

Multiple Choice Sample Questions
ITEC Unit 4 – Reflexology

1	Which of the following is a contraindication that restricts reflexology treatment?		1
A	Diarrhoea	B	A
C	Acne	D	
2	Why is a client suffering from psychosis contraindicated to reflexology?		2
A	Because the treatment may cause headaches	B	D
C	Because the treatment may trigger emotional stability	D	
3	The pancreas reflex:		3
A	Extends across both feet	B	A
C	Is on the left foot only	D	
4	Where is the reflex area for the solar plexus?		4
A	Towards the centre of the diaphragm line	B	A
C	Just above the diaphragm line	D	
5	Why is it important to drink water immediately after a reflexology treatment?		5
A	To calm the client	B	B
C	To stop micturition	D	
6	What might smelly feet indicate?		6
A	Liver problems	B	C
C	Kidney problems	D	
7	What might corns indicate?		7
A	Kidney problems	B	D
C	Stress	D	
8	Associated reflexes for psoriasis include:		8
A	Cervical spine	B	C
C	Adrenal glands	D	
9	Which of the following is the direct reflex for irritable bowel syndrome?		9
A	Large intestine	B	A
C	Bladder	D	
10	Working on one part of a zone will affect:		10
A	All of the other zones	B	C
C	The whole of that zone	D	