

# Licensed Massage Therapists Practice Test Questions and Answers

**1. Which muscle group is primarily targeted during effleurage strokes on the back?**

- A) Facial muscles
- B) Erector spinae, latissimus dorsi, and trapezius muscles
- C) Hand muscles only
- D) Foot muscles

**2. What is a contraindication for massage therapy?**

- A) Mild muscle tension
- B) Acute inflammation, fever, or contagious skin conditions
- C) Stress relief needs
- D) General wellness maintenance

**3. Which technique involves deep, circular pressure applied with thumbs or fingers?**

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

**4. What is the most important hygiene practice for licensed massage therapists?**

- A) Using strong fragrances
- B) Thorough handwashing before and after each client, and maintaining clean linens and equipment
- C) Wearing jewelry during treatments
- D) Using the same linens for multiple clients

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

For More Licensed Massage Therapists Questions and Answers FREE, Licensed Massage Therapists Online Prep Training, Licensed Massage Therapists Exam, Licensed Massage Therapists Study Guide, Licensed Massage Therapists Flashcards, Licensed Massage Therapists Quizzes visit:

**Licensed Massage Therapists Practice Test**

Practice Test Geeks © All Rights Reserved