

**G C FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT
ASSOCIATE DEGREE IN SPORTS MASSAGE AND FITNESS**

JANUARY 2021 EXAMINATION

SPORTS MASSAGE LEVEL 2

[SM115SEB]

YEAR 2

DURATION: 2 HOURS

Instruction: This paper contains two sections, Section A & Section B. Do all question in section A and One question in Section B.

DO NOT TURN OVER UNTIL YOU ARE TOLD TO DO SO

SECTION A

Multiple Choice (40 marks)

Instructions: Circle the letter that corresponds with the best fit answer

1. Contra indications to sports massage requiring doctor's permission include?
 - a) Eczema
 - b) Heat Rash
 - c) Asthma
 - d) High Blood Pressure

2. Nathan Brown is a 19 yr. old lawn tennis athlete. For the past three months, he has been experiencing pain at the Acromioclavicular Joint. Which special test is used to test for the AC Joint?
 - a) Hawkins- Kennedy
 - b) Drop arm
 - c) Scarf test
 - d) Empty can

3. Where is the origin of the pectoralis minor?
 - a) Clavicle, sternum and cartilages of the true ribs
 - b) Axillary border of the scapula
 - c) 3rd - 5th ribs
 - d) 2nd - 5th thoracic vertebrae

4. During a massage, you discover a lump in your client's right hamstring. What action would you take?
 - a) Mention it to your client and continue the massage avoiding the lump
 - b) Mention it to your client and continue the massage avoiding the right thigh
 - c) Mention it to your client and continue the massage including the right thigh
 - d) Stop the massage and advise your client to seek medical attention immediately

5. A client with a varicose vein on his left calf would like a sports massage. How would you proceed?
 - a) Massage above the varicose vein
 - b) Massage under the varicose vein
 - c) Massage the whole body including the leg
 - d) Massage over the varicose vein

6. What are the effects of friction movements in sports massage?
 - a) Break up scar tissue and adhesions
 - b) Contracts tight muscles, stretches muscle fibres
 - c) Improves circulation causing reflex reaction
 - d) Stimulates the nerve tissues, loosens tight muscles

7. Thermotherapy is a treatment using:
- Ice
 - Cold water
 - Heat
 - Wind
8. Which specific massage movement would be most beneficial to relieve tense quadriceps muscles?
- Effleurage
 - Hacking
 - Kneading
 - Vibrations
9. The reason for **NOT** treating a client who is already being treated by another therapist for the same condition is because:
- It could improve the condition being treated
 - It would be unhygienic
 - The other therapist could get jealous
 - It is not ethical
10. What is the standard documentation method in the medical and paramedical fields?
- Medical Form
 - Birth Records
 - SOAP Notes
 - Prescription History
11. At what stage would you begin to massage a client who has pain in the lower anterior leg whilst running?
- Immediately
 - After 48 hours
 - After 24 hours
 - When the swelling has subsided
12. Which special test is used to assess for LCL injuries?
- Valgus Stress Test
 - Varus Stress Test
 - LCL Grind Test
 - McMurray's Test

13. Which of the following treatment scenarios is most effective for increasing muscle length?
- Application of heat and then rest for 15 minutes before stretching
 - Application of heat following stretching
 - Application of cold before stretching followed by application of heat after stretching
 - Application of heat directly before and during stretching
14. Impact against the medial aspect of the knee joint forces the joint:
- Inwards
 - To twist
 - Outwards
 - To hyper-extend
15. A client has symptoms of pain in the anterior lower leg whilst running, this could indicate?
- Torticollis
 - Shin splints
 - Adhesive capsulitis
 - Iliotibial band syndrome
16. McMurray's sign is seen in injury to?
- Medial meniscus
 - Medial collateral ligament
 - Anterior Cruciate ligament
 - Lateral collateral ligament
17. What is the collection of measurable and quantitative data obtained by the therapist such as the alignment of toes, whether the right shoulder is higher than left or whether left knee is swollen?
- Objective Data
 - Subjective Data
 - Client Web
 - Client Data
18. Which activity would be difficult to perform for an athlete with an anterior cruciate ligament injury?
- Walking uphill
 - Walking downhill
 - Sit cross leg
 - Getting up from sitting
19. What is the collection of information learned from the client or the client's family and friends, including most written information obtained on the intake form and the clients' personal perception?
- Planning
 - Assessment
 - Objective Data
 - Subjective Data

20. What is the assessment method done through touching with purpose and intent, including locating muscle origin and insertion via tendons and bony markings noting differences between muscle tension and tone?
- Treatment
 - Palpation
 - Massage
 - Assessment
21. Your client complains of a muscle cramp in her gastrocnemius select the treatment which is useful in reducing muscle cramping
- Light vibration to the muscle and surrounding area to quiet the nerves
 - Tapotement
 - Unassisted stretching of affected muscle
 - Reciprocal inhibition stretching technique
22. Daniel Green is a 22 yr. old 110m hurdler; you are performing a hip assessment. What are the structures you will palpate during your assessment?
- PSIS, ASIS, Greater Trochanter, Latissimus Dorsi
 - ASIS, AIIS, PSIS, Greater Trochanter, Psoas
 - ASIS, PSIS, Popliteal fossa, Greater Trochanter, Psoas
 - Psoas, ASIS, PSIS, AIIS, hamstring muscles
23. Bandaging serves all of the following primary purposes **EXCEPT**?
- Applying pressure to reduce swelling
 - Control of haemorrhage
 - Restoring function of affected part
 - Securing dressings over wounds
24. Which of the following is **NOT** a rule in bandaging?
- Bandaging from the affected side
 - Bandaging from below upwards
 - Bandaging in front of the casualty
 - Bandaging firmly over broken bones
25. Why is it appropriate to start bandaging below the wound or injury?
- To avoid disturbing the wound.
 - To work together with the victim.
 - To avoid impairing blood circulation
 - To add beauty to the process of bandaging.
26. Resistive movement is defined as:
- Client resists the therapists movements at the joint
 - Client moves whilst therapist supports
 - Client relaxes, therapist massages the joint
 - Client relaxes, therapist moves the joint

27. The appropriate way to bandage is to:
- Anchor over the injury, apply below, secure and terminate
 - Apply below injury, terminate over, secure above and anchor
 - Anchor below injury, apply over, terminate above and secure
 - Anchor above injury, apply over, secure below and terminate
28. The following are all patterns of bandaging except:
- Circular patterns
 - Reverse patterns
 - Spiral patterns
 - Figure - of- eight patterns
29. Static stretching refers to which of the following?
- Performed slowly and held for a period of seconds
 - Stretch to the point of tension
 - Active muscle must be bounced
 - a and b
30. A client is referred to you for Tx. He has a history of lower back pain that radiates down the back of his right leg. Which special test will have a positive result?
- McKenzie back extension
 - Psoas Stretch
 - Gluteal Stretch
 - SLR
31. PNF (Proprioceptive Neuromuscular Facilitation) uses which of the following?
- Isometric contraction phase
 - Relaxation phase
 - Static stretch phase
 - All the above
32. A 24-year-old cl. presents to your department with c/o of pain and swelling in the right knee after falling down the stairs earlier today. X-ray films showed no fracture. Which of the following treatments would be **MOST** appropriate?
- Resistive ROM, elevation, hot pack
 - Resistive ROM, elevation, hot pack
 - Compression, elevation, ice pack
 - Compression, elevation, hot pack

32. Mrs. Sangster is a 32-year-old executive secretary, her job involves spending many hours typing on the computer. For the past 3 months, she has been experiencing pain and numbness in her right wrist that radiates up to her elbow. Which of the following protocols should you use during the assessment of Mrs. Sangster?
- a) Perform Phalen test → If positive → Continue with assessment
 - b) Perform Phalen test → If negative → Refer client to the doctor
 - c) Perform Reverse Phalen test → If positive → Refer client to doctor
 - d) Perform Reverse Phalen test → If positive → Continue with treatment
34. Which of the following statements are true?
- a) Performing stretching exercises can benefit flexibility
 - b) Static stretching can heal muscle tears
 - c) Stretching can relieve diarrhoea
 - d) All the above
35. Cryotherapy is recommended for the treatment of all of the following **EXCEPT**?
- a) Spasticity
 - b) Acute inflammation
 - c) Chronic edema
 - d) Muscle Soreness
36. All of the following effects can be achieved by applying cold to tissue **EXCEPT**?
- a) Reduced acute edema
 - b) Immediate vasoconstriction
 - c) Decreased blood viscosity
 - d) Increased pain threshold
37. In which of the following cases, is the application of an ice or cold pack **LEAST** desirable?
- a) Inflammation associated with carpal tunnel syndrome
 - b) To reduce the severity of delay onset muscle soreness with a new exercise program
 - c) To reduce inflammation following an ankle sprain
 - d) Reduce pain following a lower back strain
38. Which of the following effects can be achieved by applying heat to tissues?
- a) Vasodilation, decreased collagen extensibility, increased pain
 - b) Vasodilation, increased collagen extensibility, decreased pain
 - c) Vasoconstriction, increased collagen extensibility, decreased pain
 - d) Vasodilation, decreased collagen extensibility, decreased pain

39. A 25-year-old cl. presents to your department with c/o of right ankle pain and swelling after twisting her ankle during training. X-ray films showed no fracture. Following one week, which of the following treatments could prove to be beneficial?
- a) Gentle stretching
 - b) ROM exercise
 - c) Hot pack
 - d) All of the options
40. The primary goal of post event sports massage is to?
- a) Re-establish circulation which aids in recovery from negative effects of activity
 - b) Stimulate circulation
 - c) Warm tissue
 - d) Calm nervous tension

SECTION B (20 marks each)

Instructions: Complete **ONE (1)** of the cases below. The case should be completed using the **SOAP** format and should entail a 4 week treatment plan

41. A 20 yr. old collegiate athlete complains of pain and weakness in her right posterior aspect of her shoulder for the past 2 months. The pain worsens during training, when taking a shower and putting her shirt.
42. A professional 400m hurdler presents with pain in his left hip for the past 3 months. He has been unable to train his usual 4 hours per day as the pain worsens when riding on an incline.
43. Janelle is a professional footballer for a top premier league club. 3 months ago, she suffered a grade 2 tear to her left MCL during a game. She has been seeing a physio on a regular basis since her injury and has been referred to you for treatment.
44. A 15 yr. old high school athlete complains of pain and tenderness at the front of the right knee for the past 5 months, during your observation you notice a lump at the tibial tuberosity.

END OF EXAMINATION