

Sample Questions

iUBT334 – Reflexology

1	Which of the following is a contra-indication that restricts reflexology treatment?			
A	Diarrhoea	B	Fatigue	A
C	Acne	D	Insomnia	

2	Why is a client suffering from psychosis contra-indicated to reflexology?			
A	Because the treatment may cause headaches	B	Because the treatment may stimulate circulation	D
C	Because the treatment may trigger emotional stability	D	Because the treatment may trigger emotional instability	

3	The pancreas reflex			
A	Extends across both feet	B	Is on the right foot only	A
C	Is on the left foot only	D	Is between the toes on both feet	

4	Where is the reflex area for the solar plexus?			
A	Towards the centre of the diaphragm line	B	On the edge of the diaphragm line	A
C	Just above the diaphragm line	D	Just below the diaphragm	

5	Why is it important to drink water immediately after a reflexology treatment?			
A	To calm the client	B	To flush out the toxins	B
C	To stop micturition	D	To reduce perspiration	

6	What might smelly feet indicate?			
A	Liver problems	B	Allergies	C
C	Kidney problems	D	Arthritis	

7	What might corns indicate?			
A	Kidney problems	B	Overworked adrenals	D
C	Stress	D	Pressure on the skin from ill-fitting footwear	

8	Associated reflexes for psoriasis include:			
A	Cervical spine	B	Thoracic spine	C
C	Adrenal glands	D	Pelvic muscles	

9	Which of the following is the direct reflex for irritable bowel syndrome?			
A	Large intestine	B	Liver	A
C	Bladder	D	Gall bladder	

10	Working on one part of a zone will affect:			
A	All of the other zones	B	Only the part of the zone that you are working on	C
C	The whole of that zone	D	Only the zone on that side of the body	

Document History

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v1	09/10/19	First published	Qualifications Administrator