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

1. An RMT fastens ankle weights to a client who is prone on the table with her knees flexed to 90°. The client is then instructed to slowly lower her feet to the table. This exercise describes

 - (A) eccentric strengthening of the hamstring muscles.
 - (B) eccentric strengthening of the quadriceps muscles.
 - (C) concentric strengthening of the hamstring muscles.
 - (D) concentric strengthening of the quadriceps muscles.
2. Which of the following terms refers to a medication intended to reduce pain?

 - (A) anti-inflammatory
 - (B) analgesic
 - (C) antipyretic
 - (D) analeptic
3. Long centripetal strokes using the palm of the hand applied at varying depths describes which technique?

 - (A) wringing
 - (B) joint mobilization
 - (C) vibrations
 - (D) effleurage
4. Oxygenated blood is found in which of the following structures?

 - (A) inferior vena cava
 - (B) right atrium
 - (C) coronary sinus
 - (D) pulmonary vein

5. A positive Faber's test (also known as Patrick's test) may indicate which of the following?
- (A) sacroiliac pathology
 - (B) pubic symphysis pathology
 - (C) shortened hamstring muscles
 - (D) shortened piriformis muscle
6. Which hydrotherapy application is suited for clients with adhesions in the palmar fascia?
- (A) ice cube massage
 - (B) alternating hot and cold towels
 - (C) cold mitten friction
 - (D) paraffin wax bath
7. A distraction technique for the temporomandibular joint is performed by moving the mandible in which direction when the client is in the seated position?
- (A) inferior
 - (B) superior
 - (C) anterior
 - (D) posterior
8. Which of the following organs is located entirely within the pelvic cavity?
- (A) spleen
 - (B) large intestine
 - (C) small intestine
 - (D) urinary bladder
9. Damage to which nerve results in weak thumb flexion and abduction?
- (A) median
 - (B) ulnar
 - (C) radial
 - (D) musculocutaneous

10. Which of the following muscles can be palpated at the lateral epicondyle?
- (A) extensor pollicis brevis
 - (B) extensor pollicis longus
 - (C) extensor indicis
 - (D) extensor digitorum
11. All of the following are considered controlled acts when performed during a massage treatment, EXCEPT
- (A) delivering a baby.
 - (B) performing a Grade IV joint mobilization to the cervical spine.
 - (C) providing a client with a narcotic pain-killer.
 - (D) setting a dislocated glenohumeral joint.
12. If a client currently experiencing dysmenorrhea secondary to endometriosis comes for treatment, which of the following treatments must be applied with caution?
- (A) repetitive petrissage to the lumbar musculature
 - (B) fingertip kneading to the lower abdomen
 - (C) lymphatic drainage
 - (D) a warm compress to the abdomen
13. Which of the following substances normally passes through the pyloric sphincter?
- (A) blood
 - (B) bile
 - (C) chyme
 - (D) lymph
14. To assess the medial meniscus of the knee, which of the following tests should be performed?
- (A) McMurray's with internal tibial rotation
 - (B) McMurray's with external tibial rotation
 - (C) Apley's distraction with internal tibial rotation
 - (D) Apley's distraction with external tibial rotation

15. According to the Health Care Consent Act, which of the following information must be shared with the client in order to obtain informed consent?
- (A) the benefits of the proposed treatment
 - (B) a review of the massage therapist's credentials
 - (C) a fee schedule for proposed treatments
 - (D) instruction on how to submit receipts to an insurance company
16. Which of the following is true for individuals who are 20-years-old compared to those who are 60-years-old? Resting heart rate is
- (A) influenced by physical fitness, and that maximum heart rate decreases with age.
 - (B) influenced by physical fitness, and that maximum heart rate increases with age.
 - (C) age-dependant, while maximum heart rate is not affected by age.
 - (D) age-dependant, while maximum heart rate increases with age.
17. The joint between adjacent vertebral bodies differs from the facet joints in that the joint between vertebral bodies
- (A) allows for no movement.
 - (B) allows for movement.
 - (C) has no joint capsule.
 - (D) has a joint capsule.
18. A client has a positive result for Noble's compression test. Which of the following techniques is most appropriate to address the client's condition?
- (A) frictions and compressions over the lateral femoral condyle
 - (B) repetitive passive range of motion at the knee
 - (C) hot hydrotherapy to the distal iliotibial band
 - (D) muscle stripping of the gluteus maximus and tensor fasciae latae muscles

19. An RMT has just opened his first massage therapy clinic. Since business is slow, he works occasional weekends at a local spa to help cover the cost of the new business. According to the Massage Therapy Act, the RMT must
- (A) notify the College of each location where the RMT provides massage services.
 - (B) post a notification at his clinic informing clients that he is available on weekends at the spa.
 - (C) inform clients at the spa that treatments are more affordable at his clinic.
 - (D) display a copy of his College registration certificate at the spa.
20. With a client supine, the therapist grasps the client's hand and moves the whole upper limb in small but continuous rhythmical movements. This describes which technique?
- (A) shaking
 - (B) rocking
 - (C) vibrations
 - (D) myofascial release
21. Which of the following is an example of a greenstick fracture?
- (A) a shattered tibia
 - (B) a crack completely through a false rib
 - (C) a complete separation of a tendon from the bone
 - (D) a partial break of the fibula
22. Which of the following goals and techniques contribute to increased lymphatic return?
- (A) decreasing muscle tension, pumping lymph nodes, draining superficial vessels
 - (B) decreasing muscle tension, long centrifugal strokes, pumping lymph nodes
 - (C) increasing muscle tension, long centripetal strokes, deep moist heat
 - (D) increasing muscle tension, draining deep vessels, pumping lymph nodes

23. All of the following are components of the nephron, EXCEPT
- (A) the medulla.
 - (B) the glomerulus.
 - (C) the loop of Henle.
 - (D) Bowman's capsule.
24. Which cranial nerve controls pupil restriction and assists in eye movement?
- (A) optic
 - (B) oculomotor
 - (C) trochlear
 - (D) abducens

Answer key

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