



PROGRAM : NATIONAL DIPLOMA
SOMATOLOGY

SUBJECT : MASSAGE THERAPIES III THEORY

CODE : STE311C

DATE : NOVEMBER EXAMINATION
20 NOVEMBER 2014

DURATION : SESSION 1
08:30 – 11:30

WEIGHT : 50 : 50

TOTAL MARKS : SECTION A – 90
SECTION B – 30
TOTAL: 120

EXAMINER : MS K HENRICO (Section A) 4139C
MS D CAMBELL (Section B)

MODERATOR : MS D BARON (Section A)
MS F DENATH (Section B)

NUMBER OF PAGES : 4 PAGES

INSTRUCTIONS : THIS EXAM PAPER AS WITH THE EXAMINATION
SCRIPTS HAS TO BE RETURNED

REQUIREMENTS : 2 x EXAMINATION SCRIPTS

INSTRUCTIONS TO CANDIDATES:

- Please answer all the questions. Read the questions carefully.
- Please answer the questions in order (1, 2, etc.)
- Please answer section A and section B in different examination scripts

SECTION A: MANUAL LYMPH DRAINAGE

QUESTION 1:

- 1.1. Examine the part of the nervous system that is affected by MLD. (5)
 - 1.2. Rewrite the effect MLD has on the reflex pathway. (5)
 - 1.3. Discuss the characteristics of connective tissue, and elaborate how MLD will affect the connective tissue. (4)
 - 1.4. Summarise the effect that MLD will have on the functioning of the immune system. (6)
- [20]
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QUESTION 2:

- 2.1. Examine the basic principles of the correct MLD technique. (8)
 - 2.2. Describe how you would treat the following:
 - a. Soft, weak, spongy, waterlogged tissue (2)
 - b. Firm, taut tissue (1)
 - 2.3. Elaborate on how cellulite develops and explain the use of MLD with regards to the condition cellulite. (4)
 - 2.4. How will a healthy body deal with the risk of oedema? (5)
- [20]
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QUESTION 3:

- 3.1. Describe the function of the lymph nodes. (4)
 - 3.2. Explain how lymph is absorbed into the lymph capillaries. (5)
 - 3.3. Elaborate on the significance of the optimal massage pressure while performing a MLD treatment. (5)
 - 3.4. How will the bath tub theory compare to the human body under normal circumstances. (5)
- [19]
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QUESTION 4:

A Client comes to you for a MLD treatment with the following conditions:

- Kidney oedema
- High stress levels
- Asthma
- Dull & puffy complexion with Acne

- Low blood pressure

- 4.1. Explain the causes of kidney oedema and the effect that MLD will have on this condition. (4)
- 4.2. State what her relative contra-indications are and explain how you would need to adjust your treatment to accommodate these. (4)
- 4.3. What form of oedema is absolute contra-indicated to MLD and why? (2)
- 4.4. Will MLD have an effect on her high stress levels? Scrutinise your answer by elaborating on how this is possible? (2)
- 4.5. Explain in detail to your client why MLD is beneficial for acne. (14)
- 4.6. Differentiate between inflammation indicated and inflammation contra-indicated to MLD. (2)
- 4.7. Name six (6) other indications to MLD, apart from those mentioned in this Case Study. (6x1½=3)
[31]

TOTAL SECTION A: [90]

SECTION B. SOMATECHNIQUES III THEORY. PLEASE ANSWER IN A SEPARATE BOOKLET.

QUESTION 1

In table format, compare acupressure and acupuncture as treatment modalities. 10
[10]

QUESTION 2

Describe a typical Ayurvedic consultation. 5
[5]

QUESTION 3

Reiki treatments can easily complement the traditional health and skincare clinic treatment menu. Demonstrate your understanding of Reiki by discussing this statement. 5
[5]

QUESTION 4

Explain carboxytherapy to somebody who has never heard of it before. 10

[10]
