

MBLEX MASSAGE THERAPY PRACTICE TEST (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. What type of muscle contracts to create movement at a joint?**
 - A. Stabilizing muscle
 - B. Antagonist muscle
 - C. Agonist muscle
 - D. Synergist muscle
- 2. What joints are classified as amphiarthrotic?**
 - A. Shoulder joint
 - B. Pubic symphysis and intervertebral bodies
 - C. Knee joint
 - D. Hip joint
- 3. If the pectoralis minor is hypertonic, what effect will it have on the scapula?**
 - A. Rotate it posteriorly
 - B. Elevate it superiorly
 - C. Lower it inferiorly
 - D. Tilt it anteriorly
- 4. Which type of question can help uncover specific symptoms of an injury?**
 - A. General
 - B. Pain
 - C. Open-ended
 - D. Closed
- 5. What key components does the endocrine system contain?**
 - A. Liver, kidneys, and pancreas
 - B. Heart, lungs, and spleen
 - C. Pituitary, adrenal, and thyroid glands
 - D. Brain, spinal cord, and nerves
- 6. Where are the femoral lymph nodes located?**
 - A. Axillary region
 - B. Cervical region
 - C. Inguinal region
 - D. Abdominal region

- 7. What does pain during and after treatment represent?**
- A. A result of improper technique
 - B. A sign of client relaxation
 - C. A risk of treatment
 - D. A normal outcome of therapy
- 8. What characteristic does the deltoid ligament provide to the talocrural joint?**
- A. Protection against lateral stress
 - B. Stability and resistance to medial stress
 - C. Support for plantarflexion
 - D. Aids in ankle inversion
- 9. What should be done before performing passive stretching on a client?**
- A. Cold application to the muscle
 - B. Application of heat to the primary area of concern
 - C. Complete immobilization of the joint
 - D. Prolonged rest of the muscle
- 10. What test would indicate positive results if a client had rotator cuff tears?**
- A. Hawkins-Kennedy test
 - B. Neer test
 - C. Drop Arm test
 - D. Apprehension test

Answers

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

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Explanations

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1. What type of muscle contracts to create movement at a joint?

- A. Stabilizing muscle
- B. Antagonist muscle
- C. Agonist muscle**
- D. Synergist muscle

The correct answer is based on the role of the agonist muscle in movement. Agonist muscles, also known as prime movers, are the primary muscles responsible for generating the force needed to produce movement at a joint. When a joint is mobilized, agonist muscles contract, allowing for the intended motion, such as flexion or extension. For example, during a bicep curl, the biceps brachii acts as the agonist muscle as it contracts to lift the forearm towards the shoulder. This is essential in the mechanics of movement, where the agonist directly facilitates the action. Other types of muscles also play a role, but they serve different purposes that do not involve directly creating movement. Stabilizing muscles help maintain posture and stabilize joints during movement but do not produce movement themselves. Antagonist muscles typically oppose the action of agonists; for instance, during a flexing movement, the triceps act as the antagonist to control the degree of movement and ensure coordinated motion. Synergist muscles assist the agonist in movement or help stabilize the joint during the action but are not the primary drivers of the movement. Understanding these distinctions is vital for recognizing how muscles interact to facilitate movement and maintain joint stability.

2. What joints are classified as amphiarthrotic?

- A. Shoulder joint
- B. Pubic symphysis and intervertebral bodies**
- C. Knee joint
- D. Hip joint

Amphiarthrotic joints are characterized by being slightly movable, providing more flexibility than immovable joints but less than freely movable joints. The pubic symphysis and intervertebral bodies exemplify this classification, as they allow for limited movement—facilitating actions such as walking and bending while still providing stability and support to the spine and pelvis. In contrast, the other joints listed, such as the shoulder, knee, and hip joints, are classified as diarthrotic (freely movable) joints. These joints enable a wide range of motion, which is essential for various activities and functions. Therefore, the pubic symphysis and intervertebral bodies are the correct examples of amphiarthrotic joints, demonstrating the unique properties that define this category in the context of joint classification.

3. If the pectoralis minor is hypertonic, what effect will it have on the scapula?

- A. Rotate it posteriorly
- B. Elevate it superiorly
- C. Lower it inferiorly
- D. Tilt it anteriorly**

When the pectoralis minor becomes hypertonic, it exerts increased tension that can lead to an anterior tilt of the scapula. This muscle attaches to the coracoid process of the scapula and plays a role in stabilizing the shoulder. When hypertonic, it pulls the scapula forward and inward, resulting in an anterior tilt. This anterior tilt can affect the positioning of the shoulder joint, potentially limiting the range of motion and leading to muscular imbalances or postural issues. Understanding this relationship between muscle tension and scapular positioning is crucial for massage therapy, as it aids in identifying patterns that may contribute to discomfort or dysfunction in clients.

4. Which type of question can help uncover specific symptoms of an injury?

- A. General
- B. Pain**
- C. Open-ended
- D. Closed

The most effective type of question to uncover specific symptoms of an injury is a pain question. This type of question is focused on understanding the nature, intensity, location, and characteristics of the pain the client is experiencing. When therapists ask about pain, they can gather essential details such as when the pain occurs, what it feels like (sharp, dull, throbbing), and whether it radiates to other areas. This information is crucial for forming a proper assessment and treatment plan. Pain-related questions help in pinpointing the specific nature of the injury and can guide the therapist to target areas that need more attention. By obtaining a clear profile of the client's pain, the therapist can differentiate between various conditions and develop an effective course of action for healing and rehabilitation. This focus on the specific symptom of pain makes it a vital aspect of examining injuries. General questions may provide some background information but lack the specificity needed to hone in on particular symptoms. Open-ended questions allow clients to express broader thoughts and feelings regarding their condition, but may not lead directly to the specific symptoms of their injury. Closed questions, while useful for obtaining specific facts, often do not elicit the depth of information needed to understand the nuanced experience of pain associated with an injury.

5. What key components does the endocrine system contain?

- A. Liver, kidneys, and pancreas
- B. Heart, lungs, and spleen
- C. Pituitary, adrenal, and thyroid glands**
- D. Brain, spinal cord, and nerves

The endocrine system is primarily responsible for hormone production and regulation, which is crucial for maintaining homeostasis within the body. The key components that make up the endocrine system include glands that secrete hormones directly into the bloodstream. Among these, the pituitary, adrenal, and thyroid glands play essential roles. The pituitary gland, often dubbed the "master gland," regulates various endocrine functions by controlling other glands. The adrenal glands are responsible for producing hormones that help regulate metabolism, the immune response, and stress. The thyroid gland plays a critical role in regulating metabolism, energy generation, and overall growth and development through its production of thyroid hormones. In contrast, the other options contain organs and systems that either do not have significant roles in hormonal regulation or belong to different physiological systems, such as the cardiovascular or nervous systems. Therefore, the inclusion of the pituitary, adrenal, and thyroid glands accurately reflects the core components of the endocrine system.

6. Where are the femoral lymph nodes located?

- A. Axillary region
- B. Cervical region
- C. Inguinal region**
- D. Abdominal region

The femoral lymph nodes are located in the inguinal region, which is situated in the upper thigh, just below the groin. This specific area is clinically significant because the femoral lymph nodes play an essential role in draining lymphatic fluid from the lower limbs, external genitalia, and lower abdominal wall. They form part of the larger lymphatic system, which is vital for immune function and fluid homeostasis in the body. The inguinal region's anatomical positioning allows the femoral lymph nodes to filter and process lymph fluid from these areas before it is returned to the bloodstream. Understanding this location is important for massage therapy practitioners, as it can influence techniques and methods used for lymphatic drainage and overall body wellness.

7. What does pain during and after treatment represent?

- A. A result of improper technique
- B. A sign of client relaxation
- C. A risk of treatment**
- D. A normal outcome of therapy

Pain during and after treatment can represent a risk of treatment, as it may indicate that the body is responding to the techniques being applied in a way that could pose potential harm. While some discomfort can be expected during massage therapy due to the nature of manipulating soft tissues, it's important to recognize that pain exceeding normal levels or persisting beyond the session may signal that the treatment is too aggressive or that there is an underlying issue that should be addressed. Massage therapy is typically designed to alleviate pain and promote relaxation, so experiencing significant pain may suggest that the practitioner needs to adjust their approach or techniques. Understanding the risk involved allows therapists to modify their methods, ensuring the client's safety and comfort during sessions.

8. What characteristic does the deltoid ligament provide to the talocrural joint?

- A. Protection against lateral stress
- B. Stability and resistance to medial stress**
- C. Support for plantarflexion
- D. Aids in ankle inversion

The deltoid ligament plays a crucial role in providing stability and resistance to medial stress at the talocrural joint, which is also known as the ankle joint. This ligament is a strong, flat band that originates on the medial malleolus (the bony prominence on the inside of the ankle) and attaches to various bones of the foot, including the talus and navicular. Its primary function is to prevent excessive eversion (outward rolling) of the foot, which can occur during activities that put strain on the ankle. The stability provided by the deltoid ligament is essential during weight-bearing activities where lateral forces might cause instability. By resisting medial stress, it helps maintain the integrity of the joint, allowing for proper function and movement. This characteristic is particularly important for athletes and individuals who engage in activities that require lateral movements or changes in direction. Other options, such as protection against lateral stress or support for plantarflexion, do not accurately describe the function of the deltoid ligament, as its specific role is centered on preventing excessive movement towards the body's midline rather than providing support against lateral stresses or aiding in plantarflexion. Additionally, while the ankle joint does participate in inversion movements, this is not a primary function related

9. What should be done before performing passive stretching on a client?

- A. Cold application to the muscle
- B. Application of heat to the primary area of concern**
- C. Complete immobilization of the joint
- D. Prolonged rest of the muscle

Before performing passive stretching on a client, applying heat to the primary area of concern is beneficial because it helps to increase the elasticity of the muscles and connective tissues. Heat application encourages blood flow to the area, warms up the tissues, and promotes relaxation, making the muscles more pliable and responsive to stretching. This preparation reduces the risk of injury and allows for a more effective stretch, as the muscle fibers can lengthen more easily when warmed up. Utilizing heat can also enhance overall flexibility and range of motion, allowing the practitioner to work more effectively with the client. In contrast, options involving cold application, immobilization, or prolonged rest would not prepare the muscles adequately for effective stretching, as they would either contribute to stiffness or cause potential immobilization that restricts movement.

10. What test would indicate positive results if a client had rotator cuff tears?

- A. Hawkins-Kennedy test
- B. Neer test
- C. Drop Arm test**
- D. Apprehension test

The Drop Arm test is specifically designed to assess for tears in the rotator cuff, particularly the supraspinatus muscle. When a client has a rotator cuff tear, they may experience difficulty in slowly lowering their arm from an abducted position. During the test, the client is asked to raise their arm to the side and then slowly lower it. A positive result, indicated by the arm dropping uncontrollably or significant pain during the maneuver, suggests a possible tear in the rotator cuff. The other assessments mentioned, while relevant to shoulder injuries, serve different functions. The Hawkins-Kennedy and Neer tests are primarily used to evaluate impingement of the rotator cuff tendons, and the Apprehension test assesses for instability in the shoulder joint rather than directly indicating a tear. Therefore, the Drop Arm test is the most effective choice for specifically identifying rotator cuff tears in a clinical assessment.

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://mblexmassagetherapy.examzify.com>

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

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