



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO
DEGREE OF BACHELOR OF AYURVEDA MEDICINE AND SURGERY
LEVEL IV - SECOND SEMESTER SUPPLEMENTARY EXAMINATION
DECEMBER 2020 - JANUARY 2021

KC4204 - Massage therapy

Date: 01.01.2021

Time: 9.00 - 9.30 am

Answer all questions.

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1. One of the following methods / techniques of massage is carried out by applying light pressure
 - a. Circling
 - b. Palm pressure
 - c. Feathering
 - d. Sawing
 - e. Finger pressure

2. Effleurage is carried out
 - a. by applying light pressure
 - b. by applying moderate pressure
 - c. by applying deep pressure
 - d. to apply oil on the patient's body
 - e. only after application of finger pressure

3. The technique "Tapping" is **NOT** used to massage
 - a. Buttocks
 - b. Thigh
 - c. Bones
 - d. Calves
 - e. Back

4. The commonest stance held by masseur is
 - a. Running
 - b. Standing
 - c. Walk-standing
 - d. Sitting
 - e. Squatting

5. Tick the **INCORRECT** statement regarding the physical benefits of massage
 - a. enhance the rigidity of the muscles and joints
 - b. prevents the muscle cramps
 - c. works on the central nervous system
 - d. helps to relieve the pain and tension
 - e. regulate the digestive process and improve its function.

6. Tick the **INCORRECT** statement regarding the psychological benefits of massage
- Provide physical and mental coordination
 - Enhances capacity to calm thinking and creativity
 - Provide mental alertness
 - Improves the posture and gait
 - Give relaxation of the mind
7. Tick the **INCORRECT** answer about the massage during pregnancy
- Provide better environment for the growth of child inside
 - Ensures the painless delivery
 - Avoid that massage in second trimester
 - Do not massage any marma points
 - Do not use tapping strokes
8. Tick the **INCORRECT** statement
- Baby massage is recommended ten minutes after the feeding
 - The room warm and dimly light suitable for baby massage
 - Start the massage with baby face up
 - After the baby massage give water bath
 - Use mild stroke during baby massage
9. Which type of face massage beginning from lymph area
- Stress busting and Lifting and firming
 - Stress busting and Face brightening
 - Lifting and firming and Face brightening
 - Lifting and firming and Face brightening
 - Face brightening and Shoulder massage
10. Seemantha Marma is located
- Between the two eye brows
 - At the outer angle of the eye, at the tail end of the eye brows and below them
 - On the top, inside the head meeting place of the joints of veins
 - In the depression above the eye brows on the fore head
 - Above Shankha, at the lower border of Snayu Marma and Vishalyaghna Marma
11. Select the **INCORRECT** statement for face massage
- For dry skin coconut or Argan oil are best
 - For medium skin almond or jojoba oil are best
 - For oily skin coconut or Argan oil are best
 - For dry skin almond oil is best
 - For oily skin Jojoba oil is the best
12. Which massage is help to relieving constipation and assisting for waste elimination
- Back Massage
 - Spinal massage
 - Abdominal massage
 - Leg massage
 - Foot massage
13. What is the **INCORRECT** answer relate to face massage?
- Facial massage helps to improve the general tone of the facial muscles
 - A regular massage simply includes massage of the face
 - The tone of the facial muscles increases with age
 - A regular massage simply includes massage of the face
 - Face muscles are attached to another small muscle or the facial skin

14. What is the **INCORRECT** answer regarding the contraindications of massage are
- a. Deep-vein thrombosis
 - b. Low platelet counts
 - c. High fever
 - d. Severe skin infection
 - e. Headache with Neck pain

15. Petrissage massage stroke done by
- a. Lifting away from underling skin only
 - b. It squeezes and twist the muscle
 - c. Pressure apply by palm
 - d. Starts at the begin of the massage
 - e. Use to spread the lubricant

16. Hacking massage is performed by
- a. Side of the palm
 - b. Foot
 - c. Tips of the finger
 - d. Palms
 - e. Elbows

17. Select the correct effects on the cardiovascular system by Massage therapy is
- a. Increase tension constrict the blood vessels
 - b. Not affected to the oxygen saturation in blood
 - c. Increase heart and pulse rates
 - d. Sustained vasodilatation
 - e. Reduces removal of waste product from the blood

18. Select the correct statement regarding the effects on the body systems by Massage therapy is
- a. Decreases lymphocyte count
 - b. Decreases skin temperature
 - c. Decreases adhesion formation
 - d. Decreases vital capacity
 - e. Decreases self-esteem

19. Identify the stroke given below



- a. Effleurage
- b. Petrissage
- c. Friction
- d. Tapotement
- e. Vibration

20. Correct statement related to Head massage strokes
- a. Effleurage is commonly used as the opening stroke
 - b. Petrissage used to further increase blood flow
 - c. Friction is typically used with little to no lubricant
 - d. Tapotement is not commonly used
 - e. Vibration used for stimulate Marma
