
College of Massage Therapists of Ontario (CMTO) MCQ Sample Items

1. A massage technique that compresses the muscle tissue between the palm and fingers is
 - (A) effleurage.
 - (B) petrissage.
 - (C) tapotement.
 - (D) vibrations.

2. A C6 nerve root lesion may result in weakness of muscles responsible for which actions?
 - (A) elbow flexion and wrist flexion.
 - (B) elbow flexion and wrist extension.
 - (C) elbow extension and wrist flexion.
 - (D) elbow extension and wrist extension.

3. A medication's bioavailability refers to the
 - (A) rate and extent to which the drug is absorbed into the bloodstream.
 - (B) extent that the raw materials needed for producing the drug are available in the environment.
 - (C) body's capacity for eliminating the drug via the kidneys.
 - (D) body's capacity for processing the drug without side effects.

4. After treating a client for a number of years, a massage therapist finds herself thinking affectionately about her client between treatments. She looks forward to seeing him and engages in personal conversations during the treatment which causes her to neglect the client's treatment goals. This is an example of
- (A) transference.
 - (B) harassment.
 - (C) countertransference.
 - (D) a dual relationship.
5. In what body cavity is the heart, esophagus, trachea, and thymus located?
- (A) pericardial
 - (B) abdominopelvic
 - (C) pleural
 - (D) thoracic
6. Which of the following techniques is percussive and involves contacting the client with the entire palmar surface of the therapist's hand?
- (A) tapping
 - (B) effleurage
 - (C) slapping
 - (D) pincement
7. The dorsalis pedis pulse may be felt at which of the following locations?
- (A) posterior to the medial malleolus
 - (B) posterior to the lateral malleolus
 - (C) between the fourth and fifth metatarsals
 - (D) between the first and second metatarsals
8. Which of the following hydrotherapies is most effective in the treatment of chronic adhesions?
- (A) ice massage
 - (B) deep moist heat
 - (C) cool towels
 - (D) contrasting towels

9. How do RMTs become members of the College Board?
- (A) They are voted in by fellow RMTs in good standing.
 - (B) They are appointed by the Minister of Health.
 - (C) They are appointed by the College Registrar.
 - (D) They are voted in by the College Executive Committee.
10. Tapotement techniques may stimulate which of the following?
- (A) baroreceptors
 - (B) Pacinian corpuscles
 - (C) chemoreceptors
 - (D) bradykinins
11. Which of the following carpometacarpal joints is biaxial?
- (A) the first
 - (B) the second
 - (C) the third
 - (D) the fourth
12. Which of the following conditions or symptoms is common during the third trimester of pregnancy?
- (A) nausea
 - (B) edema
 - (C) hypotension
 - (D) infrequent urination
13. What is the primary action of the piriformis muscle?
- (A) medial rotation
 - (B) lateral rotation
 - (C) adduction
 - (D) extension

14. The supraspinatus tendon is best palpated when the glenohumeral joint is in which position?
- (A) extension and internal rotation
 - (B) adduction and flexion
 - (C) external rotation and abduction
 - (D) horizontal abduction and external rotation
15. Ankle dorsiflexion to end range lengthens which muscle?
- (A) flexor digitorum brevis
 - (B) flexor hallucis longus
 - (C) abductor digiti minimi
 - (D) abductor hallucis
16. Which of the following pairs of muscles are synergists?
- (A) teres major and middle deltoid
 - (B) teres major and teres minor
 - (C) teres minor and infraspinatus
 - (D) middle deltoid and latissimus dorsi
17. High-grade joint mobilizations should be avoided for clients with an increased level of which hormone?
- (A) estrogen
 - (B) calcitonin
 - (C) gastrin
 - (D) relaxin
18. A client is positioned supine on the treatment table and asked to raise his head against resistance applied by the therapist's hands. This describes which of the following techniques?
- (A) C5 myotomal testing
 - (B) C3 dermatomal testing
 - (C) hold relax technique for the scalene muscle group
 - (D) strength test for the sternocleidomastoid muscles

19. Regulation of the sleep-wake cycle depends on nightly release of
- (A) dopamine.
 - (B) cortisol.
 - (C) melatonin.
 - (D) serotonin.
20. Which of the following tasks is an example of a plyometric exercise?
- (A) 10 minutes of cycling on a stationary bike
 - (B) a deep squat followed by a vertical jump
 - (C) resisted elbow flexion with a hand-held weight
 - (D) standing on one leg while on a wobble board
21. Which of the following joint mobilization techniques will promote knee extension?
- (A) anterior glide to the tibiofemoral joint
 - (B) posterior glide to the tibiofemoral joint
 - (C) inferior glide to the patellofemoral joint
 - (D) anterior glide to the tibiofibular articulation
22. Hot hydrotherapy for the full body is contraindicated for clients taking
- (A) vasodilators.
 - (B) anti-inflammatories.
 - (C) anticoagulants.
 - (D) benzodiazapines.
23. The integrity of which ligament may be assessed during the Yergason's test?
- (A) trapezoid
 - (B) coracoacromial
 - (C) acromioclavicular
 - (D) transverse humeral

24. Which type of exercise is most useful in the rehabilitation of a client following an ankle sprain?
- (A) ballistic
 - (B) open chain
 - (C) proprioceptive
 - (D) cardiovascular
25. The Massage Therapy Act describes all of the following EXCEPT
- (A) acts of professional misconduct.
 - (B) duties and powers of the College.
 - (C) fees for massage therapy services.
 - (D) the massage therapy Scope of Practice.

Answer key

1 - B
2 - B
3 - A
4 - C
5 - D
6 - C
7 - D
8 - B
9 - A
10 - B
11 - A
12 - B
13 - B
14 - A
15 - B
16 - C
17 - D
18 - D
19 - C
20 - B
21 - A
22 - A
23 - D
24 - C
25 - C