



**Free Questions for MBLEx by vceexamstest**

**Shared by Wilkins on 15-04-2024**

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# Question 1

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**Question Type:** MultipleChoice

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A small, rough protuberance on a bone is called a \_\_\_\_\_.

## Options:

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- A- Tuberosity
- B- Condyle
- C- Trochanter
- D- Spine

## Answer:

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A

## Explanation:

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A condyle is a large rounded area on a bone, usually at a joint articulation. A trochanter is a large projection from a bone. A spine or spinous process is a flat ridge-like flange protruding from a bone, typically a vertebra.

## Question 2

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**Question Type:** MultipleChoice

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Which bone does the tibialis anterior insert into?

### Options:

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- A- Base of the first metacarpal
- B- Medial cuneiform
- C- Navicular
- D- Calcaneus

### Answer:

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B

### Explanation:

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Tibialis anterior muscle inserts into the medial or first cuneiform bone and the first metatarsal of the foot.

## Question 3

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**Question Type:** MultipleChoice

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A regular client has recently complained of pain in the arches of their feet. Which of the following healthcare providers should you refer your client to?

### Options:

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- A- Physical Therapist
- B- Chiropractor
- C- Orthopedist
- D- Podiatrist

### Answer:

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D

### Explanation:

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A Podiatrist is a doctor devoted to the study, diagnosis and treatment of disorders that affect the foot, ankle and lower leg. Practitioners of podiatry may focus on varying specialties within the field including primary care, orthopedics, biomechanics, pediatrics, geriatrics, sports medicine and surgery. Having an understanding of the different branches of medical providers will increase your effectiveness with your clients and allow for a better network of practitioners.

## Question 4

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**Question Type:** MultipleChoice

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What are the ideal times to perform an assessment of the client to understand problem areas and the effectiveness of treatment?

### Options:

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- A- After the treatment
- B- During the treatment
- C- All of the above
- D- A and b only

### Answer:

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A

**Explanation:**

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Before starting treatment with a client, a massage therapist must first understand what the nature of the client's complaint is, whether the condition is indicated or contraindicated or if a referral is necessary. Once the therapy session is complete, an assessment is necessary to determine the benefit of the treatment to the client.

## Question 5

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**Question Type:** MultipleChoice

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What condition would you use the Adson maneuver for?

**Options:**

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- A- Thoracic outlet syndrome
- B- Sciatica
- C- Piriformis syndrome

**D-** Hip hike

**Answer:**

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A

**Explanation:**

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The Adson maneuver is used to determine a thoracic outlet compression. To conduct the Adson maneuver, a massage therapist places the client's arm into horizontal abduction on the affected side to a 45 degree angle while rotating their head toward the affected side. The massage therapist then instructs the client to extend their head which tightens the scalene muscles, which should magnify any preexisting compression of the subclavian artery and brachial plexus. The massage therapist palpates for a decrease in the radial pulse while the client takes deep breathes to exaggerate the compression.

## Question 6

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**Question Type:** MultipleChoice

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The protein that stores oxygen in skeletal muscle cells is:

**Options:**

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A- Myosin

B- Hemoglobin

C- Myoglobin

D- Troponin

**Answer:**

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C

**Explanation:**

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Skeletal muscles are reddish because they contain the red pigment myoglobin. Myoglobin is a globular protein similar to hemoglobin, the pigment in red blood cells that transports oxygen. Myoglobin also binds oxygen, making it available to skeletal muscles during muscle contraction.

## Question 7

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**Question Type:** MultipleChoice

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The structure that connects the liver to the gall bladder is the:

**Options:**

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- A- Hepatic portal vein
- B- Hepatic duct
- C- Bile duct
- D- The liver is not connected to the gall bladder

**Answer:**

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B

**Explanation:**

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The hepatic duct transports bile secreted in the liver into the gall bladder. The gall bladder stores and concentrates bile. The bile duct releases bile from the gall bladder into the small intestine.

## Question 8

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**Question Type: MultipleChoice**

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Which muscle is a prime mover for neck extension?

**Options:**

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- A- Splenius capitis
- B- Extensor hallicus lonqus
- C- Sternocleidomastoid
- D- Rhomboids major

**Answer:**

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A

**Explanation:**

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The splenius capitis muscle originates along the lower half of the nuchal ligament, spinous process of the seventh cervical vertebrae and the upper third or fourth thoracic vertebrae which insert into the mastoid process of the temporal bone. The action of the splenius capitis is to extend the neck posteriorly as well as assisting with lateral rotation and lateral flexion of the cervical spine.

## Question 9

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**Question Type:** MultipleChoice

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A postural assessment may be performed while a client is at rest in a supine position.

**Options:**

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**A-** TRUE

**B-** FALSE

**Answer:**

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B

**Explanation:**

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A postural assessment can be performed while the client is standing to observe how they hold themselves upright in relation to gravitational forces or while laying down in a supine/prone position to determine any asymmetries.

## Question 10

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**Question Type:** MultipleChoice

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During the objective portion of a massage intake, what information will the therapist gather from a functional assessment?

### Options:

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- A- Muscular deviations
- B- Restricted and painful movement patterns
- C- Tissue texture and temperature
- D- Cause of soft tissue injuries

### Answer:

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B

### Explanation:

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The purpose of a functional assessment is to evaluate movement patterns and whether they are restricted, painful, exaggerated or normal in function.

# Question 11

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**Question Type:** MultipleChoice

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Which test would you use to assess a nerve compression between the clavicle and first rib?

## Options:

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- A- Adson's test
- B- Costoclavicular test
- C- Phalen's test
- D- Tinel's sign

## Answer:

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B

## Explanation:

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Costoclavicular test is often used to determine a brachial plexus compression syndrome. The costoclavicular test is also known as the military position test since the client rotates shoulders back and thrusts chest forward much like standing at attention. The practitioner feels for changes in the radial pulse to indicate a compression syndrome.



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