

Reflexology Practice Test Questions and Answers

1. What is reflexology believed to treat?

- A) Foot and ankle problems
- B) Nerve problems and numbness from cancer drugs
- C) Headaches
- D) Stress and tension headaches

2. What can having a foot reflexology improve?

- A) The flow of oxygen and nutrients to the cells
- B) The function and reactivity of nervous endings
- C) Blood circulation
- D) The immune system

3. What can you do to help ease a stomach ache?

- A) Acupuncture
- B) Take a hot bath
- C) Drink ginger ale
- D) Herbal remedies

4. How many tarsal bones are in the human foot?

- A) 5
- B) 7
- C) 14
- D) 26

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

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