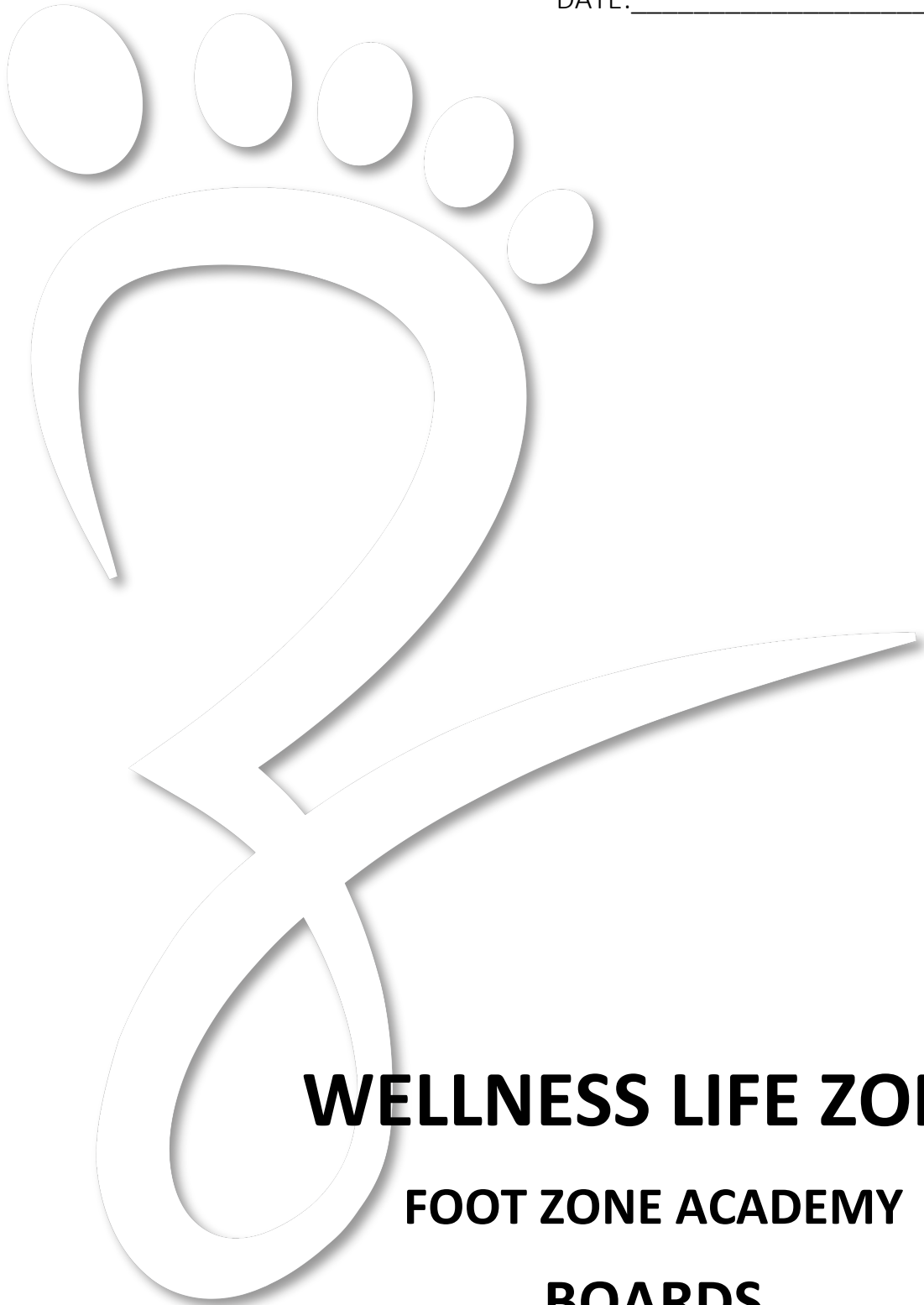


NAME: _____

DATE: _____



WELLNESS LIFE ZONE

FOOT ZONE ACADEMY

BOARDS

The Professional Foot Zone Practitioner

PROFESSIONAL FOOT ZONE PRACTITIONER QUIZ

1. The application of pressure using the thumbs, knuckles or fingertips to discrete points throughout the body that correlate with organs, glands and systems of your body.
 - a. Reflexology
 - b. Massage
 - c. Acupressure
 - d. Sonotherapy
2. Pathways that connect the acupressure points to each other as well as to the internal organs.
 - a. Reflex Arcs
 - b. Foot Zone Signals
 - c. Fascia
 - d. Meridians
3. When you stimulate an acupressure point in the same area where you feel pain or tension it is called a:
 - a. Drill
 - b. Local point
 - c. Pressure Point
 - d. Trigger Point
4. An acupressure point that relieves pain in a part of the body that is distant from the point is called a:
 - a. Meridian
 - b. Reflex
 - c. Trigger Point
 - d. Zone
5. A European term defining a system of massage with the practitioner's hands or tools to relieve tension and treat illness (based on the theory that there are reflex points on the feet, hands and head that are linked to parts of the body).
 - a. Acupressure
 - b. Sonotherapy
 - c. Foot Zone Therapy
 - d. Massage Therapy
6. Eunice Ingham, a nurse and physical therapist, changed to name of Zone Therapy to _____ in order to avoid scrutiny from the medical world.
 - a. Acupressure
 - b. Sonotherapy
 - c. Reflexology
 - d. Zone Therapy

7. The most advanced form of acupressure therapy on the feet developed to address all systems of the body and health causes, helping to bring the body back to a normal line of health or its original blue-print is:
 - a. Chinese Acupressure
 - b. Sonotherapy
 - c. Reflexology
 - d. **Foot Zone Therapy**

8. The scope of practice is the rights and activities legally acceptable according to the licenses and/or certifications of a particular occupation or profession. **True/False**

9. If a foot zone practitioner is certified he/she can practice anywhere in the United States. **True/False**

10. A certified foot zone practitioner has the right to educate his/her clients about an organ, system or acupressure point, which is a form of diagnosing the client. **True/False**

11. Selling nutritional products or other health products is illegal for a foot zone practitioner. **True/False**

12. A license is issued by a State or municipal regulating agency as a requirement for conducting a business or practicing a trade or profession. **True/False**

13. A document that is awarded in recognition of an accomplishment or for achieving or maintaining some type of a standard is a certification. **True/False**

14. A city or county issues a business license. **True/False**

15. A scope of practice defines:
 - a. **Legally acceptable professional activities**
 - b. Medical ethics
 - c. Specific techniques
 - d. Geographical boundaries

16. If a client's condition is outside the foot zone practitioner's scope of practice the practitioner should:
 - a. Schedule extra sessions
 - b. **Refer the client to the proper professional**
 - c. Take more training
 - d. Refer to textbooks

17. Being certified _____ validation in another location.
 - a. **Does not guarantee**
 - b. Requires
 - c. Guarantees
 - d. Assumes

18. A foot zone practitioner's best method of advertising is:
- Satisfied Clients
 - Facebook
 - Website
 - Business Card
 - All of the Above
19. Guidelines that help to define us emotionally and spiritually are determined by our experiences and belief, and act as a safety net and personal protection are:
- Personal Boundaries
 - Code of Ethics
 - Morals
 - Professional Boundaries
20. A(n) _____ relationship is a practitioner/client relationship that is client centered, in which all activities are to benefit and enhance the client's well-being and maintain or promote their welfare.
- Intimate
 - Unhealthy
 - Therapeutic
 - Medical
21. In a practitioner/client relationship, the foundation that provides an environment of safety, trust, and respect for the client to relax, open, release and heal is:
- Confidentiality
 - A Thorough Assessment
 - Clear policies and procedures
 - Being well educated
22. A relationship in which more authority is held by the person on one side of the relationship whereas the other person is in a more vulnerable or submissive role is:
- An abusive relationship
 - A therapeutic relationship
 - A Power Differential
 - Countertransference
23. When a client unconsciously projects attributes of someone from a former relationship onto a therapist or seeks more out of the relationship than is therapeutically appropriate, it is called
- Countertransference
 - Projecting
 - Fantasizing
 - Transference

24. Any situation that combines the therapeutic relationship with a secondary relationship that extends beyond the foot zone practitioner/client relationship is:
- a. Unethical
 - b. Therapeutic
 - c. A Dual relationship
 - d. Illegal
25. A contra indication of a foot zone is:
- a. Aids
 - b. High Blood Pressure
 - c. Organ Transplant
 - d. All of the Above
26. Professional standards are determined by educational requirements, codes of ethics, and:
- a. Standards of Practice
 - b. Scope of Practice
 - c. State and Local Regulations
 - d. All of the Above
27. A signal or symptom or hint of a health condition(s) is:
- a. A Caution
 - b. A Contraindication
 - c. An Indication
 - d. All of the Above
28. To take careful forethought to avoid danger, harm or risk.
- a. Condition
 - b. Assessment
 - c. Caution
 - d. Session Plan
29. Medical reasons not to foot zone someone for either mental, emotional or physical reasons.
- a. Indication
 - b. Contraindication
 - c. Degenerative health
 - d. Recent surgery
30. Conditions that require the foot zone practitioner to adjust the foot zone when there are health concerns for when the foot zone might cause discomfort or have adverse effects are:
- a. Conditional Contraindications
 - b. Regional Contraindications
 - c. Absolute Contraindications
 - d. To be referred to a doctor
 - e. Both a & b

31. The first and foremost rule of foot zone therapy is:
- Do no harm**
 - Refer to a doctor when in doubt
 - Perform a consultation before a foot zone session
 - Get the client's permission before proceeding
 - All of the above
32. The time to determine product allergies is
- During consultation**
 - At the beginning of a foot zone
 - At the end of a foot zone
 - During the second visit
33. The three main areas of a foot zone business operation are the:
- Lobby, chair, & restroom
 - Entrance, foot zone area, business area
 - Foot zone area, business area, restroom**
 - Chair, side table, bathroom
34. As a foot zone practitioner the following 4 ways to project a professional image are:
- Personal appearance, speech, technical competence, office or studio space**
 - Knowledge of a person's condition, personal appearance, studio space, education
 - Foot zone, emotional work, energy work, anatomy & physiology
 - Continued education in herbs, essential oils, emotional work, the foot zone technique
35. When operating a foot zone facility, two standards that must be maintained are
- Certification and Business License
 - Safety and Sanitation**
 - Business Policies and Personal Boundaries
 - All of the above
36. In personal care services, the 3 levels of decontamination are:
- Sanitation, disinfection, and sterilization**
 - Saline solution, chlorine bleach, mild non-allergenic soap
 - Lysol, chlorine, mild non-allergenic soap
 - Wash linens in hot water with chlorine, table or chair with mild alcohol cleanser, sanitize gem tools to avoid decontamination
37. A foot zone practitioner should always wash his/her hands:
- Before a foot zone session
 - After a foot zone session
 - When contaminated by broken skin, or infected area of a client
 - All of the above**

38. The process of clarifying the appropriateness of an appointment is called:
- a. Consultation
 - b. Screening
 - c. Selecting
 - d. Discrimination
39. Client information can be obtained by:
- a. Consulting with a doctor
 - b. Personal history forms
 - c. Client interviews
 - d. All of the above
40. Accurate records of a client's treatment help the foot zone practitioner:
- a. Achieve better results
 - b. Abide by state laws
 - c. Compare progress with other clients
 - d. Charge higher fees
41. All client information should be considered:
- a. Before calling their physician
 - b. Research material
 - c. When diagnosing their condition
 - d. Confidential
42. A meeting between the prospective client and the practitioner in which views are discussed and valuable information is exchanged is called a(n):
- a. Intake
 - b. Consultation
 - c. Effective Communication
 - d. Preliminary Assessment
43. Two of the he following things a practitioner can accomplish during a consultation are:
- a. Establish effective communication with the client & explanation of the practitioner's policies and procedures
 - b. Consult with the client's physician and create a payment plan
 - c. Produce his/her credentials and business license
 - d. Client trust and a client referral program
44. When making the first appointment with a prospective client, three great questions that can be asked for screening the client are: have you had a foot zone before? How did you find out about my services? What is your main reason for making this appointment? True/False
45. When assessing the client, a foot zone practitioner should check for acute, chronic and degenerative conditions. True/False

46. When assessing the client's feet for the first time, if a foot zone practitioner discovers wart(s) or some form of fungus on the potential client's feet, he/she should immediately stop the foot zone and should not zone the client until the wart(s) and/or fungus is completely healed.
True/False

Identify the conditions of the feet.



- 47.
- a) Blister
 - b) Athlete's Foot
 - c) Sprain
 - d) Bunion



- 48.
- a) Ingrown Toenail
 - b) Gout
 - c) Hammer Toe
 - d) Heel Spur

49.



- a) Corns
- b) Blister
- c) Edema
- d) Varicose Veins

50.



- a) Gout
- b) Hammer Toe
- c) Heel Spur
- d) Thrombosis

51.



- a) Sprain
- b) Hammer Toe
- c) Flat Foot
- d) Athlete's Foot



52.

- a) Planter Wart
- b) Blister
- c) Heel Spur
- d) Ingrown Toenail



53.

- a) Corns
- b) Morton's Neuroma
- c) Neuropathy
- d) Plantar Wart



54.

- a) Flat Foot
- b) Thrombosis
- c) Plantar Wart
- d) Edema



55.

- a) Callus
- b) **Bunion**
- c) Fungal Nail Infection
- d) Thrombosis



56.

- a) Corns
- b) **Thrombosis**
- c) Blisters
- d) Athlete's Foot



58.

- a) **Varicose Veins**
- b) Fungal Nail Infection
- c) Hammer Toe
- d) Ingrown Toenail

59.



- a) Ingrown Toenail
- b) Fungal Nail Infection
- c) Morton's Neuroma
- d) Varicose Veins

60.



- a) Gout
- b) Bunion
- c) Corns
- d) Callus