

AMTA Test Practice Test Questions and Answers

1. What is the primary principle behind therapeutic massage therapy?

- A) Increasing muscle tension
- B) Improving circulation and reducing muscle tension
- C) Diagnosing medical conditions
- D) Prescribing medications

2. Which massage technique involves long, flowing strokes toward the heart?

- A) Petrissage
- B) Effleurage
- C) Tapotement
- D) Friction

3. What is the most important contraindication for massage therapy?

- A) Client being tired
- B) Acute injury or inflammation
- C) Client wearing jewelry
- D) Room temperature being cool

4. How often should massage therapy equipment be sanitized?

- A) Once per week
- B) Between each client
- C) Once per month
- D) Only when visibly dirty

Answers: 1-B 2-B 3-B 4-B

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