

Multiple Choice Sample Questions
ITEC Unit 4 – Reflexology

1	Which of the following is a contra indication to reflexology?		1
A	Phlebitis	B Fatigue	<input type="checkbox"/>
C	Acne	D Insomnia	
2	Why is a client suffering from psychosis contra indicated to reflexology?		2
A	Because the treatment may cause headaches	B Because the treatment may stimulate circulation	<input type="checkbox"/>
C	Because the treatment may trigger emotional stability	D Because the treatment may trigger emotional instability	
3	The pancreas reflex:		3
A	Extends across both feet	B Is on the right foot only	<input type="checkbox"/>
C	Is on the left foot only	D Is between the toes on both feet	
4	Where is the reflex area for the solar plexus?		4
A	On the centre of the diaphragm line	B On the edge of the diaphragm line	<input type="checkbox"/>
C	Just above the diaphragm line	D Just below the diaphragm	
5	The importance of drinking water immediately after a reflexology treatment is to:		5
A	Calm the client	B Flush out the toxins	<input type="checkbox"/>
C	Stop micturition	D Induce perspiration	
6	What might smelly feet indicate?		6
A	Liver problems	B Allergies	<input type="checkbox"/>
C	Kidney problems	D Arthritis	
7	Corns may indicate:		7
A	Kidney problems	B Overworked adrenals	<input type="checkbox"/>
C	Stress	D Pressure on the skin from ill fitting footwear	
8	Associated reflexes for psoriasis include:		8
A	Cervical spine	B Thoracic spine	<input type="checkbox"/>
C	Adrenal glands	D Pelvic muscles	
9	Which of the following is the direct reflex for irritable bowel syndrome?		9
A	Large intestine	B Liver	<input type="checkbox"/>
C	Bladder	D Gall bladder	
10	Working on one part of a zone will affect:		10
A	All of the other zones	B Only the part of the zone that you are working on	<input type="checkbox"/>
C	The whole of that zone	D Only the zone on that side of the body	