



1. Dupuytren's contracture affects which of the following structures?
 - (A) palmar fascia
 - (B) ulnar nerve sheath
 - (C) transverse carpal ligament
 - (D) thumb extensor muscle group

2. The apprehension test is designed to stress which structure?
 - (A) long head of the biceps brachii muscle
 - (B) anterior acromioclavicular ligament
 - (C) transverse humeral ligament
 - (D) glenohumeral joint capsule

3. Which of the following terms refers to a medication intended to reduce pain?
 - (A) anti-inflammatory
 - (B) analgesic
 - (C) antipyretic
 - (D) analeptic

4. The distal row of carpal bones from lateral to medial includes the
 - (A) pisiform, triquetrum, lunate, and scaphoid.
 - (B) trapezium, trapezoid, capitate, and hamate.
 - (C) hamate, capitate, trapezoid, and trapezium.
 - (D) scaphoid, lunate, triquetrum, and pisiform.

5. Which of the following joints is classified as a ball-and-socket?
 - (A) talocrural
 - (B) tibiofemoral
 - (C) humeroulnar
 - (D) acetabulofemoral

6. When standing, which of the following muscles medially rotates the hip?
- (A) sartorius
 - (B) piriformis
 - (C) tensor fascia lata
 - (D) obturator externus
7. In an adult, the spinal cord becomes the cauda equina at which vertebral level?
- (A) T10
 - (B) L2
 - (C) L5
 - (D) S4
8. Which of the following muscles forms the most medial portion of the erector spinae muscle group?
- (A) semispinalis
 - (B) longissimus
 - (C) iliocostalis
 - (D) spinalis
9. Which of the following carpometacarpal joints is biaxial?
- (A) the first
 - (B) the second
 - (C) the third
 - (D) the fourth
10. The pronator teres muscle is innervated by the
- (A) ulnar nerve.
 - (B) radial nerve.
 - (C) median nerve.
 - (D) musculocutaneous nerve.

11. One action of the latissimus dorsi muscle is shoulder
- (A) flexion.
 - (B) extension.
 - (C) abduction.
 - (D) external rotation.
12. Which of the following receptors detects position and stretch of joint capsules?
- (A) Meissner's corpuscles
 - (B) Golgi tendon organs
 - (C) Merkel's discs
 - (D) Ruffini endings
13. Which type of exercise is most useful in the rehabilitation of a patient following an ankle sprain?
- (A) ballistic
 - (B) open chain
 - (C) proprioceptive
 - (D) cardiovascular
14. Which of the following is an inherited disease of the exocrine glands that causes pancreatic insufficiency, chronic respiratory infections and increased susceptibility to heat?
- (A) bronchitis
 - (B) atelectasis
 - (C) cystic fibrosis
 - (D) pleurisy
15. Which of the following assessments is performed with the patient standing?
- (A) well leg raise test.
 - (B) Trendelenburg test.
 - (C) Thomas test.
 - (D) Ober's test.

16. Which finding is expected in a patient with flaccid paralysis of the wrist extensors?
- (A) limited passive wrist flexion
 - (B) wrist flexor contracture
 - (C) hypertonic wrist extensors
 - (D) full strength of wrist extensors
17. The hepatic portal vein carries blood
- (A) away from the liver.
 - (B) towards the liver.
 - (C) away from kidneys.
 - (D) towards the kidneys.
18. 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.
19. Paresthesia in the skin over the lumbar area may be caused by
- (A) dorsal nerve root compression.
 - (B) sciatic nerve impingement.
 - (C) motor nerve damage.
 - (D) long thoracic nerve lesion.
20. Which of the following types of exercise is defined by muscular effort while the muscle lengthens?
- (A) muscle setting
 - (B) isokinetic muscle contractions
 - (C) plyometric exercise
 - (D) eccentric muscle contractions

21. If a patient is unable to complete range of motion due to pain, the therapist should record the end-feel as
- (A) empty.
 - (B) soft tissue.
 - (C) capsular.
 - (D) bony block.
22. Which of the following tests is most likely to be positive in a patient with iliotibial band friction syndrome?
- (A) McMurray's test
 - (B) Anterior drawer test
 - (C) Lachman's test
 - (D) Noble's compression test
23. Acute torticollis presents as
- (A) spasms in the muscles of mastication.
 - (B) contracture of the sternocleidomastoid.
 - (C) weakness in the cervical paraspinals.
 - (D) flaccid paralysis of the facial muscles.
24. Which of the following techniques should be used with caution for a patient with a history of joint dislocation?
- (A) traction
 - (B) effleurage
 - (C) skin rolling
 - (D) thumb kneading
25. Which of the following actions assesses the C8 myotome?
- (A) shoulder abduction
 - (B) elbow extension
 - (C) wrist adduction
 - (D) finger flexion

26. Which of the following is an arthrokinematic joint motion?
- (A) roll
 - (B) flexion
 - (C) distraction
 - (D) circumduction
27. A patient reports a gradual onset of shoulder pain with no known mechanism of injury. The pain is affecting the patient's sleep. Assessment reveals limited active and passive range of motion at the shoulder joint. Based on this information, the RMT/MT would suspect that the patient has
- (A) adhesive capsulitis.
 - (B) supraspinatus muscle tendinitis.
 - (C) biceps brachii long head muscle strain.
 - (D) glenohumeral joint dislocation.

Key

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