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Massage & Bodywork Licensing Examination

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### QUESTION 1

What do the trapezium, trapezoid, capitate and hamate have in common?

- A. comprise the proximal row of carpal bones
- B. comprise the distal row of carpal bones
- C. tarsal bones of the foot
- D. bones of the cranium

Correct Answer: B

Explanation: The trapezium, trapezoid, capitate and hamate comprise the distal row of carpal bones of the hand. The scaphoid lunate, triquetrum and pisiform comprise the proximal row of carpals.

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### QUESTION 2

A client has been diagnosed with a grade 3 chronic pain disorder, what would you expect to see in the client?

- A. Low disability - high intensity
- B. High disability - moderately limiting
- C. High disability - highly
- D. Low disability - low intensity

Correct Answer: B

Explanation: A client with a grade 3 disability is considered highly disabled but with moderate limitation of functionality. A good example is an injured construction worker with a crushed vertebrae who is disabled from returning to work, but has moderate limitations in daily functions like walking, sitting and eating.

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### QUESTION 3

Which of the following muscles is a synergist for the biceps brachii?

- A. Triceps
- B. Posterior deltoid
- C. Pec major
- D. Brachialis

Correct Answer: D

Explanation: The synergist or assisting muscle to the biceps brachii is the brachialis muscle.

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#### QUESTION 4

A client presents with tendinitis pain that is experienced after an activity but not before or during the activity. What injury classification grade does the client exhibit?

- A. Grade 1
- B. Grade 2
- C. Grade 3
- D. Grade 4

Correct Answer: A

Explanation: The client is displaying a grade 1 injury and should heal quickly with rest and proper care. A grade 2 injury is experienced during and after an activity. A grade 3 injury is mild to moderate pain at all times with mild swelling and partial loss of functional use. A grade 4 injury is moderate to severe pain at all times with loss of functional use by a serious pathological disorder.

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#### QUESTION 5

A client with a valgus deformity is also described as being \_\_\_\_\_.

- A. knock kneed
- B. pigeon toed
- C. hump backed
- D. double jointed

Correct Answer: A

Explanation: A valgum deformity is an outward angulation of the distal segment of a joint or bone. In other words, the knees will be angled medially and the feet will be angled laterally. Reverse this scenario to laterally angled knees and medially angled feet and you will see a varum deformity also known as bow legged.

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