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EXAMINATIONS  
Institute of Indigenous Medicine  
22 DEC 2020  
University of Colombo



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO  
DEGREE OF BACHELOR OF UNANI MEDICINE AND SURGERY  
LEVEL IV – SECOND SEMESTER SPECIAL SUPPLIMENTARY  
EXAMINATION - DECEMBER – 2020  
MJ4205 - MASSAGE AND PHYSICAL THERAPY

Date: 22.12.2020  
Time: 9.45 a.m. - 11.15 a.m.

Answer all questions.

Index No

Part I - Structured Questions

- 1.
- 1.1 What are core modalities used in Physiotherapy practice? (3 marks)  
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- 1.2 Give 3 examples for each modality (9 marks)  
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1.3 What type of exercises should be mainly used in treatment of following situations?

a. Weakness of right quadriceps muscle (4 marks)

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b. Restricted movements of right shoulder joint. (4 marks)

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2.

2.1 Write 04 activities that increase the intra-abdominal pressure. (4 marks)

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2.2 Write 06 causes for problems occurring with the pelvic floor muscles. (6 marks)

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2.4 What type of exercise should be used to improve the symptoms stated in 2.3? (2marks)

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**Part II - Essay questions**

1. (4 marks)  
1.1 Name 2 pathological conditions, related to the joints that can be treated with physiotherapy (4 marks)

1.2 Briefly explain the types of massage used in therapeutic soft tissue manipulations. (16 marks)

2. (8 marks)  
2.1 What are the factors that should be considered in choosing a walking aid for a patient with a walking disability? (8 marks)

2.2 What are the 2 main phases of human gait? (4 marks)

2.3 Explain each phase named in 2.1 (8 marks)

22.12.2020

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