



(University of Choice)

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

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2023/2024 ACADEMIC YEAR

SECOND YEAR FIRST TRIMESTER EXAMINATIONS

(MAIN EXAMINATION)

FOR THE DEGREE

OF

BACHELOR OF SCIENCE IN PHYSIOTHERAPY

COURSE CODE: BSP 216

COURSE TITLE: SOFT TISSUE MANIPULATION

DATE: Tuesday 5th DECEMBER 2023

TIME: -2:00pm - 4:00pm

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: 2 Hours

MMUST observes ZERO tolerance to examination cheating

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

MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. A patient was referred to you for soft tissue manipulation and you opted to use Mulligan manipulation, which PILL principles of application of treatment you would consider while applying Manipulation With Movement (MWMs).
 - A. Palpation, intervention, and long lasting treatment.
 - B. palpation, intervention, long lasting manipulation.
 - C. Pain free, instant results, long lasting.
 - D. Prevention of pain, instant results, long lasting.

2. Which of the following is Mulligan principal of application of treatment.
 - A. Contra-indication (No Pill response), Repetitions, Over pressure, communications, knowledge of planes and pathologies, sustain the mobilization throughout the movements.
 - B. Contra-indication (No Pill response), Repetitions, Over pressure, communications, knowledge of planes and pathologies, sustain the myofascial mobilization throughout the movements.
 - C. Contra-indication (No Pill response), Reeducation, Over pressure, communications, knowledge of planes and pathologies, sustain the mobilization throughout the movements.
 - D. Contra-indication (No Pill response), Repetitions, Over pressure, comorbidities, knowledge of planes and pathologies, sustain the mobilization throughout the movements.

3. Criteria for Sustained Natural Apophyseal Glides (SNAGs) treatment approach includes the follow EXCEPT.
 - A. They are all done in weight bearing posture and carried out at end range.
 - B. They are mobilization with active movements followed by passive over pressure.
 - C. They follow the treatment plane rule.
 - D. The mobilization component is sustained and are applied to most spinal joints.
 - E. Time is wasted as the treatment regime is decided within couple of minutes, and when indicated they are painful.
 - F. They require thorough knowledge to allow straight forward procedure for each movement loss.

4. What type of massage is based on holism and embodiment
 - A. Reflexology.
 - B. Integrative therapeutic massage.
 - C. Trigger point.
 - D. Friction massage.

5. What massage technique would you start with when managing a patient with low back pain
 - A. Kneading.
 - B. Effleurage.
 - C. Petrissage.
 - D. Friction.

6. Which of the following is not a stroke involved in myofascial release

- A. Myofascial spread.
- B. Myofascial lift and roll.
- C. Myofascial wringing.
- D. Myofascial mobilization.

7. Which type of trigger point produces pain on palpation.

- A. Active.
- B. Primary.
- C. Key.
- D. Latent.

8. Which one is not a percussion technique.

- A. Hacking.
- B. Pounding.
- C. Slapping.
- D. Cupping.

9. Which massage technique is done from distal to proximal.

- A. Effleurage.
- B. Tapotement.
- C. Kneading.
- D. Friction.

10. Which technique is used in pre-event warm up;

- A. Cupping.
- B. Hacking
- C. Pounding
- D. Tapping.

11. Which technique is used for post event cool down.

- A. Cupping.
- B. Plucking.
- C. Pounding.
- D. Tapping.

12.. Which one is not an indication of myofascial release;

- A. Chronic jaw pain.
- B. Tension headache.
- C. Visceral pain syndrome.
- D. Fibromyalgia.

13. Swedish massage was first used by members of;

- A. American Physiotherapist Association.
- B. Chartered Society of Physiotherapists.
- C. World Society of Physiotherapists.

D. Swedish Physiotherapists Association.

14. The following are requirements in a treatment room except;

- A. Treatment coach.
- B. Table and chair.
- C. Water.
- D. Coupling media.

15. The following is contraindicated for acupressure,

- A. Heart disease.
- B. Visceral condition.
- C. Acute injuries.
- D. Both A&B.

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

- A. Reflexology.
- B. Lymphatic drainage.
- C. Therapeutic touch.
- D. Acupressure

17. Which of the following is not a contraindication to massage.

- A. Skin infections.
- B. Open wounds.
- C. Myositis ossificans.
- D. Chronic inflammation.

18. Which massage technique is best for the knee region;

- A. Friction.
- B. Effleurage.
- C. Clapping.
- D. Kneading.

19. To breakdown adhesions that prevent normal motion, this technique can be used in sub acute and chronic healing stages,

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

20. The following are etiology and epidemiology of trigger points EXCEPT.

- A. Mainly due to overload
- B. An injury sustained by a fall.
- C. Most common in active persons between 27-55 years.
- D. 45% of the patients are men, and lack of exercises or bad posture can lead to trigger points
- E. Usually in places where nerves connected to the muscle fibers.

SHORT ANSWER QUESTIONS. (40 MARKS)

1. Discuss key concepts of Maitland techniques in soft tissue manipulation. (5 Marks)
2. Elaborate principles of mobilization and manipulation techniques of Maitland (5Marks)
3. Discuss in detail effleurage as a massage technique outlining its principles, indications, and contraindications. (5Marks)
4. While working in the OPD, a patient was sent to you with a history of right post-mastectomy that was done 2 months ago. She complains of swelling in the right hand. Discuss how you will manage (5Marks)
5. Discuss principles of neural mobilization (5 marks).
6. Discuss the contraindications of myofascial release (5Mark)
7. Differentiate between concave and convex basic concepts of motion rules in Mulligan manipulation (5Marks).
8. Explain 5 evidence-mechanical effects /paradigms of practice in Mulligan manipulation (5Marks)

LONG ANSWER QUESTIONS (40 MARKS)

1. Discuss in detail the indications and contraindications of Maitland mobilization. (20 marks)
2. Swedish massage is the most common technique used in Kenya. Discuss in detail the different techniques under Swedish massage (20 Marks)

