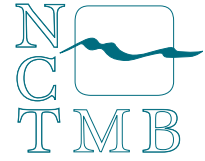


# NATIONAL CERTIFICATION EXAMINATION FOR THERAPEUTIC MASSAGE & BODYWORK SAMPLE QUESTIONS



The following questions are representative of the type that will appear on the National Certification Examination For Therapeutic Massage and Bodywork (NCETMB)

## 1. CONTENT AREA I. A.

**Palpation of which bony landmark helps to locate the ulnar nerve?**

- A. Calcaneus
- B. Spine of scapula
- C. Anterior margin of tibia
- D. Medial epicondyle of the humerus

## 2. CONTENT AREA I. A.

**The psoas muscle is located in which body cavity?**

- A. Abdominal
- B. Thoracic
- C. Pleural
- D. Cranial

## 3. CONTENT AREA I. A.

**The Stomach Channel begins:**

- A. at the inside base of the large toenail
- B. in the center of the axilla
- C. below and in line with the pupil
- D. at the base of the index finger

## 4. CONTENT AREA I. B.

**The “fight-or-flight” response to stress is an activation of which part of the nervous system?**

- A. Somatic
- B. Parasympathetic
- C. Sympathetic
- D. Voluntary

## 5. CONTENT AREA I. C.

**What is the position of the ankle at the time of injury for a lateral sprain to occur?**

- A. Plantarflexed
- B. Dorsiflexed
- C. Everted
- D. Inverted

## 6. CONTENT AREA III. A.

**Which of the following conditions BEST defines psoriasis?**

- A. Carcinoma
- B. Contagious disease
- C. Chronic skin disorder
- D. Chronic fungal infection

## 7. CONTENT AREA III. J.

**Heavy percussion is contraindicated over the:**

- A. lungs
- B. shoulder
- C. ribs
- D. kidneys

## 8. CONTENT AREA V. A.

**Massage can help lower blood levels of which stress-related substance?**

- A. Somatotrophin
- B. Follicle-stimulating hormone
- C. Epinephrine
- D. Parathyroid hormone

## 9. CONTENT AREA V. B.

**Which of the following does a moist heat compress produce?**

- A. Muscle relaxation
- B. Decreased soreness of rheumatic joints
- C. Decreased peristaltic action
- D. Vasoconstriction

## 10. CONTENT AREA VI. J.

**A client with hypothyroidism may need which of the following accommodations to be comfortable during a session?**

- A. Warm room temperature
- B. Side lying position
- C. Extra cervical support
- D. Frequent bathroom visits

## CORRECT ANSWERS

- |        |       |       |
|--------|-------|-------|
| 1 – D  | 2 – A | 3 – C |
| 4 – C  | 5 – D | 6 – C |
| 7 – D  | 8 – C | 9 – A |
| 10 – A |       |       |