1. Reflexology is thought to?
   A. Be a way to improve the flow of energy
   B. Focus on most or all of the client’s body
   C. Work the body directly
   D. All of the Above
   E. None of the Above

2. Reflex Points are located?
   A. On the toes, wrists and calves
   B. On the legs, arms and hands
   C. On the ears, hands and feet
   D. All of the Above
   E. None of the Above

3. What is an example of a difference between reflexology and massage therapy?
   A. Reflexology works the reflexes of the body that may not be accessible with massage therapy
   B. Massage therapy works the body directly vs. indirectly
   C. Massage therapy focuses on most or all of the client’s body, reflexology does not
   D. All of the Above
   E. None of the Above

4. When you are in a reflexology session, how would you usually conduct treatments?
   A. By having the client fully disrobe
   B. Without the use of oils and lotion
   C. Use tools as well as hands during the session
   D. B and C are Correct
   E. None of the Above

5. Tools that are commonly used for reflexology?
   A. Wooden rollers
   B. Mats
   C. Gloves
   D. All of the Above
   E. None of the Above

6. According to Eastern Medicine, Qi flows throughout the body on meridians that connect to all the major organs. Which of the following is NOT a result of Qi energy becoming unbalanced or blocked?
7. Which of the following can be stimulated during a reflexology session in order to alleviate pain and help the body heal itself?
   A. Reflex points on the ears, hands and feet
   B. Zones and meridians with high Qi energy
   C. Tense areas on specific parts of the body
   D. Specific organs of the body directly
   E. All of the Above

8. Stimulation of reflex points allows for a natural process of internal healing. What are the proposed benefits from this type of therapy?
   A. Reduction of pain
   B. Improved circulation
   C. Boost of immune system
   D. Increase in overall well being
   E. All of the Above

9. Unlike a massage therapist, a reflexologist would conduct treatments without the use of oils and lotions. Which of the following are NOT tools a reflexologist would use during a session?
   A. Gloves and socks made out of stretchy lycra that have illustrations of various reflex points
   B. Rubber mats that target only one specific area of the body at a time as opposed to the entire body at once
   C. Wooden rollers, probes and rubber balls use to stimulate specific reflex points on the hands, feet or ears
   D. Hands can be used to apply pressure to reflex points on the clients hands, feet or ears to relieve pain and tension in other parts of the body
   E. None of the Above

10. In 1890, this persons research helped describe the mechanism for reflexology, and helped influence more research in the application of this therapy?
    A. Vladimir Bekhterev
    B. Sir Henry Head
    C. Ivan Pavlov
    D. Dr. A’tatis
    E. Dr. William Fitszgerald

11. What is a reflex point?
    A. A point on the body that corresponds with another part of the body
B. A point on the face that once touched will relieve tension
C. A place of reflection to meditate
D. All of the Above
E. None of the Above

12. What is “The Yellow Emperor’s Classic of Internal Medicine”?

A. A text that shows evidence of how there was a shift in how people treated and understood diseases
B. A medical text that has been treated as a fundamental doctrinal source in Chinese medicine
C. An ancient medical text that contained theories about the connections between a person’s health and specific points on their hands and feet
D. All of the Above
E. None of the Above

13. How were philosophies of reflexology believed to be spread to Europe?

A. Reflexology was already being practiced in Europe
B. In 1300 AD Marco Polo is believed to have translated “The Yellow Emperor’s Classic of Internal Medicine” into Italian which then was spread into Europe
C. People migrating from Asia to Europe
D. All of the Above
E. None of the Above

14. What two European Dr.’s wrote the first book on reflexology?

A. Ivan Pavlov and Dr. A’tatis
B. Dr. Adamus and Dr. A’tatis
C. Dr. Adamus and Dr. Pavlov
D. None of the Above
E. All of the Above

15. The oldest documentation of reflexology was shown in?

A. A picture
B. A canvas painting
C. A pictograph
D. All of the Above
E. None of the Above

16. What two Dr.’s dubbed the early reflexology theories “Zone Therapy”?

A. Dr. Adamus and Dr. A’tatis
B. Sir Henry Head and Dr. Pavlov
C. Dr. William Fitzgerald and Dr. Pavlov
D. All of the Above
E. None of the Above
17. The word “Reflexology” was coined by which two Dr.’s?

A. Dr. William Fitzgerald and Dr. Pavlov
B. Sir Henry Head and Dr. Adamus
C. Dr. Ivan Pavlov and Dr. Vladimir Bekhterev
D. All of the Above
E. None of the Above

18. What scientist and medical Dr. demonstrated the neurological relationship that exists between the skin and the internal organs? This research helped describe the mechanism for reflexology therapies.

A. Dr. A’tatis
B. Vladimir Bekhterev
C. Sir Henry Head
D. A and B are Correct
E. None of the Above

19. The oldest documentation of reflexology therapy is shown in a pictograph in the tomb of an ancient Egyptian physician Ankhmahor (2500-2330 B.C.) in Saqqara. The pictograph illustrates two men working on the feet and hands of two other men. The hieroglyphics in the picture reads: “Do not let it be painful” to which the practitioner replied?

A. “It will be”
B. “I do as you please”
C. “It will not be”
D. “Hold your tongue”
E. None of the Above

20. Who is considered to be the founding father of zone therapy, more commonly referred to as reflexology in western culture?

A. Dr. William Fitzgerald
B. Eunice Ingham
C. Dr. Ivan Pavlov
D. Dr. A’tatis
E. None of the Above

21. Which person produced similar findings as Dr. Fitzgerald and added that the ears may also contain pressure points?

A. Dr. Shelby Riley
B. Eunice Ingham
C. Sir Henry Head
D. A and B are Correct
E. None of the Above
22. Eunice Ingham, one of Dr. Riley’s nurses noted that the ________ were more sensitive than the hands? Ingham’s methods are still used today.

   A. ears  
   B. fingers  
   C. feet  
   D. A and C are Correct  
   E. None of the Above

23. What is another name for ear reflexology?

   A. Octotherapy  
   B. Oricotherapy  
   C. Arctotherapy  
   D. Auriculotherapy  
   E. None of the Above

24. Who made the first reflex map of the outer ear using an image of an inverted fetus as a reference?

   A. Eunice Ingham  
   B. Dr. William Fitzgerald  
   C. Dr. Shelby Riley  
   D. Sir Henry Head  
   E. Dr. Paul Nogier

25. Who is known as the “Father of Auriculotherapy”?

   A. Dr. William Fitzgerald  
   B. Dr. A’tatis  
   C. Dr. Paul Nogier  
   D. Sir Henry Head  
   E. None of the Above

26. What is the most commonly treated part of the body in a reflexology session?

   A. Ears  
   B. Feet  
   C. Hands  
   D. Feet and Hands  
   E. None of the Above

27. The middle line dividing of the foot length wise corresponds to the?

   A. Shoulder  
   B. Head  
   C. Neck  
   D. Head and Neck  
   E. Spine
28. A reflexologist views the feet as a?
   A. Mirror of the body
   B. Outline
   C. Therapy
   D. None of the Above
   E. All of the Above

29. The waistline corresponds to the?
   A. Largest part of the foot
   B. Thinnest part of the foot
   C. Heel of the foot
   D. Ball of the foot
   E. None of the Above

30. How many energy zones divide the length of the body into longitudinal sections?
   A. 3
   B. 5
   C. 2
   D. 10
   E. None of the Above

31. Each foot is split into how many horizontal zones?
   A. 2
   B. 8
   C. 5
   D. 3
   E. None of the Above

32. Zones are considered?
   A. Surface markings on the body
   B. something that runs through the body cutting it into “slices”
   C. An area for energy
   D. All of the Above
   E. None of the Above

33. A reflexologist can diagnose when?
   A. When they can identify what is wrong with the client
   B. When they feel the client’s energy is blocked
   C. When it is indicated
   D. All of the Above
   E. None of the Above
34. What is one of the most nerve rich parts of your body?
   A. Your hands
   B. Your face
   C. Your feet
   D. A and B are Correct
   E. None of the Above

35. The area of the foot between the shoulder line and the diaphragm line is what zone?
   A. Zone 1
   B. Zone 2
   C. Zone 5
   D. Zone 10
   E. None of the Above

36. The area between the diaphragm and the naval area comprises?
   A. Zone 10
   B. Zone 3
   C. Zone 7
   D. Zone 6
   E. None of the Above

37. The fingertips of the hands correspond to the?
   A. Eyes, sinuses and brain
   B. Head and neck
   C. Ears and eyes
   D. A and C are Correct
   E. None of the Above

38. A main difference in hand reflexology verses foot reflexology is?
   A. The hands are not looked on as being a mirror to the body
   B. The hands are not split into zones
   C. Since the hand is smaller than the foot, it makes reflexology on the hands more difficult
   D. All of the Above
   E. None of the Above

39. Regarding the hands, the distal to the middle portion of the thumb corresponds to the?
   A. Hip, knee and legs
   B. Brain and top of the head
   C. Pineal, pituitary and hypothalamus glands
   D. B and C are Correct
   E. None of the Above
40. Which of the following are contributions made by Dr. William Fitzgerald to the field of reflexology?

A. Reflex maps of the reflex points on the ears
B. Noted that the feet were more sensitive than the hands and stimulation of the reflex points on the feet produced more amplified results
C. Noted that the right and left sides of the body contain five zones, which connected to pressure points on the hands and feet
D. Coined the term “Reflexology”
E. Demonstrated the neurological relationship that exists between the skin and the internal organs through experimentation

41. Name again the father of Auriculotherapy and what were his contributions to the field of reflexology?

A. Eunice Ingham, updates the knowledge about the bodies pressure points with their corresponding reflex areas
B. Dr. William Fitzgerald, wrote the book ‘Relieving the Pain at Home’
C. Dr. Paul Nogier, found that stimulation of reflex points on the outer ear provided relief of pain and tension throughout the body
D. Dwight Byers, established the International Institute of Reflexology
E. None of the Above

42. Reflexology maps of the foot illustrate how the feet are broken down into several areas that correlate with specific parts of the body, which of the following are NOT paired properly?

A. The head and neck correspond to the heart
B. The spine corresponds to the area just under the toes on the soles of the feet
C. The chest area corresponds to all the toes
D. The pelvic area corresponds to the heel of the foot
E. A and C are Correct

43. Which of the following correctly describe how the ten energy zones divide the length of the body?

A. The feet, hands and ears are split into seven zones and the rest of the body is sectioned into three major sections
B. Ten energy zones divide the length of the body into longitudinal sections. These energy zones run the length of the body to the head, fingers and toes
C. The feet and hands are sectioned into four quadrants, the rest of the body is sectioned into two remaining zones
D. All of the Above
E. None of the Above

44. What was used to create the reflex map of the ear?

A. A face
B. An inverted fetus
C. A fetus
D. All of the Above
E. None of the Above
45. In auriculotherapy, where are the reflex points for the head, jaw and eyes?

A. Near the ear lobe  
B. Upper inside of the ear  
C. The fold of the ear  
D. A and B are Correct  
E. None of the Above

46. In the Journal of Korean Academy of Nursing titled: Effects of foot reflexology on fatigue, sleep and pain: a systematic review and meta-analysis, what did they conclude after their evaluation?

A. Reflexology has no use in reducing fatigue and sleep  
B. Reflexology relieved pain and arthritis  
C. Reflexology is a useful nursing intervention to relieve fatigue and to promote sleep  
D. Reflexology does not relieve pain  
E. None of the Above

47. Which one of the choices below is an indication for reflexology?

A. Sever psoriasis  
B. chicken pox  
C. Insomnia  
D. Headaches  
E. C and D are Correct

48. It is important to note that reflexology and its benefits are meant to compliment what?

A. A chiropractic session  
B. Treatment prescribed by a medical professional  
C. Alternative forms of treatment  
D. All of the Above  
E. None of the Above

49. Studies have indicated that people who receive reflexology regularly have what?

A. Fewer sick days at work  
B. A noting of improved health conditions  
C. Less fatigue  
D. All of the Above  
E. None of the Above

50. In Denmark, reflexology is?

A. Reflexology is not offered in Denmark  
B. A popular alternative form of treatment  
C. Different than in the United States  
D. B and C are Correct
51. When something is contraindicated, that means?

A. It will benefit the client
B. It would be an indication
C. It is not indicated and may harm the client
D. It would be advisable
E. None of the Above

52. All of the below are contraindications to reflexology except?

A. Scabies
B. Bruising of the feet
C. Any contagious disease
D. Headaches
E. None of the Above

53. Reflexology is?

A. A minimally invasive therapy
B. An alternative treatment that has a long and rich history
C. A therapy that is distinctly different from other forms of therapy
D. All of the Above
E. None of the Above

54. It is a common misconception that reflexology is synonymous with?

A. Massage Therapy
B. Acupuncture
C. Hormonal imbalances
D. All of the Above
E. None of the Above

55. Which tools provide a reflexologist with illustrations of various pressure regions?

A. A wooden roller
B. Reflexology gloves
C. A reflexology mat
D. Reflexology socks
E. B and D are Correct

56. What is a reflexology mat?

A. A mat that you would wrap around the foot for a better grip
B. A mat that has bumps that you would stand on
C. A mat that is supposed to increase energy flow to the entire body, not just to a specific area
D. B and C are Correct
57. When using tools such as wooden rollers or rubber balls, it will in turn help the reflexologist by doing what?

   A. It will help the reflexologist apply a varied level of pressure and depth
   B. It will help the reflexologist keep their personal energy flowing
   C. It will help improve balance
   D. All of the Above
   E. None of the Above

58. The practice of reflexology is a tradition that dates back to ancient civilizations such as?

   A. Egypt
   B. India
   C. China
   D. All of the Above
   E. None of the Above

59. When was reflexology introduced to the West?

   A. The early 20th century
   B. The 17th century
   C. The late 17th century
   D. Reflexology was started in the West
   E. None of the Above

60. The heel of the foot corresponds with what area?

   A. The gallbladder
   B. The frontal sinus
   C. The pelvic area
   D. The chest
   E. None of the Above