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## **Massage Therapy Review Kits Student Activities Checklist**

### **Pre-Test**

- ☐ MBLEx Practice Exam Pre-Test

### **Kit #1: Anatomy & Physiology**

- ☐ Practice Exam – Version A
- ☐ Practice Exam – Version B
- ☐ Practice Exam – Version C
- ☐ Practice Exam – Version D
- ☐ Practice Exam – Version E
- ☐ Respiratory, Digestive, Urinary, and Reproductive System Crossword Puzzle
- ☐ Central Nervous System Crossword Puzzle
- ☐ Integumentary, Cardiovascular, Lymphatic, and Immune System Crossword Puzzle
- ☐ Peripheral Nervous System Crossword Puzzle
- ☐ Body as a Whole Crossword Puzzle
- ☐ Skeletal System Crossword Puzzle
- ☐ Body Structures Labeling Exercise
- ☐ Body Systems Labeling Exercise
- ☐ Regions of the Body Labeling Exercise
- ☐ The Body as a Whole Labeling Exercise – Ch. 1
- ☐ Nervous System Basics and Central Nervous System Labeling Exercise – Ch. 4
- ☐ Skeletal System Labeling Exercise – Ch. 7

- ☐ Muscles Labeling Exercise – Ch. 9
- ☐ Integumentary, Cardiovascular, Lymphatic, and Immune Systems Labeling Exercise – Ch. 11
- ☐ Respiratory, Digestive, Urinary, and Reproductive System Labeling Exercise – Chapter 12
- ☐ Muscles of the Elbow, Forearm, Wrist, and Hand Fill-in-the-Blank Exercise
- ☐ Muscles of the Head, Neck, and Face Fill-in-the-Blank Exercise
- ☐ Muscles of the Shoulder Fill-in-the-Blank Exercise
- ☐ Muscles of the Pelvis, Thigh, and Knee Fill-in-the-Blank Exercise
- ☐ Muscles of the Leg, Ankle, and Foot Fill-in-the-Blank Exercise
- ☐ Muscles of the Trunk Fill-in-the-Blank Exercise

### **Kit #2: Kinesiology**

- ☐ Practice Exam – Version A
- ☐ Practice Exam – Version B
- ☐ Practice Exam – Version C
- ☐ Practice Exam – Version D
- ☐ Practice Exam – Version E
- ☐ Chapter 1 Crossword Puzzle
- ☐ Chapter 2 Crossword Puzzle
- ☐ Chapter 3 Crossword Puzzle
- ☐ Chapter 5 Crossword Puzzle
- ☐ Chapter 6 Crossword Puzzle
- ☐ Chapter 7 Crossword Puzzle

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- ☐ Chapter 8 Crossword Puzzle
- ☐ Chapter 9 Crossword Puzzle
- ☐ Chapter 10 Crossword Puzzle
- ☐ Chapter 11 Crossword Puzzle
- ☐ Chapter 12 Crossword Puzzle
- ☐ Chapter 13 Crossword Puzzle
- ☐ Chapter 14 Crossword Puzzle
- ☐ Chapter 16 Crossword Puzzle
- ☐ Chapter 17 Crossword Puzzle
- ☐ Chapter 18 Crossword Puzzle
- ☐ Ligaments of the Knee Joint Matching Exercise
- ☐ Lower Extremity Matching Exercise
- ☐ Hip Joint Ligaments Matching Exercise
- ☐ Upper Extremities Matching Exercise
- ☐ Ligaments of the Spine Matching Exercise
- ☐ Ligaments of the Elbow Matching Exercise
- ☐ Axial Body Matching Exercise
- ☐ Ligaments of the Ankle and Tarsal Joints Matching Exercise
- ☐ Bones and Joints of the Foot Matching Exercise
- ☐ Ligaments of the Wrist Joint Complex Matching Exercise
- ☐ Typical Synovial Joint Matching Exercise
- ☐ Typical Cervical Vertebrae Matching Exercise
- ☐ Shoulder Joint Complex Matching Exercise

**Kit #3: Pathology,  
Contraindications, Areas of  
Caution, Special Populations**

- ☐ Practice Exam – Version A
- ☐ Practice Exam – Version B
- ☐ Practice Exam – Version C
- ☐ Practice Exam – Version D
- ☐ Practice Exam – Version E
- ☐ Cancer Crossword Puzzle
- ☐ Cardiovascular Pathologies Crossword Puzzle
- ☐ Dermatologic Pathologies Crossword Puzzle
- ☐ Disease Awareness and Infection Control Crossword Puzzle
- ☐ Endocrine Pathologies Crossword Puzzle
- ☐ Gastrointestinal Pathologies Crossword Puzzle
- ☐ Lymphatic and Immune Pathologies Crossword Puzzle
- ☐ Medications Crossword Puzzle
- ☐ Mental Disorders Crossword Puzzle
- ☐ Reproductive Pathologies Crossword Puzzle
- ☐ Respiratory Pathologies Crossword Puzzle
- ☐ Treatment Planning Crossword Puzzle
- ☐ Urinary Pathologies Crossword Puzzle
- ☐ Musculoskeletal Pathologies Crossword Puzzle
- ☐ Neurologic Pathologies Crossword Puzzle

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**Kit #4: Benefits and Physiological Effects of Techniques that Manipulate Soft Tissue**

- ☐ Practice Exam – Version A
- ☐ Practice Exam – Version B
- ☐ Practice Exam – Version C
- ☐ Practice Exam – Version D
- ☐ Practice Exam – Version E
- ☐ Effects, Benefits, Indications, and Contraindications of Massage Crossword Puzzle
- ☐ Classical Massage Movements Crossword Puzzle
- ☐ Hydrotherapy Crossword Puzzle
- ☐ Case Study: Muscle Tension Headache
- ☐ Case Study: Subclinical Fibromyalgia
- ☐ Case Study: Neck and Shoulder Pain with Limited Range of Motion
- ☐ Case Study: Generalized Low Back Pain with Limited Range of Motion
- ☐ Case Study: Third Trimester Pregnancy
- ☐ Case Study: Premenstrual Syndrome
- ☐ Case Study: Bursitis
- ☐ Case Study: Joint Sprain with Underlying Hypermobility and Lax Ligament Syndrome
- ☐ Case Study: Osteoarthritis
- ☐ Case Study: Nerve Impingement Syndrome
- ☐ Case Study: Sleep Disturbance
- ☐ Case Study: Circulation Impairment

- ☐ Case Study: Fatigue from Cancer Treatment
- ☐ Case Study: Asthma
- ☐ Case Study: Management of Scar Tissue
- ☐ Case Study: Seasonal Affective Disorder
- ☐ Case Study: Sports Performance Enhancement

**Kit #5: Client Assessment, Reassessment, & Treatment Planning**

- ☐ Practice Exam – Version A
- ☐ Practice Exam – Version B
- ☐ Practice Exam – Version C
- ☐ Practice Exam – Version D
- ☐ Practice Exam – Version E
- ☐ Hands Heal Crossword Puzzle
- ☐ Case Study: Darnell Washington
- ☐ Case Study: Zamora Hostetter
- ☐ Case Study: Lin Pak
- ☐ Case Study: Tension Headache
- ☐ Case Study: Sue Williams
- ☐ Case Study: Nagging Catch in Lower Back
- ☐ Case Study: Atypical Seizure Patterns
- ☐ Case Study: Stress-Induced Physical Symptoms
- ☐ Case Study: Rookie Cornerback
- ☐ Case Study: Relaxation Massage
- ☐ Case Study: Maria
- ☐ Case Study: Todd
- ☐ Case Study: Seth
- ☐ Case Study: Grace
- ☐ Case Study: Salim

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- ☐ Case Study: Caroline
- ☐ Case Study: Tangelique
- ☐ Case Study: Vittorio
- ☐ Case Study: Ronja
- ☐ Case Study: Dewan
- ☐ Case Study: Andy
- ☐ Case Study: Adila
- ☐ Case Study: Elisa

### **Kit #6: Overview of Massage & Bodywork**

#### **History/Culture/Modalities**

- ☐ Practice Exam – Version A
- ☐ Practice Exam – Version B
- ☐ Practice Exam – Version C
- ☐ Practice Exam – Version D
- ☐ Practice Exam – Version E
- ☐ Massage Fill-in-the-Blank Timeline
- ☐ Massage Numbering Timeline

### **Kit #7: Ethics, Boundaries, Laws, Regulations**

- ☐ Practice Exam – Version A
- ☐ Practice Exam – Version B
- ☐ Practice Exam – Version C
- ☐ Practice Exam – Version D
- ☐ Practice Exam – Version E
- ☐ Educated Heart Crossword Puzzle

### **Kit #8: Guidelines for Professional Practice**

- ☐ Practice Exam – Version A
- ☐ Practice Exam – Version B
- ☐ Practice Exam – Version C
- ☐ Practice Exam – Version D
- ☐ Practice Exam – Version E
- ☐ Body Mechanics Crossword Puzzle

- ☐ Business Mastery Crossword Puzzle

#### **Post-Tests**

- ☐ Full-Length Practice Exam 1
- ☐ Full-Length Practice Exam 2
- ☐ Full-Length Practice Exam 3
- ☐ Full-Length Practice Exam 4
- ☐ Full-Length Practice Exam 5
- ☐ Full-Length Practice Exam 6