

Massage Therapy MBLEx Exam

QUICK REFERENCE CHEAT SHEET | FSMTB MBLEx

KEY MUSCLE GROUPS -- ORIGIN, INSERTION, ACTION

| Muscle | Origin | Insertion | Primary Action |
|-----------------|---|---------------------------------------|---------------------------------------|
| Trapezius | Occipital bone, C7-T12 spinous processes | Clavicle, acromion, scapular spine | Elevates, retracts, depresses scapula |
| Biceps Brachii | Coracoid process + supraglenoid tubercle | Radial tuberosity | Flexes elbow; supinates forearm |
| Triceps Brachii | Infraglenoid tubercle + posterior humerus | Olecranon process | Extends elbow |
| Rectus Femoris | Anterior inferior iliac spine (AIIS) | Tibial tuberosity via patellar tendon | Extends knee; flexes hip |
| Gastrocnemius | Medial and lateral femoral condyles | Calcaneus (via Achilles tendon) | Plantar flexion; assists knee flexion |
| Erector Spinae | Iliac crest, sacrum | Ribs, transverse processes, skull | Extends and laterally flexes spine |

MBLEX CONTENT AREAS (FSMTB)

| Area | % of Exam (approx.) |
|--------------------------------------|---------------------|
| Anatomy & Physiology | 23% |
| Kinesiology | 15% |
| Pathology (contraindications) | 13% |
| Benefits & Physiological Effects | 15% |
| Client Assessment | 17% |
| Ethics, Boundaries & Regulations | 12% |
| Guidelines for Professional Practice | 5% |

MASSAGE MODALITIES

| Modality | Key Characteristic |
|--------------------|---|
| Swedish | 5 strokes: effleurage, petrissage, tapotement, friction, vibration |
| Deep Tissue | Slow, deep pressure on fascia and muscle layers |
| Trigger Point | Sustained pressure on hyperirritable spots in muscle |
| Myofascial Release | Sustained pressure on fascia; no lotion; follows tissue |
| Sports Massage | Pre/post event; injury prevention; uses stretching and compression |
| Hot Stone | Basalt stones; heat relaxes muscles; must check temp before application |
| Lymphatic Drainage | Very light pressure (< 5 mmHg); direction of lymph flow |

EXAM-DAY TIPS

- + Absolute contraindications: fever, acute inflammation, DVT, open wounds, recent surgery at site.
- + Endangerment sites: anterior neck (carotid triangle), axilla, popliteal fossa, femoral triangle.
- + SOAP notes: Subjective, Objective, Assessment, Plan -- required for professional documentation.
- + Ethics: professional boundaries MUST be maintained at all times; dual relationships require caution.
- + Draping: client must be draped professionally; only area being worked is uncovered.
- + Practice 1,000+ questions -> voltexam.com/apps/massage

Practice 1,000+ questions + built-in tools | voltexam.com/apps/massage