



PROGRAM : NATIONAL DIPLOMA
SOMATOLOGY

SUBJECT : **MASSAGE THERAPIES THEORY**

CODE : **STE311C**

DATE : NOVEMBER EXAMINATION
20 NOVEMBER 2017

DURATION : SESSION 1
08:30 – 11:30

WEIGHT : 50 : 50

TOTAL MARKS : 150

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

MODERATOR : MS H FAZLUDDIN (Section A & B)

NUMBER OF PAGES : 4 PAGES
1 ANNEXURE

INSTRUCTIONS : **THIS EXAM PAPER AS WITH THE EXAMINATION
SCRIPTS HAS TO BE RETURN.**

REQUIREMENTS : 2 x EXAMINATION SCRIPTS

INSTRUCTIONS TO CANDIDATES:

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

SECTION A: MANUAL LYMPH DRAINAGE**QUESTION 1:**

- 1.1. Debate the difference between classical massage and Manual Lymph Drainage (MLD). (9)
- 1.2. Examine the basic principles of the correct MLD Technique. (9)
- 1.3. Critically discuss the role MLD plays in balancing the Autonomic Nervous System. (7)

[25]

QUESTION 2:

- 2.1. Examine the effect that MLD will have on the connective tissue. (5)
- 2.2. Explain the regenerative capacity of lymph nodes under the following circumstances:
 - a. Surgical removal (1)
 - b. Total extirpation (1)
 - c. Chronic infections (1)
 - d. Physiological or accidental involution (2)
- 2.3. What are the functions of a lymph node? (4)
- 2.4. Name the chief influences on pulsation and explain how MLD achieves this. (4)
- 2.5. What does the lymph-obligatory load comprise of? (5)

[18]

QUESTION 3:

- 3.1. Elaborate on the structure of the lymph capillaries. (8)
- 3.2. Explain how lymph is absorbed into the lymph capillaries. (7)
- 3.3. Elaborate on six (10) indications to MLD in detail. (20)

[35]

QUESTION 4:

Case Study:

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

- Kidney odema
- High stress levels
- Asthma
- Dull & puffy complexion
- Low blood pressure

- 4.1. Explain the causes of kidney odema 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)

[10]

QUESTION 5:

- 5.1. How will the bath tub theory relate to the human body under normal circumstances? (5)
- 5.2. Describe how you would treat the following:
- a. Soft, weak, spongy, waterlogged tissue (2)
 - b. Firm, taut tissue (1)
- 5.3. What type of treatment should be avoided if a disturbance of drainage exists? Explain why. (5)
- 5.4. Discuss the reasons MLD is indicated for acne. (14)

[27]

TOTAL SECTION A:

[120]

SECTION B: (WRITE IN A SEPARATE ANSWER BOOKLET)

Please refer to the article in Annexure I to answer the following questions.

- B.1. By reading the title, determine if this study is quantitative or qualitative in nature and motivate your answer. (2)
- B.2. Compare, in table format, the mechanism of tissue response between carboxytherapy (CA) and radiofrequency (RF). (10)
- B.3. In reading the paragraph on Materials and Methods confirm if this study is qualitative or quantitative in nature and motivate. (3)
- B.4. When interpreting the results, provide your conclusion of skin improvement and Fitzpatrick skin-typing. (4)
- B.5. Identify the factors the results Carboxytherapy and Radio Frequency depend on, according to this study. (4)
- B.6. Describe the findings of the "other study" that corroborates the findings of this study. (4)
- B.7. What, in your opinion, is the answer to the comparison in the title of this study between CA and RF. (3)

TOTAL SECTION B: [30]
