



FAQs

Q1. Explain the technique of effleurage of the extensor aspect of arm.

Ans: Effleurage of the extensor aspect of arm is applied by one hand grasping the patient's hand in mid prone position and other hand starting effleurage under the little finger and proceeding up the ulnar border of the forearm and medial surface of the arm to the axilla.

Q2. Explain double handed alternate kneading manipulation of upper limb.

Ans: Double hand alternate kneading of the upper limb is usually performed straight down the length of the upper limb, from the shoulder to the finger tips.

Q3. Which position of the forearm is normally chosen in the application of massage of upper limb massage.

Ans: Mid-prone position of forearm is normally chosen in the application of massage of upper limb massage.

Q4. Explain the preparation of patient for massage to the lower limb.

Ans: Ask the patient to remove all the clothing below the waist except the briefs or pants. Check the feet are clean and not malodorous, if necessary ask the patient to wash the feet.

Q5. Explain the muscle picking up technique of upper limb.

Ans: Picking up on the upper limb muscle is usually performed with one hand at once, and from proximal to distal. The operator's outer hand works on deltoid, triceps and brachioradialis and the inner hand on the biceps brachii and the forearm flexors. The free hand stabilizes the limb adjacent to the working hand.

Q6. Explain the kneading around the knee joint.

Ans: Kneading around the knee joint can start with both hands on the anterior aspect with the heel of the hand touching above the patella. Work down, letting the heel of the hand divide round the patella and again letting the heel of the hand meet again below the patella.

Q7. Explain the preparation of treatment couch for massage of back.

Ans: Cover the couch with an under blanket and cotton sheet and fix them in position using straps. If the couch has a nose piece remove it, if not, place two pillows across one another at right angles at the head of couch, so that the patient's nose can be rested at the crossings. Provide a small pillow under the abdomen and possibly one under the ankle. Cover the untreated part.

Q8. Explain the lumbar stroke for effleurage of back.

Ans: The lumbar stroke starts with our hands on the middle of the lumbar region at its lowest point and finished at the groin. About three strokes should be made each with an upward curve so that the whole lumbar region is treated.

Q9. Explain the procedure of skin rolling technique of back massage.

Ans: Skin rolling manipulation is performed by pulling the skin from midline to side by lifting the skin with the thumb and thus reversing the performance.

Q10. Name various positions in which neck massage can be applied.

Ans: Various positions in which neck massage can be applied are:

- a. patient in prone lying
- b. patient in supine lying
- c. patient in side lying
- d. patient in forward lean sitting