

Massage Therapist Practice Test Questions and Answers

1. What is the primary benefit of Swedish massage?

- A) Deep tissue manipulation only
- B) Relaxation, improved circulation, and stress reduction
- C) Treating only sports injuries
- D) Correcting skeletal alignment

2. Which contraindication requires massage therapists to avoid treatment?

- A) Client feeling slightly tired
- B) Acute inflammation, fever, or infectious conditions
- C) Client requesting relaxation
- D) Scheduled appointment time

3. What is the proper pressure for therapeutic massage?

- A) Always maximum pressure regardless of client comfort
- B) Appropriate pressure based on client needs, tolerance, and treatment goals
- C) Only light pressure for all clients
- D) Pressure determined by therapist preference only

4. Which professional boundary is essential for massage therapists?

- A) Sharing personal information with all clients
- B) Maintaining appropriate professional relationships and client confidentiality
- C) Providing medical diagnoses
- D) Treating clients outside of professional settings

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

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