

# Massage Therapy III Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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. An increase in the thoracic kyphosis places increased compression on which structure?**
  - A. Vertebral bodies**
  - B. Intervertebral discs**
  - C. Spinous processes**
  - D. Ribs**
  
- 2. Which statement correctly describes scar tissue mobilization timing?**
  - A. It should begin immediately after injury**
  - B. It should begin after wound closure and with clinician approval**
  - C. It should be avoided entirely**
  - D. It should begin only after a long healing period**
  
- 3. A typical shiatsu treatment would involve:**
  - A. Practitioner using contact through the palms, thumbs, or feet on the client's body without oil**
  - B. Oil-based massage strokes**
  - C. Percussion instruments**
  - D. Electrical stimulation**
  
- 4. If a client requests a treatment beyond your scope, what should you do?**
  - A. Do whatever the client requests to maintain satisfaction**
  - B. Explain scope boundaries, refuse politely, and refer to a qualified practitioner or offer alternatives within scope**
  - C. Ignore the request and continue**
  - D. Encourage client to perform self-treatment at home**
  
- 5. Which joints are flexed in the upper leg of a side-lying position?**
  - A. Hip and knee flexed**
  - B. Hip and knee extended**
  - C. Knee and ankle flexed**
  - D. Ankle dorsiflexed**

- 6. What positioning strategies support comfort for a pregnant client?**
- A. Right lateral, prone with pillows, avoid prolonged supine entirely.**
  - B. Left lateral, semi-reclined with pillows, avoid prolonged supine.**
  - C. Full prone with no support.**
  - D. Upright seated massage only.**
- 7. What effect occurs from chronically shortened muscles?**
- A. Increased capillary density**
  - B. Fascia Contracts and Loses Elasticity**
  - C. Muscle hypertrophy**
  - D. Improved lymphatic drainage**
- 8. What methods should be used to monitor progress during a treatment plan?**
- A. Only measure blood pressure**
  - B. Reassess pain, ROM, and function and compare to baseline**
  - C. Do not reassess**
  - D. Use client feedback as the sole measure**
- 9. Ama is described as which qualities?**
- A. Heavy, cold, dull, and sticky**
  - B. Light, hot, sharp**
  - C. Dry, rough, airy**
  - D. Bright, clear, fluid**
- 10. During the swing phase of the limb, what is the primary function?**
- A. Limb advancement**
  - B. Weight acceptance**
  - C. Ground contact**
  - D. Propulsion**

## Answers

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

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## **Explanations**

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**1. An increase in the thoracic kyphosis places increased compression on which structure?**

- A. Vertebral bodies**
- B. Intervertebral discs**
- C. Spinous processes**
- D. Ribs**

When the thoracic spine becomes more kyphotic, the load shifts toward the anterior column of the spine. The vertebral bodies, especially the front part, bear increased compressive stress and can become wedged or crushed under this forward-curving posture. This anterior loading is the hallmark change with hyperkyphosis, leading to compression of the vertebral bodies (often seen as wedge fractures in osteoporosis). The spinous processes sit at the back and are not the primary site of compression from the forward-curved posture, and while discs do carry load between vertebral bodies, the most direct and characteristic compression from increased kyphosis occurs in the vertebral bodies themselves.

**2. Which statement correctly describes scar tissue mobilization timing?**

- A. It should begin immediately after injury**
- B. It should begin after wound closure and with clinician approval**
- C. It should be avoided entirely**
- D. It should begin only after a long healing period**

Scar tissue mobilization should be timed to protect healing tissue while promoting proper scar remodeling. The best approach is to begin after the wound has closed and with clinician approval. Early mobilization right after injury risks disrupting the healing wound, reopening it, or provoking inflammation and infection because the tissue matrix is still immature. Waiting a long, unspecified healing period delays beneficial scar remodeling and mobility gains, whereas starting once closure is achieved and clearance is given allows controlled mobilization to help realign collagen fibers, reduce adhesions, and improve function. It isn't avoided entirely; with appropriate assessment and consent, scar mobilization can be initiated when the tissue can safely tolerate it.

**3. A typical shiatsu treatment would involve:**

- A. Practitioner using contact through the palms, thumbs, or feet on the client's body without oil**
- B. Oil-based massage strokes**
- C. Percussion instruments**
- D. Electrical stimulation**

Shiatsu focuses on applying sustained pressure with the practitioner's palms, thumbs, or even the soles of the feet onto the client's body, often along energy pathways, and typically without oil. This contact-based approach using body weight and rhythmic pressure is the hallmark of shiatsu, distinguishing it from oil-based gliding strokes, tapping with percussion tools, or electrical stimulation. So the description of contact through the palms, thumbs, or feet on the body without oil best fits what shiatsu involves.

**4. If a client requests a treatment beyond your scope, what should you do?**

- A. Do whatever the client requests to maintain satisfaction**
- B. Explain scope boundaries, refuse politely, and refer to a qualified practitioner or offer alternatives within scope**
- C. Ignore the request and continue**
- D. Encourage client to perform self-treatment at home**

Handling requests beyond your scope means upholding boundaries and client safety. If a client asks for a treatment you're not trained or licensed to provide, clearly explain what you can do within your scope, politely refuse the rest, and refer to a qualified practitioner or offer safe alternatives that stay within what you're trained to do. This protects the client from unsafe care, preserves professional integrity, and reduces liability. Within-scope options include modalities you're trained in, plus educational guidance and self-care recommendations. Simply going along with the request, ignoring it, or encouraging self-treatment outside your expertise isn't safe or professional.

**5. Which joints are flexed in the upper leg of a side-lying position?**

- A. Hip and knee flexed**
- B. Hip and knee extended**
- C. Knee and ankle flexed**
- D. Ankle dorsiflexed**

In side-lying, the upper leg is positioned with the hip and knee flexed. This setup keeps the thigh from pulling on the pelvis and spine, helps maintain neutral pelvic alignment, and reduces strain on the lower back. Flexing the knee supports the leg and prevents hyperextension, making the position comfortable and stable. The ankle isn't a defining part of this upper-leg positioning, so its angle isn't the focus here. Therefore, the joints that are flexed are the hip and knee.

**6. What positioning strategies support comfort for a pregnant client?**

- A. Right lateral, prone with pillows, avoid prolonged supine entirely.**
- B. Left lateral, semi-reclined with pillows, avoid prolonged supine.**
- C. Full prone with no support.**
- D. Upright seated massage only.**

The main idea is keeping a pregnant client comfortable while protecting blood flow and breathing. In mid-to-late pregnancy, lying flat on the back can press on the inferior vena cava and aorta, reducing return of blood to the heart and placental blood flow. Positioning her on the left side helps relieve that vascular compression and favors better uterine perfusion. Adding a semi-reclined angle with pillows supports the back, hips, and belly, reduces pressure on the spine, keeps the diaphragm freer for breathing, and minimizes discomfort from the growing uterus. This combination also reduces the risk of heartburn and allows for easier relaxation during the massage. Using the left lateral position with support is preferable to a full prone position, which puts direct pressure on the abdomen and is not safe for the fetus. Prolonged lying supine is avoided because it can trigger dizziness, lightheadedness, and impaired circulation. Upright seated massage, while it may be useful briefly or for specific needs, does not provide the same level of spinal and abdominal support or venous return benefits for a full prenatal session.

**7. What effect occurs from chronically shortened muscles?**

- A. Increased capillary density**
- B. Fascia Contracts and Loses Elasticity**
- C. Muscle hypertrophy**
- D. Improved lymphatic drainage**

When muscles stay shortened over long periods, the surrounding fascia and connective tissue adapt by tightening and losing their pliability. This chronic tension causes fascia to become denser and less elastic, so it contracts further and restricts how easily tissues glide and lengthen. The result is a decreased ability to passively lengthen the muscle, leading to reduced range of motion and potential compensatory movement patterns. The other options don't fit this tissue-level change: increased capillary density isn't a typical outcome of chronic shortening, muscle hypertrophy involves growth from loading rather than connective-tissue stiffening, and lymph drainage isn't generally improved by persistent muscle shortening.

**8. What methods should be used to monitor progress during a treatment plan?**

- A. Only measure blood pressure
- B. Reassess pain, ROM, and function and compare to baseline**
- C. Do not reassess
- D. Use client feedback as the sole measure

Monitoring progress during a treatment plan means regularly checking how the client is doing and comparing it to the starting point, using several key measures. Reassessing pain, range of motion, and functional ability gives a complete view of how the body responds to therapy. Pain level shows symptom change, ROM indicates improvements in mobility and tissue flexibility, and functional measures reveal real-world performance and daily activity capability. Together these data help determine whether the plan is working and what adjustments are needed, while also tracking trends over time. Relying on a single metric like blood pressure doesn't reflect musculoskeletal progress, and not reassessing misses important changes. Client feedback alone can be valuable but is subjective and incomplete without objective measures. So the best approach is to reassess pain, ROM, and function and compare to baseline to guide treatment decisions.

**9. Ama is described as which qualities?**

- A. Heavy, cold, dull, and sticky**
- B. Light, hot, sharp
- C. Dry, rough, airy
- D. Bright, clear, fluid

Ama in Ayurveda is an undigested toxin that forms when digestive fire is weak or blocked. Its qualities are heavy, cold, dull, and sticky, which together describe a substance that weighs down the body, moves sluggishly, and clings to tissues and channels. This stickiness explains coatings in the mouth or tongue and the sense of heaviness and lethargy that often accompany Ama. The other sets of descriptors imply a lighter, hotter, or more dynamic state, or a dry and airy texture—none of which fit Ama's congested, stagnant nature. So the best fit is heavy, cold, dull, and sticky.

**10. 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.

## 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](mailto: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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