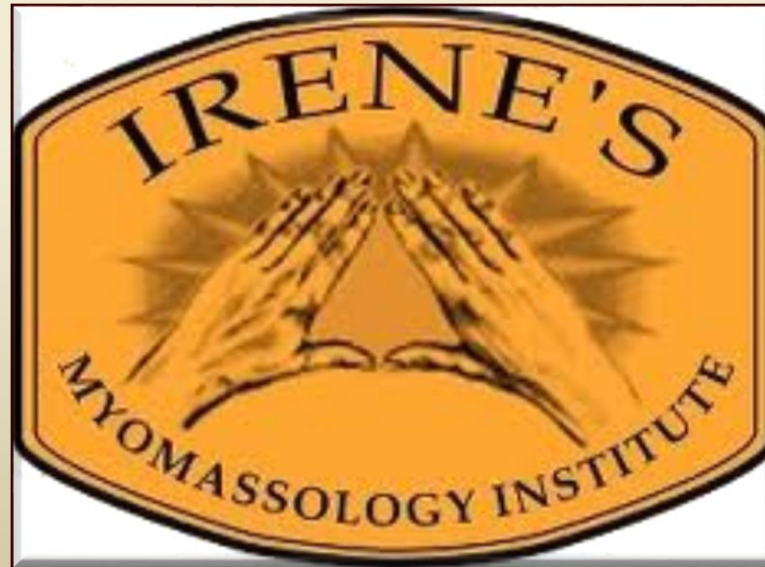


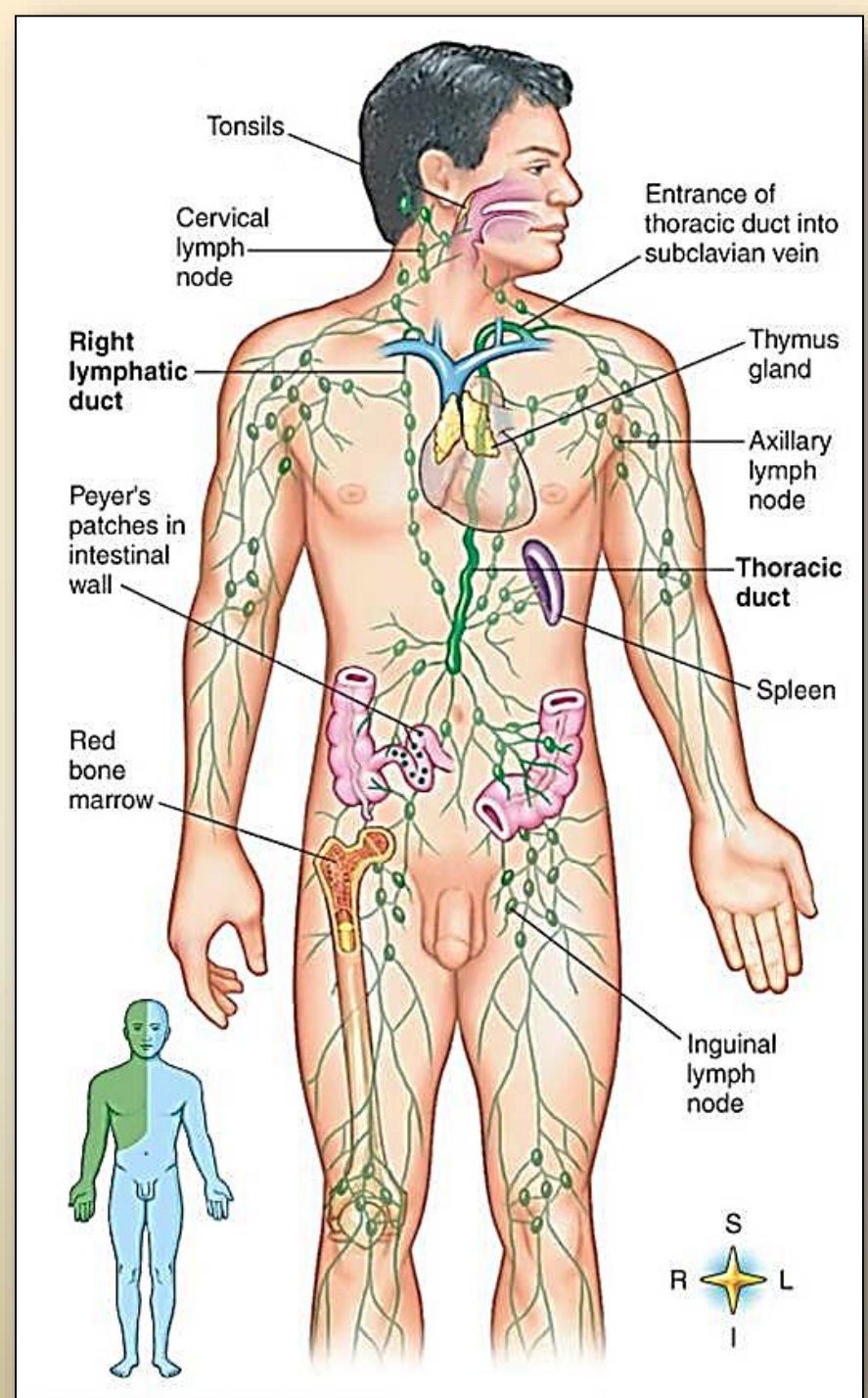
Instructor's Review for Final Exams

Lymphatic System



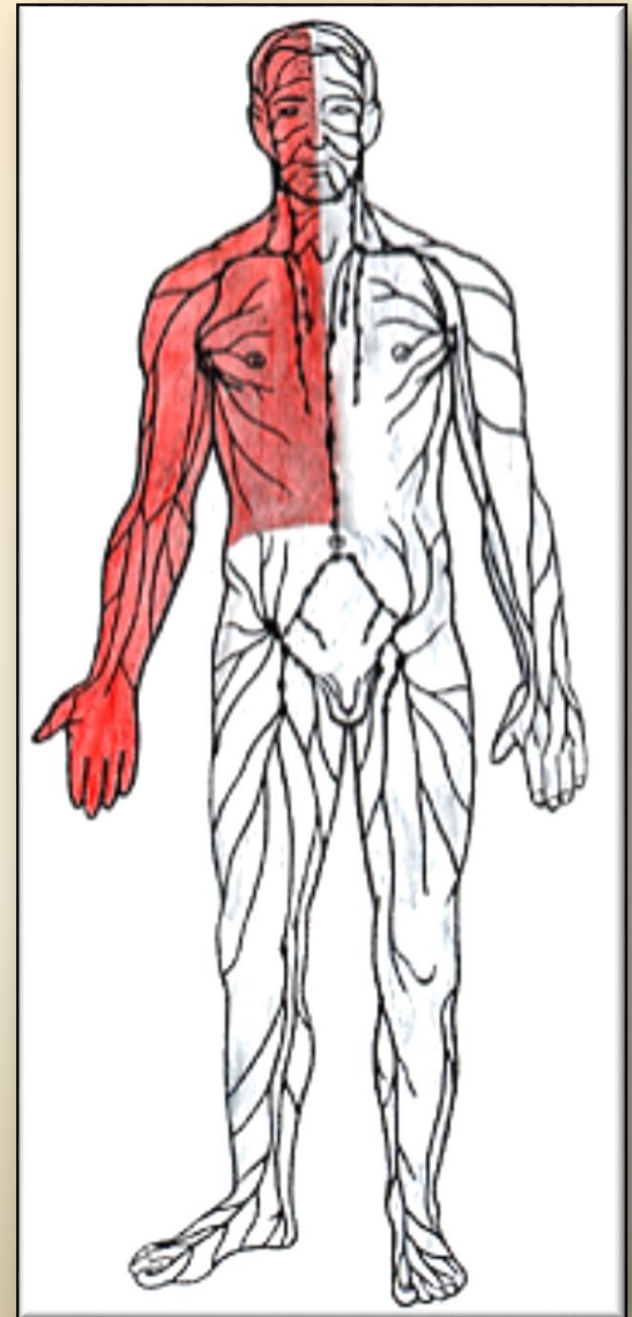
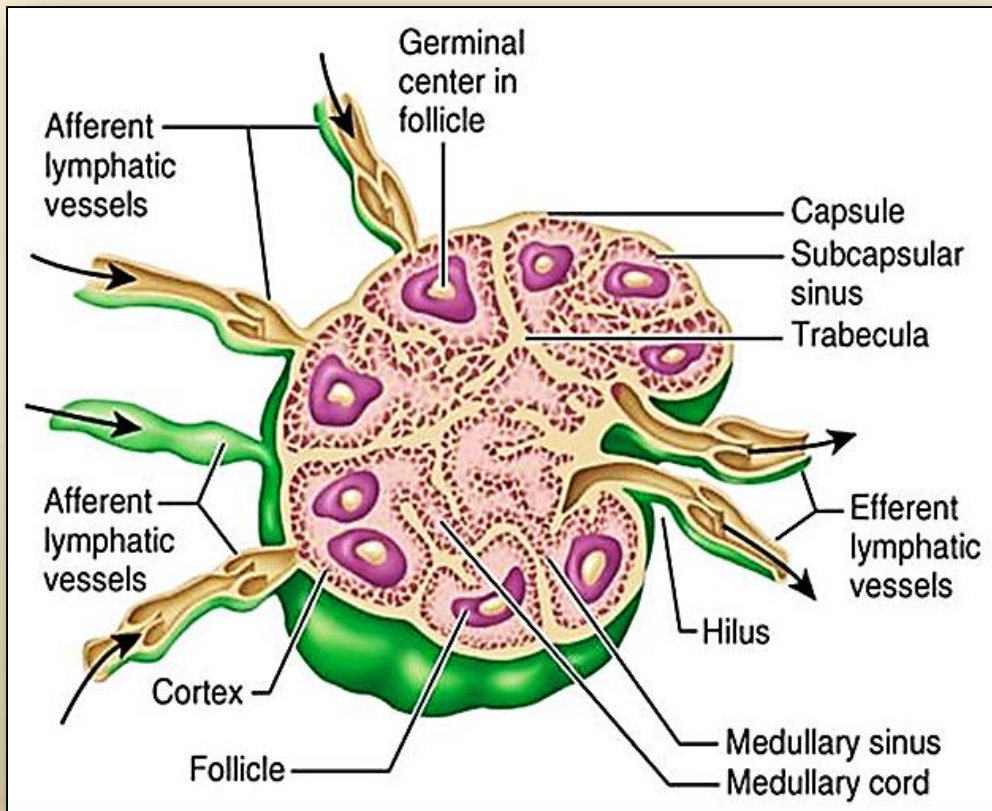
Lymphatic Structures and Function

1. **Function and structures-** produces lymphocytes, develops antibodies, and transports fats from the digestive tract to the blood.
2. **Drains excess fluids from the interstitial space.**
3. **The major structures are lymphatic capillaries, lymphatic vessels, lymph nodes, lacteals, thoracic duct, right and left lymphatic duct.**
4. **About 70% of lymphatic vessels are found in the skin, the rest are around the viscera.**
5. **Some major lymph nodes would include the spleen, the tonsils and the appendix.**



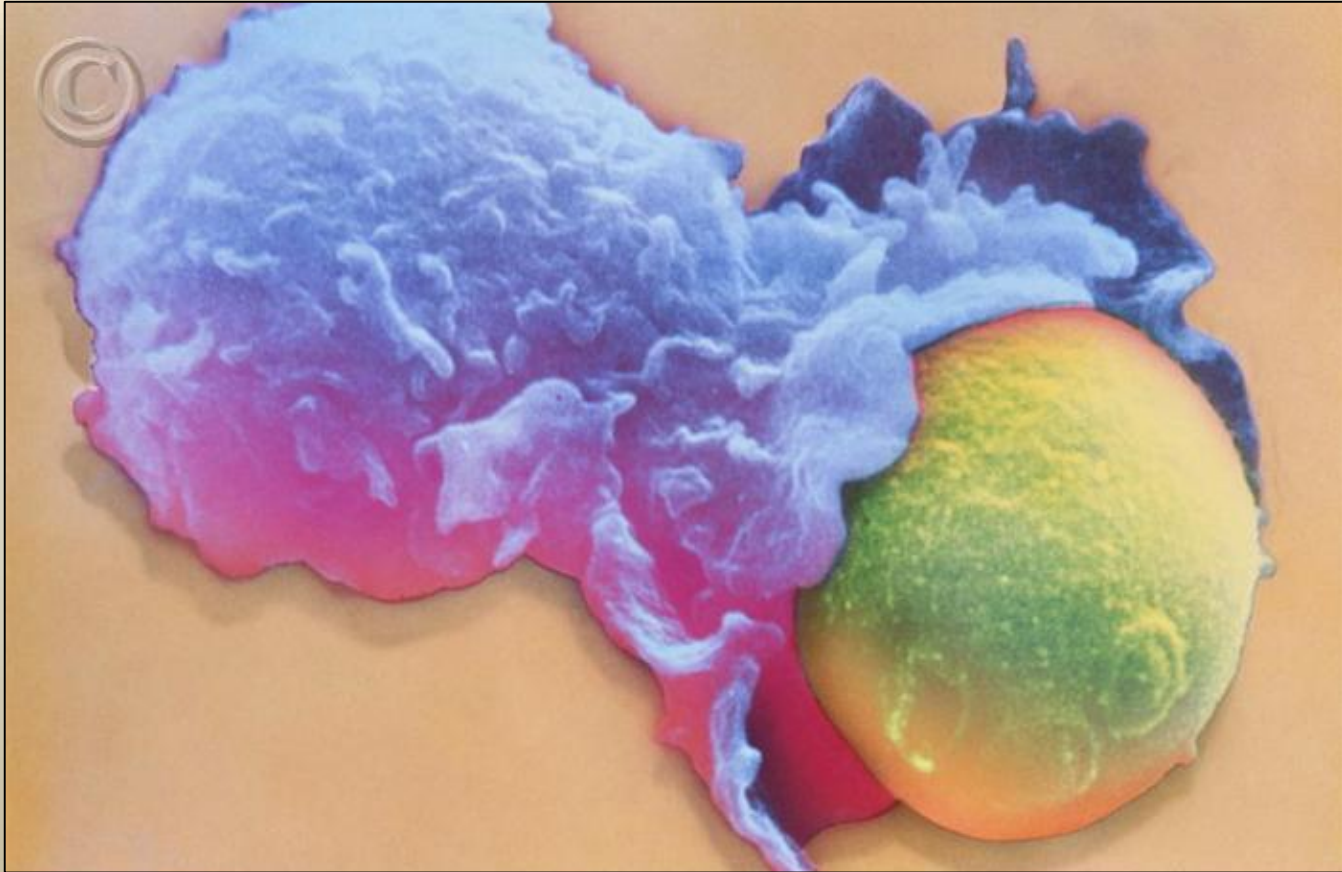
Flow of Lymph

Flow of lymph- $\frac{3}{4}$ of the body drains into the left lymphatic duct, $\frac{1}{4}$ into the right lymphatic duct (right arm, side of head and thoracic area).



Lymphocyte

Lymphocyte – a type of white blood cell produced in the lymph system.

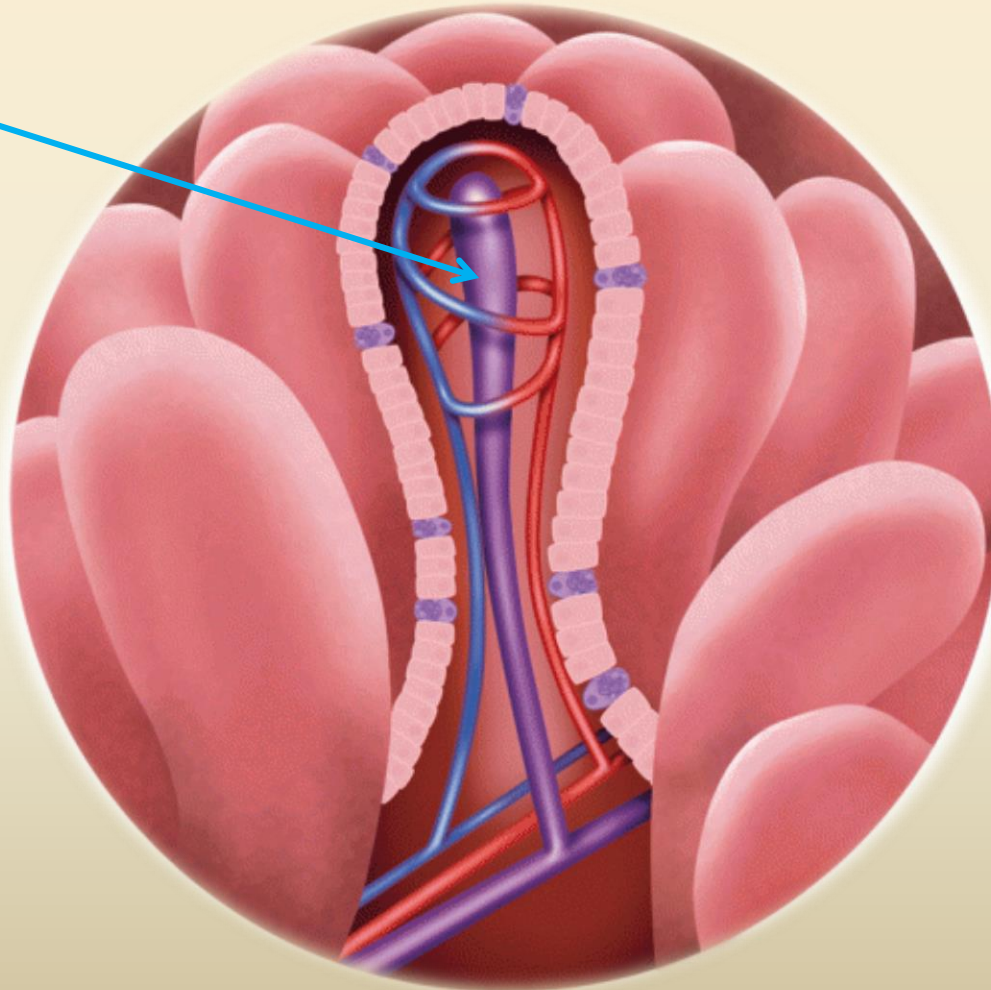


A white blood cell engulfing a yeast cell.

Lacteal

Lacteal – Lymphatic capillary found in the villi of small intestine

Lacteal



MBLX Review

**Plain & Simple Guide to Therapeutic
Massage & Bodywork Examinations**

**Biomechanics &
Kinesiology**

General Review

1. Another term for the inner ear is the _____.
 - a. Reticulum
 - b. Arachnoid
 - c. Labyrinth
 - d. Copia

General Review

2. The main muscle responsible for any movement is the _____.

- a. Synergist
- b. Antagonist
- c. Protagonist
- d. Agonist

General Review

3. _____ allows us to move without thinking about it.

a. Proprioception

b. Stimulus

c. Flexion

d. Extension

General Review

4. Ergonomics is concerned with _____ factors pertaining to the environment.

a. Mineral

b. Animal

c. Human

d. Vegetable

General Review

5. The three laws of motion were identified by _____.

- a. Sir Isaac Newton
- b. Sir Stephen Newton
- c. Dr. Stephen Hawking
- d. Galileo

General Review

6. The factor that affects how or how much a bone is going to move is the _____.

- a. Position of the joint
- b. Resistance encountered
- c. Effort required
- d. All of the above

General Review

7. The rarest lever in the body is the _____.

- a. First-class lever
- b. Second-class lever
- c. Third-class lever
- d. Fourth-class lever

General Review

8. Improper biomechanics can cause _____.
- a. Injury
 - b. Poor posture
 - c. Carpal tunnel syndrome
 - d. All of the above

General Review

9. The sensory perception of muscle movement is _____.
- a. Myasthenia
 - b. Kinesiology
 - c. Kinesthesia
 - d. Myasthology

General Review

10. An example of a second-class lever in the body is the _____.

- a. Hip joint
- b. Elbow joint
- c. Atlas
- d. Ball of the foot

General Review

11. Pain, stiffness, and numbness or tingling on the back of the leg might indicate _____.

a. An impingement of the trigeminal nerve

b. Sciatica

c. Coryza

d. An inflamed metatarsal

General Review

12. A dancer holding a pose standing on one leg with arms abducted 90 degrees is an example of _____.

- a. Ballistic balance
- b. Static balance
- c. Dynamic balance
- d. Neutral position

General Review

13. The elbow joint is a _____ lever.
- a. First class
 - b. Second class
 - c. Third class
 - d. Fourth class

General Review

14. Proprioception is self-regulated by the _____ system.

a. Psychosomatic

b. Somatosensory

c. Nervous

d. Muscular

General Review

15. The sensory nerve ending that responds to a stimulus is the _____.

a. Receptor

b. Effector

c. Effector

d. Deflector