

COLLEGE OF MASSAGE THERAPISTS OF ONTARIO (CMTO) PRACTICE TEST (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.

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!

Questions

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- 1. Which condition can lead to a pulmonary embolism if a clot travels to the lungs?**
 - A. Deep vein thrombosis
 - B. Arthritis
 - C. Cellulitis
 - D. Bronchitis
- 2. The limbic system is involved in coupling emotion with which sense?**
 - A. Smell
 - B. Sight
 - C. Hearing
 - D. Taste
- 3. Public members on the CMTO council are appointed by whom?**
 - A. The government
 - B. The public themselves
 - C. The university senate
 - D. Professional associations only
- 4. The composition clause of the CMTO council includes which of the following?**
 - A. 6-9 RMTs elected by peers and 5-8 public members appointed by the government
 - B. All RMTs and all public members appointed jointly by the government and associations
 - C. Only RMTs with no public representation
 - D. Public members only with no RMT representation
- 5. Which organ system uses chemical messengers to regulate bodily functions?**
 - A. Endocrine System
 - B. Nervous System
 - C. Immune System
 - D. Digestive System

- 6. Symptoms of increasing intracranial pressure are typically aggravated by which actions?**
- A. Coughing, bending, and lying down.
 - B. Running, jumping, and turning.
 - C. Eating spicy foods.
 - D. Speaking loudly.
- 7. Migraine headaches are typically associated with which sensory sensitivities?**
- A. Photophobia, phonophobia, and allodynia
 - B. Hearing loss
 - C. Nausea only
 - D. Dizziness
- 8. What is neurilemma?**
- A. helps CNS axons to regenerate
 - B. protects CNS axons from injury
 - C. helps PNS axons to regenerate
 - D. forms the blood-brain barrier
- 9. Mammillary bodies protrude from which region?**
- A. Hypothalamus
 - B. Cerebellum
 - C. Thalamus
 - D. Limbic system
- 10. The neurotransmitter used primarily in the parasympathetic nervous system is:**
- A. Acetylcholine
 - B. Norepinephrine
 - C. Epinephrine
 - D. Dopamine

Answers

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

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Explanations

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1. Which condition can lead to a pulmonary embolism if a clot travels to the lungs?

A. Deep vein thrombosis

- B. Arthritis
- C. Cellulitis
- D. Bronchitis

A clot that forms in a deep vein, usually in the legs, can break loose and travel through the venous system to the lungs, where it can lodge in the pulmonary arteries and cause a pulmonary embolism. This happens when a deep vein thrombosis dislodges and becomes an embolus that travels to the lungs, blocking blood flow and creating the potentially life-threatening symptoms associated with PE. The other conditions listed don't involve clots traveling to the lungs. Arthritis is inflammation of the joints, cellulitis is a skin infection, and bronchitis is inflammation of the airways. While each has its own clinical signs, none describe a thrombus migrating to the lungs to cause a PE. In a clinical setting, recognizing the link between deep vein thrombosis and pulmonary embolism helps guide assessment, safety, and referral decisions.

2. The limbic system is involved in coupling emotion with which sense?

A. Smell

- B. Sight
- C. Hearing
- D. Taste

The limbic system links emotions with sensory input, and smell has the strongest direct connection to it. The olfactory pathway goes straight from smell receptors in the nose to brain regions like the amygdala and hippocampus, which are key parts of the limbic system involved in emotion and memory. This direct route means odors can evoke quick, vivid emotional responses and memories without the extra relay steps that other senses require. While sight, hearing, and taste also influence emotion, they pass through additional processing stages before engaging limbic areas, making smell the primary sense tied to emotional response.

3. Public members on the CMTO council are appointed by whom?

A. The government

- B. The public themselves
- C. The university senate
- D. Professional associations only

Public members on CMTO council are there to protect the public interest and ensure governance isn't driven only by practicing therapists. In Ontario's regulatory framework, these public representatives are appointed by the government (typically through the Ministry and the Lieutenant Governor in Council), not elected by the public, chosen by universities, or selected only by professional associations. This appointment process keeps the college accountable to the public it serves.

4. The composition clause of the CMTO council includes which of the following?

- A. 6-9 RMTs elected by peers and 5-8 public members appointed by the government**
- B. All RMTs and all public members appointed jointly by the government and associations
- C. Only RMTs with no public representation
- D. Public members only with no RMT representation

The council is designed to balance professional expertise with public protection. It includes a mix of registered massage therapists who are elected by their peers, along with public members who are appointed by the government to represent the public interest. This structure ensures governance is informed by clinical practice while remaining accountable to the public. The specific makeup—six to nine RMTs elected by peers and five to eight public members appointed by the government—embodies that balance. Having only RMTs would tilt toward professional perspective without sufficient public accountability; having only public members would remove essential professional insight for setting standards; and appointments shared with associations could blur authority and standards of independence. This combination supports strong governance and public trust.

5. Which organ system uses chemical messengers to regulate bodily functions?

- A. Endocrine System**
- B. Nervous System
- C. Immune System
- D. Digestive System

Chemical messengers traveling through the bloodstream to coordinate growth, metabolism, and other long-term processes define the endocrine system. Hormones released by glands such as the pituitary, thyroid, adrenals, and pancreas reach distant targets and modulate function, often with slower onset but longer-lasting effects than neural signals. The nervous system, in contrast, uses rapid electrical signaling and neurotransmitters across synapses for quick, short-term responses. The immune system relies on signaling molecules like cytokines to coordinate defense, not broad hormonal regulation. The digestive system handles breakdown and absorption of nutrients rather than regulating body-wide functions through circulating chemical messengers.

6. Symptoms of increasing intracranial pressure are typically aggravated by which actions?

A. Coughing, bending, and lying down.

B. Running, jumping, and turning.

C. Eating spicy foods.

D. Speaking loudly.

Intracranial pressure (ICP) rises when the brain's venous drainage or CSF dynamics are impeded. Actions that increase chest pressure or hinder venous outflow from the head can transiently boost cerebral venous pressure and therefore ICP. Coughing creates a brief Valsalva-like rise in intrathoracic pressure, which can back up venous blood from the head. Bending forward can impede venous drainage from the brain by altering neck venous angles and flow. Lying flat removes the gravitational help that assists drainage from the head, allowing cerebral blood volume and CSF to accumulate more in the cranium, elevating ICP. Running, jumping, and turning mainly affect overall cardiovascular load and movement but don't reliably provoke the same venous backpressure; spicy foods and speaking loudly don't meaningfully alter ICP. So the combination of coughing, bending, and lying down best explains aggravation of ICP symptoms.

7. Migraine headaches are typically associated with which sensory sensitivities?

A. Photophobia, phonophobia, and allodynia

B. Hearing loss

C. Nausea only

D. Dizziness

Migraines commonly involve heightened sensitivity to sensory input, not just one type of symptom. The best answer reflects three key sensitivities often reported during migraine attacks: light sensitivity (photophobia), sound sensitivity (phonophobia), and increased sensitivity to touch or other non-painful stimuli (allodynia). Central nervous system changes during a migraine can amplify sensory signals, making normal light, noise, or even gentle touch feel uncomfortable or painful. Hearing loss is not typical of migraines, so that choice doesn't capture the common sensory changes. Nausea can accompany migraines but is not a sensory sensitivity. Dizziness can occur with migraines, but it isn't the defining sensory sensitivity either. Therefore, photophobia, phonophobia, and allodynia together best describe the sensory sensitivities associated with migraines.

8. What is neurilemma?

A. helps CNS axons to regenerate

B. protects CNS axons from injury

C. helps PNS axons to regenerate

D. forms the blood-brain barrier

Neurilemma is the outermost layer formed by Schwann cells around a peripheral nerve fiber. It stays with the axon after injury and creates a regeneration tube that guides axonal regrowth, while Schwann cells secrete growth factors and extracellular matrix to support the process. This environment enables peripheral nerves to regenerate more effectively than those in the CNS, where a neurilemma isn't present and regeneration is limited by other factors. The blood-brain barrier is a different structure formed by endothelial tight junctions and astrocyte interactions, not by neurilemma. So the neurilemma's role is to help peripheral nerve axons regenerate.

9. Mammillary bodies protrude from which region?

A. Hypothalamus

B. Cerebellum

C. Thalamus

D. Limbic system

Mammillary bodies are small paired nuclei located on the undersurface of the brain, at the posterior end of the hypothalamus. They protrude from the hypothalamus, which is the region they are anatomically part of. Functionally they're tied to the limbic system's memory circuits (fornix to the hippocampus and the mamillothalamic tract to the anterior thalamus, forming part of the Papez circuit). They're not components of the cerebellum or the thalamus, and while they contribute to limbic function, their anatomical origin is the hypothalamus.

10. The neurotransmitter used primarily in the parasympathetic nervous system is:

A. Acetylcholine

B. Norepinephrine

C. Epinephrine

D. Dopamine

The parasympathetic nervous system relies on acetylcholine as its primary neurotransmitter, released by both preganglionic and postganglionic neurons and acting on nicotinic receptors in ganglia and muscarinic receptors on target organs. This cholinergic signaling produces rest-and-digest effects such as slowing the heart and increasing digestion. Norepinephrine is mainly used by most sympathetic postganglionic neurons, so it isn't the primary transmitter for the parasympathetic system. Epinephrine is a circulating hormone released by the adrenal medulla rather than a direct parasympathetic neurotransmitter. Dopamine has primary roles in the CNS and isn't the standard autonomic transmitter for parasympathetic signaling.

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://cmto.examzify.com>

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

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