

Orthopedic Massage Certification Practice Test Questions and Answers

1. What is the primary focus of orthopedic massage therapy?

- A) General relaxation and stress relief
- B) Treatment of musculoskeletal conditions and injury rehabilitation
- C) Aromatherapy and spa services
- D) Hot stone treatments exclusively

2. Which assessment is most important before orthopedic massage treatment?

- A) Client's preferred music selection
- B) Postural analysis and range of motion testing
- C) Payment method verification
- D) Scheduling preferences only

3. How should orthopedic massage therapists approach chronic pain conditions?

- A) Apply maximum pressure immediately
- B) Gradual treatment progression with ongoing assessment
- C) Avoid treating chronic conditions
- D) Use identical techniques for all pain types

4. What is essential for effective orthopedic massage documentation?

- A) General treatment notes only
- B) Specific findings, techniques used, and client response
- C) No documentation required
- D) Billing information exclusively

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

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