

Preface

Many years ago when I was fresh out of graduate school, I attended a national conference for fitness professionals. This conference was attended by thousands of people, mostly PhDs, so you can imagine how I felt surrounded by brilliant professors and research specialists in the field. While the presentations and research were wonderful, they never really answered my question: How can I incorporate findings from your lab into work with my clients?

Soon after, I was sent a survey about the conference. I expressed how wonderful it was, but I felt that I did not really have information that I could take and apply to my workplace. To my surprise, I was asked to present the next year. The following year I presented on how to incorporate exercises for people with arthritis into the workplace, and how to translate the exercises into their daily activities—basically how to make their exercise more functional. The room seated only 100 people, and to my surprise about 300 people filled the room. When I returned to my hotel, it dawned on me—people do not want just the facts, they want to know how and why.

Fast-forward several years to my completion of massage school. I finished (just like you) and it was now time for me to take my national exam. Although I found many useful study guides, I found one thing lacking: explanations to the questions. I did not just want to know what I missed, I wanted to know why I missed it. So why not write a book to help people understand this information?

This book offers you a unique and valuable study tool. In June 2005, the organization of the NCBTMB test changed, and this is the first book to recognize that change. Before, NCBTMB only offered one test that included Traditional Chinese Medicine Modalities. When the organization realized that many schools did not offer courses in Traditional Chinese Medicine Modalities, they decided to offer two different tests, one with a focus on Traditional Chinese Medicine Modalities (NCETMB) and one without (NCETM). Also, emphasis was taken away from areas that, although important, were not a focus of a massage therapist. In addition, areas that are a huge focus for therapists, such as muscles and their structure, were increased. The Federation of State Massage Therapy Boards designed the Massage and Bodywork Licensing Exam (MBLEx)

also in 2005. Its intent is to provide further support to membership boards. It is a separate organization from NCBTMB that some states use for their licensing exam. The organization of the book follows that of the new NCETM, NCETMB, and the MBLEx exams. The first six parts of this book correspond to the six common parts of the exams:

- (1) general knowledge of body systems
- (2) detailed knowledge of physiology, anatomy, and kinesiology
- (3) therapeutic massage assessment
- (4) therapeutic massage application
- (5) pathology and
- (6) professional standards, ethics, business, and legal practices.

There is a separate Traditional Chinese Medicine Modalities chapter (Chapter 7) because only the NCETMB and MBLEx exams cover this area.

The percentages at the beginning of each chapter correspond to the percentage weight of each section on the exam. In addition, the number of questions at the end of each chapter corresponds to the percentage weight of each section. Although these are not direct questions from the exam, as that would be a copyright infringement, they do give you an idea of how questions might be asked. The format of the test assists you with the timing of the test. Remember, you have 140 questions and three hours to take it.

I now have several certifications under my belt and have investigated many workbooks, not only in massage, but in other areas of health. No other study guide included all of the knowledge areas that I have provided for you in this book. Many books offered test questions and answers only, others only had the workbook. This book provides you with the study guide, questions, answers, and explanations. It does not help us to only know we missed the question; we need to know why the correct answer is what it is, and this book does that for you. This book also incorporates the needs of different types of learners. Having taught in the classroom for many years, I realize that part of my job includes accommodating and incorporating different learning styles. For those visual and kinesthetic learners, this book has a fabulous selection of high-quality artwork, photos, and drawings; something that you cannot get

from a book full of questions and answers. For those who are visual, this book has detailed text, charts, and tables for your use. Mnemonic devices are also throughout various sections that offer another way to retain the information.

Each chapter ends with a selection of questions to test your knowledge. Not all of the questions are pulled directly from the study guide. Granted, there are many different types of massage schools and programs, but you will all have covered the material at some point in your education.

This book is designed to teach you how to prepare for the exam, provide focus and information on the areas of competency, and illustrate a thinking process so you can handle just about any question that comes your way. This book offers one-stop shopping for your national exam preparation. Memorizing only takes you so far in life, but knowledge knows no limits.

I hope that this book will benefit you and your career.

Laura Abbott, MS, NCTMB
Premier Performance, Inc
2897 N. Druid Hills Rd.
Suite 115
Atlanta, GA 30329
404-406-2873
www.premier-performance.com

To the Instructor

The national exams (NCETMB and NCETM) have six common areas of competency addressed in the first six chapters of this book. The NCETMB has a seventh area—Traditional Chinese Medicine Modalities—covered in Chapter 7. The MBLEx has eight areas that are also covered in this book (client assessment and treatment plans; benefits and effects of techniques; pathology with contraindications and cautions; massage history; ethics, boundaries, laws, and regulations; guidelines for professional practice; kinesiology; anatomy and physiology). The uniqueness of this book is that it not only reviews each area thoroughly, but it also tests the students' knowledge with end of the chapter questions and answers. Another unique factor is that each question comes with an explanation for yet another method of studying. The seven chapters are summarized here:

Chapter 1 General Knowledge of Body Systems provides a thorough review of each of eleven body systems. This provides the basis for future chapters in this workbook and ensures a basic understanding of the human body.

Chapter 2 Detailed Knowledge of Anatomy, Physiology, and Kinesiology goes further into depth of the

workings of the body, movement terminology, muscle contractions, and biomechanics. A list of muscle origins/insertions/actions is also included. Nutrition is introduced in this section.

Chapter 3 Pathology provides a more in-depth coverage of medical terminology, disease pathology, and its affect and involvement with massage therapy. Indications and contraindications are covered in the section as well as the healing process, and psychological stress, abuse, and approaches by other health care professionals. Pharmacology (prescription, recreational drugs, and herbs) is also covered in this section.

Chapter 4 Therapeutic Massage and Bodywork Assessment reviews endangerment sites, ergonomic factors, and the effects of gravity on the body.

Chapter 5 Therapeutic Massage Applications reviews the physiological, emotional, and psychological effects of massage. Methods and techniques of massage are also covered (draping, stress management techniques, and other holistic techniques) as well as massage techniques and strokes. Also covered are standard precautions, CPR, and basic first aid and safety.

Chapter 6 Professional Standards, Ethics, Business, and Legal Practices reviews the NCBTMB Code of Ethics and other professional considerations when operating your practice.

Chapter 7 Traditional Chinese Medicine Modalities is only on two of the three exams: the National Certification for Therapeutic Massage and Bodyworkers exam (NCETMB) and the Massage and Bodywork Licensing exam (MBLEx). It covers meridians, chakras, pathologies, and their relationship to Traditional Chinese Medicine Modalities, the physiology of meridians and channels, and basic Traditional Chinese Medicine Modality assessments.

Each chapter ends with questions, answers, and rationales for the section covered. Mnemonic devices, practical relationships, memory helpers, and At-A-Glance features are also helpful in students' comprehension of the material.

To the Student

You have taken on the successful challenge of working to become a massage therapist and/or bodyworker; now it is time to focus on the national exam. It is important to know and understand how the body works from a physiological and anatomical sense, as well as how to run or manage a business, and of course, to perform massage. It seems overwhelming, but you know you can do it.

Remember, the national exam is actually two different exams. If the state where you reside will allow

you to take the national exam, you most likely will get to choose which one you would like to take. The National Certification Examination for Therapeutic Massage (NCETM) covers the basics of massage only. The National Certification Examination for Therapeutic Massage and Bodywork (NCETMB) covers the basics of massage and also Traditional Chinese Medicine Modalities (Chapter 7 in this book). The Massage and Bodywork Licensing Exam (MBLEx) also covers both the basics of massage and the Traditional Chinese Medicine Modalities. Each chapter corresponds to an area of competence with a percentage weight on each exam. At the beginning of each chapter you will find a list of the details for each area of each exam according to the National Certification Board for Therapeutic Massage (Web site www.ncbtmb.com) and the Federation of State Massage Therapy Boards (Web site www.fsmtb.com).

With so many study guides out there to assist you, we are glad you have chosen this one. In investigating other study guides, we combined the format in order to best suit you. Included in this text is a workbook that reviews each section of the national exam.

- Words that are **bolded** and/or underlined are words of importance. One should focus on these words, definitions, and so on, in order to assist in the basic understanding of the area of discussion.
- Also in the workbook are At-a-Glance tables to help summarize important points.
- *Strategies to Success: Study Skills* at the beginning of each chapter offer students helpful tips for productive learning.
- *Strategies to Success: Test-Taking Skills* at the end of each chapter provide the students with practical tips for them to utilize.
- Memory Helpers offer easy mnemonic means to memorize key points.
- At the end of each chapter you will find review questions. Remember, understanding and application will help you build and retain your knowledge, and will also help you the day of the test!
- In order to help you further, the rationales for each question can be found at the end of the review questions. This will help you not only identify what you missed but help you understand why. Our goal is that you not only succeed in passing the exam, but that you also succeed in your practice as well.

What's New

- Online Learning Center—divided into three sections: Information, Student, and Instructor
 - Information section—gives basic information about the book and a sample chapter to view
 - Student section—provides the students the complete glossary from the book, flashcards to help study key terms, PowerPoint presentations, a resource list, seven password-protected sample tests (one test is actually timed the same as the National Exams), and an image bank of labeling exercises of the figures in the text
 - Instructor section—provides the instructor with suggested outlines for the NCETM, NCETMB, and MBLEx courses, full glossary from the book, PowerPoint presentations, resource list, image bank of all the illustrations from the book, and sample syllabi
- Inclusion of the MBLEx exam information
- New and updated photos
- More memory helpers and mnemonics
- Glossary
- Test-Taking Tips section provides the students with helpful information in preparation to taking the National Exam
- Two new appendixes
 - Appendix A: NCETM, NCETMB, and MBLEx Test Details
 - Appendix B: Resource List (references and resources for a variety of massage therapy organizations)