



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO
DEGREE OF BACHELOR OF AYURVEDA MEDICINE AND SURGERY
LEVEL IV – SECOND SEMESTER EXAMINATION
JANUARY- FEBRUARY 2020

EXAMINATIONS
Institute of Indigenous Medicine
31 JAN 2020
University of Colombo

KC 4204 – MASSAGE THERAPY

Date: 31.01.2020

Time: 9.45 to 11.15 a.m.

Answer all questions.

Index No

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Part I - Structured Essay Questions

1.

1.1. Briefly explain how massage help to improve the quality of the skin? (02 Marks)

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1.2. Clarify "Trigger point" (01 Mark)

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1.3. Patient with "low platelet count" is a massage contraindication. Explain this statement. (02 Marks)

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1.4. Name and describe two (02) marma points situated in the face. (02 Marks)

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1.5. Briefly describe the massage in the advanced stage of the pregnancy (04 Marks)

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1.6. Explain the physiological effects of massage (02 Marks)

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1.7. Brief the effects on the digestive system by massage (03 Marks)

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1.8. State the benefit of baby massage

(04 marks)

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2.

2.1. Following paragraph described the different types of strokes used in therapeutic massage. Fill the blanks by using relevant terms given below. (0.5 x 14 = 7 marks)

petrissage, friction, little to no lubricant, close the massage, effleurage, vibration stroke, long gliding stroke, opening stroke, tapotement, deep tissue, therapist's fingers or elbows, kneading, squeezing, compression

..... (1) most superficial stroke in massage:
..... (2) and is most commonly used as the
..... (3) and is also used to
..... (4) (5) stroke release
muscle tension and stretch the tendons providing major relief from pain and stress. It is distinguished by (6),
(7), lifting, rolling and (8) of the skin and musculature. (9) is typically used in (10) work and consists of small, deep back-and-forth movements over a local area of muscle applied by the (11) with (12). Due to its stimulating effects..... (13) commonly used in sports and medical massage. Massage devices used in (14) and it produces the pulsing sensations to the body.

2.2. Mention the best stroke for starting head massage and ending head massage? (02 Mark)

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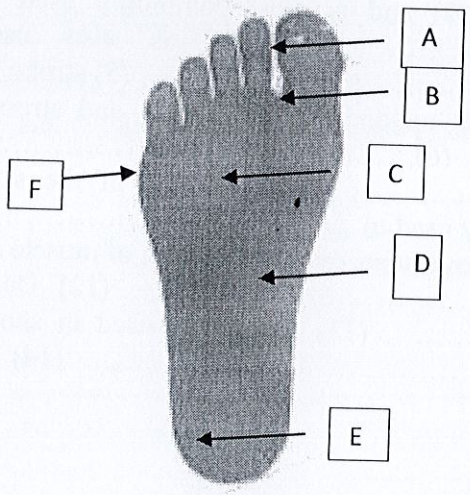
2.3. Write down the important human resources (staff) of a massage therapy centre (03 marks)

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2.4. Write down the suitable directions for general structures of a massage therapy centre (02 marks)

- a) Treatment rooms
- b) Attached bathroom
- c) Kitchen
- d) Water tank

2.5. Name the given reflex zones in the foot (03 marks)



2.6. List out different massage techniques could be recommending to the lower limbs (03 Marks)

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Part II – Essay Questions

1.

- 1.1 Describe the importance of aged massage. (10 Marks)
- 1.2 Brief the massage therapy effects on muscles (06 Marks)
- 1.3. Why “Referred pain” is important in massage therapy? (04 Marks)

2.

- 2.1. Describe following massage techniques (08 Marks)
- a) Palm Pressure
 - b) Hacking
- 2.2. “Head Massage is one of the important therapy in this era” Justify the statement (08 Marks)
- 2.3. What are the health benefits of massage therapy (04 Marks)

31.01.2020