



Course Instructions

NOTE: The following two pages contain a preview of the final exam. The final exam is identical to the final exam that you will take online **after you purchase the course.**

After you purchase the course online, you will be taken to a receipt page online which will have a link to take the final exam. You will then click on this link to begin taking the exam. The link will also be emailed to you.

3 Easy Steps to Complete the Course:

- 1.) Read the Course PDF – download from our website**
- 2.) Purchase the Course Online & Take the Final Exam – see note above**
- 3.) Print Out Your Certificate**

Massage Techniques for Specific Areas – Final Exam

1. With its popularity in pain relief, massage therapy has become a widely accepted treatment for neck and shoulder pain.
 - a. True
 - b. False

2. According to *Massage Therapy for Neck and Shoulder Pain, Figure 1*, the study selection process included 18 _____ :
 - a. abstracts screened
 - b. duplicate publications
 - c. major methodological flaws
 - d. full articles screened

3. Regarding *Massage Therapy for Neck and Shoulder Pain, 4.1. Limitations of the Review*, there were _____ limitations in their review:
 - a. no
 - b. several
 - c. three
 - d. many

4. With respect to *Massage Therapy for Osteoarthritis of the Knee, Results*, WOMAC Global scores improved significantly (24.0 points, 95% CI ranged from 15.3–32.7) in the 60-minute massage groups compared to Usual Care (6.3 points, 95% CI 0.1–12.8) at the primary endpoint of 8-weeks.
 - a. True
 - b. False

5. Considering *Massage Therapy for Osteoarthritis, Participants*, eligible patients were _____ with radiographically established OA of the knee:
 - a. women
 - b. men and women
 - c. children
 - d. men

6. **As per Figure 1, *Participant Flow Diagram*, participants were analyzed at:**
- a. 8 weeks
 - b. 16 weeks
 - c. 24 weeks
 - d. all of the above
7. **As per Table 1, *30- and 60-Minute Massage Protocols*, in a 30 minute protocol, 8 – 12 minutes were allocated to:**
- a. lower limbs
 - b. upper body
 - c. both a and b
 - d. none of the above
8. **Considering *Comparative Effects of Acupressure*, chronic neck pain is a very common symptom, especially in males.**
- a. True
 - b. False
9. **With regards to *Comparative Effects of Acupressure, 2.1 Subjects*, the subjects were randomly allocated to _____ groups:**
- a. three
 - b. two
 - c. four
 - d. none of the above
10. **The study results demonstrated that acupressure on the local and the distal acupuncture points significantly reduced various parameters of the pain-associated conditions.**
- a. True
 - b. False