

Massage Therapy Test

1. What is the primary goal of massage therapy?
 - a) To relax the mind
 - b) To relieve muscle tension
 - c) To improve circulation
 - d) All of the above

2. Which of the following is NOT a common type of massage technique?
 - a) Swedish massage
 - b) Deep tissue massage
 - c) Hot stone massage
 - d) Acupuncture

3. The pressure applied during a massage can range from:
 - a) Light to firm
 - b) Firm to deep
 - c) Deep to intense
 - d) Intense to painful

4. Which of the following is NOT a potential benefit of massage therapy?
 - a) Pain relief
 - b) Stress reduction
 - c) Increased flexibility
 - d) Increased hair growth

5. Which of the following is a common area of focus during a back massage?
 - a) Neck and shoulders
 - b) Lower back and hips
 - c) Legs and feet
 - d) Arms and hands

6. A massage therapist may use which of the following tools during a massage?

- a) Hot stones
- b) Massage oils
- c) Cupping cups
- d) All of the above

7. Which of the following is a common technique used during a Swedish massage?

- a) Effleurage (long, gliding strokes)
- b) Petrissage (kneading and squeezing)
- c) Tapotement (rhythmic tapping)
- d) All of the above

8. Which of the following is a common technique used during a deep tissue massage?

- a) Friction (deep, circular movements)
- b) Vibration (rapid shaking or trembling)
- c) Compression (firm, sustained pressure)
- d) All of the above

9. Which of the following is NOT a contraindication for massage therapy?

- a) Broken bones
- b) High blood pressure
- c) Recent surgery
- d) None of the above

10. How often is it recommended to get a massage for general wellness?

- a) Once a day
- b) Once a week
- c) Once a month
- d) Once a year

11. Which of the following is NOT a common massage technique used for relaxation?

- a) Shiatsu massage
- b) Aromatherapy massage
- c) Thai massage
- d) Swedish massage

12. Which of the following is a common massage technique used for athletes?

- a) Myofascial release
- b) Reflexology
- c) Craniosacral therapy
- d) Reiki

13. Which of the following is a common massage technique used for pregnant women?

- a) Prenatal massage
- b) Hot stone massage
- c) Thai massage
- d) Sports massage

14. Which of the following is NOT a potential side effect of massage therapy?

- a) Soreness
- b) Fatigue
- c) Increased blood circulation
- d) Headache

15. Which of the following is a common area of focus during a foot massage?

- a) Neck and shoulders
- b) Lower back and hips
- c) Legs and feet
- d) Arms and hands

16. Which of the following is a common massage technique used for stress relief?

- a) Swedish massage

- b) Deep tissue massage
- c) Hot stone massage
- d) Shiatsu massage

17. Which of the following is a common massage technique used for pain relief?

- a) Trigger point therapy
- b) Thai massage
- c) Aromatherapy massage
- d) Reflexology

18. Which of the following is NOT a common type of massage oil?

- a) Jojoba oil
- b) Coconut oil
- c) Lavender oil
- d) Olive oil

19. Which of the following is a common area of focus during a scalp massage?

- a) Neck and shoulders
- b) Lower back and hips
- c) Head and scalp
- d) Legs and feet

20. The purpose of massage therapy is to:

- a) Promote relaxation and reduce stress
- b) Relieve muscle tension and pain
- c) Improve overall well-being
- d) All of the above