

APRIL 2001

[KD 1411]

SECOND B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

Paper III — MASSAGE, REFLEXOLOGY, EXERCISE,
ELECTROTHERAPY, PHYSIOTHERAPY,
ACUPRESSURE

Time : Three hours Maximum : 100 marks

Answer ALL the questions.

Write Sections A and B in separate answer books.

Draw diagrams wherever necessary.

SECTION A

1. What is kneading? Write in detail its different types and its physiological effects and therapeutic applications. (15)
2. Explain in detail the physiological effects of massage upon the muscular system. (10)
3. Write short notes on : (5 × 5 = 25)
 - (a) Massage of the head
 - (b) Abdominal massage
 - (c) Effects of Massage upon skin
 - (d) Snehana
 - (e) Touch.

SECTION B

4. Write in detail the various methods of Electro-diagnosis. (15)
5. Write in detail about the activities of daily living. (10)
6. Write short notes on : (5 × 5 = 25)
 - (a) Rheobase
 - (b) Posture and Relaxation
 - (c) Different types of crutches
 - (d) Ionization therapy
 - (e) Dangers and accidents in electrical treatments.

NOVEMBER 2001

[KE 1411]

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part II

(Old Regulations)

Paper III — MASSAGE, REFLEXOLOGY, EXERCISE,
ELECTROTHERAPY AND PHYSIOTHERAPY

Time : Three hours

Maximum : 100 marks

Answer ALL the questions.

Answer Section A and B separately.

Draw diagrams wherever necessary.

SECTION A — (50 marks)

(MASSAGE AND REFLEXOLOGY)

1. What is Percussion? Write in detail about its types, its physiological effects and therapeutical application. (10)
2. Describe in detail about the physiological effects of Massage on Nervous system. (10)
3. Write short notes on : (3 × 5 = 15)
 - (a) Vibration
 - (b) Snehana
 - (c) Massage of the neck.

4. Write short notes on : (3 × 5 = 15)
 - (a) Physiological effects of Massage upon skin
 - (b) Touch
 - (c) General contraindications of Massage.

SECTION B — (50 marks)

(PHYSIOTHERAPY)

5. A patient aged 40 yrs is referred to the Physiotherapy department for Radial Nerve paralysis. Write a detailed description on your selection of treatment, its therapeutic effects and uses. (10)
6. Neuromuscular coordination. (10)
7. Write short notes on : (6 × 5 = 30)
 - (a) Passive movements
 - (b) Infra red radiations
 - (c) Interferential therapy in low back ache conditions. Mention its therapeutic effects and uses
 - (d) Mobility aids
 - (e) Ultrasonic current and its uses with example
 - (f) Pain Modulation.

MARCH 2002

[KG 1411]

SECOND B.N.Y.S. DEGREE EXAMINATION.

Second Year

(Old Regulations)

Part II

Paper III — MASSAGE, REFLEXOLOGY, EXERCISE,
ELECTROTHERAPY, PHYSIOTHERAPY
ACUPRESSURE.

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Answer Sections A and B in separate Answer Books. -

Draw diagrams wherever necessary.

SECTION A

1. Classify the massage movements and explain in detail about deep manipulations. (15)
2. Define panchakarma. Discuss the pre-operation procedures of panchakarma. (10)
3. Write short notes on : (5 × 5 = 25)
 - (a) Effects of massage on muscular system.
 - (b) Spinal massage.
 - (c) Basti.
 - (d) Zonal Therapy.
 - (e) Effects of massage on elimination.

SECTION B

4. Explain the biological effects of electric currents. (15)
5. Classification, definition and physiological effects of movements used in exercise therapy. (10)
6. Write short notes on : (5 × 5 = 25)
 - (a) Ultra sonics.
 - (b) Faradic current with its therapeutic uses.
 - (c) Aims of exercises.
 - (d) Relaxation.
 - (e) Suspension Therapy.

SEPTEMBER 2002

[KH 1411]

Sub. Code : 1411

SECTION B

SECOND B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part II

Paper III — MASSAGE, REFLEXOLOGY, EXERCISE
ELECTROTHERAPY, PHYSIOTHERAPY,
ACUPRESSURE

Time : Three hours Maximum : 100 marks
Answer ALL the questions.

Write Sections A and B in separate answer books.

Draw diagrams wherever necessary.

SECTION A

1. What are the qualities of masseur? Explain the ideal conditions favourable for massage. (15)
2. Write a brief history of massage. Add a note on the scope of massage in the modern era. (10)
3. Write short notes on : (5 × 5 = 25)
 - (a) Vamana
 - (b) Effects of massage on nutrition
 - (c) Massage in Hemiplegia
 - (d) Joint movements
 - (e) Importance of lubrication in massage and name the different lubricants.

4. Explain the mechanical principles and their application to the human body. (15)
5. Classify electrical instruments and explain short wave diathermy. (10)
6. Write short notes on : (5 × 5 = 25)
 - (a) Physiological effects of heat
 - (b) Electrodiagnosis
 - (c) Generation of UV rays
 - (d) Starting position
 - (e) Spring and pulleys.

APRIL 2003

[KI 1411]

Sub. Code : 1411

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

Paper III — MASSAGE, REFLEXOLOGY, EXERCISE
ELECTROTHERAPY, PHYSIOTHERAPY,
ACUPRESSURE

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Answer Sections A and B in the **SAME** Answer Book.

Draw diagrams wherever necessary.

SECTION A

1. Define massage, classify massage movements, write in detail about percussion. (2 + 5 + 8 = 15)
2. What is friction? Give the classification. Explain the application of friction in different parts of body. (2 + 2 + 6 = 10)

3. Write short notes on : (5 × 5 = 25)
 - (a) Transverse friction
 - (b) Role of massage in hemiplegia
 - (c) Virechana
 - (d) Hand reflexology
 - (e) Role of massage in muscular dystrophy.

SECTION B

4. Explain ultra violet under following headings : (5 × 5 = 25)
 - (a) Generation
 - (b) Physiological effect
 - (c) Method of application
 - (d) Indications and contra indications.
 - (e) Spring and pulleys.
5. Write short notes on : (5 × 5 = 25)
 - (a) Infra red
 - (b) Faradic current and its importance
 - (c) Strength duration curve
 - (d) Rheobase and chronaxis
 - (e) Joint exercises.

OCTOBER 2003

[KJ 1411]

Sub. Code : 1411

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

Paper III — MASSAGE, REFLEXOLOGY, EXERCISE
ELECTROTHERAPY, PHYSIOTHERAPY,
ACUPRESSURE

Time : Three hours Maximum : 100 marks

Two hours and forty Sec. A & Sec. B : 80 marks
minutes for Sec. A & Sec. B

Twenty minutes for Sec. C Section C : 20 marks

Answer ALL questions.

Answer Sections A and B in the **SAME** Answer book.

Answer Section C in the answer sheet provided.

Draw diagrams wherever necessary.

SECTION A

(2 × 15 = 30)

Define Massage therapy and classify massage manipulations.

Explain physiological effects of massage on circulatory system.

Explain the preparation of patient, indications and contra-indications of massage therapy.

2. Explain exercise therapy under the following heading :

- (a) Definition.
- (b) Classification of movements.
- (c) Aims and objectives.
- (d) Mechanical principles and its application.

SECTION B

3. Short notes : (10 × 5 = 50)

- (a) Effect of massage on lungs.
- (b) Ultra sound therapy.
- (c) Cardiac massage.
- (d) Frenkel's exercise.
- (e) Effect of massage on musculoskeletal system.
- (f) Reflex effects of massage.
- (g) Therapeutic values of massage.
- (h) Swedana.
- (i) Postural reflex.
- (j) TENS.

APRIL 2004

[KK 1411]

Sub. Code : 1411

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

Paper III — MASSAGE, REFLEXOLOGY, EXERCISE
ELECTROTHERAPY, PHYSIOTHERAPY,
ACUPRESSURE

Time : Three hours Maximum : 100 marks

Sec. A & B : Two hours and Sec. A & B : 80 marks
forty minutes

M.C.Q : Twenty minutes M.C.Q : 20 marks

Answer ALL questions.

Answer Sections A and B in the SAME Answer Book.

Draw diagrams wherever necessary.

SECTION A

Long Essay : (2 × 15 = 30)

1. Define Electrotherapy. Write about

(a) Static current

(b) Sinusoidal current

(c) Short wave diathermy. (2 + 4 + 4 + 5)

2. Define massage. Explain importance of massage in maintaining natural health and beauty. Explain management of Hypertension through massage therapy. (3 + 6 + 6)

SECTION B

Short answers : (10 × 5 = 50)

3. Decoction Enema therapy. (1 + 2 + 2)

4. Explain about hand and foot reflexology \bar{C} diagrams. (1 + 2 + 2)

5. Effect of Massage on heat regulation. (2 + 2 + 1)

6. Bath treatment. (2 + 1 + 2)

7. Faradic current and its usage in therapy. (1 + 2 + 2)

8. Ultra violet rays therapy. (1 + 3 + 1)

9. Technique of coordination exercises. (2 + 1 + 2)

10. Work and uses of lying positions. (1 + 2 + 2)

11. Springs and Pulleys. (2 + 2 + 1)

12. Vibration. (1 + 3 + 1)

AUGUST 2004

[KL 1411]

Sub. Code : 1411

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

**Paper III — MASSAGE, REFLEXOLOGY, EXERCISE
ELECTROTHERAPY, PHYSIOTHERAPY,
ACUPRESSURE**

Time : Three hours Maximum : 100 marks

**Sec. A & B : Two hours and Sec. A & B : 80 marks
forty minutes**

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

Answer Sections A and B in SAME Answer Book.

Draw diagrams wherever necessary.

SECTION A — (2 × 15 = 30 marks)

- 1. What is percussion? Write in detail its different types and its physiological effects and therapeutic applications. (15)**
- 2. Explain in detail the physiological effects of massage upon circulatory system. (15)**

SECTION B — (10 × 5 = 50 marks)

Write short notes on :

- 3. Massage of Neck.**
- 4. Joint Movements.**
- 5. Vibration.**
- 6. Local effects of massage.**
- 7. Lubrication in massage.**
- 8. Neuromuscular coordination.**
- 9. Short-wave diathermy.**
- 10. Precautions to be observed in galvanic current treatment.**
- 11. Polarity testing.**
- 12. Home exercises.**

FEBRUARY 2005

[KM 1411]

Sub. Code : 1411

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

Paper III — MASSAGE, REFLEXOLOGY, EXERCISE
ELECTROTHERAPY, PHYSIOTHERAPY,
ACUPRESSURE

Time : Three hours Maximum : 100 marks

Sec. A & B : Two hours and Sec. A & B : 80 marks
forty minutes

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer Sections A and B in the **SAME** answer book.

Answer ALL questions.

Draw diagrams wherever necessary.

SECTION A — (2 × 15 = 30 marks)

Long Essay :

1. Define Massage. Explain in detail about scientific medical approach of massage as a therapy and contribution from Indian medicine. (2 + 7 + 6)
2. Write about mechanical principles involved in physiotherapy. What is slip disc? Its management through exercise and electrotherapy. (6 + 1 + 4 + 4)

SECTION B — (10 × 5 = 50 marks)

Short notes :

3. Faradic generators. (1 + 2 + 2)
4. Technique of mobilizing a stiff joint. (2 + 1 + 2)
5. Line of gravity of human body and center of gravity. (1 + 2 + 2)
6. Massage in arthritis. (2 + 2 + 1)
7. Errhine therapy. (1 + 3 + 1)
8. Transformers. (1 + 2 + 2)
9. Base and equilibrium. (3 + 2)
10. Foot reflexology with diagrams. (2 + 3)
11. Sinusoidal current. (1 + 3 + 1)
12. Effect of massage on circulation and muscular system. (2½ + 2½)

AUGUST 2005

[KN 1411]

Sub. Code : 1411

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

**Paper III — MASSAGE, REFLEXOLOGY, EXERCISE
ELECTROTHERAPY, PHYSIOTHERAPY,
ACUPRESSURE**

Time : Three hours

Maximum : 100 marks

Theory : Two hours and

Theory : 80 marks

forty minutes

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

Draw diagrams wherever necessary.

(2 × 15 = 30)

I. Long Essay Questions.

1. Define Kneading. Describe its types, physiological effects and therapeutic applications in detail. Explain the mode of applying kneading on the back.

(1 + 4 + 3 + 3 + 4)

2. If a patient is affected by second-degree nerve injury to the lateral popliteal nerve, what is the method of treatment by Electrotherapy and Exercise therapy? Explain the techniques and uses of the exercises used in each grade of the muscle.

II. Short notes : (10 × 5 = 50)

- 1. Effects of massage on Nervous System.**
- 2. Effects of massage on Heat functions of the body.**
- 3. Massage to the Liver.**
- 4. Reflex stroking and its therapeutic benefits.**
- 5. Indications and contraindications of Swedana.**
- 6. Explain the application of SWD by Capacitor Field Method.**
- 7. Explain the effects of Ultrasonic waves on tissues.**
- 8. Explain the technique of Re-education of posture.**
- 9. Explain the methods used in the treatment of in co-ordination.**
- 10. Explain the dangers and contraindications of Infra-red irradiation.**

FEBRUARY 2006

[KO 1411]

Sub. Code : 1411

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

Paper III — MASSAGE, REFLEXOLOGY, EXERCISE
ELECTROTHERAPY, PHYSIOTHERAPY,
ACUPRESSURE

Time : Three hours Maximum : 100 marks

Theory : Two hours and Theory : 80 marks
forty minutes

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

Draw diagrams wherever necessary

I. Long Essay : (2 × 15 = 30)

1. Write a brief history of massage. Explain therapeutic effect of massage on muscular system. Management of muscular Rheumatism through massage. (4 + 6 + 5)

2. Rehabilitation of a patient with neuropraxia of the right radial nerve at the spiral groove. (15)

II. Short notes : (10 × 5 = 50)

1. Describe types of levers with examples.
2. Frenkel's exercise.
3. Physiological effects of kneading.
4. Derivative massage and its therapeutic applications.
5. Methods of mobilisation.
6. S.D. Curve.
7. Massage in Pregnancy.
8. Role of massage in scoliosis.
9. Indications and contra indications of SWD.
10. Basti and its types.

[KP 1411] AUGUST 2006 Sub. Code : 1411

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

**Paper III — MASSAGE, REFLEXOLOGY, EXERCISE
ELECTROTHERAPY, PHYSIOTHERAPY,
ACUPRESSURE**

Time : Three hours Maximum : 100 marks
Theory : Two hours and Theory : 80 marks
forty minutes
M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

Draw diagrams wherever necessary.

I. Long Essay :

1. What do you mean by massage? Classify massage movements. Write in detail about percussion. (4 + 6 + 10)

2. Write about massage under the following headings :

- (a) Qualities of Masseur**
- (b) Preparation of the patient**
- (c) Precautions for Massage therapy**
- (d) Contraindications of massage (3 + 2 + 3 + 7)**

3. Define Kneading. Describe its types, physiological effects and therapeutic applications in detail. Explain the mode of applying kneading on the back. (1 + 4 + 3 + 3 + 4)

II. Short notes : (6 × 5 = 30)

- 1. Dangers of short wave diathermy (SWD)**
- 2. Reflex strokings and add note on Reflex Areas**
- 3. Indications for ultra-violet irradiation**
- 4. Pancha Karma**
- 5. Technique of mobilising joints**
- 6. Wax bath — Method, indications, contra indications.**

FEBRUARY 2007
[KQ 1411] **Sub. Code : 1411**

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

**Paper III — MASSAGE, REFLEXOLOGY, EXERCISE
ELECTROTHERAPY, PHYSIOTHERAPY,
ACUPRESSURE**

Time : Three hours Maximum : 100 marks

Theory : Two hours and Theory : 80 marks
forty minutes

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

Draw diagrams wherever necessary.

I. Long Essay :

1. Explain Preoperative, operative, postoperative, procedures to be followed during abdominal massage.

(20)

2. Classify exercise. Explain in detail about Passive exercise and Resisted exercise.

(15)

3. (a) Write in detail about short wave diathermy.
(b) Explain the effecting ultrasonic waves on tissue. (10 + 5 = 15)

II. Short note : (6 × 5 = 30)

1. Contraindication of massage.

2. Vamana.

3. Levers.

4. Faredic stimulation.

5. Percussion.

6. Co-ordination Exercise.

[KR 1411] **AUGUST 2007** **Sub. Code : 1411**

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

**Paper III — MASSAGE, REFLEXOLOGY, EXERCISE
ELECTROTHERAPY, PHYSIOTHERAPY,
ACUPRESSURE**

Time : Three hours Maximum : 100 marks

**Theory : Two hours and Theory : 80 marks
forty minutes**

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Explain the types of movements, physiological effects, indications and contra indications of friction. Add a note on characteristics of masseur.

2. Explain the mechanical principles involved in exercise therapy. Describe starting positions.

II. Short Essays : (10 × 5 = 50)

- 1. Stroking.**
- 2. Massage to abdomen**
- 3. Vamana.**
- 4. Suspension therapy.**
- 5. Passive movements.**
- 6. Wax therapy.**
- 7. Strength duration curve.**
- 8. Techniques of treatments in Faradic current.**
- 9. Walking aids.**
- 10. Management of paralysis and muscular weakness by physiotherapy.**