

Multiple Choice Sample Questions
ITEC Unit 822 – Body Massage

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