



Free Questions for MBLEx by certscare

Shared by Reid on 22-07-2024

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Question 1

Question Type: MultipleChoice

Which of the following is typical of an acute injury?

Options:

- A- Scar tissue
- B- Keloids
- C- Inflammation
- D- Depression

Answer:

C

Explanation:

All of the other options would indicate a chronic or later stage of an injury/dysfunction. During an acute injury, inflammation would be most evident.

Question 2

Question Type: MultipleChoice

Which of the following massage techniques would be best suited for a healed fracture?

Options:

- A- Trigger point
- B- Petrissage
- C- Tapotement
- D- Deep tissue

Answer:

B

Explanation:

The action of petrissage is best suited for moving stagnant blood and lymph away from an injury site and replacing it with nutrient rich blood and fresh lymph.

Question 3

Question Type: MultipleChoice

The tibial nerve is a distal branch of which nerve?

Options:

- A- Sciatic
- B- Brachial plexus
- C- Sacral plexus
- D- Lumbar plexus

Answer:

A

Explanation:

The tibial nerve is a distal branch of the sciatic nerve which passes through the popliteal fossa where it divides into the medial and lateral plantar nerves.

Question 4

Question Type: MultipleChoice

A client has been diagnosed with pes cavus, which means they have _____.

Options:

- A-** flat feet
- B-** high arches of the feet
- C-** aninfected abscess
- D-** extreme cavities

Answer:

B

Explanation:

A client with pes cavus has a foot deformity characterized by an abnormally high medially longitudinal arch, also known as a high medial arch of the foot.

Question 5

Question Type: MultipleChoice

Using the AC joint during an assessment would give an indication of _____ symmetry.

Options:

A- ankle

B- hip

C- shoulder

D- head

Answer:

C

Explanation:

The AC joint is the acromioclavicular joint located at the junction of the acromion process and the clavicle. The AC joint is assessed to indicate the symmetry of the shoulder.

Question 6

Question Type: MultipleChoice

_____ is a proprioceptive sensory receptor located at the insertion of skeletal muscle which protects against damage from an excessive load or stretch.

Options:

A- apparatus

- B- tendon organ
- C- Action potentials
- D- Spinal reflex

Answer:

B

Explanation:

A Golgi tendon organ or GTO provides the sensory component to the Golgi tendon reflex, a phenomenon that protects a muscle/tendon from an excessive load or stretch.

Question 7

Question Type: MultipleChoice

How many types of Schwann cells exist in the human body?

Options:

A- 1

B- 2

C- 3

D- 4

Answer:

B

Explanation:

There are two types: myelinating and nonmyelating. Myelinating Schwann cells wrap around axons of motor and sensory neurons to form the myelin sheath, which acts to protect and support nerve functioning. Non-myelinating Schwann cells are involved with maintaining the health and vitality of the axon or nerve fiber.

Question 8

Question Type: MultipleChoice

Molecules of carbon dioxide and oxygen are passively exchanged by the process of _____.

Options:

- A- fission
- B- diffusion
- C- dispersion
- D- metabolism

Answer:

B

Explanation:

Diffusion is the process where an area of higher concentration naturally flows into an area of lower concentration. Upon inspiration of air into the lungs, the alveolar sac is full of oxygen and the surrounding tissue is saturated with carbon dioxide rich blood. Next, the process of diffusion allows oxygen to flow into the blood from the alveolar sacs and carbon dioxide to flow from the blood into the alveolar sacs where it will be released through exhalation.

Question 9

Question Type: MultipleChoice

On which bone would you locate the infraglenoid tubercle?

Options:

A- Clavicle

B- Pelvic

C- Calcaneus

D- Scapula

Answer:

D

Explanation:

The infraglenoid tubercle is the attachment site of the long head of the triceps brachii and is located at the most superior aspect of the lateral border of the scapula.

Question 10

Question Type: MultipleChoice

The brachial artery is a branch from which larger artery?

Options:

A- Axillary

B- Femoral

C- Carotid

D- Descending aorta

Answer:

A

Explanation:

The brachial artery continues from the axillary artery and runs between the triceps and biceps brachii. The pulse of the brachial artery can be palpated between these muscles on the anterior side of the arm.

Question 11

Question Type: MultipleChoice

incommonly dry weather is an example of a(n)_____ factor for ligament injuries.

Options:

- A- geographical
- B- medical
- C- Intrinsic
- D- extrinsic

Answer:

D

Explanation:

According to the American Orthopedic Society for Sports Medicine, dry weather has an effect on non-contact ACL (anterior cruciate ligament) injuries of football players. Extrinsic factors for injury are forces that act from outside the human body. In this case, the uncommonly dry weather is an extrinsic factor of injury.

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