

Multiple Choice Sample Questions
ITEC Unit 822 – Body Massage

1	How many pairs of cervical nerves are there?		1
A	4	B	5
C	8	D	12
			C
2	Which of the following is listed under 'contraindications that restrict treatment'?		2
A	Fever	B	Osteoporosis
C	Haemophilia	D	Slipped disc
			A
3	What is kyphosis?		3
A	An exaggerated outward curvature of the spine	B	Inflammation of the vertebral joints
C	An exaggerated inward curvature of the spine	D	A sideways curvature of the spine
			A
4	Which massage movement would be most beneficial for a client with tight gastrocnemius muscles?		4
A	Kneading	B	Cupping
C	Hacking	D	Beating
			A
5	In general, what effect does massage have on the urinary system?		5
A	Encourages better waste disposal	B	Improves flexibility
C	Encourages peristalsis	D	Reduces stiffness
			A