

# Prenatal Massage Certification Practice Test Questions and Answers

**1. Which trimester is generally considered safest for prenatal massage?**

- A) First trimester
- B) Second and third trimester
- C) Third trimester only
- D) All trimesters are equally safe

**2. What is the recommended position for a pregnant client during massage after 20 weeks gestation?**

- A) Prone (face down)
- B) Supine (face up)
- C) Side-lying
- D) Seated upright

**3. Which pressure point should be avoided during prenatal massage?**

- A) Shoulders
- B) Lower back
- C) SP6 (Spleen 6)
- D) Upper arms

**4. What is a contraindication for prenatal massage?**

- A) Morning sickness
- B) Back pain
- C) Preeclampsia
- D) Swollen feet

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

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