

**G. C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND
SPORT**

Manual and Pain Therapies

May 2016

TIME: 2 ¹/₂ hours

Diploma --Sports Massage

YEAR 2

This examination has 6 pages including this page. Please check your booklet.

Section A

(24 marks)

Myofascial Release

Instructions: Answer all the questions in this section

a. Define the following:-

- Active trigger point
- Referred trigger point

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.....
.....
.....
.....(2 marks)

b. List four (4) factors that contribute to myofascial pain.

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.....
.....
.....(2 marks)

c. Describe briefly the pathophysiology of myofascial pain

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.....
.....
.....(4 marks)

d. List four (4) signs and symptoms of myofascial pain.

.....
.....
..... (2 marks)

e. What are three (3) essential criteria for identifying an active or latent trigger point?

.....
.....
..... (3 marks)

f. What are the aims of treatment for a client with myofascial pain?

.....
.....
..... (1 mark)

g. State two (2) alternative techniques that are used as part of the treatment procedure with stretching by the massage therapist.....

.....
.....
..... (2 marks)

h. List three (3) differential diagnosis for the following myofascial pain:-

- Quadratus lumborum
- Hamstrings

.....

.....

.....

(6 marks)

i. List the main trigger point/s and referred point/s for the following muscles:-

- Iliopsoas.....
-
-

- Rectus Femoris
-
-

.....(2 marks)

Section B

(26 marks)

Acupressure Therapy

Answer all the questions in this section

1. List 4 main advantages of acupressure.
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.....
.....

(2 marks)

2. List two acupressure points that can be used to decrease pain in the following areas:-
- Knee.....
 - Ankle.....
 - Shoulder.....
 - Neck.....
 - Elbow.....
 - Hip.....
 - Low back.....(7 marks)

3. List two acupressure points that can be used for the following conditions:-
- Muscle spasms.....
 - Muscle weakness.....
 - Migraine headache.....

- Headache.....
- Stiffness.....(5 marks)

Name the two complementary forces that according to Chinese traditional Medicine govern the universe.....(2 marks)

4. What is the Meridian Theory?.....

(2 marks)

5. What are Meridians?.....
(1 mark)

6. Name five meridians that we have studied in this course

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- (5 marks)

7. State two methods of locating acupoints

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(2 marks)

End of examination