



MBLEx Secrets Study Guide: MBLEx Exam Review for the Massage & Bodywork Licensing Examination

MBLEx Exam Secrets Test Prep Team

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MBLEx Exam Secrets Test Prep Team
Includes Practice Test Questions

Get the test prep help you need to become a Licensed Massage Therapist.

The MBLEx exam is extremely challenging and thorough test preparation is essential for success. *MBLEx Secrets Study Guide* is the ideal prep solution for anyone who wants to pass the MBLEx exam.

Not only does it provide a comprehensive guide to the MBLEx exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

MBLEx Secrets Study Guide includes:

- An extensive review for the Massage & Bodywork Licensing Exam
- A breakdown of anatomy and physiology
- A guide to kinesiology
- An analysis of pathologies and massage therapy
- An examination of different techniques
- An in-depth look at client assessment and treatment planning
- An overview of different business practices
- A breakdown of the history of massage practices
- Comprehensive practice questions with detailed answer explanations

It's filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the Federation of State Massage Therapy Boards (FSMTB) expects you to have mastered before sitting for the exam.

The Anatomy and Physiology section includes:

- Human organ system
- Brain
- Bones
- Special senses
- Endocrine system

The Kinesiology section includes:

- Muscle tissue
- Major Muscles
- Facial Muscles
- Joints
- Effects of diseases on muscular system

The Pathologies and Massage Therapy section includes:

- Common pathologies
- Special Populations
- Pharmacology
- Physiological effects of massage

The Techniques section includes:

- Gliding Techniques
- Percussion techniques
- Heat and Cold applications

The Client Assessment and Treatment Planning section includes:

- Consultation
- Intake forms
- Anterior, Posterior, and Lateral postural assessment
- Basic range of motion assessment
- Types of Massages
- Hydrotherapy, heat therapy, and cold treatments

The Business Practices section includes:

- Types of businesses
- Safety Practices
- Draping
- Office and equipment
- Accountability

The History of Massage Practices section includes:

- China, India, Japan, and Egypt
- 19th and 20th Century America
- Swedish Massage

These sections are full of specific and detailed information that will be key to passing the MBLEx exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessibility, you will not have to worry about getting lost in dense academic language.

Any test prep guide is only as good as its practice questions and answers, and that's another area where our guide stands out. Our test designers have provided scores of test questions that will prepare you for what to expect on the actual MBLEx exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear.

We've helped thousands of people pass standardized tests and achieve their education and career goals. We've done this by setting high standards for our test preparation guides, and our ***MBLEx Secrets Study Guide*** is no exception. It's an excellent investment in your future.

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Catherine Walters:

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