

Massage Therapy Practice Test Questions and Answers

1. SOAP notes stand for:

- A) Subjective, Objective, Assessment, Plan
- B) Symptoms, Observations, Analysis, Prescription
- C) Session, Outcome, Actions, Protocol
- D) Subjective, Outcome, Analysis, Plan

2. Professional boundaries protect:

- A) Both the client and the therapist
- B) Only the therapist from liability
- C) Only the client from harm
- D) Only the therapist's business reputation

3. Fibromyalgia is characterized by:

- A) Widespread musculoskeletal pain and tender points
- B) Joint destruction from autoimmune attack
- C) Peripheral nerve demyelination
- D) Muscle enzyme deficiency

4. A hypertonic muscle is best described as:

- A) A muscle with excessive, sustained tension that is shorter than normal
- B) A muscle that is completely paralyzed
- C) A muscle with reduced tone that is elongated
- D) A muscle with normal tone and full range of motion

Answers: 1-A 2-A 3-A 4-A

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