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**Question: 885**

Which cranial nerve is primarily responsible for the movement of the sternocleidomastoid and trapezius muscles?

- A. Trigeminal nerve (V)
- B. Facial nerve (VII)
- C. Vagus nerve (X)
- D. Accessory nerve (XI)

Answer: D

Explanation: The accessory nerve (XI) innervates the sternocleidomastoid and trapezius muscles, facilitating head and shoulder movement.

**Question: 886**

During a gait analysis, a therapist observes that the patient's foot excessively pronates during the stance phase. Which of the following muscle groups is likely weak, contributing to this biomechanical deviation?

- A. Soleus
- B. Peroneals
- C. Gastrocnemius
- D. Tibialis posterior

Answer: D

Explanation: Weakness in the tibialis posterior muscle can lead to excessive foot pronation, as it is responsible for controlling the medial arch and stabilizing the foot during the stance phase.

**Question: 887**

A therapist is utilizing hydrotherapy techniques for a client with muscle soreness after a workout. Which combination of hot and cold therapies would be most effective for facilitating recovery?

- A. Alternating between hot packs and ice baths
- B. A long soak in hot water followed by a cold shower
- C. Continuous application of cold compresses
- D. Steaming followed by an ice massage

Answer: B

Explanation: A long soak in hot water followed by a cold shower can enhance circulation and reduce inflammation, promoting recovery effectively.

**Question: 888**

A massage therapist is developing a marketing strategy for their practice. Which of the following methods would best comply with ethical advertising practices while attracting new clients?

- A. Making exaggerated claims about treatment effectiveness
- B. Providing testimonials from satisfied clients with their consent
- C. Promoting services through unsolicited emails to potential clients
- D. Offering discounts without clearly stating the conditions

Answer: B

Explanation: Providing testimonials with client consent reflects ethical advertising practices, as it builds trust without resorting to exaggeration or misleading claims.

**Question: 889**

During a massage session, a therapist notices that the client's biceps brachii is more developed on one side. Which muscle action is primarily responsible for the shortening of the biceps during elbow flexion?

- A. Eccentric contraction
- B. Isometric contraction
- C. Isokinetic contraction
- D. Concentric contraction

Answer: D

Explanation: Concentric contraction occurs when a muscle shortens while generating force, such as when the biceps brachii flexes the elbow.

**Question: 890**

When considering the circulatory system, which of the following parameters is essential for calculating cardiac output, and what is the formula used?

- A. Stroke volume and blood pressure;  $CO = SV/BP$
- B. Blood pressure and heart rate;  $CO = BP/HR$
- C. Blood volume and heart rate;  $CO = BV \times HR$
- D. Stroke volume and heart rate;  $CO = SV \times HR$

Answer: D

Explanation: Cardiac output (CO) is calculated using the formula  $CO = SV \times HR$ , where SV is stroke volume and HR is heart rate.

**Question: 891**

A client with a history of severe chronic pain is taking multiple medications, including opioids and muscle relaxants. Which of the following is a potential side effect of these medications that the therapist should consider?

- A. Drowsiness and decreased alertness
- B. Heightened awareness of body sensations
- C. Increased pain sensitivity
- D. Enhanced muscle strength

Answer: A

Explanation: Opioids and muscle relaxants can cause drowsiness and decreased alertness, which the therapist should consider when planning the session.

**Question: 892**

The term "active range of motion" refers to:

- A. The movement achieved by an external force
- B. The measurement of joint laxity
- C. The total movement available in a joint
- D. The movement performed by the client without assistance

Answer: D

Explanation: Active range of motion refers to the movement a client can achieve independently without assistance, reflecting their muscle strength and control.

**Question: 893**

A client with a history of tendonitis in the shoulder area wishes to receive massage therapy. Which of the following techniques would be most beneficial for this condition, focusing on the surrounding musculature?

- A. Trigger point release on the affected tendon
- B. Myofascial release to the surrounding muscles
- C. Deep friction on the tendon itself
- D. Direct pressure on the joint capsule

Answer: B

Explanation: Myofascial release to the surrounding muscles can help alleviate tension and improve mobility without directly stressing the inflamed tendon.

**Question: 894**

During a posture assessment, the therapist observes that the client's shoulders are uneven, with one shoulder appearing higher than the other. This condition may indicate an imbalance in which muscle group?

- A. Upper trapezius
- B. Lower trapezius
- C. Serratus anterior
- D. Rhomboids

Answer: A

Explanation: An imbalance in the upper trapezius can lead to uneven shoulder height, as it is responsible for elevating the scapula.

**Question: 895**

A patient with a history of cardiovascular disease presents with chest pain during exercise. An exercise stress test reveals ST-segment depression. What does this finding indicate about the patient's coronary circulation during exercise?

- A. Normal coronary perfusion
- B. Left ventricular hypertrophy
- C. Myocardial ischemia
- D. Arrhythmia

Answer: C

Explanation: ST-segment depression during an exercise stress test indicates myocardial ischemia, suggesting that the coronary circulation is inadequate to meet the heart's demands during exertion.

**Question: 896**

A client is experiencing symptoms of carpal tunnel syndrome. Which area should the therapist be particularly cautious about during treatment?

- A. The forearm
- B. The upper back
- C. The shoulder
- D. The wrist and hand

Answer: D

Explanation: The wrist and hand are critical areas affected by carpal tunnel syndrome, and caution is necessary to avoid exacerbating symptoms.

**Question: 897**

A therapist assesses a patient with limited hip extension during walking. Which of the following muscle groups might be tight, potentially limiting this movement?

- A. Gluteus maximus
- B. Hamstrings
- C. Adductors
- D. Hip flexors

Answer: D

Explanation: Tight hip flexors can limit hip extension during walking, as they oppose the extension movement that requires the gluteus maximus to function effectively.

**Question: 898**

During a reproductive health assessment, a female client reports irregular menstrual cycles and weight gain. Which hormone imbalance might primarily contribute to these symptoms?

- A. Insulin

- B. Progesterone
- C. Luteinizing hormone
- D. Estrogen

Answer: A

Explanation: An imbalance in insulin can lead to weight gain and irregular menstrual cycles, often associated with conditions like polycystic ovary syndrome (PCOS).

**Question: 899**

Which of the following is the primary purpose of administering a cross-fiber friction technique?

- A. To increase muscle length
- B. To enhance lymphatic drainage
- C. To break down adhesions
- D. To improve circulation

Answer: C

Explanation: Cross-fiber friction is primarily used to break down adhesions and scar tissue within muscles and connective tissues, promoting flexibility and healing.

**Question: 900**

Upon conducting a postural assessment, you observe a client has a flat back posture. This type of posture can be associated with which of the following muscular imbalances?

- A. Shortened hip flexors and lengthened hamstrings
- B. Shortened rectus abdominis and lengthened erector spinae
- C. Shortened gluteus maximus and lengthened quadriceps
- D. Shortened latissimus dorsi and lengthened rhomboids

Answer: B

Explanation: A flat back posture is often associated with shortened rectus abdominis and lengthened erector spinae, leading to specific muscular imbalances.

**Question: 901**

A therapist is assessing a client's mental status following a head injury. Which part of the nervous system is primarily responsible for higher cognitive functions?

- A. Brainstem
- B. Cerebral cortex
- C. Cerebellum
- D. Spinal cord

Answer: B

Explanation: The cerebral cortex is responsible for higher cognitive functions, including thought, reasoning, and decision-making processes.

**Question: 902**

A massage therapist is preparing to treat a patient with a recent upper respiratory infection. Which of the following actions represents a local contraindication for massage therapy in this case?

- A. Applying pressure directly over congested sinuses
- B. Massaging the upper back and shoulders
- C. Treating areas of the body not affected by infection
- D. Utilizing gentle effleurage on the arms

Answer: A

Explanation: Applying pressure directly over congested sinuses is a local contraindication, as it can exacerbate discomfort and spread the infection.

**Question: 903**

A therapist observes that a client exhibits excessive pronation during their gait cycle. Which of the following structures is primarily responsible for controlling this motion?

- A. Soleus
- B. Gastrocnemius
- C. Peroneus longus
- D. Tibialis posterior

Answer: D

Explanation: The tibialis posterior plays a crucial role in controlling pronation during the gait cycle by providing support to the arch of the foot.

**Question: 904**

A patient with chronic pain syndrome expresses frustration with their current pain management regimen. Which of the following multidisciplinary approaches is most effective for managing chronic pain?

- A. Physical therapy combined with cognitive-behavioral therapy
- B. Exclusive reliance on pharmacological interventions
- C. Surgical intervention as a primary treatment
- D. Complete rest and immobilization of affected areas

Answer: A

Explanation: Combining physical therapy with cognitive-behavioral therapy is an effective multidisciplinary approach for managing chronic pain, addressing both physical and psychological aspects.

**Question: 905**

During a biomechanical analysis of a client's squat, the therapist notes that the client's knees extend beyond their toes. This could indicate which of the following issues?

- A. Insufficient hip flexion
- B. Weak quadriceps
- C. Tight hamstrings
- D. Poor ankle dorsiflexion

Answer: D

Explanation: Poor ankle dorsiflexion can lead to compensatory movements, causing the knees to extend beyond the toes during a squat.

**Question: 906**

The "anterior drawer test" is primarily used to assess instability in which joint?

- A. Shoulder
- B. Ankle
- C. Knee
- D. Hip

Answer: C

Explanation: The anterior drawer test is used to assess anterior cruciate ligament (ACL) stability in the knee joint by evaluating the forward movement of the tibia.

**Question: 907**

A client reports discomfort in their neck that seems to originate from their upper back. While performing Swedish massage, which technique would best facilitate the release of tension in the thoracic region?

- A. Effleurage with a focus on the cervical spine
- B. Deep petrissage on the upper trapezius
- C. Vibration applied to the thoracic spine
- D. Friction applied along the latissimus dorsi

Answer: B

Explanation: Deep petrissage on the upper trapezius addresses tension in the thoracic region and can effectively alleviate discomfort in the neck.

**Question: 908**

While obtaining a client's health history, the therapist discovers that the client is currently taking anticoagulants. How should this medication impact the therapist's approach to the massage session?

- A. Use lighter pressure and avoid techniques that may cause bruising
- B. Avoid any work on the lower extremities altogether
- C. Use deeper pressure to improve circulation
- D. Focus solely on the upper body to minimize risk

Answer: A

Explanation: Clients on anticoagulants are at increased risk for bleeding and bruising, so using lighter pressure and avoiding aggressive techniques is crucial for safety.

**Question: 909**

Which of the following best describes the "tonic" muscle fibers?

- A. Fast-twitch fibers that produce explosive strength
- B. Slow-twitch fibers that resist fatigue and maintain posture

- C. Hybrid fibers that adapt based on training
- D. Fibers that primarily generate heat

Answer: B

Explanation: Tonic muscle fibers are slow-twitch fibers that resist fatigue and are primarily involved in maintaining posture and endurance activities.





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