FSMTB MBLEx Practice Questions

Shared by Barrett on 04-11-2026

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Question 1

Question Type: MultipleChoice

Neutrophils, monocytes and macrophages are all under the classification of _____.

Options:

A- lymphocytes
B- phagocytes
C- proteins
D- neurotransmitters

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Answer:

B

Explanation:

Neutrophils, monocytes and macrophages are all phagocytes, which are cells of the immune system that ingest and destroy foreign cells or other harmful substances via phagocytosis.

Question 2

Question Type: MultipleChoice

During an assessment, a massage therapist instructs their client to move a part of their body without assistance. This is known as _____.

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Options:

A- active ROM
B- lactive-assisted ROM
C- passive ROM
D- resistive ROM

Answer:

A

Explanation:

When a client performs an unassisted movement of their body, they are displaying an active ROM. This is used to determine the client's natural range of motion.

Question 3

Question Type: MultipleChoice

Which of the following is the local laws that control the physical location of an office?

Options:

A- Building codes
B- Licensing
C- Zoning
D- Business registry

Answer:

C

Explanation:

Zoning ordinances and regulations are local laws that govern how a property can be used. Always check with the local municipality before making any major changes to a home or office.

Question 4

Question Type: MultipleChoice

Where would you locate stratum lucidum?

Options:

A- heart

B- muscle
C- skin
D- bone

Answer:

C

Explanation:

Stratum lucidum is a translucent buildup of two to three layers of dead skin cells typically found on the palms of the hands or the soles of the feet. Stratum lucidum is located between the deeper stratum granulosum and the more superficial stratum corneum layers of skin. The thickness of stratum layers of cells is governed by the rate of mitosis (cellular division.)

Question 5

Question Type: MultipleChoice

What do boundaries clarify?

Options:

A- Our needs and desires
B- Our need to protect ourselves
C- Our need to protect our
D- Our personal limits and expectations

Answer:

D

Explanation:

Having clear boundaries will assist the massage therapist in knowing when a personal limit has been reached and what can be expected from the therapist and the client within a professional relationship.

Question 6

Question Type: MultipleChoice

Malpractice insurance is a requirement by Federal law.

Options:

A- TRUE
B- FALSE

Answer:

B

Explanation:

Malpractice insurance is not required by Federal law. Regulations on massage vary from state to state. However, to adhere to sound business practices and for the protection of yourself and your clients, malpractice insurance is considered a necessity within the massage community.

Question 7

Question Type: MultipleChoice

Where are cubital lymph nodes located?

Options:

A- Knees
B- Thoracic cavity
C- Neck
D- Elbow

Answer:

B

Explanation:

Cubital refers to the elbow and will indicate that region when used with anatomical terms as cubital fossa, cubital tunnel and median cubital vein.

Question 8

Question Type: MultipleChoice

Quick, shallow breaths are an indication of forced inhalation. Which of the following muscles would be hypertonic from an improper breathing pattern?

Options:

A- Rhomboids
B- Scalenes
C- Abdominals
D- Diaphragm

Answer:

B

Explanation:

Scalene muscles are typically reposed during normal respiration and only come into action during heavy exertion or forced inhalation. However, in a faulty breathing pattern, the scalene (along with the upper trapezius, levator scapulae, SCMS and pec minor) become primary breathing muscles and are active with each inspiration. This additional stress leads to the development of trigger points within these muscles. Assisting the client to correct their breathing pattern is as essential to rehabilitation as is releasing the hypertonic muscles.

Question 9

Question Type: MultipleChoice

Auditory ossicles are formed of which kind of tissue?

Options:

A- Muscle
B- Bone
C- Cartilage
D- Nervous

Answer:

B

Explanation:

The ossicles are the three smallest bones in the human body and help transmit sound to the cochlea. The term ossicles literally means ''tiny bones'' and are named the incus, the malleus and the stapes. An absence of these bones causes a severe hearing loss.

Question 10

Question Type: MultipleChoice

How many arches are in a normal human foot?

Options:

A- 1
B- 2
C- 3
D- 4

Answer:

C

Explanation:

There are three arches in a normal human foot. These are the medial longitudinal arch, the lateral longitudinal arch and the transverse arch.

Question 11

Question Type: MultipleChoice

Refer to the following to answer the next 3 questions:A 43 year old female client presents with pain in the right hand with episodes of pins and needles and occasional numbness. Upon inspection you notice a slight bluish discoloration of her arm and sensitivities of her right anterior neck. She claims to be under a lot of stress at work and she has been working overtime lately at a desk job typing 8-10 hours a day. What condition is the client most likely experiencing?

Options:

A- Carpal tunnel
B- Thoracic outlet
C- Cubital tunnel
D- Rotator cuff injury

Answer:

B

Explanation:

Whole hand nerve sensations with arm discoloration indicate compression at the thoracic outlet.

Question 12

Question Type: MultipleChoice

A client has been diagnosed with a grade 3 chronic pain disorder, what would you expect to see in the client?

Options:

A- Low disability - high intensity
B- High disability- moderately limiting
C- High disability - highly
D- Low disability - low intensity

Answer:

B

Explanation:

A client with a grade 3 disability is considered highly disabled but with moderate limitation of functionality. A good example is an injured construction worker with a crushed vertebrae who is disabled from returning to work, but has moderate limitations in daily functions like walking, sitting and eating.

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Question 13

Question Type: MultipleChoice

Which option best determines the necessary certifications and educational requirements for licensure?

Options:

A- State regulations
B- AMTA quidelines
C- HIPAA requlations
D- Federal agency

Answer:

A

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Explanation:

Licensure is handled by state massage boards that determine the minimum educational requirements and certifications needed for qualification. A massage therapist who is interested in licensure in a state that regulates massage should first contact the state massage board for regulation requirements.

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