

# Deep Tissue Massage

**CORRESPONDENCE EDUCATION PROGRAM**

**Check your receipt for course expiration date.  
After that date no credit will be awarded for this program.**





## *How to Complete this Program*

Thank you for choosing an Exercise ETC correspondence program for your continuing education needs. To earn your CECs/CEUs you will need to read the enclosed book. After you have completed the book, take the test that is included with your program. Remember to choose the best or most correct answer.

### *Now Available: Instant Grading!*

When you are ready to submit your test please go to our website at: [www.exerciseetc.com](http://www.exerciseetc.com) On the left side of your screen you will see a blue, vertical bar with a list of options; click on “**Administration**” and then click “**Correspondence Course Answer Sheets.**” Choose the title of the test that you are completing and then simply follow all instructions to submit your test. **Remember to complete all fields prior to submitting your test.**

Once you submit your answers **your purchase will be verified** and your test will be corrected instantly; if you score at least 70% you will be able to print your CE certificate immediately. (If you have less than 70% correct, you will need to take test over again in order to qualify for the CECs/CEUs.) **If we are unable to verify your purchase you will receive a message requesting that you call our office for instructions.**

VERY IMPORTANT: Please make sure you have access to a working printer when you submit your test as your CE Certificate must be printed before you close out your testing session.

Good luck! If you have any questions or comments, please feel free to call us any time at 1-800-244-1344 or e-mail us at: [info@exerciseetc.com](mailto:info@exerciseetc.com)



## ***LEARNING OBJECTIVES***

After reading *Deep Tissue Massage*, the participant will be able to:

1. Gain knowledge in the methods of deep tissue massage application
2. Understand how and when to increase the depth of deep tissue massage
3. Comprehend the difference between deep tissue massage and sports massage
4. Understand the benefits as well as the pros and cons of deep tissue massage
5. Explain the different techniques of administering deep tissue massage
6. Understand the different types of stretching techniques as well as the benefits
7. Understand the concepts behind applying deep tissues to various areas of the body
8. Understand the application of appropriate timing and practice routines



***CEC/CEU TEST FOR:***

***Deep Tissue Massage***

**Multiple Choice:** For each of the following questions, circle the letter of the answer that best answers the question.

1. What are the two main methods of application for deep tissue massage?
  - A. Petrissage and compression
  - B. Compression and stretching
  - C. Vibration and friction
  - D. Stretching and vibration
  
2. Which statement concerning compressive techniques is TRUE?
  - A. Effluage involves lifting the muscle away from other structures
  - B. Effluage involves a wringing motion
  - C. Petrissage should incorporate long, broad strokes
  - D. When performing "holding" lift the muscle away from other structures
  
3. Tapotement is:
  - A. Aimed at creating vasodilation
  - B. Is more about reducing cutaneous reflexes
  - C. Relaxing as opposed to stimulating
  - D. Not a form of compression
  
4. What is considered proper therapist positioning when using the fist or massage tool for deep pressure?
  - A. Direct pressure through the shoulder only
  - B. Arms held slightly bent
  - C. Elbows and wrist in neutral
  - D. Slightly flex the wrist while keeping the elbow neutral

5. Which clients will notice that your pressure is deeper when using the same amount of pressure?
  - A. Those with less muscle tension
  - B. Those with more muscle tension
  - C. Those with more experience
  - D. Those who have never had a massage before
  
6. When incorporating stretching without any oil, the therapist is better able to use:
  - A. Deeper force
  - B. Gliding force
  - C. Shearing force
  - D. Wringing force
  
7. Which statement is FALSE when incorporating techniques to increase the depth of your massage?
  - A. Avoid adding a stretching component
  - B. Apply more pressure
  - C. Reduce the surface area while maintaining pressure
  - D. Have the client contract the agonist muscle
  
8. Sports massage includes all of the following techniques EXCEPT:
  - A. Metabolic Equivalents (METs)
  - B. Proprioceptive neuromuscular facilitation (PNF)
  - C. Muscle Energy Techniques (METs)
  - D. Soft Tissue Release (STR)
  
9. Which technique is used to disperse blood and is used immediately following each compressive technique?
  - A. Vibration
  - B. Tapotement
  - C. Petrissage
  - D. Effleurage
  
10. The psychological effect of deep tissue massage is:
  - A. Stressful, then relaxing
  - B. Stimulating
  - C. Relaxing
  - D. Invigorating

11. Benefits of deep tissue massage for the client include all of the following EXCEPT:
  - A. Treatment of trigger points
  - B. Increasing muscle tone
  - C. Improvement of muscle functions with some techniques
  - D. Lengthening of muscles
  
12. Benefits of deep tissue massage for the therapist include all of the following EXCEPT:
  - A. It helps with palpation skills
  - B. It is safer for therapists who are hypermobile in lower body limbs
  - C. It might be less strenuous
  - D. It decreases the risk of overuse injuries to fingers, thumbs, and wrist
  
13. What is the most important to explain to the client prior to performing deep tissue massage on a client?
  - A. No-pain, no-gain is a myth
  - B. Pain is a normal part of the treatment
  - C. If the therapist is not somewhat sore after giving a session, the did not go deep enough on the client
  - D. The client should experience soreness and pain for 24 hours after the session in order for the treatment to work
  
14. Which of the following is not a question therapists should ask themselves as to whether deep tissue massage should be painful?
  - A. Do the treatments work better without the pain?
  - B. Is it legal?
  - C. Is it ethical?
  - D. Will it generate more revenue?
  
15. All of the following are useful when identifying treatment goals when practicing deep tissue massage EXCEPT:
  - A. See if techniques for tight adductors of the shoulder decreases shoulder stiffness in a client
  - B. Practice all the techniques in a side-lying position
  - C. Master the use of forearms on the posterior leg and thigh
  - D. See what happens when I perform Swedish massage with my treatment table set 2 inches higher than normal

16. Which is not an emotional state for the therapist to select prior to the massage?
- A. Effective
  - B. Calming
  - C. Tightness
  - D. Sensitive
17. What is the disadvantage to sitting on the treatment table while applying a stroke to a client?
- A. It is considered lazy on the therapists' part
  - B. It will reduce the pressure exerted by the therapist
  - C. The client usually finds it intrusive
  - D. It can be uncomfortable for the therapist
18. Where is the pressure more concentrated on the therapist when using forearms to treat?
- A. Elbow joint
  - B. Glenohumeral joint
  - C. Radio-ulnar joint
  - D. Scapular-thoracic joint
19. Which statement is FALSE when using the fist for pressure?
- A. You can form a loose fist and press through your distal interphalangeal joints
  - B. Keep your fingers fairly loose and cup your hands together
  - C. Pressure is best exerted when bones are end-to-end to each other
  - D. Keep the wrist in a neutral position
20. When using the elbow, if the therapist experiences pain, numbness, or tingling in the arm, they might be compressing which nerve?
- A. Brachial
  - B. Radial
  - C. Ulnar
  - D. Musculocutaneous

21. All of the following are appropriate recommendations for the therapist to use their body safely EXCEPT:
- A. Breath through-out the treatment
  - B. The treatment should be enjoyable and low stress on the therapist
  - C. Raising the table will help you work closer to the client and give a mechanical advantage
  - D. Listen to your body to avoid Delayed Onset Muscle Soreness (DOMS)
22. Which of the following is false regarding fisting?
- A. Fisting works well when treating the hamstrings
  - B. Fisting can be used with less pressure on the wrist flexors
  - C. Fisting is beneficial to use on the ITB
  - D. The pressure used with fisting on the forearm is more targeting than an elbow
23. When the elbows are used with oil to provide compression combined with a stretch, this technique is called:
- A. Petrissage
  - B. Stripping
  - C. Myofascial release
  - D. Squeezing
24. When using deep tissue massage techniques on the head and neck for "gentle" treatments, what part of the therapist's body is used?
- A. Open hand
  - B. Fingertips
  - C. Fist
  - D. Elbow
25. What helps the therapist work the upper trapezius and levator scapula the most when the client is in a three-quarter lying position?
- A. Leverage
  - B. Weight of the client's body
  - C. Gravity
  - D. Grip strength



26. Which techniques are safe to apply to the thenar muscles?
- A. Squeezing and stripping
  - B. Stripping and fisting
  - C. Fisting and squeezing
  - D. Sustained compression and stripping
27. Which statement is false when treating the trunk in the prone position?
- A. Avoid deep pressure to ribs 11 and 12
  - B. Direct pressure into the spinous process
  - C. Make sure you are always on the fleshiest part of the muscle when using the elbow
  - D. Avoid deep pressure to the kidneys
28. When treating the piriformis muscle, what structure may easily but accidentally be compressed?
- A. Ischial tuberosity
  - B. Femoral nerve
  - C. Sciatic nerve
  - D. Iliac crest
29. All of the following are areas to avoid localized deep pressure EXCEPT:
- A. Greater Trochanter
  - B. Piriformis
  - C. Epicondyles of the femur
  - D. Achilles tendon
30. How long should pressure be applied in order to dissipate slight discomfort from a trigger point?
- A. 30 seconds
  - B. 90 seconds
  - C. 10 seconds
  - D. 60 seconds
31. Which stretching technique is a safe way to mobilize stiff healthy joints?
- A. Tractioning
  - B. Dry stretching
  - C. PNF stretching
  - D. MET stretching

32. Which statement is true regarding the stretching and deep tissue massage techniques discussed?
- A. Deep tissue massage is a great technique to include in all on-site corporate massage events
  - B. Pre-event techniques should usually be avoided for athletes
  - C. Stretching and compressive techniques can benefit those with osteoporosis
  - D. Tractioning is appropriate for those with hypermobile joints
33. Which of the following is false when treating clients with deep tissue massage?
- A. Deep tissue massage takes a shorter amount of time to perform than a Swedish massage
  - B. With subsequent treatments, clients become more acclimated to the sensation of deep pressure
  - C. Muscle tone usually decreases during treatment
  - D. If you have not made progress with your client by treatment #6, you may need to evaluate your technique
34. Which of the following is not an appropriate tip to work on your client safely for deep tissue massage?
- A. Avoid techniques that you find uncomfortable to apply
  - B. Warm tissue first with Swedish techniques
  - C. Apply pressure and strokes slowly and increase the pressure slowly
  - D. Document unusual responses
35. When using your forearms for static compression, the therapist should hold the compression for:
- A. 20 seconds
  - B. 10 seconds
  - C. 5 seconds
  - D. 30 seconds
36. Static compression while using forearms are very beneficial for therapists who:
- A. Bad knees
  - B. Weak on their pressure
  - C. Sore in their back
  - D. Hypermobile in their own wrist and elbow

37. When using the forearms for effleurage, all of the following are appropriate steps EXCEPT:
- A. Lean into the tissues
  - B. Choose a large muscle to start
  - C. Start at the proximal end of the muscle
  - D. Avoid bony areas
38. All of the following are advantages to using the forearms for compression techniques EXCEPT:
- A. It can be used through the clients clothing
  - B. It is easily adaptable for localized pressure
  - C. It can be used with or without oil
  - D. The therapist does not need to get close to the client to perform the treatment
39. What is the disadvantage or challenge to the therapist keeping the wrists and elbows in neutral when apply static compression with the fists?
- A. It is difficult to maintain
  - B. It is only correctly performed by purist therapists
  - C. It cannot be performed when using oil
  - D. Feedback is limited from the client
40. Which of the following is not an advantage to using fisting techniques?
- A. It is useful for wide muscles when using oil
  - B. The ability to using rotating movements makes it easier to apply the technique
  - C. It can be easily modified to the client's needs for pressure
  - D. It is not necessary to lean in close to the client
41. Which of the following is not a proper way to use your elbow to apply static compression?
- A. Add pressure while extending your elbow slightly when touching the spot on the client
  - B. Lean onto the client after extending the elbow
  - C. Keep your elbow flexed while identifying the spot
  - D. Ease up and reduce your pressure, followed by effleurage

42. When using the elbow, how long should pressure be applied to trigger points creating slight discomfort?
- A. Less than 30 seconds
  - B. 30-60 seconds
  - C. 60-90 seconds
  - D. 90 – 120 seconds
43. Which of the following is a disadvantage to using elbows for deep pressure techniques?
- A. It cannot be used through the clients clothing
  - B. It cannot be localized to a specific spot
  - C. It cannot be used on all muscles
  - D. It cannot be used with oil
44. Which of the following is not considered an appropriate tool to use on a client?
- A. Wooden 'mouse'
  - B. Roller for self myofascial release
  - C. Index knobber
  - D. Tennis ball
45. Which tool should be used while sitting or kneeling in order to get good leverage on the supraspinatus?
- A. Knobber
  - B. Wooden mouse
  - C. Tennis ball
  - D. Rubber ball
46. Which of the following is not an advantage to using massage tools?
- A. It decreases the risk of injury to the therapist
  - B. They facilitate the application of deep pressure
  - C. The therapist can use the tools to work through the clients' clothing
  - D. It does not require any type of change in position in order to gain leverage
47. When using stretching techniques in deep tissue massage the proper order for the technique is:
- A. Dry stretch, joint movement, dry stretch, traction
  - B. Dry stretch, traction, joint movement, traction plus joint movement
  - C. Traction, joint movement, dry stretch, release
  - D. Dry stretch, joint movement, traction, release

48. Which statement is false concerning dry stretching?
- A. It should not be used on clients with fragile skin
  - B. It can be used at any state of the massage treatment
  - C. It is beneficial for those with psoriasis
  - D. It is ideal for enhancing the deep pressure sensation
49. When first learning the technique of dry stretching on the erector spinae a good place to start is:
- A. Lumbar area
  - B. Cervical area
  - C. Upper thoracic area
  - D. Lower thoracic area
50. All of the following are appropriate safety guidelines when using dry stretching on the back EXCEPT:
- A. Work away from the spinous process
  - B. Its use is only limited to the back
  - C. Avoid the medial border of the scapula
  - D. Avoid its use on fragile skin
51. Which of the following steps is not appropriate when tractioning the glenohumeral joint in the prone position?
- A. Therapists can kneel if necessary
  - B. Therapists keep their shoulder extended
  - C. Support the client's elbow
  - D. Abduct the client's shoulder to 45 degrees
52. How can the therapist increase the pressure when tractioning the glenohumeral joint in the prone position?
- A. Rotate the palm to take up the slack in underlying skin
  - B. Keep the palm flat against the client's back
  - C. Avoid using oil with a towel
  - D. Pull the arm harder
53. Which of the following is not a useful position to use traction?
- A. Latissimus dorsi prone
  - B. Pectorals with fisting supine
  - C. Fisting triceps supine
  - D. Applying pressure to latissimus dorsi in the  $\frac{3}{4}$  position

54. Which of the following is not an advantage to using tractioning?
- A. When the use of oil is not recommended
  - B. When the therapist is new, fresh out of school and is still learning about proper posture techniques
  - C. When range of motion is restricted on the client
  - D. When the sensation of deep tissue massage needs to be Enhanced
55. Which muscle is problematic to work on making deep tissue dry stretching an extremely beneficial treatment?
- A. Gluteal maximus
  - B. Piriformis
  - C. Gluteal minimus
  - D. Gluteal medius
56. In order to get a better stretch on the piriformis, the therapist should:
- A. Work through the tingling phase
  - B. Try to slip over the muscle by using oil
  - C. Work through a towel
  - D. Avoid "locking" the muscle
57. When using stretching with oil in conjunction with passive joint movement on the lower leg, the therapist should:
- A. Actively shorten the muscle for the first step
  - B. Decrease pressure in the effleurage stroke during movement of the joint
  - C. Avoid active dorsiflexion of the ankle
  - D. Start at the distal end of the muscle and work from the ankle towards the knee
58. When using stretching in conjunction with passive joint movement on the forearm, what is the proper position of the client's arm when prone?
- A. Shoulder externally rotated, hands supinated
  - B. Hands in supination over the end of the massage table
  - C. Hands resting on the massage table
  - D. Hands resting over the end of the massage table

59. When using active joint movement with oil on the ITB, which procedure is incorrect?
- A. Use loosely cupped fists and keep elbows extended
  - B. Begin at the distal end and work towards the hip
  - C. Position the client in the prone position with the hip externally Rotated
  - D. Ask the client to slowly flex and extend the knee as you move proximally
60. All of the following are proper safety guidelines when stretching with oil EXCEPT:
- A. Have the client move the joint numerous time in order to fatigue the muscle
  - B. Do not use this type of stretching on unstable joints
  - C. Avoid this technique on hypermobile joints
  - D. Avoid pressing too deeply over bony points
61. All of the following are advantages to stretching with oil EXCEPT:
- A. It might be more effective than massage alone
  - B. It is beneficial for improving range of motion to restricted joints
  - C. It requires little effort, especially for beginners
  - D. It is beneficial for the therapist to use this modality when the therapist does not have adequate leverage for pure compressive techniques
62. What is the disadvantage to working with a client in the recovery position as opposed to the three-quarter-lying position?
- A. Discomfort to the therapist
  - B. Discomfort to the client
  - C. Inability to get enough leverage on some muscles
  - D. Massage table is not wide enough to accommodate the Position for most people
63. All of the following muscles can utilize a ball to target muscles utilizing deep tissue techniques EXCEPT:
- A. Pectorals
  - B. Rhomboids
  - C. Levator scapulae
  - D. Middle trapezius

64. Which position is best for those with short necks?
- A. Supine
  - B. Prone
  - C. Three quarter side lying
  - D. Recovery
65. All of the following are advantages to the three quarter side lying position when stretching latissimus dorsi EXCEPT:
- A. It helps to compress and stretch the muscle
  - B. It is easy to use on females
  - C. It can be modified to include triceps
  - D. It is beneficial to clients who have been on crutches
66. What is not considered to be proper technique when using the forearm sweep?
- A. Avoid deep pressure on rib 12
  - B. The client's top arm is above his head
  - C. Start at the client's waist a with elbows apart
  - D. Lean towards the client
67. Where should the client's top arm be when using the forearm on the quadratus lumborum?
- A. Resting on the table
  - B. Hanging off the table
  - C. Above the head
  - D. By his side
68. When using a massage tool on the trapezius, how long should pressure be exerted on a trigger point?
- A. 15 seconds
  - B. 90 seconds
  - C. 60 seconds
  - D. 30 seconds
69. Which muscle does not attached to the coracoid process of the scapula?
- A. Pectoralis minor
  - B. Brachialis
  - C. Coracobrachialis
  - D. Biceps brachii



70. Which of the following clients is it appropriate to use fisting on the pectorals?

- A. Healthy male clients
- B. Healthy large breasted female clients
- C. Clients with large, heavy arms
- D. Clients with fragile skin

71. All are appropriate steps for applying digital pressure to the cervical muscles EXCEPT:

- A. Ask the client to remain in the appropriate position with pressure for 30 seconds
- B. Release and soothe the area after releasing the pressure
- C. Ask the client to slowly turn his head away from you while applying pressure
- D. Therapist should use fingertips to apply pressure

72. What should the therapist's thumb be doing on the treatment hand while applying pressure under the ribs?

- A. Gentle pressure during inhalation only
- B. Gentle pressure during exhalation only
- C. Applying pressure under the ribs
- D. locating the ribs only

73. When performing the transverse stretch to erector spinae, the therapists should:

- A. Add oil first
- B. Compress and stretch the tissues at the same time
- C. Locate the erector spinae on the same side as you are standing
- D. Press the tissues towards the spine

74. When working the trapezius prone by utilizing the "pulling through" technique, the therapist should:

- A. Work the lower fibers transversely
- B. Work the upper fibers transversely
- C. Use your body weight to lean forward
- D. Work the fibers of the trapezius on the side closest to you

75. When using your forearm on a client's trapezius in the prone position, who might find the towel uncomfortable?

- A. Those with tight posterior deltoids
- B. Those with tight trapezius
- C. Those with tight anterior deltoids
- D. Those with tight latissimus dorsi

76. The elbow technique with the client seated while working upper trapezius is ideal for:
- A. Those who cannot take deep pressure
  - B. Those who crave deep pressure
  - C. Those with tight pectoralis major
  - D. Those with tight posterior deltoids
77. The area to be careful of and avoid while working adductors in the three-quarter-lying position is"
- A. Popliteal space
  - B. Pes anserine
  - C. Femoral artery
  - D. Fibular head
78. Why is fisting a better method for the therapist when working the client's adductors in the three-quarter-lying position than other techniques?
- A. It allows the therapist to sit down while treating the client
  - B. It keeps the therapist in a more upright position while still giving good pressure
  - C. It prevents the therapist from hunching their shoulders
  - D. It allows the therapist to flex the elbows easier while working their way proximally
79. Which technique is best for stubbornly tight calf muscles?
- A. Dry stretch on medial calf
  - B. Fisting on medial calf
  - C. Elbow on medial calf
  - D. Fisting on lateral calf
80. If the client finds the three-quarter-lying position uncomfortable while working ITB with the forearm, what can the therapist do?
- A. place a small towel or cushion underneath the knee of the treatment leg
  - B. Apply less pressure
  - C. Roll them into the recovery position
  - D. Discontinue the treatment and give them home stretches
81. Fisting the ITB also works what other muscle?
- A. Vastus lateralis
  - B. Vastus medialis
  - C. Sartorius
  - D. Rectus femoris

82. Which technique is very useful for clients with runners knee?
- A. Forearm on the ITB
  - B. Elbow on the ITB
  - C. Fisting the ITB
  - D. Soft tissue release for ITB
83. A common mistake therapist make when working on the gluteals is:
- A. Too much pressure too soon
  - B. Too little pressure too late
  - C. Using twisting movements with the towel
  - D. Placing too much pressure on the femoral nerve
84. What is considered a "must" when using the elbow on the quadriceps in the supine position?
- A. A massage tool
  - B. A towel
  - C. Oil
  - D. A guide hand
85. What muscle can also be treated when using the forearm technique on the adductors?
- A. Biceps femoris
  - B. Semitendinosus
  - C. Gracilis
  - D. Vastus lateralis
86. In order to better stretch the fascia of the lateral and anterolateral lower leg, what position should the client be in?
- A. Foot hanging off the table slightly plantarflexed
  - B. Foot hanging off the table slightly inverted
  - C. Foot on the table slightly dorsiflexed
  - D. Foot on the table slightly everted
87. Which statement is false concerning knuckling the tibialis anterior muscle?
- A. The therapist must kneel during this technique
  - B. Knuckles and thumbs are at risk of overuse
  - C. Position the client with her foot off the end of the table
  - D. After locating the muscle, roll the foot inward

88. Which statement is false concerning treating the calf muscle with the forearm while the client is prone?
- A. Use the right arm to massage the left calf
  - B. The client's feet should be off the table
  - C. The therapist should use a squat position
  - D. The therapist should use a narrow stance
89. Which statement is false when discussing the fisting technique on the calf?
- A. The use of reinforced fists is appropriate
  - B. Begin where the gastrocnemius and soleus attach to the Achilles tendon and work towards the knee
  - C. The table should be a little higher than normal to maintain proper position
  - D. Keep the elbows straight
90. When fisting the calf with dorsiflexion, the therapist should:
- A. Massage to the proximal end of the muscle
  - B. Gradually move the ankle into plantarflexion
  - C. Keep the ankle in dorsiflexion
  - D. Apply a lot of pressure since this is a thick muscle
91. An advantage to using the calf squeeze technique is:
- A. The client holds her own leg up thus decreasing stress on the therapist
  - B. The position the leg is in may help with lymphatic drainage
  - C. The therapist never has to twist the waist
  - D. Instead of sitting on the table, the therapist can rest a leg on the table
92. Where is the starting location on the client when working into the ischium?
- A. 10 centimeters above the knee
  - B. On the gluteus maximus
  - C. 10 centimeters distal to the ischium
  - D. On the ischium
93. What is not the proper technique when fisting the tibialis anterior in the prone position?
- A. Actively flex the client's knee
  - B. Start at the ankle
  - C. Use little pressure
  - D. Work from the ankle to the knee

94. Although it is typically not advised to press through and extended thumb joint, it can assist in providing good leverage with this technique if not hypermobile in this joint.
- A. Three-quarter-lying deltoid
  - B. Fisting the foot
  - C. Three-quarter-lying subscapularis
  - D. Three-quarter-lying supraspinatus
95. Which statement is false concerning treating the posterior shoulder in the three-quarter-lying technique?
- A. The therapist should slowly extend the elbow to localize the pressure
  - B. Gently locate the spot to begin
  - C. Position the client with his arm by his ear
  - D. This is an often neglected area for massage
96. If the therapist uses the wrong arm when treating triceps in the supine position, where does his hand end up?
- A. Away from the client
  - B. In the client's breast area
  - C. In the client's underarm area
  - D. In the client's face
97. Why is it not ideal to use knuckles when accessing the lateral border of the scapula in the supine position?
- A. It can easily place pressure on the axillary nerve
  - B. It places too much pressure on the ribs
  - C. It ends up in an uncomfortable area on the client
  - D. It is difficult to keep the finger joints in alignment
98. What do you do if you are using too much pressure on the client's infraspinatus while using the elbow technique?
- A. Ask the client to breathe through the pressure
  - B. Soothe the area and start over
  - C. Press deeper
  - D. Lighten your pressure and continue
99. Which of the following is an appropriate concern when treating only one part of the body in one session?
- A. That they will feel vast improvements after one session
  - B. That the client will feel exhausted afterwards
  - C. That you will have enough time
  - D. Not to overwork the area

100. If you spend 5 minutes practicing all 12 steps for upper and lower body in the three-quarter-lying position, how long will the session take?

- A. 30-minutes
- B. 90-minutes
- C. 60-minutes
- D. 120-minutes

