



FAQs

Q1. Explain Effleurage manipulation.

Ans: Effleurage is a unidirectional manipulation in which the therapist's hand passes from distal to proximal with a depth compatible with the state of tissue and the desired effect. Thus, the manipulation starts at one end and proceeds to the proximal space, draining the part to be treated.

Q2. Explain Kneading manipulation.

Ans: Kneading is a circular manipulation performed so that the skin and subcutaneous tissues are moved in a circular manner on the underlying structure. Circle is described by the part of the hand in contact, with pressure on the upward part of the circle but only for a small segment.

Q3. Explain superimposed kneading manipulation.

Ans: Superimposed kneading manipulation is applied in very deep and is usually performed when the greater depth is required. The contact hand is rested fully on the part, superimposed hand rests on the top of it either obliquely across when working on the opposite side of the body or palm over fingers when working on the adjacent side of the body.

Q4. Explain the application of elbow kneading manipulation.

Ans: Elbow kneading manipulation is performed by the bent elbow which is placed on the area to be treated. The best available part of the elbow is used to form stationary circular manipulations usually on the muscles of the interscapular region and the back or gluteal region where greater depth is required.

Q5. Explain stroking manipulation.

Ans: Stroking manipulation is performed superficially to the skin to obtain a sensory reaction either sedative or stimulative and in which direction it is performed is not important but is often from proximal to distal.

Q6. Explain percussion manipulation and its classification.

Ans: Percussion manipulations are those in which the treated part is struck with soft blows with the hand. They are performed either to assist evacuation from hollow organ or to stimulate either skin or muscle reflexes.

Percussion manipulation is divided into:

1. Clapping
2. Hacking
3. Vibration (shaking)

- 4. Beating
- 5. Pounding
- 6. Tapping

Q7. Explain the application of shaking manipulation of long muscle.

Ans: The length of the thumb should be placed on one side of the muscle belly and all the fingers are placed on the other side of the muscle belly. The palm should be off contact and then hand is shaken rapidly from side to side as we transverse the length of the muscle belly avoiding contact with the underlying bones

Q8. Explain clapping manipulation.

Ans: Clapping is a manipulation in which the whole palmar aspect of the hand is used to strike the body part. The hand is however, cupped in such a manner that the centre of the hand does not touch the part, but is hollowed. The fingers are slightly flexed, more so at the metacarpophalangeal joint of the index, middle and ring fingers. The thumb is adducted so that it lies just under the index finger and adjacent palm. The wrist should be used to create the difference between striking a hollow surrounding blow and a slightly sharper blow.

Q9. Explain hacking manipulation.

Ans: Hacking is a manipulation in which the skin is struck using the back of the tips of the three medial fingers. The only movement required is that of pronation and supination. The elbows must not flex and extended. The hands are held at a small distance apart so that they rotate alternately, they just clear one another. The arms are in slight abduction, the elbow are flexed to a right angle with the forearm held parallel with the patient's skin and far enough above it to allow only the back of the back of the little, ring and middle fingers to touch when the forearm is in supination.

Q10. Explain Beating manipulation and its application.

Ans: Beating is much less used manipulation in which the loosely clenched fist is used for the strike. The fingers are flexed at the metacarpophalangeal and proximal interphalangeal joint so that there is flat surface composed on the back of the two distal phalanges and the margin of the palmar surface of the palm.