumeral
- d. sternoclavicular

57. The goal of the Fist Erectors routine is to mobilize traps and t-spine _____ muscles to create stability

- a. pectoral
- b. rhomboid
- c. rotator cuff
- d. erector spinae

58. To treat, the therapist's soft _____ hook the upper traps and begin sweeping the tissue toward the _____

- a. elbow - midline
- b. fists - midline
- c. forearm - feet
- d. fists - feet

59. In the Elbow Traps section, the therapist's left forearm hooks the _____ border of the upper traps and levator scapula and drags the tissue _____

- a. superior - inferiorly
- b. inferior - superiorly
- c. lateral - superiorly
- d. medial - distally

60. In the Spring T-Spine segment, the therapist pulls the shoulder back and pushes on the ribcage by _____ his body

- a. sidebending
- b. flexing
- c. extending
- d. rotating

61. In the Strip the Neck video, the therapist leans his bodyweight onto client's _____ while his fist sweeps the tissue towards the _____

- a. arm - ribcage
- b. low back - spine
- c. shoulder - spine
- d. all the above

62. In the Suboccipital Stretch, the therapist thumbs meet along the occipital ridge with both thumbs contacting _____

- a. inferior obliques
- b. rectus capitis posterior major
- c. rhomboids
- d. rectus capitis posterior minor

63. With his left elbow bracing against his body, the therapist works the tissue medial to lateral all the way out to the _____

- a. jaw
- b. lateral pterygoids
- c. mastoid process
- d. none of the above

64. If suboccipital tightness is encountered, the client is asked to slowly tuck his chin and the therapist's thumbs help stretch the restricted tissue with a couple seconds of _____

- a. overpressure
- b. compression
- c. distraction
- d. hypercontraction

Supine Techniques

65. The goal of the Lower Body Stretches is to mobilize the _____ joint in all planes of motion and stretch legs

- a. sacroiliac
- b. iliosacral
- c. femoroacetabular
- d. glenohumeral

66. In the Hip & Trunk Flexion technique, the therapist flexes client's hip toward his _____ armpit to assess and treat his hip flexion restriction

- a. contralateral
- b. ipsilateral
- c. flexed
- d. extended

67. To stretch _____, the therapist grasps client's extended leg with his left hand and steps between client's leg and the therapy table

- a. gluteus medius
- b. gluteus maximus
- c. adductor magnus
- d. gracilis

68. To assess the routine, the therapist performs 4 big circles to mobilize the _____ joint

- a. TMJ
- b. femoroacetabular
- c. glenohumeral
- d. acromioclavicular

69. The goal of the Calf Massage routine is to mobilize the ____ and ____ muscles

- a. hamstring - psoas
- b. tibialis anterior - peroneus longus
- c. gastroc - soleus
- d. tibialis posterior - peroneal

70. To treat, the therapist flexes client's knee with the client's ____ resting on the therapy table

- a. leg
- b. lumbar spine
- c. hip
- d. foot

71. In the Log Roll technique, the therapist stands on client's right side and his right hand comes under client's ____ and internally rotates client's entire leg

- a. tibia
- b. fibula
- c. femur
- d. spine

72. Therapist asks client to gently ____ rotate his thigh against his resistance to a count of 5 and relax

- a. medially
- b. internally
- c. externally
- d. all the above

73. In the Unilateral Neck Stretch technique, the therapist stands on client's right side with his left hand on client's ____

- a. shoulder
- b. wrist
- c. forehead
- d. chest wall

74. In the Chin Jutting technique, the therapist lifts and holds client's head and his thumbs both meet on either side of the ____

- a. transverse processes
- b. thoracic spine
- c. spinous processes
- d. lumbar spine

75. In the Corkscrew technique, the therapist's extended left thumb glides inferiorly down the ____, pushing the upper trapezius back until it contacts the splenius capitis/cervicis junction at about ____

- a. lamina groove - C4-5
- b. spine - C6-7
- c. erectors - C3-4
- d. lamina groove - C6-7

76. The therapist rhythmically steps foot to foot and rotating the client's ____ while the thumb searches for areas of restriction

- a. ribs
- b. clavicle
- c. scapula
- d. head

77. In the Crossed-armed Stretch, the therapist slides his dominant arm under client's ____ and places it on client's anterior left ____

- a. neck - scapula
- b. head - clavicle
- c. neck - shoulder
- d. head - scapula

78. In the Scalene Stretch, therapist's right hand contacts the client's anterior right shoulder and a ____ is created as the therapist's right hand pushes down on the client's right ____ (do not crank on the neck)

- a. counterforce - clavicle
- b. tractioning - scapula
- c. counterforce - shoulder
- d. tractioning - clavicle

79. The therapist then grasps the client's neck and _____ 3-5 times

- a. sidebends
- b. rotates
- c. decompresses
- d. all the above

80. In the Torso Twist, the therapist's left arm begins to slowly right rotate client's trunk to stretch the erector spinae muscles and mobilize all thoracic and lumbar

- a. spinal discs
- b. spinal ligaments
- c. joint capsules
- d. spinal fusions

Myoskeletal Bench Work

81. In the Myoskeletal Bench Work section, the goal of Cervical Rotation is to assess & correct _____ restrictions

- a. thoracolumbar
- b. lumbosacral
- c. cervicothoracic
- d. all the above

82. In the Cervical Sidebending technique with client's arms still crossed in front of his body, the therapist places his left hand on the client's left _____ and his right on the client's right _____

- a. thigh - scapula
- b. shoulder - hip
- c. thigh - shoulder
- d. hip - clavicle

83. In the T-Spine Extension routine, the therapist's left hand brings the client's body into _____ as his soft right palm resists checking for restrictions

- a. flexion
- b. sidebending
- c. rotation
- d. hyperextension

84. Next, with client's arms still crossed in front of his body, he now raises his _____ to allow the therapist's left arm to come under and lift his _____

- a. arms - hips
- b. elbows - torso
- c. arms - torso
- d. elbows - pelvis

85. In the Right Thoracic Scoliosis routine, the therapist's right soft palm contacts the client's protruding _____ on the right at about _____

- a. ribcage - T3
- b. clavicle - T7
- c. scapula - L5
- d. ribcage - T7

86. Since the client's scoliotic hump is rotated right and sidebent left, the therapist reverses this pattern by _____ him right and _____ him left

- a. sidebending - rotating
- b. flexing - sidebending
- c. extending - rotating
- d. all the above

87. In the Alternate Scoliosis Technique, the client is asked to place his hands behind his _____ with _____ out

- a. head - chin
- b. neck - chin
- c. head - elbows
- d. neck - chest

88. The client is asked to flex his torso so the therapist's hands can _____ client's T-spine

- a. sidebend
- b. flex
- c. hyperextend
- d. rotate

89. In the Cervical Mobilization Techniques (Sidebending), the therapist assesses for right sidebending restrictions by placing his left hand atop client's left _____ while his right hand grasps the client's _____

- a. scapula - thigh
- b. clavicle - shoulder
- c. hand - thigh
- d. hand - shoulder

90. In the Head Rotation technique, the therapist places both hands along the sides of the client's head and lifts to slightly _____ the client's cervical spine

- a. torsion
- b. decompress
- c. depress
- d. none of the above

91. In the Upper Cervical Spine segment, the therapist's right hand comes in front and around the client's head and his fingers contact the transverse process of _____ (just below the mastoid process)

- a. C7
- b. Axis
- c. Atlas
- d. C3

92. The fingers of therapist's left hand are placed directly below his right hand and brace the body of the Axis (C2) _____

- a. transverse process
- b. spinous process
- c. articular pillar
- d. lamina groove

93. In the Sacrum & Spine segment, to Drag the Groove, the client is instructed to sit up straight and slowly begin flexing forward _____ beginning with the neck allowing his arms to drop between his legs

- a. while sidebending
- b. while rotating
- c. segment-by-segment
- d. and back

94. If a _____ restriction is encountered, therapist's elbows maintain a constant pressure while the client _____ his head back and forth

- a. cervical - sidebends
- b. lumbar - sidebends
- c. thoracic - rotates
- d. thoracic - translates

95. In the Sacral Base Decompression video segment, the therapist's right palm gets a firm grip on the client's sacral base while his left arm helps glide the client into _____

- a. sidebending
- b. rotation
- c. translation
- d. flexion

96. To enhance this maneuver, the client begins _____ his torso by alternately _____ his hands through his legs while the therapist maintains constant distal pressure on the sacral base

- a. rotating - threading
- b. sidebending - flexing
- c. translating - threading
- d. sidebending - flexing

97. In the Shoulder Girdle Mobilization segment, to assess SC joint restrictions, the therapist places the client's left arm on his shoulder and the fingers of his left hand brace the _____ border of the _____

- a. superior - scapula
- b. inferior - scapula
- c. superior - clavicle
- d. none of the above

98.To assess & treat external AC Joint restrictions, the therapist's right hand brings the client's arm into external rotation to the first restrictive barrier while monitoring the AC joint and keeping the shoulder _____

- a. flexed
- b. sidebent
- c. rotated
- d. depressed

99.Next, to treat an AC joint abduction restriction, the client's _____ arm is placed on the therapist's shoulder and adducted _____

- a. flexed - 30°
- b. extended - 30°
- c. flexed - 50°
- d. extended - 50°

100.To treat an external glenohumeral rotation restriction the therapist externally rotates client's arm to the first restrictive barrier and asks the client to push _____ against his _____ to a count of 5 and relax

- a. up - scapula
- b. up - clavicle
- c. down - resistance
- d. down - scapula