

**Chapter 02: Treatment Planning**  
**Salvo: Mosby's Pathology for Massage Therapists, 3rd Edition**

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**MULTIPLE CHOICE**

1. Which part of the massage session is based on the client's health history, the interview, and other assessments?
- A. Intake form
  - B. Treatment plan
  - C. Informed consent
  - D. Referral form

ANS: B                    PTS: 1

2. What process involves evaluating a client's condition based on subjective reporting and objective findings?
- A. Countertransference
  - B. Progress report
  - C. Documentation
  - D. Assessment

ANS: D                    PTS: 1

3. Which term refers to information learned from the client?
- A. Informed consent
  - B. Subjective data
  - C. Palpation assessment
  - D. Objective data

ANS: B                    PTS: 1

4. Which term refers to data that is measurable and verifiable?
- A. Subjective data
  - B. Informed consent
  - C. Objective data
  - D. Scope of practice

ANS: C                    PTS: 1

5. On an intake form, if the writing is the massage therapist's and not the client's, the massage therapist should:
- A. use a different color pen.
  - B. write it in pencil so it can be erased.
  - C. place initials next to the entry.
  - D. highlight the information.

ANS: C                    PTS: 1

6. Which question is considered open-ended?
- A. "On a scale from 1 to 5, what is your level of pain today?"
  - B. "Does your shoulder still hurt?"

- C. "Did you feel any pain in the area that was treated in the last session?"
- D. "What can you tell me about your pain level today?"

ANS: D                      PTS: 1

7. Which should the massage therapist avoid doing when interviewing a client?
- A. Using both open-ended and closed-ended questions
  - B. Staying focused on what is being said
  - C. Indicating that a response is right, wrong, or interesting
  - D. Listening intently and signaling interest

ANS: C                      PTS: 1

8. Internally rotated shoulders with head forward posture is an example of:
- A. objective data.
  - B. subjective data.
  - C. palpation results.
  - D. morbidity.

ANS: A                      PTS: 1

9. Which is assessment through touching with purpose and intent?
- A. Physical contact
  - B. Tactile stimulation
  - C. Palpation
  - D. Inspection

ANS: C                      PTS: 1

10. Ruling out conditions for which massage may have harmful effects is essential because it:
- A. may help the massage therapist schedule other clients.
  - B. requires communication with the client's health care provider.
  - C. is the duty and obligation of the massage therapist.
  - D. determines the fee structure of the sessions.

ANS: C                      PTS: 1

11. If the client mentions an area of pain that was not part of the original treatment goal, the massage therapist should:
- A. stick to the goals outlined in the original treatment plan.
  - B. tailor the session to the client's symptoms on that day.
  - C. suggest that it be revisited after the primary complaint is resolved.
  - D. tell the client that the new area of pain cannot be addressed in the allotted time.

ANS: B                      PTS: 1

12. Which should the massage therapist do if he or she wants to make recommendations for joint mobilizations, stretches, or strengthening exercises?
- A. Demonstrate the activity and ask the client to mirror it to be sure it is performed correctly.
  - B. Have the client sign a release stating that he or she understands the activity.
  - C. Understand that making suggestions about these activities is outside scope of practice.

D. Have the client perform the activity only if it is approved by a health care provider.

ANS: A                    PTS: 1

13. When performing the treatment plan, the massage therapist should:
- A. follow it to the letter, even if the client's goals change.
  - B. realize 50% improvement in function is insufficient.
  - C. accomplish complete freedom from pain for the client.
  - D. realize 100% function and pain relief may be unachievable.

ANS: D                    PTS: 1

14. Because lubricant sensitivity cannot always be predetermined, the massage therapist should have:
- A. talcum powder available.
  - B. gloves available.
  - C. the option of using a hypoallergenic lubricant.
  - D. the ability to massage the fully clothed client.

ANS: C                    PTS: 1

15. Which situation is an absolute contraindication for massage?
- A. The condition is the result of an injury that occurred 4 days prior.
  - B. The client has a fever.
  - C. An abnormal lump was noted on the right posterior wrist.
  - D. The left great toe is inflamed.

ANS: B                    PTS: 1

16. In general, the initial period of treatment consists of:
- A. sessions only once per month to avoid overtreatment.
  - B. frequent sessions that taper off as symptoms subside.
  - C. daily sessions until the client is ready to be released.
  - D. frequent sessions for as long as the client is willing.

ANS: B                    PTS: 1

17. If the initial treatment plan is unsuccessful, the massage therapist should:
- A. reevaluate the techniques being used and revise them as needed.
  - B. refer the client to the massage therapists health care provider.
  - C. suggest another approach, such as chiropractic or acupuncture.
  - D. refer the client to a massage therapist with advanced training.

ANS: A                    PTS: 1

18. Which should the massage therapist do when assessing a client's pain?
- A. Determine the original cause because it is essential.
  - B. Ask the client questions using the acronym OPPQRST.
  - C. Accept only the terms mild, moderate, or severe to describe the quality of pain.
  - D. Ignore the use of analgesics and narcotics.

ANS: B                    PTS: 1

19. The term for *presence of a disease or physical condition that makes it impossible or undesirable to treat a particular client in the usual manner* is:
- A. assessment.
  - B. subacute.
  - C. contraindication.
  - D. diagnosis.

ANS: C                      PTS: 1

20. Which type of form is filled out by a health care provider to authorize massage therapy treatment?
- A. Intake
  - B. Informed consent
  - C. Medical release
  - D. Referral

ANS: D                      PTS: 1

21. Which guideline is part of the Health Insurance Portability and Accountability Act (HIPAA)?
- A. Assign passwords to those who access electronic client files.
  - B. Obtain verbal permission from clients to send them marketing materials.
  - C. Store client files in an unlocked cabinet.
  - D. Obtain verbal consent from each client prior to treatment.

ANS: A                      PTS: 1