

**BOWEN UNIVERSITY, IWO**  
**BACHELOR OF PHYSIOTHERAPY PROGRAMME**  
**SECOND SEMESTER INCOURSE EXAMINATION- 2020/2021 SESSION**  
**PST 324- MANUAL THERAPY**  
**TIME: 30 MINUTES** **DATE: 25<sup>TH</sup> AUGUST, 2022**

**MATRICULATION NUMBER:** .....

**Instruction: Circle ONLY ONE CORRECT OPTION for each question.**

1. The concept of Goeff Maitland in manual therapy is on (a) gentle oscillatory movement (b) thrust techniques (c) arthrokinematic (d) osteokinematics
2. Massage essentially is (a) rhythmic manipulation of the soft tissues (b) pressing (c) a legal component of a holistic intervention (d) the most serious point of the physiotherapy profession
3. In the treatment of motion dysfunction, Kaltenborn promoted the use of (a) gentle oscillatory movement (b) thrust techniques (c) opposite movement (d) arthrokinematics and osteokinematics
4. Which of the following is the most important in preparing for massage? (a) patient preparation (b) self (physiotherapist) preparation (c) contact medium (d) none of the above
5. Nwugarian techniques revolved round the following except (a) Vertical Oscillatory pressure (b) Transverse Oscillatory Pressure (c) Vertical thrust (d) Opposite movement
6. Hippocrates, the father of medicine was the first physician to use spinal manipulation, he used (a) distraction to treat low back pain (b) gravity to treat scoliosis (c) gliding to treat knee pain (d) MET to treat pain of elbow
7. Claudius Galen on of the early in 131-202 CEC provides evidence of manipulation which includes (a) massage of the spine (b) walking on the spine (c) distraction of the spine (d) manual thrust on the spine
8. Which of the following is incorrect about preparation for massage? (a) clothing should be neat (b) nails should be free from polish (c) therapists should keep their hair short (d) hand skin should be well nourished by using creams regularly
9. Contraindications to manual therapy includes (a) acute inflammation (b) adhesions of muscle (c) ligamentous contractures (d) joint Subluxation
10. Absolute contraindication includes (a) acute inflammation, (b) adhesions of muscle (c) malignancy in the area of affectation (d) joint subluxation
11. In ovoid joints, (a) one surface is convex, the other is concave (b) the surfaces are convex (c) the two surfaces are concave (d) none of the above
12. The following are essential for the physiotherapist performing massage except: (a) full pronation and supination of the radio-ulnar joints (b) full subluxation and flexion of the metacarpophalangeal joints (c) full flexion and extension of the wrists (d) full abduction and extension of the thumb
13. In sellar joint, (a) the two surfaces are concave in one direction and convex in the other with the opposing surface convex and concave (b) one surface is concave in one direction and convex in the other with the opposing surface convex and concave (c) example is hip joint (d) one surface is concave in one direction and convex in the other with the two opposing surfaces convex
14. Korr (1978) described manual therapy as the "application of an accurately determined and specifically directed manual force to the body, in order to improve mobility in ..." (a) knee joint (b) areas that are restricted (c) in hip joints (d) in connective tissues and in skeletal muscles (e) all of the above
15. Manual therapy can be utilized to assess (a) malfunction (b) joint range of motion (c) provoke pain (d) improve healing (e) improve strength

16. Three notable forms of manual therapy are (a) manipulation, mobilization and massage (b) distraction, anterior gliding and posterior gliding (c) Vertical trust, transverse oscillatory pressure and lumbar oscillatory pressure (d) traction, distraction and gliding (e) none of the above
17. Manipulation can be define as (a) a passive, high velocity, low amplitude movement applied to a joint complex within its anatomical limit (b) a passive, high velocity, low amplitude movement applied to a joint complex beyond its anatomical limit (c) a passive, low velocity, high amplitude movement applied to a joint complex within its anatomical limit (d) a passive, low velocity, low amplitude movement applied to a joint complex within its anatomical limit (e) a and b
18. About preparation of the patient for massage, the following are correct except: (a) All clothing should be removed from the patient to ensure relaxation of all muscles (b) No tight clothing should be allowed to restrict circulation (c) Patient should be kept warm and all body parts not being massaged should be covered (d) All clothing should be removed from the part to be treated
19. The intension of manipulation is to (a) restore optimal motion, function, and to reduce pain and increase strength (b) restore optimal motion, function, and to reduce pain (c) restore optimal motion, function, and to reduce pain and promote recovery (d) restore optimal motion, function, and/ or to reduce pain (e) all of the above
20. A series of passive movement which does not go beyond the normal range of motion (a) gliding (b) manipulation (c) manual therapy (d) mobilization (e) joint play
21. A continuum of skilled passive movements to the joint complex that are applied at varying speeds and amplitudes, (a) gliding (b) manipulation (c) manual therapy (d) joint play (e) mobilization
22. The most essential equipment for massage is: (a) A mattress- firm and sufficiently thick for the patient's comfort (b) Lubricant suitable for good application (c) A pair of well-trained hands directed by an intelligent mind (d) A firm table, its height appropriate for correct posture of the therapist
23. The acts of standing or walking on the dysfunctional spinal region is a form of (a) gliding (b) manipulation (c) manual therapy (d) joint play (e) mobilization
24. Among the progenitors of manipulative therapy, the idea of magnetism was from (a) Andrew Taylor (b) Daniel David Palmer (c) V.C.B Nwuga (d) James Cyriax (e) none of the above
25. Chiropractic Adjustor as book was written by (a) David Palmer (b) Andrew Tailor Still (c) V.C.B Nwuga (d) James Cyriax (e) none of the above
26. Differential diagnosis in manual therapy was authored by (a) David Palmer (b) Andrew Tailor Still (c) V.C.B Nwuga (d) James Cyriax (e) none of the above
27. The foundation of selective tissue tension testing in manual therapy was laid by (a) David Palmer (b) Andrew Tailor Still (c) V.C.B Nwuga (d) James Cyriax (e) none of the above
28. A scale to measure degree of stiffness which could be called accessory movement at a specific joint of the body (a) Kalteborn (b) Andrew Tailor Still (c) V.C.B Nwuga (d) James Cyriax (e) David Palmer
29. The following are true of lubricants/contact medium used in massage except: a) The lubricant should be slightly absorbed by the skin and only little amount is to be used b) The contact medium should be put on the part to be treated directly for massage c) Too much lubricant will prevent a firm grasp of the tissues and leave excess on patient's skin d) Oils, cream and unscented powder are well recommended as lubricants.
30. In scale of degree of stiffness which one is correct? (a)1= Slight increase in movement (b) 2= Slight decrease in movement (c) 3=severe increase in movement (d) 4= moderate increase in movement (e) 5= unstable joint