

College of Massage Therapists of British Columbia (CMTBC) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Questions

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- 1. Before a therapist performs an initial assessment, what is a crucial step to ensure patient safety?**
 - A. Gathering medical history**
 - B. Setting treatment goals**
 - C. Completing a pain scale assessment**
 - D. Requesting consent for treatment**
- 2. Does the clavicle contain a conoid tubercle?**
 - A. True**
 - B. False**
- 3. The compression technique that applies rhythmic pressure on muscle is known as?**
 - A. Effleurage**
 - B. Tapotement**
 - C. Petrissage**
 - D. Friction**
- 4. Which symptom is NOT typically associated with tension headaches?**
 - A. Nausea**
 - B. Visual disturbances**
 - C. Sensitivity to light**
 - D. Muscle tightness**
- 5. Which of the following muscles aids in the upward rotation of the scapula?**
 - A. levator scapulae**
 - B. trapezius**
 - C. pectoralis major**
 - D. serratus anterior**
- 6. What is the purpose of the Golgi Tendon Reflex?**
 - A. To initiate pain response**
 - B. To protect the tendon from excessive tension**
 - C. To facilitate muscle contraction**
 - D. To maintain balance during movement**

- 7. In performing a Golgi tendon organ release on the Achilles tendon, which muscle is expected to have a decrease in tone?**
- A. Gastrocnemius**
 - B. Tibialis anterior**
 - C. Peroneus longus**
 - D. Flexor hallucis longus**
- 8. Leydig (interstitial) cells secrete which hormone?**
- A. Estrogen**
 - B. Progesterone**
 - C. Corticosterone**
 - D. Testosterone**
- 9. Which of the following is an accurate statement about the costal groove?**
- A. It is found on the internal surface of the rib.**
 - B. It is found on the external surface of the rib.**
 - C. It is present in the clavicle.**
 - D. It is absent in all ribs.**
- 10. Which method of sweating is more effective at heat removal?**
- A. Drip sweat**
 - B. Evaporated sweat**
 - C. Both are equally effective**
 - D. None, sweat is ineffective**

Answers

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

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Explanations

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1. Before a therapist performs an initial assessment, what is a crucial step to ensure patient safety?

- A. Gathering medical history**
- B. Setting treatment goals**
- C. Completing a pain scale assessment**
- D. Requesting consent for treatment**

A crucial step before a therapist performs an initial assessment is requesting consent for treatment. In the healthcare field, informed consent is a fundamental ethical principle and legal requirement that ensures patients are aware of and agree to the procedures and therapies they will undergo. This process involves providing the patient with adequate information regarding their condition, the proposed assessment and treatment, any potential risks, benefits, and alternatives. Obtaining consent not only respects the autonomy of the patient but also establishes trust and communication between the therapist and the patient. This step is essential in promoting a safe therapeutic environment, as patients who feel informed and respected are more likely to engage openly in their care. While gathering medical history, setting treatment goals, and completing a pain scale assessment are all important components of the overall assessment process, they should not precede the acquisition of informed consent. Without consent, proceeding with any form of assessment or treatment could lead to ethical dilemmas and potential legal issues, making consent the priority for patient safety.

2. Does the clavicle contain a conoid tubercle?

- A. True**
- B. False**

The statement regarding the clavicle containing a conoid tubercle is accurate. The conoid tubercle is a distinct bony prominence located on the inferior surface of the clavicle, specifically at the acromial end. This feature serves as the attachment site for the conoid ligament, which is part of the coracoclavicular ligament complex. This ligament plays a significant role in stabilizing the relationship between the clavicle and the scapula, especially during movements of the shoulder. Understanding the anatomy of the clavicle, including the significance of the conoid tubercle, is essential for massage therapists as it helps in assessing shoulder conditions and understanding the mechanics of the shoulder girdle. This tubercle is a key landmark that can aid in palpation and is important in both anatomical study and clinical practice.

3. The compression technique that applies rhythmic pressure on muscle is known as?

- A. Effleurage**
- B. Tapotement**
- C. Petrissage**
- D. Friction**

The compression technique that applies rhythmic pressure on muscle is known as petrissage. This method involves kneading, squeezing, and lifting the muscle tissue, allowing for both physical manipulation and enhancement of circulation. Petrissage often focuses on deeper layers of muscle and fascia, making it particularly effective for relieving muscle tension and improving flexibility. In comparison, effleurage is a gliding stroke that usually serves as an introductory technique to promote relaxation and prepare the tissue for deeper work. Tapotement consists of rhythmic percussion movements, such as tapping or chopping, which stimulate the muscles and can invigorate the client. Friction involves applying pressure with small, circular movements to break down adhesions in tissues and is more focused on localized areas than on rhythmic muscle compression. Each of these techniques serves specific purposes in massage therapy, but petrissage is uniquely characterized by its rhythmic pressure application.

4. Which symptom is NOT typically associated with tension headaches?

- A. Nausea**
- B. Visual disturbances**
- C. Sensitivity to light**
- D. Muscle tightness**

Tension headaches, which are often characterized by a dull, aching pain and a sensation of tightness or pressure around the forehead or back of the head and neck, typically include several common symptoms. Among these, muscle tightness is a hallmark feature since tension headaches are often linked to muscle tension and stress. Another common symptom is sensitivity to light, which may occur due to discomfort but is considered more prominent in migraine headaches rather than tension headaches. While nausea can sometimes accompany headaches in general, it is not commonly associated with tension headaches specifically. In contrast, visual disturbances are generally not a symptom of tension headaches. They are more typically linked to migraines or other types of headaches that have a neurological component. As such, the absence of visual disturbances in tension headaches makes this symptom stand out as not being typically associated with the condition.

5. Which of the following muscles aids in the upward rotation of the scapula?

- A. levator scapulae**
- B. trapezius**
- C. pectoralis major**
- D. serratus anterior**

The trapezius muscle plays a significant role in the upward rotation of the scapula, particularly through its upper and lower fibers. The upper fibers help elevate the scapula, while the lower fibers assist in pulling the scapula downwards, creating a rotational effect that results in upward rotation when the arm is raised. This coordinated action is essential for a full range of shoulder motion, especially overhead movements. In contrast, the levator scapulae primarily functions to elevate the scapula and does not contribute significantly to upward rotation. Pectoralis major is primarily involved in movements of the humerus, such as adduction and flexion, rather than scapular motion. The serratus anterior does assist in scapular movements, particularly in protraction and upward rotation, but the trapezius is more commonly highlighted as the muscle that significantly aids in the upward rotation of the scapula when considering the overall movement and function of the shoulder girdle.

6. What is the purpose of the Golgi Tendon Reflex?

- A. To initiate pain response**
- B. To protect the tendon from excessive tension**
- C. To facilitate muscle contraction**
- D. To maintain balance during movement**

The Golgi Tendon Reflex primarily serves to protect the tendon from excessive tension. This reflex mechanism is activated when there is a high tension level within a muscle, which is monitored by Golgi tendon organs located at the junction of muscles and tendons. When this tension becomes too great, the Golgi tendon organs send signals to the spinal cord, which then inhibits further muscle contraction and promotes muscle relaxation. This action helps prevent tendon damage or injury due to overstretching or excessive force, ensuring the safety and integrity of the musculoskeletal system. While the Golgi Tendon Reflex does relate to other functions such as pain response and balance, its main role is the protective mechanism against excessive tension, making it specific in function compared to the other options provided.

7. In performing a Golgi tendon organ release on the Achilles tendon, which muscle is expected to have a decrease in tone?

A. Gastrocnemius

B. Tibialis anterior

C. Peroneus longus

D. Flexor hallucis longus

When performing a Golgi tendon organ (GTO) release on the Achilles tendon, the expected outcome is a decrease in tone of the gastrocnemius muscle. The GTO is located at the junction of muscle fibers and tendons, and its primary role is to sense changes in muscle tension. When excessive tension is detected, the GTO activates a reflex that inhibits the alpha motor neurons of the muscle, leading to a reduction in the muscle's tone and contraction strength. In this case, the gastrocnemius muscle is directly connected to the Achilles tendon. Therefore, by performing a GTO release on the Achilles tendon, the inhibitory effect is specifically applied to the gastrocnemius, resulting in diminished muscle tone. This is particularly relevant for therapeutic practices focused on muscle relaxation and reducing excessive muscle contraction, which can benefit conditions such as muscle tightness or spasms. The other muscles listed do not have a direct connection to the Golgi tendon organ being stimulated in this context, so they would not experience the same decrease in tone as the gastrocnemius. The GTO release procedure directly influences the muscle associated with the tendon being targeted, which is why the gastrocnemius is the correct answer to this question.

8. Leydig (interstitial) cells secrete which hormone?

A. Estrogen

B. Progesterone

C. Corticosterone

D. Testosterone

Leydig cells, also known as interstitial cells, are located in the testes and play a crucial role in male reproductive physiology. These endocrine cells are primarily responsible for the production and secretion of testosterone, which is the main male sex hormone. Testosterone is essential for the development of male secondary sexual characteristics, such as increased muscle mass, body hair growth, and the deepening of the voice, as well as playing a vital role in spermatogenesis. Understanding the specific function of Leydig cells highlights their importance in the endocrine system of males. The other hormones listed—estrogen, progesterone, and corticosterone—are associated with different functions and tissues, such as female reproductive health and adrenal function, but are not secreted by Leydig cells. This critical distinction underscores why testosterone is correctly identified as the hormone secreted by Leydig cells.

9. Which of the following is an accurate statement about the costal groove?

- A. It is found on the internal surface of the rib.**
- B. It is found on the external surface of the rib.**
- C. It is present in the clavicle.**
- D. It is absent in all ribs.**

The costal groove is indeed found on the internal surface of the rib. This anatomical feature runs along the inferior border of the rib and serves a vital purpose. Specifically, it provides a protective pathway for the intercostal nerves and blood vessels as they course along the rib cage. This positioning is significant because it helps shield these structures from direct trauma due to external forces. The internal surface of the rib is designed to accommodate the costal groove, facilitating effective protection and support of the surrounding soft tissues. The absence of the costal groove on the external surface underscores its protective function and indicates its specific location and significance in rib anatomy. Understanding the location of the costal groove is crucial for any health professional, especially massage therapists and associated practitioners, as it aids in the safe handling and technique application during treatment in the thoracic region.

10. Which method of sweating is more effective at heat removal?

- A. Drip sweat**
- B. Evaporated sweat**
- C. Both are equally effective**
- D. None, sweat is ineffective**

The most effective method of heat removal through sweating is evaporated sweat. When sweat evaporates from the surface of the skin, it absorbs heat from the body, thus cooling it down. This process of evaporation is a key component of thermoregulation in humans, particularly in hot environments or during intense physical activity. Evaporation removes heat from the body more effectively than simply allowing the sweat to drip off the skin. Drip sweat does not provide the same cooling effect because it does not undergo the transition from liquid to vapor. Dripping sweat can still have some cooling benefit by creating a moist environment on the skin but lacks the efficient heat exchange provided by evaporation. Thus, the evaporation of sweat serves as an essential mechanism for maintaining a stable internal body temperature, especially in scenarios where the body generates excess heat.