

Career

*Massage-Therapy
Texas Massage Therapy Written Exam*

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Question: 1

What would be occurring if your client began developing feelings for you beyond the client-therapist relationship and they state you are a lot like their deceased spouse?

- A. Violating legal boundaries.
- B. Violating personal boundaries.
- C. Transference.
- D. Countertransference.

Answer: C

Explanation:

Transference occurs during a client-therapist relationship when the client transfers personal feelings onto the therapist. In this case the client may be seeing you as so much like their deceased spouse that they begin feeling for you what they felt of their spouse. As a massage therapist, this issue should be dealt with professionally and with sensitivity. If the client is unable to deal with these feelings in a healthy way, it would be most responsible for the therapist to refer the client to another massage therapist and/or grief counseling so they could learn to deal with the death of their spouse.

Question: 2

What would be occurring if you developed feelings for your client beyond the client- therapist relationship?

- A. Violating legal boundaries.
- B. Violating personal boundaries.
- C. Transference.
- D. Countertransference.

Answer: D

Explanation:

Countertransference occurs when a therapist places personal feelings on to their client. In this case as a therapist also recently dealing with the death of a loved one, you may find that your client reminds you of the deceased. It could also be that because of the similarities in your situations you may feel a superficial connection and attribute that connection to something deep. In this case, the best solution may be to be honest with your client and refer them to a different therapist.

Question: 3

How could you as a massage therapist cross your client's personal boundaries?

- A.Listen to your client throughout the massage.
- B.Massage their face.
- C.Listen and offer your assessment or opinion of their situation.
- D.Give them the name of a grief-counseling group.

Answer: B

Explanation:

Massaging your client's face would be crossing their personal boundaries. Personal boundaries will be different for everyone, and it is important to learn what these boundaries are for each client before beginning a massage. These are boundaries that we all set for ourselves on how close someone can get before we are no longer comfortable. In this situation, because your client stated prior to the massage that they did not like having their face massaged, then this clearly is a personal boundary. If a massage therapist ignores these things, then the massage will become an unpleasant experience for the client. Additionally, not all clients will say out loud what their boundaries are. By paying attention and watching for signs of discomfort, a therapist can ask questions and modify the massage to make sure the client is comfortable.

Question: 4

How could you as a massage therapist cross legal or ethical boundaries?

- A.Listen to your client throughout the massage.
- B.Massage their face.
- C.Listen and offer your assessment or opinion of their situation.
- D.Give them the name of a grief-counseling group.

Answer: C

Explanation:

Listening and offering your own assessment of your client's situation is beyond a massage therapist's scope of practices and therefore would be considered crossing a legal and ethical boundary. It is important for a massage therapist to be empathic and show concern and sensitivity, especially for clients in vulnerable positions. However, a therapist can cause unwarranted damage if they offer services that they are unqualified to provide. In situations where a therapist crosses a legal boundary, they are at risk for not only harming their clients, but also harming their practice and may face legal actions.

Question: 5

What is one way in which different types of healthcare workers, for example, a massage therapist and a physician, can communicate?

- A. Medical terminology.
- B. At conferences.
- C. Using notes to the client.
- D. Like normal people.

Answer: A

Explanation:

Medical terminology is a set of terms, typically Latin or Greek that provides all healthcare professionals a common language. While not all massage therapists will work directly with a chiropractor or other medical professional, it will still be important for all to understand and know how to properly use medical terminology. There may be times throughout your career that you encounter a client with various health needs. In some cases, a physician, or other healthcare professional consultation will be necessary in order for you to provide the best and safest care to your client.

Question: 6

A massage therapist that rents a room from a spa would probably file their taxes under which category?

- A. Employee.
- B. Corporation.
- C. Independent contractor.
- D. Dependant.

Answer: C

Explanation:

An independent contractor essentially is their own boss. While, as an independent contractor you may rent a room from a spa, you are still responsible for paying all of your own taxes; however, the rent you pay for the room rental could be deducted as a business expense. Independent contractors must keep careful records of all of their profits and losses, as all will be included on schedule C of their tax forms. In addition to keeping records, independent contractors are required to pay quarterly taxes, which is typically one quarter of the tax you expect to owe by the end of the year.

Question: 7

How does a massage therapist maintain an individual's privacy throughout the massage?

- A. Keeping the door shut.
- B. Draping.
- C. Turning the lights on low.

D. Massaging with your eyes closed.

Answer: B

Explanation:

While not required in many European countries, draping is required by law for massage in the United States. This is a way the massage therapist can maintain their client's privacy and ensure the client is comfortable and warm throughout the massage. There are various techniques for draping; however, the main focus is to uncover only the body part you are working on. As noted, draping is also used to keep the client warm. Since as the client relaxes their body temperature may decrease, it is very easy to become cold during a massage. With this additional point in mind, therapists should also have extra blankets on hand.

Question: 8

Why would a therapist typically not massage the armpit?

- A. Endangerment site.
- B. The client is ticklish.
- C. The client does not shave.
- D. The client has body odor.

Answer: A

Explanation:

Endangerment sites are locations on the body where the nerves are superficial. Pressure on these areas may cause the client extreme discomfort or potential damage to the underlying vessels and nerves. In addition to the armpit, the following are also considered endangerment sites: the eyes, inferior to the ear, the posterior cervical area, lymph nodes, the medial brachium, musculocutaneous nerve, median nerve, ulnar nerve, basilic vein, cubital areas of the median nerve, and radial and ulnar arteries and under the knees. Light strokes over these areas may be allowable; however, a massage therapist must always be careful and watch for signs of discomfort.

Question: 9

Suppose a client comes for a massage and states that his back pain began about 1 year ago, in terms of level of the condition, what would this back pain be considered?

- A. Acute.
- B. A sign.
- C. Chronic.
- D. A symptom.

Answer: C

Explanation:

When discussing various conditions in terms of severity, healthcare workers will typically refer to the condition as acute or chronic. In this case, the back pain is chronic because it has existed for about a year. Had the client stated that his back problems began last week, the condition would be considered acute. Acute conditions will typically be short in duration; however, if a condition continues, it can become a chronic problem. As a massage therapist, it is important to understand if a client's conditions are acute or chronic so you know how to treat and track the problem.

Question: 10

What should you do if a client comes in for a massage and is ill?

- A. Send them home.
- B. Perform light massage.
- C. Refer them to a physician.
- D. Wear gloves.

Answer: C

Explanation:

If a client comes for a massage and is ill, the best thing for their therapist to do would be to refer them to a physician. Referrals are necessary in some cases because the therapist is not qualified to diagnose or treat diseases. Referrals can also be used to enhance the client's treatment and healing. For example, you may refer a client to a chiropractor and suggest they have their back adjusted immediately following a massage. This would enhance the client's healing process. Because referrals are common in this field, it is important for therapists to be familiar with the various healthcare professionals in their area.

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