

# Rajiv Gandhi University of Health Sciences

III Year B.N.Y.S Degree Examination – SEP-2019

Time: Three Hours

Max. Marks: 80 Marks

## MANIPULATIVE THERAPY (RS-3)

QP Code: 2539

(QP contains two pages)

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary.

Section - A

### Multiple Choice Questions

10 X 1 = 10 Marks

1. The piriformis may be involved with
  - a) Anterior leg pain
  - b) Sciatic pain
  - c) Anterior abdominal pain
  - d) Lateral knee pain
2. Which massage stroke has the least effect on blood circulation?
  - a) Rolling
  - b) Petrissage
  - c) Tapotement
  - d) Wringing
3. Which of this is not in the branch of panchakarma?
  - a) Basti Karma
  - b) Kshara karma
  - c) Nasya karma
  - d) Virechana karma
4. Direct physical effects of massage techniques on the tissues they contact are called
  - a) Reflex effects
  - b) Pressure points
  - c) Physiological effects
  - d) Mechanical effects
5. Kneading includes all of the following except
  - a) Rolling
  - b) Fulling
  - c) Petrissage
  - d) Friction
6. Moving a joint without assistance or resistance is called
  - a) Flexion
  - b) Range of motion
  - c) Extension
  - d) Resisted movement
7. The term tui na in traditional Chinese medicine which literally means
  - a) Pinch
  - b) Pull
  - c) None
  - d) Both a and b
8. Shiatsu is a Japanese word means
  - a) Body pressure
  - b) Leg pressure
  - c) Finger pressure
  - d) Pressure
9. Which of these is not a fragrance category of essential oils?

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- a) Citrus
  - b) Floral
  - c) Wheat grass
  - d) Woddy
10. Oils to be avoided in pregnancy
- a) Phototoxic oil
  - b) Peanut oil
  - c) Corn oil
  - d) Almond oil

### Section B

#### LONG ESSAYS (Answer any two)

**2 X 10 = 20 Marks**

- 11. Explain basic therapeutic massage (Swedish) techniques – procedure, indications, contraindications and physiological action.
- 12. Massage and milestone of females health
- 13. Explain in detail about panckakarma. Write a note on procedure of Ayurvedic massage.

#### SHORT ESSAYS (Answer any ten)

**10 X 5 = 50 Marks**

- 14. Write the importance of spinal manipulative therapy.
- 15. Geriatric massage
- 16. Hot stone massage
- 17. Describe the description of different essential oils and their benefits.
- 18. Mention the precautions for use of aroma oils.
- 19. Write the preventive effects of reflexology.
- 20. Difference between chiropractic and osteopathy
- 21. Massage for liver disorder
- 22. Effects of massage on locomotor system
- 23. Laws of masseur and patient
- 24. Therapeutic effects of stroking
- 25. Explain in brief about different types of massage.

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