

UV30424 - Provide Body Massage, Paper 1

1. The suitable environmental conditions for a body massage treatment room are:

- ventilated with soft lighting

2. Skin that is shiny, with open pores, comedones and pustules can be classified as:

- oily

3. Which of the following contra-indications may restrict a body massage treatment?

- Haemophilia

4. Which of the following contra-indications may prevent a body massage treatment?

- Tinea corporis

5. Which of the following is a psychological objective of a body massage treatment?

- Improved sense of wellbeing

6. A physiological benefit of a body massage treatment is:

- improved venous and arterial circulation

7. Which of following describes the characteristics of an endomorph body type?

- Round body shape, with a high percentage of body fat

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9. Lordosis can be described as an exaggerated:

- inward curvature of the lumbar spine

10. It is important for a massage therapist to maintain the correct posture in order to:

- prevent repetitive strain injury

11. The main purpose of using an infra-red lamp prior to a body massage treatment is to:

- warm muscular tissue

12. The effects of gyratory mechanical massage include:

- soothed sensory nerve endings

13. A body massage treatment for a thin, elderly client with poor muscle tone can be adapted by:

- avoiding tapotement movements

14. Which of the following would be the first action to follow if a client's skin became irritated during a body massage treatment?

- Remove the product

15. Which of the following is a possible contra-action to a body massage treatment?

- Nausea

16. A massage therapist should provide advice on contra-actions to:

- inform the client of potential unexpected reactions

17. Aftercare advice following a body massage treatment should include:

- recommendations on additional treatments

18. Appropriate aftercare advice should be provided to:

- maintain the benefits and effects of the massage

19. Which of the following pathologies is characterised by inflammation of the fluid filled sac located within a joint?

- Bursitis

20. The symptoms of oedema can be described as:

- an accumulation of fluid in the tissues

21. Which of the following symptoms are associated with Bell's palsy?

- A drooping eyelid or corner of the mouth

22. The main purpose of using friction techniques in a body massage treatment is to:

- loosen muscular adhesions

23. which of the following technique uses both hands to achievement strike skin?

Missing

24. Which of the following massage mediums is more suitable for a dry, mature skin?

- Cream

25. Which piece of legislation or regulation protects a client from faulty products or inadequate services?

- Consumer Protection Act