

MASSAGE THERAPY III PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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. Ama is described as which qualities?**
 - A. Heavy, cold, dull, and sticky
 - B. Light, hot, sharp
 - C. Dry, rough, airy
 - D. Bright, clear, fluid
- 2. Genu valgum on the left side would most likely be associated with which ASIS finding?**
 - A. Lower left ASIS
 - B. Lower right ASIS
 - C. Higher left ASIS
 - D. Equal ASIS
- 3. How does diabetic neuropathy influence massage safety?**
 - A. Increase pressure to stimulate circulation.
 - B. Loss of sensation increases injury risk; inspect skin, use lighter pressure, avoid hot therapy on numb areas.
 - C. Ignore numb areas and continue.
 - D. Only apply heat therapy on numb areas.
- 4. What considerations arise when massaging someone with obesity or metabolic syndrome?**
 - A. There are no special considerations; treat as any client.
 - B. The main concern is comfort; adjust nothing else.
 - C. Comorbidities may complicate positioning, circulation, and pressure; adjust technique and monitor tolerance.
 - D. Metabolic syndrome requires avoiding massage entirely.
- 5. Proper alignment of body segments in any posture serves to**
 - A. All of the above
 - B. Improve circulation
 - C. Increase energy efficiency
 - D. Enhance balance

- 6. Which activity is part of the client assessment in sports and fitness massage?**
- A. Identifying which structures need to be addressed
 - B. Assessing the client's favorite sport
 - C. Measuring blood pressure during the session
 - D. Scheduling the next appointment
- 7. Which condition requires avoidance or alteration of massage due to safety concerns?**
- A. Recent skin infection
 - B. Allergic reaction to massage oil
 - C. Mild dehydration
 - D. Use of an anticoagulant
- 8. An increase in lumbar lordosis increases which force on the anterior longitudinal ligament?**
- A. Compression
 - B. Traction
 - C. Shear
 - D. Torsion
- 9. The term Anma refers to:**
- A. A traditional form of massage distinct from shiatsu
 - B. A type of essential oil
 - C. A surgical procedure
 - D. A certification body
- 10. 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

Answers

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

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Explanations

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1. 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.

2. Genu valgum on the left side would most likely be associated with which ASIS finding?

- A. Lower left ASIS**
- B. Lower right ASIS
- C. Higher left ASIS
- D. Equal ASIS

ASIS heights indicate how the pelvis is tilted in the frontal plane. When genu valgum appears on the left, the pelvis will commonly tilt toward that side, causing the left ASIS to drop relative to the right. This downward tilt of the left pelvis aligns the body to balance the medial collapse of the knee, so a lower left ASIS is the expected finding. A lower right ASIS would suggest a tilt to the opposite side, a higher left ASIS would indicate the left side tipping upward, and equal ASIS levels would mean no lateral pelvic tilt.

3. How does diabetic neuropathy influence massage safety?

- A. Increase pressure to stimulate circulation.
- B. Loss of sensation increases injury risk; inspect skin, use lighter pressure, avoid hot therapy on numb areas.
- C. Ignore numb areas and continue.**
- D. Only apply heat therapy on numb areas.

Diabetic neuropathy reduces sensation, especially in the feet and hands, so safety during massage means protecting numb areas from injury. Because numb skin can't reliably signal pain or heat, you must inspect the skin before and during sessions, use lighter pressure and gentler techniques, and avoid applying heat to areas with reduced sensation. If you notice any redness, warmth, or skin breakdown, stop and reassess. The goal is to prevent injuries or burns that the client may not feel. Increasing pressure to stimulate circulation risks tissue damage in numb skin; ignoring numb areas and continuing is dangerous; applying heat only to numb areas can cause burns.

4. What considerations arise when massaging someone with obesity or metabolic syndrome?

- A. There are no special considerations; treat as any client.
- B. The main concern is comfort; adjust nothing else.
- C. Comorbidities may complicate positioning, circulation, and pressure; adjust technique and monitor tolerance.**
- D. Metabolic syndrome requires avoiding massage entirely.

When massaging someone with obesity or metabolic syndrome, the guiding idea is that additional health factors—like hypertension, diabetes, cardiovascular disease, sleep apnea, and peripheral vascular issues—can change how the body responds to touch. These comorbidities may complicate positioning, circulation, and how much pressure is safe to use, so you must adjust your technique and closely monitor how the client tolerates the session. Positioning may be challenging due to body habitus or breathing limitations, so use comfortable, safe positions (such as side-lying or semi-reclined) with adequate supports and avoid prolonged, restrictive postures. Circulation can be affected by vascular disease or edema, so opt for gentle, rhythmic strokes and avoid deep or prolonged compression in areas with compromised perfusion or skin sensitivity; continually assess skin condition and signs of fatigue, dizziness, or chest discomfort. Pressure distribution matters because there's a higher risk of skin breakdown and sensitivity changes; start with lighter pressure in at-risk areas and adjust gradually as tolerated, keeping the client warm and draped appropriately. Throughout the session, check in about comfort, breathing, and overall tolerance, and be ready to modify or end the treatment if any signs of distress appear.

5. Proper alignment of body segments in any posture serves to

- A. All of the above**
- B. Improve circulation
- C. Increase energy efficiency
- D. Enhance balance

Proper alignment keeps joints stacked and tissues organized, so the body can bear weight efficiently and with less unnecessary effort. When alignment is good, there's less compression of blood vessels and lymphatic pathways, which supports better circulation. Muscles are positioned to work in their optimal length-tension range, meaning less wasted energy and smoother, more efficient movement—this boosts energy efficiency. And with the center of gravity over the base of support, balance improves and the risk of instability decreases. Because alignment influences circulation, energy use, and balance, it supports all of these outcomes.

6. Which activity is part of the client assessment in sports and fitness massage?

- A. Identifying which structures need to be addressed**
- B. Assessing the client's favorite sport
- C. Measuring blood pressure during the session
- D. Scheduling the next appointment

In sports and fitness massage, the client assessment focuses on identifying which structures need to be addressed. This means evaluating the body to find which muscles, tendons, joints, and soft tissues are tight, weak, damaged, or restricted, so you can plan treatment that targets those areas to improve function and performance. Why this is the best fit: assessing specific structures directs your hands-on work to where it will help most, guiding choices about which tissues to treat, how to restore range of motion, and how to manage load and recovery. The other options don't fit the core goal of assessment. Knowing a client's favorite sport is useful for rapport and context but doesn't pinpoint physical targets for intervention. Measuring blood pressure during the session is important for safety monitoring, not for identifying treatment targets. Scheduling the next appointment is administrative and occurs after assessment and treatment planning.

7. Which condition requires avoidance or alteration of massage due to safety concerns?

- A. Recent skin infection
- B. Allergic reaction to massage oil
- C. Mild dehydration
- D. Use of an anticoagulant**

Safety considerations in massage therapy include recognizing medications and conditions that heighten risk during treatment. Using an anticoagulant increases the risk of bleeding and bruising because these drugs impair the blood's ability to clot. Even light touch or minor friction can cause microbleeds or larger hematomas, and aggressive techniques or deep pressure can exacerbate that risk. Because of this, a therapist should modify the session to very light, noninvasive techniques or defer treatment until there is medical clearance, and always check with the client's healthcare provider about safety and any needed precautions. Other scenarios require different handling but are not as safety-critical as anticoagulants. A recent skin infection means avoid treating the infected area and proceed with caution elsewhere or delay until cleared. An allergic reaction to massage oil is addressed by changing products. Mild dehydration is generally manageable with hydration and adjustments, not a direct contraindication to massage.

8. An increase in lumbar lordosis increases which force on the anterior longitudinal ligament?

- A. Compression
- B. Traction**
- C. Shear
- D. Torsion

When the lumbar spine increases its lordotic curve, it moves into greater extension. The anterior longitudinal ligament runs along the front of the vertebral bodies and its job is to resist hyperextension. As extension increases, the front of the spine lengthens and the ALL is pulled taut, experiencing tensile stress. That tensile load is traction on the ligament, not compression, shear, or torsion. So the correct concept is that increased lumbar lordosis places the ALL under traction.

9. The term Anma refers to:

- A. A traditional form of massage distinct from shiatsu
- B. A type of essential oil**
- C. A surgical procedure
- D. A certification body

Anma is a traditional Japanese massage technique that uses the hands to knead, rub, and apply pressure on the body's muscles to improve circulation and relieve tension. It originated in Japan and is considered the historical precursor to shiatsu; shiatsu evolved from the same tradition but focuses on more precise finger pressure along energy pathways. This makes Anma a massage modality rather than an essential oil, a surgical procedure, or a certification body, so those other descriptions don't fit the term.

10. 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.

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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