



(University of Choice)

**MASINDEMULIROUNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2022/2023 ACADEMIC YEAR

SECOND YEAR SECOND TRIMESTER EXAMINATIONS

(MAIN EXAMINATION)

FOR THE DEGREE

OF

BACHELOR OF SCIENCE IN PHYSIOTHERAPY

COURSE CODE: BSP 216

COURSE TITLE: SOFT TISSUE MANIPULATION

DATE: FRIDAY 14TH APRIL 2023

TIME: 2:00-4:00 PM

INSTRUCTIONS TO CANDIDATES

Answer all Sections

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: MCQs (20mks).

1. The word massage is derived from and Words.

- A. Arabic, Greek.
- B. Spanish, Arabic.
- C. Arabic, Swedish.
- D. None of the above.

2. The following are requirements in a treatment room except

- A. Treatment couch.
- B. Small arm table and chair.
- C. Water.
- D. Comfortable room temperature.

3. When using oil as a coupling Media;

- A. Apply oil directly to your hands and do not use too much.
- B. Pour the oil directly into the skin parts to be treated.
- C. Mix oils with water.
- D. None of the above.

4. During patient preparation;

- A. Vital to request the patient to remove pieces of clothing without explanation.
- B. Communication during treatment is not allowed.
- C. It is important that the patient is fully informed of exactly what the session will involve.
- D. Massage over clothes.

5. The following is contraindicated for acupressure;

- A. Heart disease.
- B. Visceral conditions.
- C. Acute injuries.

D. Both A and B.

6. Which of the following should be applied according to the patient's tolerance?

A. Acupressure.

B. Trigger pointing.

C. Myofascial release.

D. Friction.

7. Which of the following statements best describes shaking?

A. Contact is made with both palms and thumbs held away from the fingers.

B. Both hands are used always.

C. Muscle or superficial tissue is shaken from side to side.

D. None.

8. In grade 3 clapping;

A. Cover the area with a light cloth.

B. It is superficial.

C. Clapping is firm and may involve elbow as well as wrist action.

D. Both A and C.

9. The sequence and direction of Swedish massage strokes are most adapted to which anatomical and physiological situation?

A. Subcutaneous adipose tissue.

B. Autonomic nervous system.

C. Lymph drainage and venous return.

D. Muscle attachments.

10. In which year was the society for trained masseuse formed?

A. 1984. C.1894

B. 1997. D.1776.

11. In which type of massage is holism and embodiment based?

A. Zen shiatsu.

B. Tuinaa.

C. Swedish massage.

D. Integrative therapeutic massage.

12. Which of the following is a form of therapy in which energy from the recipient is rebalanced promoting health and healing

A. Reflexology.

B. Lymphatic drainage.

C. Therapeutic touch.

D. Acupressure.

13. A pregnant client should have pillows below her back when she's lying

A. On her side.

B. Supine.

C. Prone.

D. None.

14. Which massage technique is best for knee region?

A. Effleurage.

B. Friction massage.

C. Clapping.

D. Kneading.

15. Which technique requires tissues to be compressed lifted and squeezed?

A. Rolling.

B. Kneading.

C. Picking up.

D. Wringing.

16. Swedish massage was the basis for strokes and principles used first by members of the?

- A. American physiotherapy association.
- B. Chartered society of physiotherapists.
- C. World society of physiotherapists.
- D. Swedish physiotherapists association.

17. To break down adhesion that prevent normal motion, this technique can be used in sub-acute and chronic stages of healing.

- A. Effleurage
- B. Rhythmic mobilization
- C. Myofascial release
- D. Cross-fiber friction

18. male therapist prepares to treat a female patient using a soft tissue massage technique. The therapist would like to reassure that the patient does not misinterpret the purpose of

the treatment technique. The most appropriate action is to:

- A. Transfer the patient to another therapist's schedule
- B. Request a female staff member to be present during treatment
- C. Select another less invasive technique
- D. Discharge the patient from physical therapy.

19. A client comes to you with pain and dizziness when they turn their neck, they think the pain could be from a small Motor Vehicle Accident last week. When you perform your ROM testing you notice extreme muscle weakness and they complain of difficulty swallowing. What should you do?

- A. Treat them for whiplash and refer them to a chiropractor
- B. Thoroughly document the initial assessment and refer the client to a physician for assessment before massage treatment
- C. Send them to a physical therapist
- D. Refer them to another Massage Therapist

20. Which one of the following is not a percussion manipulation technique?

- A. Shaking.
- B. Clapping.
- C. Hacking.
- D. Pounding.

SECTION B: SAQs (40mks).

1. Describe the aspects included in Self-preparation by the Physical therapist (10mks).
2. State five coupling Media products that can be used during a soft tissue manipulation session (5mks)
3. Discuss the legal aspects of massage(5mks).
4. Describe the 5 major trigger points (10mks).
5. Discuss the treatment of a tension headache in massage therapy as in Tidy's (5mks).
6. Highlight general contraindications in Soft Tissue manipulation (5mks).

SECTION C: LAQs (40mks). (Answer any 2)

1. Describe the effects specific to each of the following as in Soft Tissue manipulation;
 - a). Effleurage.(4mks).
 - b). Kneading.(4mks).
 - c). Shaking.(4mks).
 - d). Hacking.(4mks).
 - e). Acupressure. (2mks).
 - f). Myofascial release(2mks).
2. In regard to mechanical massage;
 - a). Discuss five percussion used in mechanical massage (10mks).
 - b). State actions a Gyrator approximates (3mks).
 - c). Identify the reasons why mechanical massage is used in clinics (4mks).
 - d). Highlight the shortcomings of mechanical massage (3mks).
3. Describe each of the following;

- a). Zen shiatsu (4mks).
- b). Swedish therapeutic massage(4mks).
- c). Normalization of soft tissue(4mks).
- d). Integrative therapeutic massage (4mks).
- e). Friction massage (4mks).