



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2020/2021 ACADEMIC YEAR

THIRD YEAR, SPECIAL/SUPPLEMENTARY EXAMINATIONS

FOR THE DEGREE

OF

BACHELOR OF SCIENCE IN PHYSIOTHERAPY

COURSE CODE: BSP 328

COURSE TITLE: SOFT TISSUE MANIPULATION

DATE: TUESDAY 9TH FEBRUARY 2021 TIME: 9:00 – 12:00 NOON

INSTRUCTIONS TO CANDIDATES

Answer all Questions

Sec A: Multiple Choice Questions (MCQ) (20 Marks)

Sec B: Short Answer Questions (SAQ) (40 marks)

Sec C: Long Answer Questions (LAQ) (40 marks)

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 4 Printed Pages. Please Turn Over.



SECTION A: MULTIPLE CHOICE QUESTIONS

20 MARKS

1. Which best describes the technique of Rolfing?
 - A. Reflex therapy
 - B. German Massage
 - C. Structural integration
 - D. Connective tissue massage
2. Deep friction massage works best if it is applied
 - A. Directly over the problem area
 - B. Proximal to the problem
 - C. Distal to the problem
 - D. Around the problem
3. The cupping technique is best suited for
 - A. Acute bronchitis
 - B. Cancer of the lungs
 - C. Bronchiectasis
 - D. Acute tracheitis
4. According to Beard, in superficial stroking the direction is
 - A. Feet to head
 - B. Lateral
 - C. Of no consequence
 - D. Head to feet
5. Cupping, slapping, hacking and beating are all forms of
 - A. Effleurage
 - B. Friction
 - C. Petrissage
 - D. Tapotement
6. Pain on stretch at the end of Range of Motion indicates
 - A. Acute injury to the muscle fibers
 - B. Acute injury to the joint capsule
 - C. That an injury is in the subacute stage
 - D. That an injury is in the chronic stage
7. Which of the following are contraindications for tapotement?
 - A. Insomnia
 - B. Hypertonicity
 - C. Hyperemia
 - D. All of the above

8. Friction can generally be used on which of the following conditions?
- A. When a joint is tight due to arthritis
 - B. Newly formed scar tissue
 - C. Hypertonic muscles
 - D. When swelling or edema occurs
9. Which of the following would not be effective in relieving a cramp?
- A. Heat on the muscle
 - B. Ice on the muscle
 - C. Reciprocal inhibition
 - D. Direct pressure
10. You have a client with edema in the left knee. Where might you begin massage?
- A. On the left gastrocnemius
 - B. On the left knee
 - C. On the left hamstring and quad
 - D. You would never perform massage on a client with edema
11. Which of the following strokes, if done for too long a period, can cause loss of sensation due to nervous system overload?
- A. Light effleurage
 - B. Tapotement
 - C. Petrissage
 - D. Kneading
12. Rheumatoid arthritis in the acute phase is
- A. A condition for doing injury work
 - B. Contraindicated for all massage
 - C. Is contraindicated for only deep work
 - D. Is a condition for doing intense hydrotherapy
13. The therapeutic benefit of friction is
- A. Local hyperemia
 - B. Lymphatic drainage
 - C. Tonification
 - D. None of the above
14. On the basis of current information the psychogenic effects that massage are most likely due to is
- A. Histamine releases
 - B. Endorphin releases
 - C. Local lactic acid accumulation

- D. All of the above
15. The main purpose of deep transverse friction is to
- A. Separate muscle fibers
 - B. Lengthen muscle fibers
 - C. Shorten muscle fibers
 - D. Minimize pain
16. Which stroke most often begins and ends a Swedish massage?
- A. Effleurage
 - B. Petrissage
 - C. Friction
 - D. Vibration
17. What is the best massage technique to lift muscles off the bone?
- A. Effleurage
 - B. Petrissage
 - C. Vibration
 - D. Tapotement
18. What is the first primary consideration before beginning massage treatment?
- A. Make sure the client is comfortable
 - B. Make sure no jewelry is being worn
 - C. Wash hands thoroughly
 - D. Determine if contraindications are present
19. How should you vary massage treatment with the age of the patient?
- A. Progressively with increased age
 - B. Shorter with increased age
 - C. Shorter for very old and very young
 - D. The same for any age
20. According to McMillan, what type of tapotement is done with a cupped hand?
- A. Hacking
 - B. Clapping
 - C. Tapping
 - D. Beating

SECTION B: SHORT ANSWER QUESTIONS

40 MARKS

- 1. DISCUSS the history of massage (15 Marks)
- 2. DISCUSS general Effects of massage (15 Marks)
- 3. EXPLAIN in detail Zen shiatsu as a type of massage (10 Marks)

SECTION C: LONG ANSWER QUESTIONS

(40 Marks)

- 1. Massage has several techniques that are employed for various usage to achieve different goals during patient/client care. Discuss effleurage as a massage techniques (20 Marks)
- 2. Discuss five ways how massage supports soft tissue healing (20 Marks)