

1. What is a trigger point
 - a. Fluid filled area
 - b. Entire muscle contraction
 - c. Small area of muscle that contracts
 - d. Minor tear
2. Which is not an indication of a trigger point
 - a. Pain
 - b. Decreased ROM
 - c. Muscle weakness
 - d. Decreased nerve function
3. What type of trigger point doesn't cause pain while at rest
 - a. Myofascial tp
 - b. Satellite tp
 - c. Latent myofascial tp
 - d. None
4. Tps can be difficult to identify especially if there is
 - a. Adipose tissue
 - b. Multiple muscle layers
 - c. Both a and b
 - d. None
5. Which muscle did Dr Hawley refer to as the "computer mouse muscle"
 - a. Psoas
 - b. Levator scapula
 - c. Biceps
 - d. Triceps
6. Which of the glute muscles can have satellite tps that travel down the TFL
 - a. Glute min
 - b. Glute max
 - c. Glute med
 - d. None
7. A TP that is in another area but related to the primary TP is termed
 - a. Rocket
 - b. Extra TP
 - c. Clones TP
 - d. Satellite TP
8. A collection of many TPs is termed
 - a. A lot of pain
 - b. Myofascial pain syndrome
 - c. Cluster TPs
 - d. None
9. When the entire muscle contracts on a client they are experiencing a
 - a. Trigger point

- b. Knot
 - c. Muscle spasm
 - d. None
10. When dealing with satellite TPs Dr Hawley said he has found that sometimes
- a. Leaving them alone works best
 - b. Ignore them and work only the primary
 - c. Use a dual contact one hand on the primary and one on the satellite
 - d. Use ice on satellite and heat on primary
11. Which part of the cell did Dr Hawley mention was responsible for dampening down the insulin receptors?
- a. Endoplasmic reticulum (ER)
 - b. Fat cell
 - c. Mitochondria
 - d. Never mentioned cells
12. Which organ produces insulin
- a. Liver
 - b. Gall bladder
 - c. Pancreas
 - d. Spleen
13. What type is insulin dependent
- a. Type 2
 - b. Type 1
 - c. A1C
 - d. None
14. When blood sugar drops low it is termed
- a. Hydrostatic
 - b. Hypoglycemic
 - c. Hyperglycemic
 - d. Hyper adrenalin
15. Which method of massage did DrH warn about with neuropathy clients
- a. Swedish
 - b. Compressive
 - c. Hot stone
 - d. Reflexology
16. A1C test measures
- a. Instant sugar levels
 - b. Urine sugar levels
 - c. Average blood sugar levels over 2-3 months
 - d. Average blood sugar levels over 2 weeks
17. What social media platform did DrH mention
- a. Facebook
 - b. Twitter
 - c. Yahoo
 - d. Google

18. During and right after a massage the client may become
 - a. Hyperglycemic
 - b. Hypoglycemic
 - c. Alert
 - d. None
19. What else does the pancreas produce in addition to insulin
 - a. Glucagon
 - b. Glycerol
 - c. Estrogen
 - d. Testosterone
20. Which is considered a "diabetes" level on an A1C test
 - a. 2
 - b. 4
 - c. 8
 - d. 1
21. Lymphatics are found everywhere in the body except
 - a. Cornea
 - b. CNS
 - c. Interstitial tissue
 - d. Intestine
22. Which is bigger re the lymphatic system
 - a. Lymph capillaries
 - b. Thoracic trunk
 - c. Lymph node
 - d. Lymph cell
23. Little muscles inside the lymph by the valves are called
 - a. Pumpers
 - b. Lymphangions
 - c. Smooth
 - d. Skeletal
 - e. None
24. Lymph have----- valves
 - a. No valves
 - b. 3 valves
 - c. One way
 - d. Bi way valves

25. Main hub in cervical region where the head lymph drains into. Just lateral of the episternal notch.
- Venus angle
 - Scalene triangle
 - Lateral boarder
 - Venous capsule
26. What part of the brain does the lymph innervate that can now be proved
- Cranium
 - Frontal lobe
 - Menengies
27. Function of sleep will effect what CNS pathway in the brain
- Glymphatic pathway
 - Neuronal pathway
 - Lymphpathway
 - Drainage pathway
28. Dr Hawley referred to the Lymph as the-----system when compared the circulatory system to the water system in a large city
- Electric
 - Sewage
 - Transport
 - Light
29. What part of lymph transports dietary lipids (fats)
- Lacteals
 - Peripheral
 - No part transports lipids
30. Incorporating stretching you can/should do all except
- Create a special service fee
 - Create Undersell but over deliver factor
 - Lower your fees
 - Help restore lost ROM
31. Stretching should never be
- Uncomfortable
 - Incorporated with massage
 - Painful

32. What will NOT affect stretching
- Age and sex
 - Weight training
 - Joint structure
 - All will affect stretching
33. What is NOT a type of stretch Dr Hawley mentioned
- Static
 - Intermittent
 - Ballistic
 - PNF
 - ART
34. What does PNF stand for
- Proprietary Neuro faculty
 - Proprioceptive Nerve fasciculation
 - Proprioceptive Neruomuscular Fasciculation
 - Proprioceptive Neuron Fascicles
35. Which stretch Dr Hawley mentioned requires no voluntary muscle activity
- Static
 - Dymanic
 - PNF
 - ART
36. AAROM stands for
- A form of AAA auto insurance
 - Active Assistive ROM
 - Applied Assit ROM
 - None
37. Which form of ROM does the client do on their own
- AAROM
 - PROM
 - AROM
 - None of these
38. Which type of end feel did Dr Hawley say was found at the elbow joint
- Bone to bone
 - Capsular
 - Springy block
 - Empty

39. Golgi tendon Organ (GTO) is designed to make the muscle

- a. Contract
- b. Relax
- c. Twitch
- d. Spasm

40. What is the most prevalent type of arthritis discussed?

- a. Osteoarthritis
- b. Psoriatic arthritis
- c. Scleroderma
- d. Gout arthritis

41. What type of massage works best for arthritis?

- a. deep tissue
- b. Swedish
- c. hot stones
- d. none

42. Arthritis affecting the big toe is?

- a. Goutarthritis
- b. no arthritis effects the big toe
- c. RA
- d. Psoriasis

43. Arthritis that affect children

- a. Juvenile Rheumatoid Arthritis
- b. Gouty
- c. Osteo
- d. Psoriatic

44. Which is true for Essential oils for arthritis

- a. have no effect
- b. can be used in baths
- c. should always be ingested
- d. are new to the market

45. Which arthritis is due from uric acid crystal abundance

- a. osteo
- b. gouty
- c. RA
- d. Psoriatic

46. Which condition effects the eyes

- a. gouty
- b. RA
- c. Uvetitis
- d. none was discussed

47. DJD as discussed stands for
- degenerative joint disease
 - degenerative disc disease
 - DJD was never mentioned
48. What was the “new” rule of thumb discussed in regards to water intake
- Half bodyweight in ounces per day
 - Total bodyweight in oz per day
 - Half bodyweight in oz per hour
 - 6-8 glasses per day
49. Which does not fit with Fibromyalgia
- chronic
 - fatigue
 - widespread
 - causes inflammation
50. Which is not a symptom of Fibromyalgia
- insidious onset
 - increased pain in am
 - not able to sleep
 - itching
51. In order to be diagnosed with Fibro one must have the symptoms for at least
- 1 month
 - 1 year
 - 3 month
 - 2 years
52. How many tender points are there
- 5
 - 10
 - 18
 - 3
53. pts with fibro may appear
- Happy
 - Angry
 - Depressed
 - Drunk
54. which is not an environmental stress factor for fibro
- Physical trauma
 - Repetitive stress syndrome
 - Infections (lyme dis)
 - Yoga

55. what is the difference with Fibro vs Myofascial pain syndrome (MPS)
- Fibro is wide spread whereas MPS is local to one spot
 - MPS is contagious
 - MPS is an osseous disease
 - None
56. Which is NOT a characteristic of Chronic Fatigue Immune Dysfunction Syndrome (CFIDS)
- Loss of memory
 - Sore throat
 - Unrefreshing sleep
 - All are
57. What might a potential Fibro patient say in the history
- I hurt all over
 - I always feel tired
 - Feel like I have the flu
 - All of the above
58. What was Fibromyalgia originally called
- Painful muscles
 - Fibrositis
 - Polymyopain syndrome
 - None
59. What is NOT a characteristic of Fibro
- Pain
 - Multiple areas
 - Inflammation
 - Fatigue
60. Of the 18 diagnostic pressure points for Fibro which one is a control point
- Knee
 - Glute
 - Occiput
 - Forehead