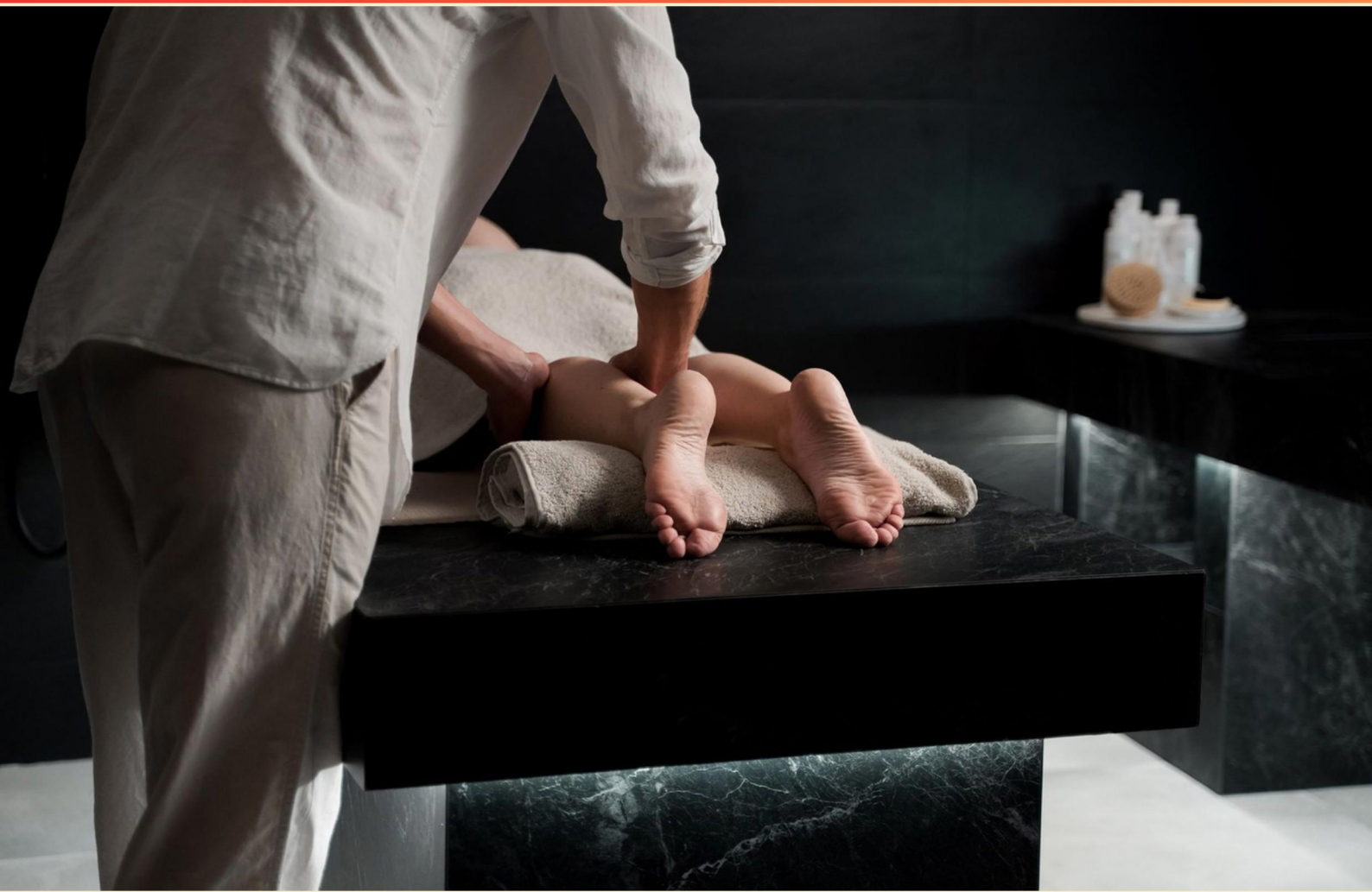


STATE BOARD MASSAGE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
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. If an esthetician performs pétrissage three times on the left side of a client's neck, s/he should perform _____.
 - A. tapotement immediately afterwards
 - B. effleurage six times on the right side of a client's neck
 - C. pétrissage three times on the right side of the client's neck
 - D. effleurage five times on the left side of the client's neck
2. After completing the first step in a massage movement, what should the therapist do next?
 - A. Slide the hands back down to the starting point to repeat the movement.
 - B. Slide the hands back and forth, using friction to repeat the movement.
 - C. Lift the hands from the skin to repeat the step again.
 - D. Lift the hands from the skin to move on to the next movement.
3. What element is critical in the massage process to ensure effective treatment outcomes?
 - A. Client feedback
 - B. Therapist education level
 - C. Marketing skills
 - D. Room ambiance
4. Where are the lightest circular friction movements usually performed?
 - A. The neck
 - B. The hands
 - C. The scalp
 - D. The arms
5. What technique should be used to apply product when beginning a facial massage?
 - A. Tapotement
 - B. Effleurage
 - C. Friction
 - D. Pétrissage

- 6. What type of illness would contraindicate facial massage?**
- A. A recent illness
 - B. A contagious illness
 - C. A genetic illness
 - D. A chronic illness
- 7. What is the primary goal of effleurage in massage therapy?**
- A. Deep muscle relaxation
 - B. To prepare the skin
 - C. Enhancing circulation
 - D. Reducing toxins
- 8. Which technique is NOT generally associated with stimulating effects during massage?**
- A. Effleurage
 - B. Pétrissage
 - C. Friction
 - D. Deep tissue
- 9. Which massage modality should focus on minimizing pain and promoting recovery?**
- A. Pétrissage
 - B. Therapeutic massage
 - C. Sports massage
 - D. Swedish massage
- 10. What area does the trapezius muscle cover?**
- A. The lower back region
 - B. The upper back, neck, and shoulder region
 - C. The chest and abdomen
 - D. The forearm and wrist

Answers

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

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Explanations

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1. If an esthetician performs pétrissage three times on the left side of a client's neck, s/he should perform _____.

- A. tapotement immediately afterwards
- B. effleurage six times on the right side of a client's neck
- C. pétrissage three times on the right side of the client's neck**
- D. effleurage five times on the left side of the client's neck

The best choice is to perform pétrissage three times on the right side of the client's neck after having done the same technique on the left side. This approach maintains balance in the treatment, ensuring both sides of the body receive equal attention and stimulation. Pétrissage, which involves kneading and rolling movements, is designed to enhance circulation and relieve muscle tension. By utilizing the same technique on both sides, the esthetician provides a uniform experience that promotes symmetry in treatment. In contrast, other options introduce different types of techniques or unequal focus on one side, which may disrupt the flow of the treatment. For instance, performing tapotement immediately after pétrissage alters the therapeutic effect and may not be appropriate following this particular technique. Similarly, doing effleurage on one side does not address the need for equal treatment on both sides, which can lead to a lack of balance in application.

2. After completing the first step in a massage movement, what should the therapist do next?

- A. Slide the hands back down to the starting point to repeat the movement.**
- B. Slide the hands back and forth, using friction to repeat the movement.
- C. Lift the hands from the skin to repeat the step again.
- D. Lift the hands from the skin to move on to the next movement.

The focus of the correct answer lies in understanding the sequence and flow of massage techniques. After completing the first step in a massage movement, the therapist should slide the hands back down to the starting point to repeat the movement. This practice ensures that the therapist maintains a steady and consistent rhythm, which is crucial for effective massage. Repeating the movement allows the therapist to build up the benefits of the technique, facilitate better relaxation, and enhance circulation in the targeted area. Additionally, returning to the starting point aids in creating a cohesive experience for the client, as they can anticipate and adjust to the rhythm of the strokes. It also helps to reinforce the effects of the initial movement before transitioning to further techniques. While other options may present different ways to manipulate the body, they do not follow the recommended sequence for a well-structured massage movement. Maintaining a clear progression by repeating the movement ensures the integrity of the massage session and maximizes its therapeutic benefits.

3. What element is critical in the massage process to ensure effective treatment outcomes?

A. Client feedback

B. Therapist education level

C. Marketing skills

D. Room ambiance

Client feedback is a vital element in the massage process as it plays a significant role in tailoring the treatment to meet the specific needs and preferences of the client. Effective communication allows the therapist to understand the client's comfort levels, pain points, and expectations regarding the massage. When clients share their experiences and provide feedback during and after the session, it enables the therapist to adjust techniques, pressure, and types of strokes used. This collaborative approach fosters a more personalized treatment experience and can greatly enhance the effectiveness of the therapy. While other factors such as therapist education level, marketing skills, and room ambiance may contribute to the overall massage experience, they do not directly influence the effectiveness of the treatment as profoundly as client feedback does. The therapist's knowledge is essential for applying techniques correctly, but without input from the client, the treatment may not align with their needs. Similarly, marketing skills are important for attracting clients, and room ambiance can create a pleasant atmosphere, but ultimately, it is client feedback that drives optimal treatment outcomes.

4. Where are the lightest circular friction movements usually performed?

A. The neck

B. The hands

C. The scalp

D. The arms

The lightest circular friction movements are typically performed on the neck due to the sensitivity of the skin and soft tissue in that area. The neck contains delicate structures, including blood vessels and nerves, making gentle techniques particularly important for avoiding discomfort or injury. Circular friction movements in this area can help increase blood circulation, relieve tension, and promote relaxation without causing strain. In contrast, while other areas like the hands, scalp, and arms can also benefit from friction techniques, the neck is especially suited for lighter pressure because it often has a lower tolerance for deep manipulation and requires a more nuanced approach to massage. Therefore, performing these light friction movements on the neck allows the therapist to respect the inherent sensitivities and anatomical considerations of this region.

5. What technique should be used to apply product when beginning a facial massage?

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

Effleurage is the technique used to apply product at the beginning of a facial massage because it involves long, gliding strokes that are gentle and soothing, making it ideal for spreading products evenly over the skin. This technique helps to prepare the skin for deeper work by promoting relaxation and increasing blood circulation. Using effleurage at the onset of a facial massage not only allows the therapist to assess the skin but also helps to establish a connection and comfort level with the client. By providing a smooth and gentle touch, it sets the tone for the rest of the massage, making it easier to transition into more specific techniques as needed. Other techniques, such as tapotement, friction, and pétrissage, while valuable in their own right, serve different purposes in a massage session. Tapotement consists of rhythmic tapping or percussion that can invigorate the skin, friction is used for deeper heat and stimulation in specific areas, and pétrissage involves kneading and squeezing of tissues. None of these techniques are suitable for the initial product application, as they are more vigorous and require the skin to be warmed up first.

6. What type of illness would contraindicate facial massage?

- A. A recent illness
- B. A contagious illness**
- C. A genetic illness
- D. A chronic illness

Facial massage is contraindicated for individuals with a contagious illness because the nature of these conditions allows pathogens to be easily transmitted from one person to another. When performing a facial massage, close physical contact occurs, which increases the risk of spreading viruses or bacteria present in a contagious illness, such as the flu, common cold, or any skin infections that may be transmitted through direct touch. It's essential to maintain health and safety standards in massage therapy to protect both the practitioner and the client, making it crucial to avoid any treatments that could facilitate the spread of infectious agents. Recent illnesses, genetic illnesses, and chronic illnesses do not inherently pose the same immediate risk of contagion to others during a massage session. While some recent illnesses may indicate caution, they are not universally infectious like contagious illnesses.

7. What is the primary goal of effleurage in massage therapy?

- A. Deep muscle relaxation
- B. To prepare the skin
- C. Enhancing circulation**
- D. Reducing toxins

Effleurage is a specific stroking technique used in massage therapy characterized by smooth, gliding strokes that generally cover large areas of the body. The primary goal of effleurage is to enhance circulation. This technique improves blood flow and lymphatic drainage, thereby promoting overall circulation to the tissues. By increasing circulation, effleurage helps deliver oxygen and nutrients to the muscles while also aiding in the removal of metabolic waste products, which can enhance the overall effectiveness of subsequent massage techniques. While effleurage can contribute to deep muscle relaxation and prepare the skin for deeper work, its foundational purpose is to stimulate and improve circulation, making the body more receptive to further treatment. The technique also serves to relax the client and can establish a rhythm and connection between the therapist and the recipient, but fundamentally, the goal is to promote circulation.

8. Which technique is NOT generally associated with stimulating effects during massage?

- A. Effleurage
- B. Pétrissage
- C. Friction
- D. Deep tissue**

Deep tissue massage is primarily aimed at relieving tension in deeper layers of muscle and fascia. This technique often involves slower, more intense pressure, which is not typically classified as having stimulating effects. Instead, deep tissue work is more focused on therapeutic benefits, addressing specific muscle issues, tension, and pain relief rather than stimulating the entire body. In contrast, effleurage, petrissage, and friction techniques are more associated with stimulating effects. Effleurage involves long, gliding strokes, which can help stimulate circulation and prepare the body for deeper work. Pétrissage incorporates kneading movements that lift, roll, and compress the muscles, promoting blood flow and stimulating muscle fibers. Friction involves circular movements that can enhance local circulation and stimulate the tissue beneath the skin, contributing to increased warmth and responsiveness. Therefore, deep tissue massage distinctly differs in its approach and purpose, centering on therapeutic outcomes rather than stimulation, which makes it the correct choice in this context.

9. Which massage modality should focus on minimizing pain and promoting recovery?

- A. Pétrissage
- B. Therapeutic massage**
- C. Sports massage
- D. Swedish massage

The focus of therapeutic massage is to minimize pain and promote recovery. This modality is specifically designed to address various physical ailments and conditions by applying techniques that may help ease tension, reduce discomfort, and foster healing. Therapeutic massage incorporates a range of techniques tailored to the individual's needs, making it a versatile option for those recovering from injuries, managing chronic pain, or undergoing rehabilitation. While other modalities, such as sports massage or Swedish massage, may also incorporate elements that support recovery, therapeutic massage is specifically aimed at targeting pain relief and enhancing the healing process. Sports massage focuses on performance enhancement and injury prevention for athletes, while Swedish massage is designed for relaxation and enhancing overall well-being. Thus, therapeutic massage stands out as the ideal choice for addressing pain and recovery directly.

10. What area does the trapezius muscle cover?

- A. The lower back region
- B. The upper back, neck, and shoulder region**
- C. The chest and abdomen
- D. The forearm and wrist

The trapezius muscle is a large, triangular muscle located in the upper back and neck region. It plays a crucial role in various movements and functions, including the elevation, rotation, and retraction of the scapula (shoulder blade). The muscle extends from the base of the skull down the spine to the lower back and laterally to the shoulders. This broad coverage allows it to facilitate movements such as shrugging the shoulders, tilting the head back, and assisting with arm movements. Understanding its location is vital for massage therapists, as it helps them effectively target areas of tension and discomfort related to stress, poor posture, or overuse. Knowledge of the trapezius muscle's anatomy and function helps in creating effective treatments and ensuring clients receive appropriate care for their specific needs.

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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://sbmessage.examzify.com>

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

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