

Volunteer Hand Massage Quiz

1. The first step of a hand massage is washing your hands. T or F
2. You need to check with the nurse to see that the patient is able to have a hand massage. T or F
3. Massaging the hand in sync with the patient's breathing provides more comfort. T or F
4. If there are sores, tears, or bruising on the back of the hand you should skip massaging there. T or F
5. The first 30 second compression is the most important to relax the muscle fibers. T or F
6. Avoid trying to over stretch or extend hand, wrist or fingers. T or F

Volunteer Name: _____ Date Completed: _____