

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
- Hyperglycemic
 - Hypoglycemic
 - Alert
 - None
19. What else does the pancreas produce in addition to insulin
- Glucagon
 - Glycerol
 - Estrogen
 - Testosterone
20. Which is considered a “diabetes” level on an A1C test
- 2
 - 4
 - 8
 - 1
21. Lymphatics are found everywhere in the body except
- Cornea
 - CNS
 - Interstitial tissue
 - Intestine
22. Which is bigger re the lymphatic system
- Lymph capillaries
 - Thoracic duct
 - Lymph node
 - Lymph cell
23. Little muscles inside the lymph by the valves are called
- Pumpers
 - Lymphangions
 - Smooth
 - Skeletal
 - None
24. Lymph have --- valves
- No valves
 - 3 valves
 - One way
 - 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
 - Lymphphathway
 - 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
- a. Age and sex
 - b. Weight training
 - c. Joint structure
 - d. All will affect stretching
33. What is NOT a type of stretch Dr Hawley mentioned
- a. Static
 - b. Intermittent
 - c. Ballistic
 - d. PNF
 - e. ART
34. What does PNF stand for
- a. Proprietary Neuro faculty
 - b. Proprioceptive Nerve fasciculation
 - c. Proprioceptive Neruomuscular Fasciculation
 - d. Proprioceptive Neuron Fascicles
35. Which stretch Dr Hawley mentioned requires no voluntary muscle activity
- a. Static
 - b. Dymanic
 - c. PNF
 - d. ART
36. AAROM stands for
- a. A form of AAA auto insurance
 - b. Active Assistive ROM
 - c. Applied Assit ROM
 - d. None
37. Which form of ROM does the client do on their own
- a. AAROM
 - b. PROM
 - c. AROM
 - d. None of these
38. Which type of end feel did Dr Hawley say was found at the elbow joint
- a. Bone to bone
 - b. Capsular
 - c. Springy block
 - d. 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)
- a. Fibro is wide spread whereas MPS is local to one spot
 - b. MPS is contagious
 - c. MPS is an osseous disease
 - d. None
56. Which is NOT a characteristic of Chronic Fatigue Immune Dysfunction Syndrome (CFIDS)
- a. Loss of memory
 - b. Sore throat
 - c. Unrefreshing sleep
 - d. All are
57. What might a potential Fibro patient say in the history
- a. I hurt all over
 - b. I always feel tired
 - c. Feel like I have the flu
 - d. All of the above
58. What was Fibromyalgia originally called
- a. Painful muscles
 - b. Fibrositis
 - c. Polymyopain syndrome
 - d. None
59. What is NOT a characteristic of Fibro
- a. Pain
 - b. Multiple areas
 - c. Inflammation
 - d. Fatigue
60. Of the 18 diagnostic pressure points for Fibro which one is a control point
- a. Knee
 - b. Glute
 - c. Occiput
 - d. Forehead