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Question: 1

What is the main function of the respiratory membrane?

- A. To line the respiratory tract with a layer of mucus.
- B. To act to separate air into the alveoli or the blood in the capillaries.
- C. To serve as a barrier to the outside air.
- D. To allow consistent oxygen flow into the blood stream.

Answer: B

Explanation:

The respiratory membrane acts to separate air into the alveoli, or the blood in the capillaries. This membrane can be found lining the wall of the alveoli, which are small sacs that fill with air located at the end of the bronchioles. The respiratory membrane consists of various layers including the alveolar wall, interstitial fluid, and the pulmonary capillary wall. The alveolar wall is comprised of epithelial cells, while the pulmonary capillary wall is made up of endothelial cells. The process of oxygen and carbon dioxide travelling across the respiratory membrane is diffusion.

Question: 2

Which of the following structures begins the process of digestion?

- A. Stomach.
- B. Small intestine.
- C. Teeth.
- D. Esophagus.

Answer: C

Explanation:

Digestion begins in the mouth with the teeth. The teeth serve digestion by breaking food down for further processing. While the mouth is considered a main organ within the digestive system, the teeth are accessory organs. The tongue, also an accessory organ, assists the teeth in this initial breakdown of food. From the mouth, food will travel down the pharynx to the esophagus, then to the stomach, the small intestine, the large intestine, the rectum, and finally the anal canal. As the food moves through this system, various chemical reactions occur and food is metabolized as essential nutrients are removed and distributed or stored in the body as needed.

Question: 3

What is manipulated in the craniosacral system during a craniosacral therapeutic session?

- A. Dura mater.
- B. Interstitial fluid.
- C. Pia mater.
- D. Cerebrospinal fluid.

Answer: D

Explanation:

Cerebrospinal fluid is manipulated during a craniosacral therapeutic session. This fluid can be found between the dura mater, the arachnoid membrane, and the pia mater. These three layers of membrane make up the meningeal system. More specifically, the dura mater is the outermost membrane and functions as waterproof protection. The arachnoid membrane is the middle layer, and provides the necessary lubrication for the outer- and innermost membranes of this system to easily glide. Finally, the pia mater is the innermost membrane that lines the brain and spinal cord. Because the cerebrospinal fluid serves as lubrication between these membrane layers, if this fluid is not flowing freely through the craniosacral system, then pain may result.

Question: 4

What occurs during the process of resorption?

- A. Fluid moves from the renal tubules into the blood stream.
- B. Fluid moves from the blood stream into the renal tubules.
- C. Fluid is filtered more than once.
- D. Elimination cannot occur and fluid is processed through the body again.

Answer: A

Explanation:

With the process of resorption, fluid moves from the renal tubules into the blood stream. Common substances that undergo the process of resorption include water, proteins, sodium, and other essential nutrients. Resorption begins at the proximal convoluted tubules through the loop of Henle, through the distal convoluted tubules and into the collecting tubules. Resorption occurs through osmosis, and nearly 99% of water is resorbed on a daily basis. Additionally, one nutrient, glucose, is also resorbed. The body's inability to resorb glucose results in a condition referred to as glycosuria, or glucose in the urine, which is a sign of diabetes mellitus.

Question: 5

What is the term that refers to a body standing erect with hands at the sides and palms facing forward?

- A. Anatomical Position (western medicine).
- B. Anatomical Position (oriental medicine).
- C. Prone.

D. Supine.

Answer: A

Explanation:

The Anatomical Position, according to western medicine, is achieved when the body standing erect with hands at the sides and palms facing forward. In addition, the head and feet also face forward. This universal position allows communication between professionals in the healthcare industry. Using the anatomical position as a reference point, we are able to discuss and locate various parts of the body. In terms of referencing the body using this position, anatomical directions include superior (toward the head) and inferior (away from the head); anterior (front) and posterior (back); medial (toward the midline) and lateral (toward the side); proximal (toward the trunk) and distal (away from the trunk); and superficial (near the surface) and deep (away from the surface).

Question: 6

The plane that goes from top to bottom, which divides the body in left and right sides directly in the middle is referred to as which of the following?

- A. Sagittal.
- B. Frontal.
- C. Transverse.
- D. Midsagittal.

Answer: D

Explanation:

The midsagittal is the plane that goes from top to bottom, which divides the body in left and right sides directly in the middle. This should not be confused with the sagittal plane, which divides the body in left and right sides but does not do so directly down the middle of the body or organ. Other planes that are used to determine and discuss a specific location of the body include frontal, running side to side and dividing the body into front and back, and transverse, running horizontally, dividing the body into top and bottom.

Question: 7

Which of the following are located in the dorsal cavity?

- A. The abdominopelvic cavity.
- B. The lungs.
- C. The thoracic cavity.
- D. None of the above.

Answer: D

Explanation:

None of the above. The abdominopelvic cavity and the thoracic cavity are divisions of the ventral cavity. The lungs are contained within the thoracic cavity. The dorsal cavity consists of the cranial cavity and spinal canal.

Question: 8

Which of the following is not a major muscle of the head?

- A. Orbicularis oculi.
- B. Zygomaticus.
- C. Semimembranosus.
- D. Masseter.

Answer: C

Explanation:

The semimembranosus is not a major muscle of the head, but is in fact a muscle of the hamstring group, with an insertion at the tibia and origin at the ischium and functions to flex the knee. The Orbicularis oculi is located above the eye, with an insertion and origin at the maxilla and functions to close the eye. The Zygomaticus is located at the cheek with an insertion at the angle of the mouth and upper lip and an origin at the Zygomatic arch and functions to elevate the corners of the mouth. Finally, the Masseter is located at the jaw with an insertion at the mandible and an origin at the Zygomatic arch and functions to close the mouth.

Question: 9

Which muscle has an origin at the external occipital protuberance ligamentum nuchae and an insertion at the lateral third of clavicle acromion?

- A. Teres major.
- B. Latissimus dorsi.
- C. Trapezius.
- D. Teres minor.

Answer: C

Explanation:

The trapezius has an origin at the external occipital protuberance ligamentum nuchae and an insertion at the lateral third of clavicle acromion. The trapezius also has an origin at the C7-T12 spinous process and two additional insertions at the spine of the scapula and the root of the spine of the scapula. The trapezius is a triangular shaped muscle and is the most superficial muscle in the back. The action of the trapezius is elevation and upward rotation of the scapula, and retraction of the scapula. This muscle lies superior to the latissimus dorsi, and the teres major and minor.

Question: 10

Which of the following muscles has an action of medial rotation and adduction of the humerus?

- A. Teres major.
- B. Latissimus dorsi.
- C. Trapezius.
- D. Teres minor.

Answer: B

Explanation:

The latissimus dorsi has an action of medial rotation and adduction of the humerus. This muscle also has an origin at the thoracolumbar aponeurosis, the lower six thoracic spinous processes, the iliac crest and the sacrum, the lower 4 ribs, and the inferior angle of the scapula. The insertion of the latissimus dorsi is at the bicipital groove of the humerus. This muscle is the widest muscle in the back and is very useful for activities that require a lot of power such as swimming. In addition to the action of rotation, the latissimus dorsi is responsible for extension.

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