

OMT Practice Test Questions and Answers

1. Why is range of motion testing important?

- A) To measure muscle weight
- B) To evaluate joint and muscle function
- C) To diagnose broken bones
- D) To relax the client

2. What type of joint is the shoulder joint?

- A) Hinge joint
- B) Ball-and-socket joint
- C) Pivot joint
- D) Saddle joint

3. Which tool helps document client progress?

- A) Weekly flyers
- B) SOAP notes
- C) Client testimonial book
- D) Massage oil chart

4. What is contraindication in massage therapy?

- A) An extra technique
- B) A type of muscle
- C) A condition that requires caution or avoidance
- D) A type of client form

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

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