

Therapeutic Exam Review

1. What is bending the knee called?

Flexion

2. Too much blood pooling in an area is called?

Hyperemia

3. When all of the bodies systems are in balance it is?

Homeostasis

4. A muscle which helps in the action of a nearby muscle?

Synergist

5. Osteo pertains to a condition of the what?

Bone

6. What is in between the stomach and the small intestine?

Pyloric Valve

7. This gland regulates metabolism?

Thyroid

8. How many phalanges are there?

56

9. A preferred technique for a prolapsed colon?

Visceral Lift

10. The most fixed point of a muscle?

Origin

11, A preferred technique for heat deep in an area is?

Paraffin therapy

12. Chemical, Cellular, Tissue, Organ, System, Organism are the six levels of what?

Structural Organization

13. Epi, Endo, Myo, and Prei pertain to what?

Layers of the heart

14, Deep tissue massage should not be done on Varicose Veins or?

Behind the knee

15. Cupping is a preferred technique for?

Congestion

16. Universal energy is also known as?

Prana

17. What travels in a clockwise direction?

Energy

18. The function of the Triceps muscle is?

Extension

19. What technique is used with inflammation of a joint?

Ice or Cryotherapy

20. Therapeutic use of water is called?

Hydrotherapy

21. A muscle that works against another is called?

Antagonist

22. The Pancreas helps with digestion, what does it do for the blood?
- A. Filters
 - B. Helps to maintain blood sugar levels**
 - C. Nothing
 - D. Makes white blood cells
23. When clearing the Colon, where is a good place to start?
- A. Transverse
 - B. Descending
 - C. Ascending
 - D. Check for an Aneurysm**
24. What is proximal to the wrist?
- A. Ulna**
 - B. Carpals
 - C. Metacarpals
 - D. Phalanges
25. A recent problem is referred to as?
- A. Chronic
 - B. Chromatids
 - C. Neuronism
 - D. Acute**
26. When you have the sympathetic nervous system activated you have:
- A. Increased heart rate**
 - B. Decreased heart rate
 - C. Death
 - D. None of the above
27. An active joint movement is when:
- A. Client's joint is moved by the therapist
 - B. Client moves the joint with assistance**
 - C. Therapist stretches muscles surrounding the joint
 - D. Therapist uses resistance
28. Which one of these is a fracture?
- A. Dislocation
 - B. Subluxation
 - C. Osteomyelitis
 - D. Greenstick**

29. The Frog technique helps with?

- A. Neck pain
- B. Foot pain
- C. Pelvic area**
- D. Shoulder problems

30. Cephalad is?

- A. Inferior
- B. Conveying an impulse toward the brain and spinal cord
- C. Feet wards
- D. Head wards**

31. Caudal is?

- A. Feet wards**
- B. Inferior
- C. Conveying an impulse toward the brain and spinal cord
- D. Head wards

Name these structures

