

NCBTMB Practice Test Questions and Answers

1. What does NCBTMB stand for in massage therapy?

- A) National Center for Bodywork and Therapeutic Massage
- B) National Certification Board for Therapeutic Massage & Bodywork
- C) National Committee for Bodywork Training and Methods
- D) National Council for Bodywork Therapy and Medicine

2. Which muscle group is primarily targeted during effleurage strokes?

- A) Deep muscle layers only
- B) Superficial muscle layers and circulation
- C) Bone structures
- D) Nervous system exclusively

3. What is a contraindication for massage therapy?

- A) Mild stress
- B) Acute inflammation or fever
- C) Normal blood pressure
- D) Healthy muscle tone

4. Which principle is most important in maintaining professional boundaries?

- A) Charging maximum fees
- B) Maintaining appropriate therapeutic relationships
- C) Discussing personal problems with clients
- D) Extending session times freely

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

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