

MT 01

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**INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF**  
**COLOMBO, RAJAGIRIYA**  
**BAMS LEVEL IV – SECOND SEMESTER EXAMINATION – SEPTEMBER 2018**  
**MESSAGE THERAPY**  
**COURSE CODE – KC 4204**

**Date: 19.09.2018**  
**Time: 1½ hours**  
**(9.45a.m. - 11.15 a.m.)**

Index No

**Answer all questions**

**Part I – Structured Essay Questions**

(1)

i. Write three benefits of each massage type (04 Marks)

a. pregnancy massage

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b. Face massage

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ii. What are the strokes you used for Neck and Spine in Head Massage? (03 Marks)

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MT 2

iii. What are the reasons for massage shoulders in head massage (03 Marks)

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iv. Write 03 (Three) types of facial massage and their advantages ? (05 Marks)

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(2)

i. Point out the different massage techniques can be carried out in leg massage (04Marks)

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ii. Briefly explain the following Physiological effects of Massage (04Marks)

a. Reflexive effect

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b. Mechanical effect

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iii. Briefly explain the Safeness of Massage (05 Marks)

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iv. Give four benefits of massage therapy effects on the Respiratory System (02Marks)

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MT 4

**Part II – Essay Questions**

(1).

- i. What are the physiological and Psychological effects of therapeutic massage? (05 Marks)
- ii. Briefly describe the procedure of baby massage. (08 Marks)
- iii. What are the fundamentals for back massage? (05 Marks)
- iv. Write down 3 benefits of back-massage (02 Marks)

(2).

- i. Describe the following massage techniques in brief.
  - a. Pummeling
  - b. Rocking
  - c. Sawing
  - d. Kneading (2x4=08 Marks)
- ii. Write down the method of neck massage in elderly (04 Marks)
- iii. Discuss the effects of massage therapy on systems given below
  - a. Cardiovascular System
  - b. Gastro intestinal System
  - c. Nervous Systems
  - d. Endocrine Systems

(2x4=08 Marks)

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