

CAMT Practice Test Questions and Answers

1. What does CAMT stand for in massage therapy?

- A) Certified Advanced Massage Therapist
- B) Clinical Assessment for Massage Therapy
- C) Comprehensive Applied Massage Techniques
- D) Continuing Assessment in Manual Therapy

2. Which muscle group is primarily targeted in Swedish massage techniques?

- A) Deep stabilizer muscles only
- B) Superficial muscle layers
- C) Joint capsules
- D) Ligaments and tendons

3. What is a contraindication for massage therapy?

- A) Mild muscle tension
- B) Acute inflammation or infection
- C) Stress relief needs
- D) General wellness maintenance

4. Which technique involves long, flowing strokes toward the heart?

- A) Petrissage
- B) Effleurage
- C) Tapotement
- D) Friction

Answers: 1-A 2-B 3-B 4-B

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