

Multiple Choice Sample Questions
ITEC Unit 47 – Stone Therapy Massage

1	Which on of the following is NOT a local contra indication to stone therapy massage?		1
A	Haematoma	B	Sciatica
C	Cervical spondylitis	D	Hormonal implants
			B
2	What is Reflexology?		2
A	A treatment where points on the body corresponding to organs of the body are pressed to promote healing	B	A treatment where the finger or thumb is held over a sore point and pressure is increased gradually until the pain disappears
C	A system of techniques that help the lymphatic system function	D	A system of pressure points on the body to improve circulation and health
			A
3	Which organ of the body is associated with the element 'wood'?		3
A	Kidney	B	Heart
C	Liver	D	Spleen
			C
4	At which temperature should hot stones be used?		4
A	37°C	B	57°C
C	100°C	D	146°C
			B
5	How would you sanitize the heated stones?		5
A	Wash in hot soapy water, wipe over with surgical spirit and rinse with water	B	Wash in hot soapy water and store in a UV cabinet
C	Wash in hot soapy water and place in an autoclave	D	Wash in hot soapy water and heat in a microwave for one minute
			A