

Certified Massage Practitioner Practice Test Questions and Answers

1. Which muscle group is primarily targeted during Swedish massage effleurage strokes?

- A) Deep muscle layers only
- B) Superficial muscle layers and circulation
- C) Joint capsules
- D) Bone structures

2. What is the contraindication for massage therapy in clients with acute inflammation?

- A) It reduces blood flow
- B) It may worsen the inflammatory response
- C) It causes muscle atrophy
- D) It decreases range of motion

3. Which massage technique involves rhythmic compression and release of soft tissues?

- A) Effleurage
- B) Petrissage
- C) Tapotement
- D) Friction

4. What is the proper draping protocol for professional massage therapy?

- A) Complete removal of all coverings
- B) Expose only the area being worked on while maintaining client modesty
- C) Use transparent materials only
- D) Client determines all draping choices

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

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