

PMC Practice Test Questions and Answers

1. How does prenatal massage help with edema?

- A) By increasing blood pressure
- B) By stimulating contractions
- C) By enhancing lymphatic drainage
- D) By cooling the skin

2. What is one key trait of professional behavior?

- A) Being casual with clients
- B) Always agreeing with clients
- C) Maintaining respectful communication
- D) Using humor during sessions

3. How should a professional handle scheduling issues?

- A) Only confirm same-day appointments
- B) Blame the client for changes
- C) Communicate clearly and update promptly
- D) Avoid follow-ups

4. Why is friction used cautiously in prenatal massage?

- A) It is ineffective
- B) It causes sleepiness
- C) It can be too stimulating or irritating
- D) It relaxes the uterus

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

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