



LONG ESSAYS

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1. What is shiatsu? Explain in detail about its principles and techniques.
2. Difference between Swedish and Thai massage techniques.

SHORT ESSAYS

10 X 5 = 50 Marks

3. Massage couch.
4. Spinal manipulation techniques.
5. Tepotment.
6. Physiological effects of massage on circulatory system.
7. Panchakarma.
8. Precaution for aroma therapy.
9. Massage of the heart.
10. Foot and hand reflexology.
11. Dry brush massage.
12. Massage for obesity.

Multiple Choice Questions

10 X 1 = 10 Marks

13. Name the famous massage book which is written in china.
 - a) Tui na
 - b) Cong fu of tao tse
 - c) Cong shu of riot se
 - d) Fengchi
14. General effect of vibration
 - a) Sedating
 - b) Stimulating
 - c) Both A and B
 - d) None of the above
15. Contraindication for centripetal friction
 - a) Asthma
 - b) Osteoarthritis
 - c) Sciatica
 - d) Hypertension
16. Who developed shiatsu
 - a) Japanese
 - b) Chinese
 - c) Egyptians
 - d) Indians





19. Founder of medical gymnastics
- a) D D Palmar
 - b) Andrew Taylor
 - c) James Cyriax
 - d) Hirodicus
20. Percussion movement which is given by the palmar surface of the extended finger is called
- a) Tapping
 - b) Spatting
 - c) Hacking
 - d) Beating
21. Width of the massage table
- a) 4 feet
 - b) 3.5 feet
 - c) 6 feet
 - d) 2.5 feet
22. Name the superficial massage movement
- a) Kneading
 - b) Friction
 - c) Percussion
 - d) Vibration

