

G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT

DIPLOMA IN SPORTS MASSAGE AND FITNESS INSTRUCTION

MAY 2017 –EXAMINATION

MANUAL AND PAIN THERAPIES

YEAR 2

TIME: 2 ½ Hours

Section A (20 marks)

Myofascial Release

Instructions: Answer all the questions in this section

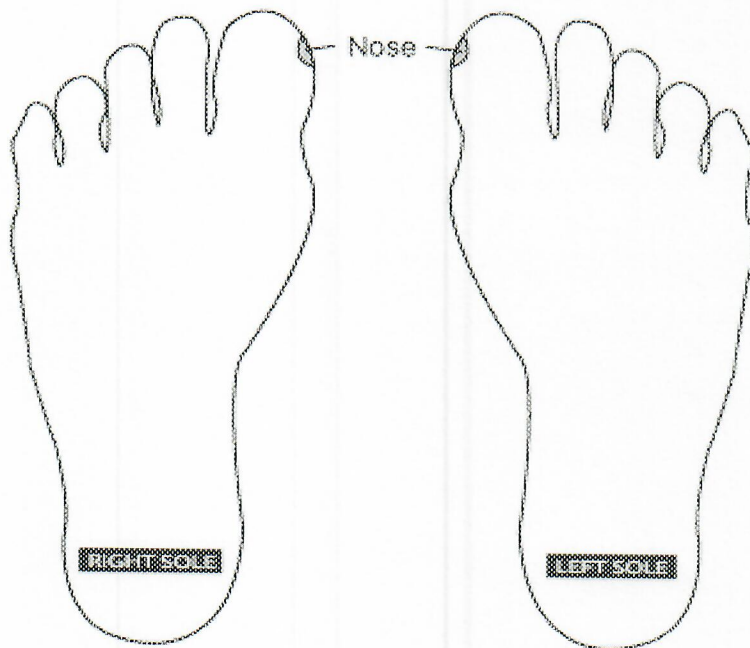
1. Define the term 'fascia'. (1 mark)
2. Fascia can be classified into three types, name them: (3 marks)
3. List four factors that contribute to myofascial pain. (2 marks)
4. List four signs and symptoms of myofascial pain. (2 marks)
5. What are **three (3)** essential criteria for identifying a trigger point? (3 marks)
6. What are the aims of treatment for a client with myofascial pain? (1 mark)
7. State two alternative techniques that are used as part of the treatment procedure with stretching by the massage therapist. (2 marks)
8. List **three (3)** differential diagnosis for the following myofascial pain :-
 - Quadratus lumborum
 - Hamstrings(6 marks)

Section B (15 marks)

Reflexology

Instructions: Answer all the questions in this section

9. Define 'reflexology'. (1 mark)
10. List three parts of the body reflexology points are found. (1.5 marks)
11. Name **four (4)** tools therapist may use when doing reflexology. (4 marks)
12. Outline one of the theories behind reflexology. (6 marks)
13. On the diagram below identify where the following points are found
- Heart
 - Shoulder
 - Solar plexus
 - Sinuses
 - Sciatic nerve
- (2.5 marks)



Section C (15 marks)

Acupressure Therapy

Instructions: Answer all the questions in this section

14. List **four (4)** main advantages of acupressure. (2 marks)

15. List **two** acupressure points that can be used to decrease in the following areas

- Knee _____
- Ankle _____
- Elbow _____
- Low back _____
- Shoulder _____ (5marks)

16. List **two (2)** acupressure points that can be used for the following conditions :-

- Muscle spasms _____
- Migraine headache _____
- Stiffness _____ (3marks)

17. Name **two (2)** methods of locating acupoints. (2marks)

18. Name three meridians that we have studied in this course. (3 marks)

END OF EXAMINATION