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QUESTION 1

The tibial nerve is a distal branch of which nerve?

- A. Sciatic
- B. Brachial plexus
- C. Sacral plexus
- D. Lumbar plexus

Correct Answer: A

Explanation: The tibial nerve is a distal branch of the sciatic nerve which passes through the popliteal fossa where it divides into the medial and lateral plantar nerves.

QUESTION 2

Waves of muscular contractions in the digestive tract are called: A. Peristalsis

- B. Dialysis
- C. Arrhythmia
- D. Hemostasis

Correct Answer: A

Explanation: The digestive tract contains a smooth muscle cell layer (the muscularis externa) having no motor innervation. Pacemaker cells located throughout the digestive tract send signals to the muscularis externa. This causes rhythmic waves of muscular contraction and propels material through the digestive tract.

QUESTION 3

Which of the following procedures is an exfoliating treatment?

- A. Salt glow
- B. Aromatherapy bath
- C. Herbal wrap
- D. Steam bath

Correct Answer: A

Explanation: A salt glow is a treatment in which the practitioner applies sea salts to the body in a rubbing fashion to exfoliate the skin.



QUESTION 4

A trigger point that is painful at rest, and painful during active and passive movement, is _____.

- A. an active trigger point
- B. a primary trigger point
- C. a secondary trigger point
- D. a latent trigger point

Correct Answer: A

Explanation: An active trigger point is a muscle knot that causes pain at all times.

QUESTION 5

What does a “z-line” refer to?

- A. A spinal disorder
- B. Border of a sarcomere
- C. A cardiology report
- D. Type of bone fracture

Correct Answer: B

Explanation: A z-line is the dark band that separate sarcomeres and forms the borders where actin molecules within a muscle combine.

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