

Chronic Fatigue, Fibromyalgia and Massage Exam Question

1. Chronic fatigue syndrome and fibromyalgia are often diagnosed as:
 - a. similar in symptoms but believed to be caused by different issues
 - b. the same thing
 - c. not at all related
 - d. None of the above
2. In most cases, an immunologist or a _____ may research chronic fatigue syndrome.
 - a. rheumatologist
 - b. viral expert
 - c. orthopedist
 - d. b & c
3. A client with chronic fatigue syndrome or fibromyalgia may exhibit signs of wariness in regard to public perception due to:
 - a. people without the condition/s being unable to 'relate'
 - b. lack of understanding of their condition
 - c. the length of time it takes to determine a diagnosis
 - d. all of the above
4. Women between the ages of _____ are most often diagnosed with chronic fatigue syndrome.
 - a. 16 to 23
 - b. 20 to 40
 - c. 30 to 50
 - d. 40 to 45
5. Chronic fatigue syndrome may be just as disabling as:
 - a. Multiple sclerosis
 - b. Chronic obstructive pulmonary disease (COPD)
 - c. Heart disease
 - d. All of the above
6. Fibromyalgia affects mainly the:
 - a. nerves
 - b. muscles
 - c. joints
 - d. All of the above

7. Neurotransmitters are responsible for:

- a. sending or transmitting messages
- b. regulating neuroendocrines
- c. Neither of the above
- d. a & b

8. Emotional stress caused by chronic fatigue syndrome:

- a. always initiates the release of normal levels of the hormone cortisol
- b. may alter levels of HPA axis activity in the body
- c. alleviates 'fibro fog' in the brain
- d. None of the above

9. Fibromyalgia eventually causes:

- a. destruction of nerve fibers, leading to desensitized pain levels
- b. increased sensitivity to pain
- c. decreased levels of the nerve growth factor substance P
- d. All of the above

10. This hormone is known as the 'happy hormone':

- a. Cortisol
- b. Melatonin
- c. Serotonin
- d. Dopamine

11. Fibromyalgia is most often diagnosed in women between the ages of:

- a. 16 and 25
- b. 30 and 40
- c. 20 and 50
- d. 40 and 60

12. According to the National Fibromyalgia and Chronic Pain Association, fibromyalgia affects approximately _____ people in the U.S. to date:

- a. 7 million
- b. 10 million
- c. 13 million
- d. 25 million

13. The term 'myofascia' refers to:

- a. facial muscles
- b. connective tissues that surround muscle fibers
- c. nerve endings found in muscle tissues
- d. none of the above

14. Tender points associated with fibromyalgia are defined as:

- a. similar to acupressure or acupuncture points
- b. areas that produce widespread pain in localized and neighboring regions of the body
- c. desensitized areas found at specific points in the body
- d. hypotonic regions that produce localized superficial pain with pressure

15. When taking care of a client with fibromyalgia it is recommended that you have her:

- a. remain on her back the entire time
- b. lie on her stomach for the entire massage session
- c. not lie on her stomach longer than 10 to 12 minutes
- d. change positions frequently